On The Deck

Naval Air Station, Meridian Mississippi

January 2008

What is your New Year's Resolution?

"On the Deck" recently went around NAS Meridian to see what those aboard the base had set as their New Year's Resolution and here is what they said:

My New Year's Resolution is to cut back on soda!
SKSR Heath Merz, Salina, Kansas

The one thing that I hope to do is meet new people.
YN Franco Velasquez, Los Angeles, California

My New Year's Resolution is to make myself happy.
YN Jaimie Arce, Wood Lake California

I have two: To quit smoking and get my own place.
Doug Clayton, Combined Bachelor's Quarters

I am training for a triathlon, so I hope to be in good shape for it.
LTJG Kyle O'Donohoe, VT-9; San Diego, California

My Resolution is to continue to help and serve.
Private Jamal Jones, Swainsboro, Georgia

Getting Fit In The New Year

GETTING "MICRO" FIT

T.L. Hightower looks on as Beth Stephens, MWR Fitness Coordinator goes over the results from his Micro Fit evaluation. Each Micro Fit evaluation takes about 30 minutes to complete and measures things like weight, body fat, blood pressure, heart rate, flexibility and strength.

Photo by Matt Davis / MWR Marketing Director

NAS Gym has high tech answers to help get fit and lose weight

By Matt Davis
MWR Marketing Director

Are you looking to shed a few pounds you gained over the holidays? Is this the year that you finally stick to your New Year's Resolution of dropping those unwanted pounds? If so, head over to the NAS Meridian Gym and schedule a free MicroFit assessment today to help yourself get on the correct health improvement program in order to achieve your desired weight loss goals. You can also try out Power Plate, a new workout machine that uses vibrating plates that give muscles in the body a workout by causing them to contract and relax.

The NAS gym has a MicroFit FAS-2 Health and Fitness System to help you plan your physical fitness strategy. Assessments are conducted free of charge and they typically last about thirty minutes. The assessment measures things like weight, body fat, blood pressure, heart rate, flexibility and strength. The most time consuming part of the process is exercising on the bike attachment, which usually lasts between 12-15 minutes.

"The main thing is that it (MicroFit) allows you to keep a record from month to month of your progression," said Beth Stephens, MWR Fitness Coordinator. "It is basically just an overall fitness test

See Get Fit
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POWER PLATE

Above, The Power Plate workout machine sits on display inside of the NAS Meridian Gym.

Photo by Matt Davis / MWR Marketing Director

Top 5 ways to stay healthy in '08

Beth Stephens, MWR Fitness Coordinator, names her Top 5 ways for getting fit in 2008.

Stephens

1 Exercise Regularly
Must have 30-60 minutes of physical activity every day.

2 Stretch
Flexibility protects from muscle strain and injury.

3 Strength Training
Strength train at least 2-3 times a week

4. Eat Right
Don't become a victim of the latest "fad" diet.

5 Family Activity
Plan at least 2-3 outdoor activities a week with the whole family.

Top 10 New Year's Resolutions

1. Stop Smoking
2. Lose Weight
3. Stop Drinking
4. Get Fit
5. Be kind to others
6. Take up a hobby
7. Get out of debt
8. Get organized
9. Help others
10. Enjoy life

- Listed in no particular order

Front & Center

Mobile MEAN GENE'S BURGERS

NTTC School House — 7am-9am
Outside Rec Center — Starts at 10am

ITT INFORMATION TICKETS & TRAVEL

The Information, Tickets, and Travel office will be temporarily located in the MWR Administration Offices located in Admin Building 255 Suite 103. ITT will be open Monday-Friday from 8am-4:30pm. Call 601-679-2551 for more info.

Have You Seen
RUDDERS?

Rudders is now open seven days a week. Stop by to check out the NEW flat screen T.V.'s or to have a good time with friends. Weekly events and hours of operation are listed on Page 2.

