



April SLO Events

Eight Styles of Learning Workshop

Wednesday, April 6, 2011.
Administration Building (255);
Room 265. 3-4 P.M.

Principal Matters Meeting featuring Teri Edwards

Wednesday, April 13, 2011.
Starbase Atlantis (266). Room
(TBA). 3-4 P.M.

Curriculum Frameworks Part I Workshop

Tuesday, April 19, 2011.
Administration Building (255);
Room 265. 1-2 P.M.

Planetarium, Art, and Information Showcase

Thursday, April 21, 2011. Star-
base Atlantis (266). 4-5 P.M.

Tutor.com Basics

April 26, 2011 in the Admin.
Building (255), Room 265;
1-2 P.M.

Post Secondary Education Workshop

Wednesday, April 27, 2011.
Administration Building (255);
Room 265. 1-2 P.M.

For more information
call (601) 679-2473.



A LOOK BACK AT GOLDEN WINGS OVER MERIDIAN



Photos by Penny Randall/ NAS Meridian Public Affairs. See more Golden Wings Over Meridian Pictures on Page 3.



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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	679-2335



Coming Soon to Rec Center!



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.

**Sunday, April 3
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.

**Sunday, April 6
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, April 9
Birmingham Shopping Trip**

Travel to the Riverchase Galleria Mall where a combination of 200 shops and restaurants awaits you. We leave the Library parking lot at 0800. The cost is \$10 per person. You must register & pay for the trip by Wednesday, April 6. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

**Sunday, April 10
Dog Day Sunday**

FREE hotdogs, chips & soda served to Liberty participants beginning at 1400 in the Liberty Center.

**Monday, April 11
Flag Football**

Head over to the football field across from medical for an end of the day flag football game. Game time is 1830 so please be at the field by 1815. No registration necessary just come to the field and be ready to play!

**Thursday, April 14
Liberty Bowl**
 FREE bowling to all Liberty patronage at the McCain Recreation Center from 1800 – 2030.

**Saturday, April 16
Paintball**

Hit the field with Liberty as we enjoy a day of fun and action.

Please ask staff at the Liberty Center for further trip details and cost.

**Sunday, April 17
Egg Roll-Round Up**

Head to the Liberty Center for a nighttime egg hunt beginning at 2000. Eggs will be scattered outside and filled with candy or valuable “coupons” which are redeemed for a variety of prizes. Don’t forget to bring a flashlight!

**Monday, April 18
3 on 3 Basketball**

Head over to the basketball court next to the Marine barracks and across from Rudders for an end of the day basketball game. Game time is 1830 so please be at the court by 1815. No registration necessary-come ready to play!

**Wednesday, April 20
Chuck-a-Peep**

How many peeps can you chuck in a basket within 30 seconds? Crazy silly fun in the Liberty Center at 1900.

**Saturday, April 23
Video Game Tournament**

Game time is 1500. Prize awarded to the winner. Register the day of the event at the Liberty Center.

**Sunday, April 24
Easter Dessert Day**

Hoppy Easter Liberty! We will help you spring into a great day by offering cake, cookies and soda in the Liberty Center at 1500.

**Thursday, April 28
Birthday Bash**

A celebration of April 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

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.



**Mountain Bike
DUATHLON**

Rescheduled for
**April, 23
2011**

Sign up by April 20 by COB.
 For more info call 679-2379.

Making Healthy Choices
with Beth

Eating Healthy Costs

Yes, organic foods are more expensive because they become rancid more quickly and are more costly to grow without pesticides and steroids compared to non-organic foods. There is no way to get around that if you feel the need to shop for organic foods. In my experience though, many folks think that grocery shopping is more expensive than eating out at fast food restaurants, spending \$150 as opposed to spending \$5-10 per meal. In actuality, eating out almost always makes the day less cost-effective than preparing food from home.

