

# MWR On The Deck

Naval Air Station  
Meridian



Naval Air Station, Meridian Mississippi

July 2010

## New At Rudders



Rudders now has french fries and citrus green tea on their menu!

Checkout Rudder's new hours on Page 3!



4-9pm  
Seven Days a Week!  
\*Must have minimum order of \$10.

Delivery Line:  
601-679-5001

**MWR**  
Naval Air Station  
Meridian

# SUMMER Treasure Hunt

## RETURNS ON JULY 7, 2010.

Get Connected With **MWR**  
Naval Air Station Meridian

Online

Look for MWR on the web at [www.cnic.navy.mil/Meridian](http://www.cnic.navy.mil/Meridian).

**Be A Fan!**

Join MWR Meridian on Facebook today. Search for NAS Meridian MWR.

Want instant updates from us? If so, text MeridianMWR to 30364 to receive text updates about MWR events and programs. Standard text messaging rates apply.



### Phone Directory

Fitness Center	679-2379
All Hands Pool	679-3470
Liberty Center	679-3760
ITT/Library	679-3773
McCain Rec Ctr	679-2651
The Outpost	679-2609
Stables	679-2609
Rudder's	679-2636
Sandtrap Grill	679-2780
Mean Gene's	679-3388
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	679-2335



**\$5.00**  
**Foot Long Subs**

Choice of: Italian, Turkey, Ham or Roast Beef.



Available At:



## Andrew Triplett Library

Come checkout our great selection of books! call (601) 679-3773 for more info.



## Monthly Mainstays

### The Outpost

601-679-2609

Don't forget that the Outpost is open the 2nd Saturday of every month! For more info call 679-2609.

### Get your Pool Passes Today!



Pool passes are available now! For more information call (601) 679-3470.

### Care Openings at CDC & SAC

Don't forget that the CDC & SAC have spaces available for drop-in care. The CDC also has space available in the preschool class as well. For more info call (601) 679-2652.

## Bowling Camp

July 12-16  
McCain Rec Center 1330-1500, Ages 8-13, \$25 per child. \* Deadline to register is by July 9 at Noon.

For more info call (601) 679-2651.



**Hours of Operation**  
 Mon. – Thurs.: 1100-1300 & 1500-2100  
 Fri.: 1100-1300 & 1500-2300  
 Sat.: 1100-2300  
 Sun. :1100-2100

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

**Instant Updates from Liberty!**

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

**Cream Soda & Rootbeer Float Day on Sunday, July 4**

Cool down by making a FREE float! Put a smile on your face starting at 1700.

**Double Elimination Pool Tournament On Wednesday, July 7**

The tournament begins at 1900 in the Liberty Center. No entry fee. Register the day of the event at the Liberty Center check-in desk. A prize will be awarded to the winner.

**Liberty Slip-n-Slide on Thursday, July 8**

Meet outside of the Liberty Center at 1800 for our very own "water slide".

**M-Braves Game on Saturday, July 10**

We leave the Liberty parking lot at 1500 and when we arrive in Jackson, MS, we will eat dinner. After dinner we will attend the 1905 baseball game against Birmingham, Alabama. The cost is \$25 per person. Please register by Tuesday, July 6. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

**Liberty Pool Day on Sunday, July 11**

Liberty has reserved the pool from 1800-2000 so you can chill out before the week starts by enjoying crazy poolside activities and music.

**Video Game Tournament on Tuesday, July 13**

Game time is 1900 with a prize going out to the top gamer.

**Tye-Dye Day on Thursday, July 15**

Head over to the Liberty Center at 1800 and add a little color to your day by creating your own Tye Dye shirt. Liberty provides the supplies and FREE t-shirts (while they last). If you miss our free shirts, bring a light cotton shirt of your own and go

CRAZY!

**Six Flags Trip on Saturday, July 17**

Get on board with the Atlanta, GA Six Flags trip! The bus leaves the Library parking lot at 0430. The cost is \$60 per person. Please register by Wednesday, July 14. A minimum of 20 people is needed for the trip to run – (NO REFUNDS unless the trip is cancelled).

**Robo Surfer & Mechanical Bull Day on Sunday, July 18**

Catch a wave and "hang 5" on the surf board then head over to the bull and get a little rowdy Western style. The surfboard and bull are available to you from 1530 – 1930 and are FREE of charge. Check with Liberty for the set-up location.