Liberty << Single Sailor>> Program

January 1
6:30pm
Tournament Tuesday - Halo 3, @ the Liberty Center, Free

January 4
6:30pm
Movie Night @ the Liberty Center, Free Popcorn

January 5
9am-9pm
Bus Trip to Jackson for Laser Tag and Ice Skating, Leave Liberty Center parking lot at 9am, $10

January 8
6:30pm
Tournament Tuesday - FIFA '08 @ the Liberty Center

January 10
10-11am
Story Time, at the Liberty Center, Free

January 11
6:30pm
Movie Night @ the Liberty Center, Free Popcorn

January 14
Last Buck Night @ the Liberty Center, Free Pizza

January 15
6:30pm
Tournament Tuesday - NBA Live '08, @ the Liberty Center, Free

January 16
All Day
Birthday Bash @ the Liberty Center, Free cookies for all who have January birthdays

January 18
6:30pm
Movie Night @ the Liberty Center, Free Popcorn

January 19
9am-9pm
Bus Trip to Biloxi Mall and Hard Rock Cafe, Leave Liberty Center parking lot at 9am, $15

January 22
6:30pm
Tournament Tuesday - 3 on 3 Dodgeball Tourney: Navy vs. Marines, @ at Racket Ball court, Free

January 23
All Day
Dress Up Day: Come in and check out the staff's crazy hair!

January 25
6:30pm
Movie Night @ the Liberty Center, Free Popcorn

January 29
6:30pm
Tournament Tuesday - Madden '08, @ the Liberty Center, Free

January 14
Last Buck Night @ the Liberty Center, Free Ice Cream

Hours of Operation
Monday - Friday: 9am – 9pm
Saturday - Sunday: 10am – 8pm
For more info call (601)-679-2623

Fit Factor

NAVY CYP — GET UP - GET OUT - GET FIT

A new Navy Health and Fitness program for Youth and Teens ages 5-18 years

Fit Factor is a web based fitness program that offers incentives to youth and teens for being physically active and making healthy food choices everyday.

To enroll visit or call the SAC Center at 679-5252

NAS Meridian Gym

Weekly Events

Tuesday and Thursday at 5:45am
Keep your body toned by joining the Spin Class.

Please do not wear outside shoes on the gym floor

Hours of Operation
Monday-Friday (April-September) 5:30am-8pm
Monday-Friday (October-March) 5:30am-9pm
Saturday, Sunday, and Holidays 9am-6pm
Call (601)-679-2379 for more info

Captain's Cup Sports

Captain's Cup Basketball Schedule

January 7: 5pm- Air Ops vs. Dawg Pound; 6:30pm- Ballers vs. Tigers; **January 8:** 5pm- Ballers vs. Tigers, 6:30pm- Law & Order vs. Pirates; **January 10:** 5pm- Dawg Pound vs. Pirates, 6:30pm- AirOps vs. Tigers; **January 14:** 5pm- Pirates vs. Tigers; 6:30pm- Ballers vs. AirOps; **January 15:** 5pm- Ballers vs. Pirates; 6:30pm- Dawg Pound vs. Law & Order; **January 17:** 5pm- Pirates vs. AirOps, 6:30pm- Tigers vs. Law & Order; **January 22:** 5pm- Ballers vs. Dawg Pound, 6:30pm- Law & Order vs. AirOps; **January 24:** 5pm- Ballers vs. Law & Order; 6:30pm- Pirates vs. Dawg Pound; **January 29:** 5pm- Ballers vs. AirOps; **January 31:** 5pm- Ballers vs. Dawg Pound

2007 Overall Captain's Cup Standings

Team	*NAS*	*NTTC*	*MATSS-1*	*VT-7*	*VT-9*	*CTW-1*
Volleyball	40	45	115	99	95	0
5K Run	2	40	35	0	0	0
Golf	105	40	125	0	0	0
Softball	93	115	75	85	115	0
10K Run	0	0	0	0	0	0
Football	0	95	89	115	109	0
Bowling	93	115	71	105	80	80
X Ctry Run	0	0	0	0	0	0
Basketball	0	0	0	0	0	0
Racquetball	33	0	0	0	0	0
Total Points	**366**	**450**	**510**	**404**	**399**	**80**

*** Standings as of December 17, 2007**

Story Time

January 10
10am, The Library
Call 679-2623 for info

Upcoming At Rudders

Weekly Events

Tuesdays
Hip Hop Night
Thursdays
Staff Night is the last Thursday of every month
Wednesdays
Karaoke Night
Fridays
Variety Night

Check out the big game on our 3 NEW flat screen T.V.'s!

