

Front & Center Cargivers Needed!

Child and Youth Programs are looking for individuals who are interested in providing evening care in their homes. For more info call (601) 679-2652.

Watch Football with MWR!

Join the folks at McCain Rec Center and Rudders for football on Saturday-Monday!

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.



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

College Football

Tailgate Cookoff



**Saturday
November 6**
At McCain Rec Center
Starts at 9am
Judging at 1pm

Bring your tailgate special already prepared or cook it on site. There will be an award for 1st place.

For more info call (601) 679-2609.

Get Connected With **MWR**

Online

Look for MWR on the web at www.cnmc.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.

Andrew Triplett

Library



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



Child and Youth Programs

SAC Program

at NAS Meridian offers



Partnerships with local elementary schools, Accredited by NAA, Professionally trained school age care staff, Computer labs, Homework centers, Open Recreation, Summer camps, Member of Boys and Girls Club of America, Participates in 4-H Program. The Youth and Teen program at NAS Meridian is for ages 12-17.

For more info call (601) 679-5252.



VOLLEYBALL CHAMPS

The Devil Docs captured the End of Season Volleyball Championship when they defeated the VT-7 Eagles on October 7, 2010. Team members are CDR Yancy York, HM2 John Kippes, HM3 Angelo Marshall and Nicholas Baham. NTTC placed first in the regular season and third in the End of Season tournament. The Eagles placed 3rd in the regular season and placed 2nd in the End of Season tournament. Placing second in the regular season was the team from Air Ops.

Photo by Matt Davis/ MWR Marketing Manager



601-679-5001

Delivering 4-9pm
Seven days a week!

*Must have minimum order of \$10





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.

**Wednesday, November 3
 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.

**Saturday, November 6
 New Orleans Trip**

A time for shopping, exploring the French Quarter & sampling a wide array of Creole food! The bus leaves the Library parking lot at 0830. The cost is \$10 per person. Please pay and register at the Liberty Center by Wednesday, November 3. A minimum of 20 people is needed for the event to run – NO REFUNDS (unless the trip is cancelled).

**Sunday, November 7
 Turkey Bowl**

Bowl a frozen turkey outside of the Liberty Center at 1400. Prizes awarded to the top 3 high scores. This is one event you don't want to miss!

**Monday, November 8
 Flag Football**

Head to the football field across from medical for an end of the day game. Game time is 1800 so please be at the field by 1745. No registration necessary – come ready to play!

**Wednesday, November 10
 Dart 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. Do not bring your own darts – specialized soft tip darts will be provided.

**Sunday, November 14
 Stomp Out Tobacco Carnival**

In honor of the upcoming November 18 "Great American Smokeout", Liberty is hosting an outdoor "carnival" with a variety of games, prize give-a-ways, light snacks and best of all FUN! This event takes place from 1300 – 1500.

**Monday, November 15
 3 on 3 Basketball**

Head to the basketball court next to the Marine barracks and across from Ruders for an end of the day game. Game

time is 1800 so please be at the court by 1745. No registration necessary- come ready to play!

**Thursday, November 18
 Liberty Bowl**

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

**Saturday, November 20
 World of Coca Cola &
 Georgia Aquarium Trip**

The bus leaves the Library parking lot at 0500. The cost is \$30 per person. Please pay and register at the Liberty Center by Wednesday, November 17. A minimum of 20 people is needed for the event to run – NO REFUNDS (unless the trip is cancelled).

**Sunday, November 21
 Turkey Fry**

Don't wait another day! Get your Free Thanksgiving dinner at the Liberty Center! Turkey, stuffing, green beans, corn, rolls and dessert is yours to enjoy beginning at 1400.

**Tuesday, November 24
 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.

**Thursday, November 25
 Pumpkin Pie Day!**

Head over to the Liberty Center at 1500 on Thanksgiving Day for FREE pumpkin pie that you can smother with vanilla ice cream, whip cream or both! Happy Thanksgiving!

**Saturday, November 27
 Video Game Tournament**

Game time is 1400. Prize awarded to the winner. Register the day of the event at the Liberty Center.