**"Wet" T-Shirt Contest on Tuesday, July 20**

Be prepared for a shocking surprise with this contest! Catch the excitement at 7 p.m. in the Liberty Center.

**Liberty Bowl on Thursday, July 22**

FREE bowling to all Liberty patronage at the McCain Recreation Center from 1830 – 2030.

**Dog Day Sunday on Sunday, July 25**

FREE hotdogs, chips & soda served to Liberty participants beginning at 1300 in the Liberty Center.

**Ping-Pong Tournament on Wednesday, July 28**

The tournament begins at 1900 in the Liberty Center. No entry fee. Register the day of the event at the Liberty Center check-in desk. A prize will be awarded to the winner.

**Birthday Bash on Saturday, July 31**

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

**CHECKOUT THE**

**CZee Cyberzone**

Users enjoy LAN and online games, sending E-mail and video mail, Instant Messaging, surfing the Net and chatting with friends.

**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) 679-2551 or e-mail at terry.york@navy.mil for any comments or suggestions.

**Sonny Montgomery Fitness Center Complex**

**Hours of Operation**  
 Monday-Friday (April-September) 5:30am-8pm  
 Monday-Friday (October-March) 5:30am-9pm  
 Saturday, Sunday, and Holidays 11am-6pm



**Group Exercise Schedule**

**Mon. & Wed.:** Water Aerobics at 1200  
**Tues. & Thurs:** Step Aerobics at 1115  
**Wed.:** Pro Fitness at 0630

**Making Healthy Choices Drinking Water Promotes Weight Loss**

with Beth



Stephens

Water does not accelerate weight loss. There may be some calories burned when drinking extremely cold water, because the body must use calories to warm it to body temperature. The importance of water and weight maintenance is an indirect relationship. As active Sailors, we know the importance of hydration. When we are dehydrated we are weaker and slower and become less efficient at breathing.

So, if we are dehydrated while exercising we will exercise more slowly thus burning fewer calories. Water can also assist in providing a feeling of satiety or fullness while eating smaller meals. This can add up to weight loss over time if we feel fuller and eat less food.

There is also some thought that as we lose fat successfully, our adipose tissue (fat cells) shrink and release toxins. Having adequate fluid levels in the body is important for flushing these toxins out of the body through the kidneys. So be sure to drink about one fluid ounce of non-alcoholic beverages for every two pounds of body weight and you'll be hydrated just fine for your workouts. It's also a good habit to weigh yourself before and after your workout and drink about 20-ounces of fluid for every pound lost. The weight lost during your workout is water, not fat.

**Swim Lessons**

All swim lessons will take place Monday-Friday at the All Hands Pool from 0800-0845 for adults age 16 and up and from 0900-0945 for ages 3-15. Each session is subject to being split into two groups dependant on class size. All lessons are 45 minutes long.



**Session 4:** July 12-22  
**Session 5:** July 26- August 5  
 For more info call 679-3470.

**Captain's Cup Schedule of Events**

**Captain's Cup Standings**

	N A S	N T C	M A T S S	V T 7	V T 9	C T W 1	N B H C
Volleyball	0	0	0	0	0	0	0
5K Run	2	25.5	37.5	15.5	25.5	0	4
Golf	0	0	0	0	0	0	0
Softball	0	0	0	0	0	0	0
10K Run	0	0	0	0	0	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	27.5	0	0	0	29.5	0	17.5
Bench Press	29.5	0	20	0	25.5	0	23
<b>Total Points</b>	<b>59</b>	<b>25.5</b>	<b>57.5</b>	<b>15.5</b>	<b>80.5</b>	<b>0</b>	<b>44.5</b>

Standings as of July 01, 2010.

**Captain's Cup Golf**

Captain's Cup Golf takes place every Thursday starting at 1510 at Ponta Creek Golf Course.

# Ponta Creek Golf Course



**GolfLogix Garmin GPS NOW in All Golf Carts!**

Use this new tool to see how far you are from the pin. For more info call 679-2526.

**Weekday Special**

18 hole Green Fee and Cart for only \$20, Only Monday-Thursday.