Compare a turkey sandwich made at home to a 12-inch hero from XYZ Sub Shop. Most subs cost about 5-6 dollars for the equivalent of 6 portions of bread and 6-ounces of turkey. That's what most 12-inch subs provide. If you shop at the commissary or local grocery store a loaf of whole-wheat bread is about two dollars and a pound of turkey is about \$3 (16 ounces). That means six portions of bread from that loaf equals 60 cents and six ounces of meat costs \$1.12. A grand total of \$1.72 for several homemade sandwiches compared to one sub from a sub shop. The key to cost-effective shopping is to take the initial food shopping “hit”, paying what seems like a lot and start saving money while eating healthy.

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	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	7	33.5	22.5	28.5	15	21	0
Football	104	89	100	80	5	5	98
Bowling	100	67	89	98	0	0	100
X Ctry Run	4	32	25.5	18.5	16.5	0	0
Basketball	109	100	98	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	741	749	745.5	577.5	279	67	441.5

Final Standings as of April 1, 2011.

**Upcoming
Org.
Meetings**

April 5th
 1300 Golf Meeting at Ponta Creek Golf Course

April 12th
 1300 Softball Meeting at Fitness Center Office

For more information call (601) 679-3384.

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



Golf Season is here!

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

Weekly Special

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

Public Welcome!

Call (601) 679-2526 for more info!

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

The Sandtrap @ Ponta Creek

Monday-Saturday 1000-1430
Sunday 1100-1500

MORE SCENES FROM



AIRSHOW SCENES

Above, Rob Reider, airshow announcer, calls the action during Golden Wings Over Meridian on Saturday, March 26, 2011 at NAS Meridian, MS. Below, checkout additional scenes from the weekend.

PHOTOS BY PENNY RANDALL / NAS MERIDIAN PUBLIC AFFAIRS



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Stop by the ITT office to find out more about cruises, vacation packages, hotels rooms and more!



Hours of Operation
Monday-Friday: 1000-1700
Call (601) 679-3773 for info.

Now Located In Admin 255!



April Bowling Specials At McCain Lanes

Monday

MATSS-1/NTTC Student Special. 1700-2100, \$2 a game and \$1 for shoes.

Wednesday

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

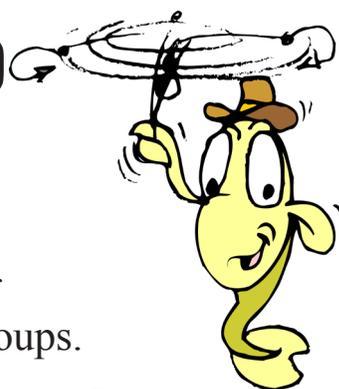
Saturday

Family Cosmic Bowling Night. 1900-2130, \$2 a game including shoes.

9 Pin No-Tap Tournament. April 8 and 22, 1800-2100, \$10 entry fee per person.

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

Fishing Rodeo



April 23, 2011

Lake Tant Pavilion at 0900

Trophies will be awarded for winners in 3 different age groups.

Call (601) 679-2609 for info. The Outpost 601-679-2609

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

Wed.-Thurs. 1730-2200
Fri., Sat. & Sun. 1730-2300

Rudders



Join us for country music hour until 1900 every Wednesday at Rudders.

Call 679-2636 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
04/02	TANGLED	PG	MANDY MOORE & ZACH LEVI
04/05	DUE DATE	R	ROBT. DOWNEY Jr & ZACH GALIFIANAKIS
04/06	HERE AFTER	PG13	MATT DAMON & CECILE De FRANCE
04/07	THE TOURIST	PG13	JOHNNY DEPP & ANGELINA JOLIE
04/09	HEAVEN CAN WAIT	PG	WARREN BEATTY & BUCK HENRY
04/12	MORNING GLORY	PG13	RACHEL McADAMS & NOAH BEAN
04/13	SKYLINE	PG13	ERIC BALFOUR & DONALD FAISON
04/14	THE WARRIOR WAY	R	DONG-GUN JANG & KATE BOSWORTH
04/16	GULLIVER'S TRAVELS	PG	JACK BLACK & EMILY BLUNT
04/19	TROY	R	BRAD PITT & ERIC BANA
04/20	THE NEXT 3 DAYS	PG13	RUSSELL CROWE & ELIZABETH BANKS
04/21	BURLESQUE	PG13	CHER & CHRISTINA AGUILERA
04/23	CHRONICLES OF NARNIA 3	PG	GEORGE HENSLEY & SKANDAR KEYNES
04/26	OTHER PEOPLES MONEY	R	DANNY DE VITO & PENELOPE ANN MILLER
04/27	LOVE AND OTHER DRUGS	R	ANNE HATHAWAY & JAKE GYLIENHAAL
04/30	YOGI BEAR	PG	DAN AKROYD & JUSTIN TIMBERLAKE