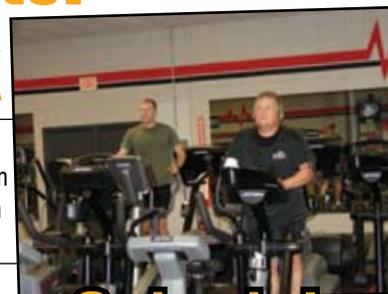
**Monday, November 29
 Birthday Bash**

A celebration of November 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) 5:30am-8pm
 Monday-Friday (October-March) 5:30am-9pm
 Saturday, Sunday, and Holidays 11am-6pm



Group Exercise Schedule

Monday: Self Defense with Dawg @ 1800

Tuesday: Step with Shannon @ 1115

Wednesday: Self Defense with Dawg @ 1800

Thursday: Step Aerobics @ 1115

Insanity and P90X are also available.
 All group exercise classes are free.

Making Healthy Choices
with Beth



**Getting Rid Of
 Stomach Fat**

While many of us would love to do this, it is not possible. We all store excess weight, adipose tissue or fat, in different areas throughout our body. Fat distribution is generally predetermined by genetics and gender.

For instance, most men store adipose tissue around their torso and abdomen while females tend to store adipose tissue around their hips and thighs. While many of us would like to lose the "stored energy" within these target areas specifically, it's not that easy. To simplify, when our bodies exercise, for instance, "energy" or fuel is recruited from different sources, such as glycogen or glucose stores within the muscle or from fat stores, located throughout the body.

However, your body will determine from where the necessary energy is supplied. So...the short and sweet (metaphorically speaking) is to keep moving and "burning" any of the "stored energy" within your body. And keep in mind; weight gain or loss is impacted by many factors, including dietary in-take, activity level and genetics.

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	94	104	75	98	0	0	100
5K Run	2	25.5	37.5	15.5	25.5	0	4
Golf	115	89	93	64	67	36	94
Softball	104	94	73	82	95	5	5
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
Soccer	0	115	103	93	0	0	0
Total Points	372	427.5	401.5	352.5	242.5	41	243.5

Standings as of November 1, 2010.

**Captain's
 Cup
 Football**

The Captain's Cup Football Jamboree will take place Nov. 15 &/or 17 and the 2010 football season will start on Nov. 29.

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.

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, Monday-Thursday.

Pro Shop Hours

Monday-Sunday 0800-1630

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

The Sandtrap @ Ponta Creek

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

Pic of the Month



EDUCATION TRAINING

Local area educators participate in the Transition Counselor Institute-Phase One Training held at Hilton Garden Inn on September 29-30, 2010 in Meridian. Call the NAS Meridian School Liaison Officer at (601) 679-2473 for more info.

PHOTO BY MATT DAVIS / MWR MARKETING MANAGER



Smokey Mountain Getaway

Stop by the ITT office for information on specials in Pigeon Forge and Gatlinburg Tennessee.



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

Located in the Andrew Triplett Library!

BBQ

pulled pork sandwich

MEAN GENE'S BURGERS

only \$3.50

Eagle Point Stables



Open for boarding. Military, DoD and Civilian rates.

For more info call (601) 679-2609.

The Sandtrap @ Ponta Creek

Stop by and try our great food from the grill!



November Bowling Specials *At McCain Lanes*

Sunday

Family Bowling Special, 1600-Close, \$2 a game including shoes.

Monday

RCTA Special, 1630-2100, \$2.50 a game including shoes.

Thursday

Veteran's Day Special, November 11, 1300-2100, \$1.50 a game, \$1 for shoes.

Thanksgiving Day Special, Nov. 25, 1600-Close, \$2 a game, \$1 for shoes.

Friday

NTTC/MATSS-1 Student Special, 1700-Close, \$2 a game, \$1 for shoes.

Saturday

Cosmic Bowling, 1900-Close, \$2 a game, \$1 for shoes.

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

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

Open for Sunday & Monday Night Football @ 7pm
Tues.-Thurs. 4:30pm-10pm
Fri. & Sat. 4:30pm-11pm

Rudders

Wings \$3.00
Pizza \$1.50

* Free spicy french fries or soft drink with purchase of either item.

Be A Fan!