**Pro Shop Hours**

Monday-Sunday 0700-1745

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

**The Sandtrap @ Ponta Creek**

Monday-Thursday 1000-1600  
Friday-Saturday 0730-1600  
Sunday 1100-1600

## Pics of the Month



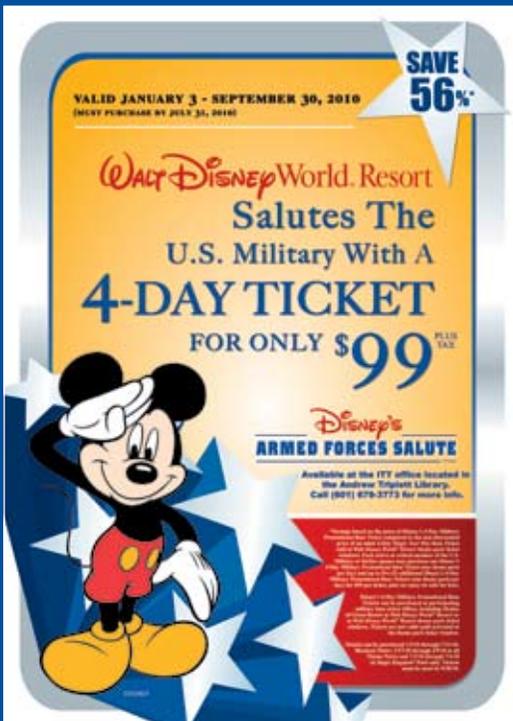
**BOWLING CAMP PARTICIPANTS**

Ashley Fitzgerald, Robert Moffatt, Elizabeth Moffatt, McKenna Gallagher and Braxton Duncan completed the Bowling Camp held at McCain Rec Center from June 14-18. Also pictured are Gene Derusha, McCain Rec Center Manager and Willie Frazier, MWR Recreation Division Manager.

PHOTO BY MATT DAVIS / MWR MARKETING MANAGER

## Monthly Specials

The ITT Office also has tickets to the Georgia Aquarium, Dixie Stampede, Sea World, Busch Gardens, Medieval Times and many more!



Hours of Operation  
Monday-Friday: 10am-5pm  
Call (601) 679-3773 for info.

Now located in the Andrew Triplett Library!



**Let the Outpost help plan your next camping trip before school starts back!**

Camper rentals starting at \$40.00  
Boat rentals starting at \$20.00  
Reserve yours today!  
Call (601) 679-2609 for more info.

**The Outpost**  
601-679-2609



## July Bowling Specials At McCain Lanes

**Monday**

"NTTC/MATSS-1 Student Night." 1700-Close, \$2 a game including shoes.

**Tuesday**

"RCTA Student Night." 1600-2100, \$2.50 a game including shoes.

**Friday**

No-Tap Tournament.

July 2, 16, 30; \$10 entry fee, Must sign up by 1800.

**Saturday**

"Family Blackout Bowling" 1900-2200, Maximum of 5 people per land/minimum of 3 people. \$5 per person, not including shoes. All other regular rates apply.

**New Menu Items Now At Rudders**

- Pepperoni Calzone \$3.50
- Cheese Calzone \$3.50
- Chicken Breast Filet Sand. \$3.50
- BBQ Pulled Pork Sand. \$3.50
- Jalapeño & Cheese Wrap-Dogs!® \$3.00
- Smoky Cheese Wrap-Dogs!® \$3.00



**Hours of Operation**

Tues.-Thurs. 4:30pm-10pm  
Fri. & Sat. 4:30pm-11pm

# Rudders

Monthly Events

Hip Hop Night is held every Tuesday and Saturday beginning at 1900.

Wednesday is Ladies' Night.

Staff Night will be held on July 29 at 3:30pm.

Call Rudders for information about meeting space for weddings, command parties and more!