Monthly Must See

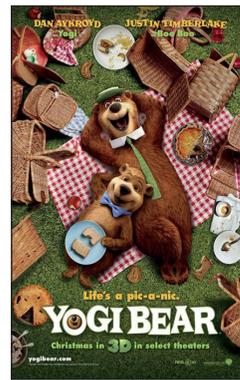
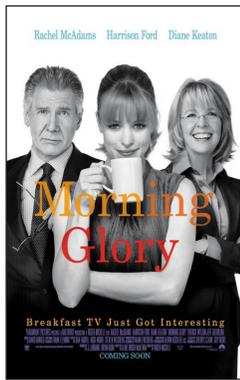
HARRY POTTER 7

Starring:
Daniel Radcliffe
Emma Watson
Rupert Grint

Harry, Ron and Hermione set out on their perilous mission to track down and destroy the secret to Voldemort's immortality and destruction -- the Horcruxes. On their own, without the guidance of their professors or the protection of Professor Dumbledore, the three friends must now rely on one another more than ever.

Rated PG13, Runtime is 145 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

April 2011

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

Mom's Diner

*Menu is subject to change

Hours of Operation
Mon-Fri ~ 6am-2pm
Closed ~ Weekends & Holidays
Breakfast Hours ~ 6-9:30am

Stop by Mom's Diner for some great homecooking!

1 Friday
Catfish, Hushpuppies, French Fries, Cole Slaw

4 Monday
Chicken Fried Steak, Mashed Potatoes with Gravy, Fried Okra, Lima Beans, Cornbread

5 Tuesday
Fried Chicken, Pinto Beans, Macaroni & Cheese, Collard Greens, Cornbread

6 Wednesday
Pork Roast, California Blend, New Potatoes, Corn, Cornbread

7 Thursday
TACO SALAD

8 Friday
Pork Chops, Mashed Potatoes with Gravy, Turnip Greens, Field Peas, Cornbread

11 Monday
Smothered Hamburger, Mashed Potatoes with Gravy, Turnip Greens, Squash, Cornbread

12 Tuesday
Fried/Baked Chicken, Baked Potato Casserole, Broccoli with Cheese, Roll

13 Wednesday
Lasagna, Garden Salad, Garlic Bread

14 Thursday
Chicken and Dumplings, Rice, English Peas, Carrots, Roll

15 Friday
Catfish, Hushpuppies, Cole Slaw, French Fries

18 Monday
MOM'S CHOICE

19 Tuesday
Shepard's Pie, Corn Nuggets, Collard Greens, Cornbread

20 Wednesday
Pork Chops, Field Peas, Rice with Gravy, Fried Okra, Cornbread

21 Thursday
TACO SALAD

22 Friday
Beef Tips Over Rice, Green Beans, Corn, Cornbread

25 Monday
BBQ Pork on Bun, French Fries, Baked Beans, Corn on the Cob

26 Tuesday
SALAD BAR

27 Wednesday
Spaghetti, Garden Salad, Garlic Bread

28 Thursday
Pot Roast, Turnip Greens, Squash, Cornbread

29 Friday
Catfish, Hushpuppies, Cole Slaw, French Fries