



Mississippi Coast Mustang Club, Inc.

Newsletter

A MISSISSIPPI NON-PROFIT ORGANIZATION January 2011

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Next Meeting

Thursday, January 6, 2011, 7 p.m.
Golden Corral Buffet
12255 Hwy 49, Gulfport

Any club members wishing to eat dinner from the buffet can arrive early. The large buffet and grill features 150 hot and cold items, according to their website. There is also a carving station and the Brass Bell Bakery. We will see how it goes that night and take a vote on whether to make it our regular meeting location.



Hope you all had a wonderful holiday season with family and friends. We're still early into the New Year, so it's not too late to get those resolutions in action. If you need a little help, here's some popular suggestions:

1. Spend More Time with Family & Friends

Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. Make plans to meet up with friends for an evening of camaraderie at a favorite restaurant or take the family to do something fun together. Work shouldn't always come first!

2. Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

3. Tame the Bulge

Over 66 % of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable



"Club Officers for 2011"

President:	Bob Stansbery
Vice President:	Bill Jordan
Secretary:	Jennie Grisoli
Treasurer:	Mike Ebl
National Director:	Phil Hancock

goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

4. Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! Locally, there are a variety of free support services, hotlines and smoking cessation classes to help you kick the smoking habit.

5. Enjoy Life More

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Just get out and try something new! Take up a new hobby or try your hand at fishing. Go to a theater performance, or head to the local spa.

6. Quit Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. Alcoholics Anonymous offers meetings throughout the Gulf Coast. There are also a number of treatment-based programs, as well as support groups for families of alcoholics.

7. Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8. Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just need to finish restoration on that Mustang. Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Most local colleges and

universities offer distance and adult education programs.

9. Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out mentoring a child or building a house, there are many nonprofit volunteer organizations that could really use your help. The United Way of South Miss. makes it easy by connecting volunteers with projects to fit practically any schedule. Or if your time is really in short supply, maybe you can at least find it in you to donate the furniture, clothing and other household items that you no longer need, rather than leaving them out by the curb to fill up our landfills.

10. Get Organized

On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, these tips and resources should get you started on the way to a more organized life. Pittsburgh has quite a few professional organizers who can help you reduce the clutter in your life and find peace in your home.

The President resolves...

Bob's New Year's resolution is to have his '65 Mustang actually look, feel and run like the iron horse that it is. Latest accomplishments include brakes (always a good thing) and heater (just in time).



CAR EVENTS

January

January 8 Gulfport, MS Gulf Coast Winter Classic

Nostalgic Hot Rod Races at Gulfport Dragway, this will be a "Nostalgic Drag Race day" pre 1980 cars/truck and invited guest racers. Gates open at 9am. Test & Tune with "Stop Light starts and no times" til 11am, Time trials start at Noon, eliminations start at 2pm. Racers \$25, spectators \$10 per person. All Swap Meet & Vendors Welcome* (*Food Vendors must call track 228 863-4408) Vendors Set Up FREE with \$10 spectator entrance. Information Call: Jimbo 228 596-0664 Gulf Coast MotorSports Magazine. Gulfport Dragway is located 1 Mile South of I-10 (MS Exit 31) on Canal Road, Gulfport, MS

January 8-9 Jackson, MS BankPlus Racing Vehicle

Extravaganza Watson Ford and O'Reilly Auto Parts present the 2011 BankPlus Racing Vehicle Extravaganza Jan. 8th and 9th, 2011 in the MS Trademart on the Fairgrounds, Jackson, MS. Mississippi's Premier Auto Show featuring over 175 Radical Custom, Race, and Performance Cars competing for over 100 awards including a gaint 7 ft. "BEST OF SHOW" award. Set-up Day is Jan. 7th, 2011 Hours: 10:00 am- 5:00 pm (This Day ONLY!) Contact Information: wsbissell@aol.com 601-832-3020 [Flyer Registration Form](#)

January 15 Jackson, MS The Annual Statewide Car Club Planning Meeting will be Saturday January 15, at the same place as last year. Coolwater Catering, 1011 Lake Harbour Drive in Ridgeland. It will start at 10, and go through lunch into the afternoon.