**Call 679-2636 for more info.**

# NOW SHOWING

## at McCain Recreation Center

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

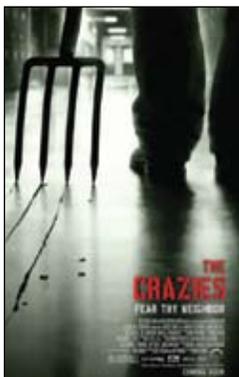
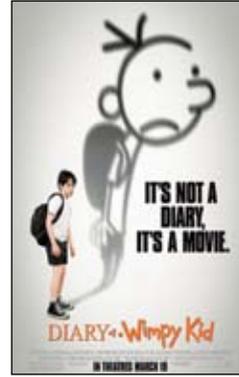
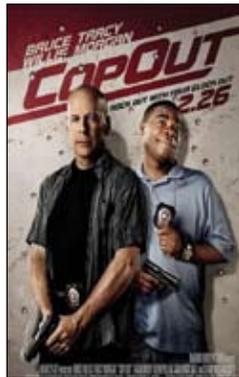
There are three scheduled movies that premiere at the McCain Recreation Center during the week. Movies that premiere during the working week start at 6pm and the movies that debut on Saturday and Sunday start at 1pm.

Date	Movie	Rating	Starring
07/03	DEAR JOHN	PG13	CHANNING TATUM & AMANDA SEYFRIED
07/06	THE CRAZIES	R	TIM OLYPHANT & RADHA MITCHELL
07/07	COP OUT	R	BRUCE WILLIS & TRACY MORGAN
07/10	DIARY OF A WIMPY KID	PG	ZACHARY GORDON & ROBERT CAPRON

### Summer Movie Madness

The Summer Movie Matinee schedule will show features that are safe for the whole family. The movies will be shown at 1300 on Mondays and the second feature will play immediately after the first film has ended.

Date	Movies	Rating
07/05	MARLEY & ME BOLT	PG PG
07/12	ALVIN & THE CHIPMUNKS ALVIN & THE CHIPMUNKS: THE SQUEAKQUAL	PG PG
07/19	WALL-E HORTON HEARS A WHO	G G
07/26	UP SECRET OF MOONACRE	PG G



### Monthly Must See

#### Shutter Island

**Starring:**  
Leonardo DiCaprio  
Mark Ruffalo  
Ben Kingsley  
Michelle Williams

Two U.S. marshals, Teddy Daniels and Chuck Aule, are summoned to a remote and barren island off the coast of Massachusetts to investigate the mysterious disappearance of a murderess from the island's fortress-like hospital for the criminally insane.

Rated R, Runtime is 138 minutes.

\* All movie posters and synopsis used and reprinted with permission

### July 2010

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

# Mom's Diner

\*Menu is subject to change

Hours of Operation		1 Thursday	2 Friday
Mon-Fri ~ 6am-2pm Closed ~ Weekends & Holidays Breakfast Hours ~ 6-9:30am		TACO SALAD	Beef Brisket, Baked Potato Casserole, Green Beans, Squash, Cornbread
5 Monday <b>CLOSED</b>	6 Tuesday Salisbury Steak, Mashed Potato with Gravy, Collard Greens, Corn, Cornbread	7 Wednesday <b>SALAD BAR</b>	9 Friday Catfish, Hushpuppies, Cole Slaw, French Fries
12 Monday Chicken Fried Steak, Mashed Potatoes with Gravy, Fried Okra, Cornbread	13 Tuesday Beef Tips over Rice, Cabbage, Green Beans, Cornbread	14 Wednesday Chicken Parmesan over Noodles, California Blend, Collard Greens, Cornbread	16 Friday Pork Chops, Mashed Potatoes with Gravy, Pinto Beans, Green Beans, Cornbread
19 Monday Smothered Hamburger, Mashed Potatoes with Gravy, Turnip Greens, Mixed Vegetables, Cornbread	20 Tuesday Hotwings, French Fries, Baked Potato Casserole, Lima Beans, Okra, Cornbread	21 Wednesday <b>SALAD BAR</b>	23 Friday Catfish, Hushpuppies, Cole Slaw, French Fries
26 Monday Chicken Fried Steak, Mashed Potatoes with Gravy, Fried Okra, Lima Beans, Cornbread	27 Tuesday BBQ Ribs, Baked Beans, Corn on the Cob, Potato Salad	28 Wednesday Pork Chops, Mashed Potatoes with Gravy, Collard Greens, Pinto Beans, Cornbread	30 Friday Baked Chicken, Mashed Potatoes with Gravy, Green Beans, Corn, Cornbread
		29 Thursday <b>TACO SALAD</b>	