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

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
11/02	TWILIGHT: ECLIPSE	PG13	KRISTEN STEWART & ROBT. PATTINSON
11/03	BOYZ IN THE HOOD	R	CUBA GOODING & LAWRENCE FISHBURN
11/06	THE LAST AIRBENDER	PG	NOAH RINGER & NICOLE PELTZ
11/09	ANCHORMAN	PG13	WILL FERRELL & CHRISTINA APPLIGATE
11/10	THE PEACEMAKER	R	GEORGE CLOONEY & NICOLE KIDMAN
11/13	SMALL SOLDIERS	PG13	KIRSTEN DUNST & GREG SMITH
11/16	GET HIM TO THE GREEK	R	JONAH HILL & RUSSELL BRAND
11/17	GROWN UPS	PG13	ADAM SANDLER & CHRIS ROCK
11/20	MRS. DOUBTFIRE	PG13	ROBIN WILLIAMS & SALLY FIELD
11/23	KILLERS	PG13	ASHTON KUTCHER & KATHERINE HEIGL
11/24	A FEW GOOD MEN	R	TOM CRUISE & JACK NICHOLSON
11/27	DAY AFTER TOMORROW	PG13	DENNIS QUAID & JAKE GYLLENHAAL
11/30	PREDATORS	R	ADRIEN BRODY & TOPHER GRACE

Monthly Must See

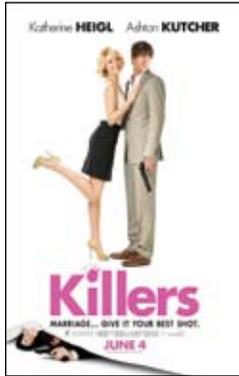
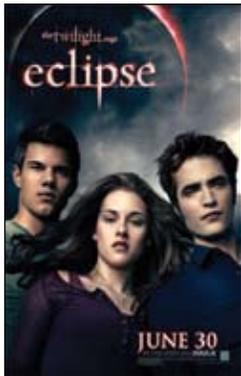
TOY STORY 3

Starring:

Tom Hanks
Tim Allen
Wallace Shawn
John Ratzenberger
Michael Keaton

Woody and Buzz had accepted that their owner Andy would grow up someday, but what happens when that day arrives? In the third installment, Andy is preparing to depart for college, leaving his loyal toys troubled about their uncertain future.

Rated G, Runtime is 108 minutes.



* All movie posters and synopsis used and reprinted with permission

November 2010

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

Mom's Diner

*Menu is subject to change

1 Monday BBQ Pork on Bun, Baked Beans, Potato Salad, French Fries	2 Tuesday Chicken Fried Steak, Navy Beans, Green Beans, Mashed Potatoes with Gravy, Cornbread	3 Wednesday Fried Chicken, Macaroni & Cheese, Collard Greens, Field Peas, Cornbread	4 Thursday TACO SALAD	5 Friday Beef Tips Over Rice, Broccoli with Cheese, Squash, Roll
8 Monday Smothered Hamburger, Mashed Potatoes with Gravy, Green Beans, Pinto Beans, Cornbread	9 Tuesday Baked Chicken, Mashed Potatoes with Gravy, English Peas, Squash, Roll	10 Wednesday Jambalya, Vegetable Sticks, Turnip Greens, Cornbread	11 Thursday CLOSED	12 Friday Mom's Annual Thanksgiving Dinner
15 Monday Chicken Fried Steak, Mashed Potatoes with Gravy, Fried Okra, Lima Beans, Cornbread	16 Tuesday Lasagna, Garden Salad, Garlic Bread	17 Wednesday Pork Chops, Mashed Potatoes with Gravy, Turnip Greens, Corn, Roll	18 Thursday Spaghetti, Garden Salad, Garlic Bread	19 Friday Catfish, Hushpuppies, French Fries, Cole Slaw
22 Monday Chicken Parmesan, Broccoli with Cheese, Fried Okra, Cornbread	23 Tuesday Meatloaf, Mashed Potatoes with Gravy, Pinto Beans, Turnip Greens, Cornbread	24 Wednesday Red Beans & Rice, Collard Greens, Peas & Carrots, Cornbread	25 Thursday CLOSED	26 Friday CLOSED
29 Monday Mom's Choice	30 Tuesday Pot Roast, New Potatoes, Mixed Vegetables, Corn Nuggets, Roll		Hours of Operation Mon-Fri ~ 6am-2pm Closed ~ Weekends & Holidays Breakfast Hours ~ 6-9:30am	