



Front & Center

Staff Night at Rudders

Rudders is hosting staff night on August 25, 2011 beginning at 1630. Come join the staff at Rudders for a great time. For more information call (601) 679-2636.

New Hours at Library

Mon. - Fri. 1000 - 1800
Saturday 1000 - 1600

The Andrew Triplett Library is a Wi-Fi Facility. For more info call (601) 679-2326.

The Outpost will be open on Saturday August 13 from 0800-1600. For more info call (601) 679-2609.

The Outpost

601-679-2609

Open enrollment for Head Start 2011/2012

For more information contact: Geneva Burton in the Region Office at 601-483-2225.

FreedomFest 2011



Photos By Matt Davis / MWR Marketing Manager

LET FREEDOM RING

Above, fireworks cover the night sky above NAS Meridian at the conclusion of FreedomFest on July 1, 2011. The fireworks display was witnessed by an estimated 2,500 spectators. FreedomFest featured live music by The Pete O' Show, Randy and Samm and Fatback. Also enjoyed by the crowd was an outdoor play area that featured a mechanical bull, a rock wall, obstacle course, joust arena and much more. See the complete photo album from FreedomFest at www.facebook.com/MWRMeridian.

Get Connected With 

Online

Look for MWR on the web at www.cnic.navy.mil/Meridian.

 Like Us!

Join MWR Meridian on Facebook today. facebook.com/MWRMeridian.



Phone Directory

Fitness Center	679-2379
All Hands Pool	679-3470
Liberty Center	679-3760
ITT	679-3773
McCain Rec Ctr	679-2651
The Outpost	679-2609
Library	679-2326
Rudder's	679-2636
Sandtrap Grill	679-2780
Mom's Diner	679-2531
CDC/CDH	679-2652
SAC	679-5252
SLO	679-2473
P.C. Golf Course	679-2526
MWR Admin.	679-2551
MWR Jobs Line	679-2109

M-Braves Game

August 20, 2011
Gametime: 1805
Cost: \$32.00 per person
Location: Jackson, MS
Departure Time: 1500,
Admin 255 Parking Lot
Call 679-3773 for info.




Bus Trips

Outdoor Movie

August 26, 2011
All Hands Pool • 2000
Movie starts at dark • FREE



Try the \$5 Footlong of the Month!
Located Inside Rec Center.



Hours of Operation

Mon. – Thurs.:	1600-2130
Friday:	1600-2330
Saturday:	1000-2330
Sunday:	1000-2130

The Liberty Program is for Single and Unaccompanied Active Duty Military Personnel exclusively.

Instant Updates from Liberty!

Text 30364 to MeridianLiberty to receive instant info about Liberty special events, sign up deadlines and more.

Wednesday, August 3

National Watermelon Day
FREE watermelon will be served at the Liberty Center beginning at 1800 while it lasts.

Wednesday, August 10 Ping-Pong Tournament

The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center.

Saturday, August 13 Geyser Falls Trip

Beat the heat by plunging into cool water and having fun in the sun! We leave from the Library parking lot at Noon. The cost is \$10 per person. You must register & pay for the trip by Wednesday, August 10. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

Monday, August 15 Double Elimination Pool Tournament

The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center.

Thursday, August 18 – Liberty Bowl

FREE bowling to all Liberty patronage at the McCain Recreation Center from 1800 – 2030.

Monday, August 22 Video Game Tournament

Game time is 1900. Prize awarded to the winner. Register the day of the event at the Liberty Center.

Saturday, August 27 Six Flags Trip

Get on board with the Atlanta, GA Six Flags trip! We leave from the Library parking lot at 0400. The cost is \$20 per person. You must register & pay for the trip by Wednesday, August 24. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

Wednesday, August 31 Birthday Bash

A celebration of August birthdays! FREE cookies and soda will be provided at 1900 in the Liberty Center.

Sonny Montgomery Fitness Center Complex



Hours of Operation

Monday-Friday (April-September)	0530-2000
Monday-Friday (October-March)	0530-2100
Saturday, Sunday, and Holidays	1100-1800

Group Exercise Schedule

Day	Class/Time
Monday	Belly Dancing Class @ 1130 Self Defense with Dawg @ 1800
Tuesday	Cardio Mix with Shannon @ 1115
Wednesday	Belly Dancing Class @ 1130 Self Defense with Dawg @ 1800
Thursday	Cardio Mix with Shannon @ 1115
Friday	Belly Dancing Class @ 1130

All group exercise classes are free.