Hours of Operation
Monday - Friday: 3:30pm – 10pm
Saturday: 3:30pm – 11pm
Sunday: 5pm – 10pm

Call (601)-679-2636 for more info

Call Rudders to check out their rental rates for your next party or group gathering

Questions or Comments?

"On the Deck" is a monthly publication aimed at providing a closer look at MWR events at NAS Meridian. Contact Terry York, MWR Director at (601)-679-2551or e-mail at terry.york@navy.mil for any comments or suggestions.

Ponta Creek Golf Course

Monthly Events

Daily
Noon, *Twilite Rate*, $16 (Includes Greens fee and cart)

Mondays
All Day, *Ladies Day, $20 (Includes Greens fee, cart and lunch*

Tuesdays
All Day, Walker's Special, Half off 18-hole greens fee

Wednesdays
All Day, Seniors Day, 55 and Up pay no cart fee

Golf Lessons

Does your drive keep slicing left? Then take golf lessons at Ponta Creek for only $30. Sessions typically last one hour to an hour and a half. Call The Pro Shop to schedule your lesson today!

Golf Course Hours
Monday-Sunday 7:30am-4pm
Call 601-679-2526 for more information

Public Welcome!

ITT INFORMATION TICKETS & TRAVEL

Disney World, Universal Studios, and Busch Garden Tickets are available by special order!

The ITT office is currently located in Amdin 255 Suite 103 in the main MWR Offices.

Mon-Fri: 8am-4:30pm Call 679-2551 for more info!

Pics of the Month

SEEING SANTA

Above, Rob, Deanna, Ryan, Robyn and Reese Tiffany wait for Santa Claus and his elves during his tour through housing prior to the MWR Christmas treelighting on December 13, 2007. Below, Santa Claus arrives at the 2007 MWR Christmas Tree Lighting.

One-Person Scramble

New Year's Day

Ponta Creek Golf Course
Tee Times start at 11am
$25 per player which includes cart, hot chili, & beverage for lunch

Prizes include: 1st Place- One (1) month membership & One (1) dozen balls; **2nd Place**- One (1) month membership & Two (2) sleeves of balls; **3rd Place**- One (1) month membership; Closest to the pin on all Par 3's; Accurate Drive Contest on Hole #10.

Call 679-2526 for more info.

The Sandtrap @ Ponta Creek

Grab a bite...

Great food after a round of golf or anytime!

601-679-2780

Mobile

MEAN GENE'S BURGERS

Breakfast
7am-9:am at NTTC School House
Lunch
Starting at 10am outside of Rec Center
Menu selection will be limited!

Call 2551 for more info

Need a Little Space?

Contact the MWR Outpost to find out about rates for their POV Lot and Personal Property Storage.

Call 679-2609 for more info.

Get Fit

that gives you an idea of where you are at physically."

MicroFit assessments are conducted Monday-Friday by appointment only.

Another new addition to the gym at NAS Meridian is the Power Plate. The machine works by causing your muscles to contract at a higher rate than just doing normal exercises due to the machine's vibrating plates.

Doing regular workouts cause the muscles in the body to contract about one-to-two times a second, but when using the Power Plate your muscles can contract 30-50 times per second causing muscle to fatigue at a much faster rate. This is how it allows for a greater workout in a shorter period of time. Doing 10 minutes of activity of the Power Plate is supposed to be like working out for 60 minutes doing conventional strenuous training.

Some of the types of exercises that you can do on the Power Plate are squats, push-ups, curls and front raises.

If you are thinking about giving the Power Plate a try, make sure to ask for assistance from the staff at the gym.

"Give it a try," said Stephens. "It might surprise you."