January 21-23 Shreveport, LA 36th Annual O'Reilly Auto Parts World Of Wheels Custom Auto Show & New Car Display. Event held in the Convention Center located in downtown Shreveport The Shreveport World of Wheels is the areas biggest indoor custom and new auto show! With over 200 vehicles on display and plenty of high-octane entertainment, our three day event is filled with the nations hottest custom cars, trucks, and motorcycles. Also, check out displays of all the new 2011 vehicles from new car dealers, and see exciting products from our exhibitors and vendors. This is more than a show, its the don't-miss event of the year! Cruisin' Style Magazine will be there! (318) 747-6881 sportwow@bellsouth.net www.shreveportworldofwheels.com

Date Changed

January 28-30, 2011 Diamondhead, MS Mississippi Gulf Coast 19th Annual Winter Rod Run at the Diamondhead Resort Inn, Diamondhead, MS. \$20.00 Registration by mail \$25.00 day of show. Vendor Fees \$30.00 for 10 by 10. Awards: people's choice, Lady's Choice, Top Ten, Just Because, Grand Prize. T-shirts By T-Tommy, NSRA Inspection, Security Pet Parade (Sponsored By Southern Who). Pre-registration cut off Jan 8, 2011. Money Tree, Music, Cake Walk, Games, Vendors, Food, 50/50, Bingo,

Proceeds will go to our charity, Hope Haven (a center for abused women & children) and a local child with cancer. PRE 69 VEHICLES ONLY.. please! Must have pre 69 vehicle present on grounds at time of all drawing info: 1-985-630-7358, 1-228-224-0133 OR 1228-864-2636 Call Host Motel Diamondhead Resort Inn for reservations 1-228-255-1300 (Motel still being remodeled since hurricane Katrina; many new rooms, restaurant, & lounge completed) Friday & Saturday, 2 night mini, for reservations. Call Now! Only 120 rooms Available! Ask for car show room rate Take Exit 16 off I-10 www.southernwho.com [Flyer](#)

January 28-30 New Orleans, La 41st Annual O'Reilly

Auto Parts World of Wheels. This show is held at the Morial Convention Center. It includes custom cars, hot rods, motorcycles, celebrities and so much more. For more information, please visit our website at www.autorama.com or give us a call at (248) 373- 1700.

January 29 5th Saturday Night Cruise-in at

WHATABURGER Hwy 49 Gulfport, MS (3 1/2 lights North of I-10) Coast Cruizers & the Pink Ladies.

February

February 4-6 Baton Rouge, La 33rd R.O.D.S. Streetrod

Show. Pre-'49 Streetrods Only. at the Holiday Inn South in Baton Rouge, La. Vendor displays, Event T-shirts, Custom Pin Striping, Swap Meet, Door Prizes. Registration \$30 - \$25 before Jan. 20th., Lots of street rod fun. For Vendor info: 225-673-8562 - Free Swap Meet info: 225-368-7826. For Rod Run info call: 225-622-2403 or 275-9868 the Ramblin Oldies of Denham Springs. www.STREETRODS.org [Registration Flyer](#) (this show is endorsed by the ASRA)

February 11-13 Birmingham, AL 40th Annual

Birmingham O'Reilly World of Wheel's Event held at the Birmingham-Jefferson Convention Complex. Featuring a wide variety of custom cars, custom trucks and custom motorcycles as well as restored and antique vehicles, our exhibitors, our vendors and tens of thousands of spectators make this annual show informative, exciting, and fun! (205) 655-4950 www.worldofwheels.info

February 18-20 Conroe, TX Winter Conroe Swap Meet &

Car Corral Feb 18th - 20th 2011 (Early move-in on Friday@ 7am Feb 18th) Gates open @ 7am Fri., Sat. & Sun. for all. Close @ 6pm Fri., Sat. & 4pm Sun. Montgomery County Fairgrounds 9055 FM 1484 Conroe, Tx 77303 \$35 outside (12 X 24) pre-register \$40 inside (10 X 20) pre-register \$35 outside (12 X 24) after Oct. 1st \$45 inside (10 X 20) after Oct. 1st \$30 Car Corral (No need to pre-register) price for spots is for all weekend!! free admission and free parking for general public all weekend!!! Everyone welcome but no animals please vendors must have at least 75% auto related parts. For pre-registration info call Jim Abbott at 337-249-7667 after 6 p.m. Click here for pre-registration maps Click here to print a pre-registration form.

Club Store

Contact Amie Kahler
at 228-234-7225

MCMC White Polo Shirts

Small To X Large ----- \$17.00
2X Large ----- \$20.00

MCMC Jackets

Small To X Large ----- \$35.00
XX Large ----- \$42.00

MCMC T-Shirts *NEW*

Small To X Large ----- \$10.00
2X Large ----- \$12.00

Get them at the next meeting!

MCMC 2011 Points of Contact

President: Bob Stansbery
Email: bstansbery@hotmail.com 228-392-5083

Vice President: Bill Jordan
Email: jfordman6@aol.com 228-234-0048

Secretary: Jennie Grisoli
Email: rockingg@bellsouth.net 228-586-0878

Treasurer: Mike Ebl
Email: mikeebl@bellsouth.net 228-872-5622

MCA National Director: Phil Hancock
Email: philh167@cablone.net 228-697-1159

MCMC Newsletter
MCMC Newsletter: Craig Grisoli
Email: mcmcnews@gmail.com 228-586-0878

MS Coast Mustang Club Inc.
P.O. Box 224
Biloxi, MS 39533-0224