Making Healthy Choices with Beth

Heat is Here!

As summer is upon us, the heat is limiting our physical activity opportunities. So, here are some tips to keep moving!

- * bicycling
- * swimming
- * join a gym or community fitness center
- * exercise with a physical activity DVD or FitTV
- * indoor wall climbing
- * walking in the mall
- * walk the stairs in your office building
- * inline skating

Feel free to call the Fitness Center at 2379 or All Hands Pool for class times at Ext 2379 or 3470!

Captain's Cup Schedule of Events

Captain's Cup Standings

	N A S	N T C	M A T S S 1	V T 7	V T 9	C T W 1	N B H C
Volleyball	0	0	0	0	0	0	0
5K Run	0	0	0	0	0	0	0
Golf	0	0	0	0	0	0	0
Softball	0	0	0	0	0	0	0
10K Run	2	0	160	0	1	0	0
Football	0	0	0	0	0	0	0
Bowling	0	0	0	0	0	0	0
X Ctry Run	0	0	0	0	0	0	0
Basketball	0	0	0	0	0	0	0
Racquetball	0	0	0	0	0	0	0
Bench Press	30	1	40	0	1	0	0
Soccer	40	0	85	60	44	0	31
Duathlon	47	0	0	60	28	0	0
Total	119	41	285	120	74	0	31

*Standings as of August 1, 2011.

Captain's Cup Events

Be on the lookout for results and pictures from the Captain's Cup Softball and Golf End of Season Tournaments in the next edition of "On the Deck!"

For more information call (601) 679-3384.



"Like" NAS Meridian MWR on Facebook today by going to www.facebook.com/MWRMeridian. Stay current with events, schedules, and photos of MWR events!

Monday Movie Madness

There are TWO scheduled movies every Monday for dependent children. The movies will be shown starting 1300. The second movie will start after the first with some re-wind time involved. Popcorn may be available if in stock by request. Until School starts.

DATE	TITLE	RATING
08/01	ALPHA & OMEGA	PG
	HORTON HEARS A WHO	G
08/08	SPACE CHIMPS	G
	ASTRO BOY	PG



Questions or Comments?

"On the Deck" is a monthly publication aimed at providing a closer look at MWR events at NAS Meridian. Contact the MWR Director at (601) 679-2551 for any comments or suggestions.

Ponta Creek Golf Course



Call the Pro Shop at Ponta Creek to schedule a weekend or holiday tee time. The Pro Shop number is (601) 679-2526.

Weekday Special

Monday – Thursday, Ride 18 Holes for \$20.00
Monday-Thursday, Ride 9 Holes for \$12.00

Public Welcome!
Call (601) 679-2526 for more info!

The Sandtrap
@ Ponta Creek

Monday-Friday 0730-1430
Saturday-Sunday 0700-1600

Call the Pro Shop at Ponta Creek for Hours Of Operation.

Now Serving Breakfast!

Monday-Friday: 0730-0930
Saturday-Sunday: 0700-0930

The Sandtrap
@ Ponta Creek

For more info call (601) 679-2780.

Pic of the Month



ALL SMILES

Smiley the Clown entertains patrons at FreedomFest on July 1, 2011. The event was held at the Sonny Montgomery Fitness Center Complex. To see more photos from FreedomFest visit our Facebook page at www.facebook.com/MWRMeridian.

PHOTO BY MATT DAVIS/ MWR MARKETING MANAGER

Summer Is Almost Over....

MAKE PLANS NOW FOR THAT LAST CAMPING TRIP OF THE SUMMER. THE OUTPOST HAS 4 DIFFERENT SIZE CAMPERS TO RENT.

ALL THE CAMPERS ARE EASY TO OPERATE & ALL HAVE COLD "A/C"!!

RENTAL PRICES START AT JUST \$40.00 FOR THE WEEKEND. FOR MORE INFO CALL 601-679-2609.



The Outpost
601-679-2609

Join us at Rudders for upick music nights.

Play Ping Pong Now at Rudders for **FREE!**

Hours of Operation
Mon.-Thurs. 1630-2200
Fri.-Sat. 1700-Midnight

Rudders



Stop by for country music hour until 1900 every Wednesday at Rudders.

Call 679-2636 for more info.



August Bowling Specials *At McCain Lanes*

Monday

Buddy Bowling, 1700-Close, You and a buddy bowl three games each for only \$10. Includes rental shoes.