If you have questions about the Power Plate or want to schedule a time for a MicroFit assessment call the gym at 601-679-2379.

Woodsball

Arrives January 12

Located in the woods behind the NTTC Barracks

Call 679-2609 for info!

McCain Recreation Center

Bowling League Standings

Captain's Cup EOS Tourney

1- NTTC Lanewreckers
2- VT9 Tigers
3- NAS Misfits
4- VT7 Eagles
5- CTW1 Wing Dings
6- MATSS-1 Killaz
7- Lady Eagles
8- CTW1 Wing Nutz

Monday Night Mixed League

Pin Heads (Champs)	*35*	*35*
Head Hunters	*30*	*30*
No Gutters	*28*	*32*
Pin Pals	*27*	*33*

High Game

Gene Derusha (M) 233, Michelle Spangler (W) 157

-Standings as of 12/12/07

Call (601-679-2651 for more information

New at Mom's Diner

A selection of wraps and homemade soups!

January 2008

Mom's is located in Building 158 on the Flight Line.

Mom's Diner

All menu items are $5.50 unless noted otherwise, desserts extra

	1 Tuesday Happy New Year! Closed	**2 Wednesday** BBQ Pork on a bun & 2 sides - French Fries, Corn, Garden Salad, Mixed Vegetables	**3 Thursday** Fried or Baked Chicken & 2 sides - Baked Potato & Gravy, Greens, Macaroni & Cheese, Steamed Cabbage	**4 Friday** Fried or Baked Catfish & 2 Sides - Cole Slaw, French Fries, Mom's Choice **$6.25**
7 Monday 8 oz. Hamburger Patty & 2 sides - Garden Salad, Baked Potato, Mixed Vegetables	**8 Tuesday** Country Fried Steak with Cream Gravy & 2 sides - Potatoes & Gravy, Field Peas, Pinto Beans, Greens	**9 Wednesday** Pork Chops & 2 sides - Potatoes & Gravy, Greens, Pinto Beans, field Peas	**10 Thursday** Red Beans & Rice & 2 sides - Greens Fried Okra, Corn, Green Beans	**11 Friday** Fried or Baked Catfish & 2 Sides - Cole Slaw, French Fries, Mom's Choice **$6.25**
14 Monday MOM's CHOICE	**15 Tuesday** Chicken Spaghetti & 2 sides - Turnip Greens, Fried Okra, Green Peas with Potato, Corn	**16 Wednesday** Shrimp Creole Over Rice & 2 sides - Fried Okra, Greens, Corn, Green Beans	**17 Thursday** Beef Tips over Rice & 2 sides - Greens, Steamed Cabbage, Mixed Vegetables, Fried Okra	**18 Friday** Fried or Baked Catfish & 2 Sides - Cole Slaw, French Fries, Mom's Choice **$6.25**
21 Monday MLK Day Closed	**22 Tuesday** Lasagna & 2 sides - Broccoli with Cheese, Garden Salad, Corn, Green Beans	**23 Wednesday** Fried Shrimp & 2 sides - Fried Okra, Mixed Vegetables, Corn, Corn Nuggets	**24 Thursday** TACO SALAD Large- $5.50 Small- $4.50	**25 Friday** Fried or Baked Catfish & 2 Sides - Cole Slaw, French Fries, Mom's Choice **$6.25**
28 Monday Beef Stew over Rice & 2 sides - Greens, Green Beans, Corn	**29 Tuesday** Pork Roast & 2 sides - Broccoli with Cheese, Garden Salad, Corn, Green Beans	**30 Tuesday** French Dip Roast Beef on Bun with Aujus Sauce & 2 Sides- Green Beans, garden Salad, Macaroni & Cheese	**31 Thursday** TACO SALAD Large- $5.50 Small- $4.50	

Call In orders taken before 9:30am and after 12:30pm. Call (601)-679-2531

Hours of Operation

Mon-Thurs ~ 6am-6pm
Fri ~ 6am-1:30pm
Closed ~ Weekends & Holidays
Breakfast Hours ~ 6-9:30am

Menu subject to Change
Salads served Mon-Thurs only