Thursday

Colored Pin Bowling, 1800-Close, Roll a strike on a Colored Head Pin and receive that game Free. Limit One (1) win per game, per customer. Every Thursday except 8/18.

Friday

Cosmic Bowling, 1900-Close, Regular rates apply.

Saturday

Back 2 School Bowling Special, 1100-1600, Children age 16 and younger bowl for \$1.50 a game if parent bowls at regular rates.

Sunday

NTTC/MATSS-1 Student Special, 1500-Close, Bowl for \$2 a game and \$1 for shoes.

August 23

Captain's Cup Staff League meeting at 1600.

Schedule your next birthday party at McCain Lanes! Call (601) 679-2651 for more info.



Located In Admin 255 next to NFCU.



■ Cruises

■ Disney and Universal Parks

■ Vacation Packages, Hotels, Cabin Rentals

■ Local Attraction Discounts

■ Local and Base Information

Call (601) 679-3773 for more info.



NOW SHOWING

at McCain Recreation Center

Movie availability subject to change. All movies are shown free of charge.

Date	Movie	Rating	Starring
08/02	V FOR VENDETTA	R	NATALIE PORTMAN & HUGO WEAVING
08/03	BATTLE LOS ANGELES	PG13	AARON ECKHART & BRIDGIT MOYNIHAN
08/04	THE GUARDIAN	PG13	KEVIN COSTNER & ASHTON KUTCHER
08/06	WIMPY KID: RODERICK	PG	ZACH GORDON & DEVON BOSTICK
08/09	SUCKER PUNCH	PG13	EMILY BROWNING & VANESSA HUDGENS
08/10	RED RIDING HOOD	PG13	AMANDA SEYFIELD & SHILOH FERNADEZ
08/11	ADJUSTMENT BUREAU	PG13	MATT DAMON & EMILY BLUNT
08/13	MARS NEEDS MOM'S	PG	SETH GREEN & DAN FOGLER

Monthly Must See

Sucker Punch

Starring:
Emily Browning
Vanessa Hudgens
Abbie Cornish

Close your eyes. Open your mind. You will be unprepared. A young girl's dream world provides the ultimate escape from her darker reality. Unrestrained by the boundaries of time and place, she is free to go where her mind takes her, and her incredible adventures blur the lines between what's real and what is imaginary. She has been locked away against her will, but Babydoll has not lost her will to survive.

Rated PG13, Runtime is 110 minutes

Movies that premiere during the week start at 1800 and at 1300 on weekends.



* All movie posters and synopsis used and reprinted with permission

August 2011

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

Mom's Diner

*Menu is subject to change

1 Monday Chicken Fried Steak, Mashed Potatoes with Gravy, Fried Okra, Turnip Greens, Cornbread	2 Tuesday MOM'S CHOICE	3 Wednesday SALAD BAR	4 Thursday Spaghetti, Garden Salad, Garlic Bread	5 Friday U.S. Farm Raised Catfish, Cole Slaw, French Fries, Hushpuppies
8 Monday Cold Cut Subs, French Fries, Baked Beans	9 Tuesday HOTDOG BAR	10 Wednesday Fried Chicken, Mashed Potatoes with Gravy, Field Peas, Green Bean Wraps, Cornbread	11 Thursday TACO SALAD	12 Friday Pork Chops, Rice, Collard Greens, Squash, Cornbread
15 Monday BBQ Pork On A Bun, Baked Beans, Cole Slaw, French Fries	16 Tuesday Pot Roast, New Potatoes, Turnip Greens, Mixed Vegetables, Cornbread	17 Wednesday SALAD BAR	18 Thursday Meatloaf, Macaroni & Cheese, Butter Beans, Vegetable Sticks, Cornbread	19 Friday Chinese Farm Raised Catfish, Cole Slaw, French Fries, Hushpuppies
22 Monday MOM'S CHOICE	23 Tuesday HOTDOG BAR	24 Wednesday Fried Chicken, Mashed Potatoes with Gravy, Field Peas, Green Bean Wraps, Cornbread	25 Thursday TACO SALAD	26 Friday MOM'S CHOICE
29 Monday Jambalaya, Corn Nuggets, Hushpuppies	30 Tuesday Chicken Parmesan Over Noodles, Broccoli with Cheese, Fried Okra, Cornbread	31 Wednesday SALAD BAR	Hours of Operation Mon-Fri ~0600-1400 Closed ~ Weekends & Holidays Breakfast Hours ~ 0600-0930	*Menu is subject to change.