



FLAGSHIP FLYER

VOL. I ISSUE 7

Community Newsletter for the City of Pascagoula

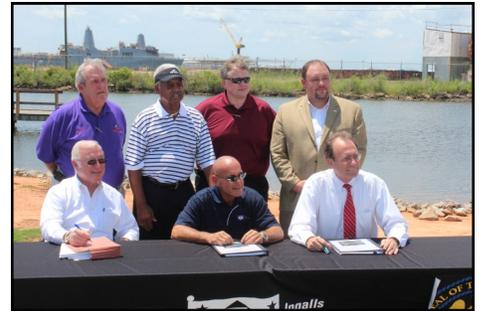
AUGUST 2011

Contact Info

City Manager	938-6614
Joe Huffman	
City Attorney	938-6605
Eddie Williams	
Departments	
Animal Control	762-2211
City Clerk	769-7795
City Hall	762-1020
Planning & Building	938-6620
Community Development	938-6651
ERF (Transfer Station)	475-6322
Fire Department	762-0751
Human Resources	938-6611
Main Street	938-6604
Parks & Recreation	938-2356
Police Department	762-2211
Public Works	938-6623
Senior Center	762-2290
Utilities Billing	938-6633

Christmas in July

Christmas came early for the City of Pascagoula on July 21, 2011. Huntington Ingalls Industries made a donation of 11 acres of property located at the Point in Pascagoula. This donation is appraised at \$2 million and the property will be deeded to the State of Mississippi.



"The donation of the Point property is another opportunity for Ingalls Shipbuilding to support the City of Pascagoula's long term development plan," said Ingalls Shipbuilding President Irwin F. Edenzon. "We value our partnership with the City of Pascagoula, Jackson County, and the State of Mississippi, and our donation of this land further demonstrates our ongoing commitment to improving the communities where our

employees live and work."

Pascagoula has leased the property from Ingalls Shipbuilding for many years. The land will now become part of the Public Trust Tidelands, which is held in trust by the Secretary of State.

The City of Pascagoula will be able to lease the land from the State, through a rent-

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- ◆ Police Training Academy
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Pascagoula Police Training Academy



The Pascagoula Police Training Academy, run by Sergeant John Morosky, is located in East Pascagoula on Bayou Cumbest Road. This top-notch training facility, which was rebuilt after Hurricane Katrina, offers firearm training in an indoor classroom environment as well as hands-on training via the outdoor shooting range. There is also an area with moveable, makeshift

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exempt lease, for public access and use.

"I don't think I can overstate what this opportunity means for the city and her citizens," said Robbie Maxwell, Mayor, City of Pascagoula "During the long and storied history of shipbuilding in Pascagoula, Ingalls has always been and continues to be a great community partner. Not only do you build the ships that protect our nation you also give so much to our local community."

http://www.globenewswire.com/newsarchive/hii/pages/news_releases.html?d=227170

walls and doorways for simulating various indoor scenarios.

The Training Academy is being utilized at no charge by many law enforcement agencies from across the region. Some of the groups that use the facility regularly include Pascagoula Police and Reserve Officers, Gautier Police and Reserve Officers, Mississippi Gulf Coast Community College Campus Police, Jackson County Sheriff's Department and Reserve Officers, Ocean Springs Police, Moss Point Police, the U.S. Coast Guard, the U.S. Customs Border Protection, the U.S. Border Patrol, the U.S. National Parks Service, and the Mississippi Security Police.



Some organizations that use the facility frequently make donations of materials and equipment which helps keep down the cost of operation.

Recently, The Pascagoula Police Training Academy was used by Mr. Troy Guillotte in his current video production of ***Student of the Gun***, which airs on the Pursuit Channel. The segment shot in Pascagoula was on the KRISS Vector .45 ACP submachine gun platform. The show can currently be viewed online at <http://www.pursuitchannel.com/ShowDetail.asp?ShowID=176> under episode one.

Pascagoula City Council

938-6614

George Wolverton, Sr., Ward #2

Jim Milstead, Ward #5

Joe Abston, Ward #3

Robbie Maxwell, Mayor

Frank Corder, Ward #4

Robert Stallworth, Sr., Ward #1

Harold Tillman, Jr., At Large





Back to School



Back to School: How to Manage Your Morning Rush

Getting your kids ready for school while getting yourself ready for the day can be mania, but it doesn't have to be. Having a set routine will get you and your family off to a good start and prove for a more productive day altogether. Having a set routine will also instill good habits in your children.

The key to a calm, cool, and collective morning routine is organization. Here are some tips to help you get organized and establish your family's routine. Depending on your child's age, he or she can help with some of these.

The Night Before:

-  Pack your child's homework and any special supplies needed for the next day.
-  Prepare your child's clothes and lay them out for the next day.
-  If your child takes a lunch, go ahead and prepare it the night before.

The Morning Of:

-  Be realistic as to how much time is needed to get your children up and into the morning's routine. If your child is a heavy-sleeper or has trouble waking up, guess what? "Earlier to bed . . . earlier to rise" should become your motto.
-  Depending on what's for breakfast, prepare the night before. Go ahead and set the table. If you're having cereal then set out your bowls, silverware, and cereal box.

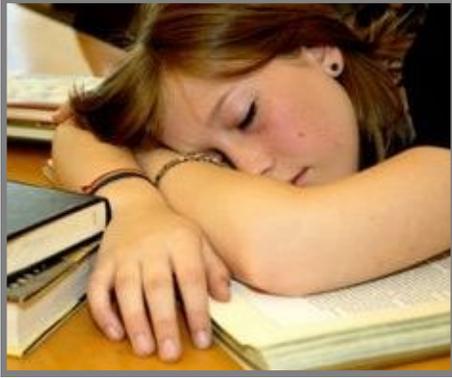
Here are some links to some other information to help you get off to a great start this school year:

[Family Fun.com: Back to School Breakfasts](http://FamilyFun.com: Back to School Breakfasts)

Goodhousekeeping.com: Back to School Organization Tips

Parents.com: Back to School Money Saving Tips from Parents like You





Importance of Sleep for Kids and Teens

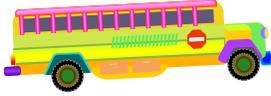
One of the single greatest threats to your child's general well-being is lack of sleep. Lack of sleep diminishes the ability to pay attention, causes irritable or hyper types of behavior, bad temper, problems in school, and can lead to stimulant abuse, and driving accidents (more than 50% of "asleep-at-the-wheel" car accidents are caused by teens). According to a recent national sleep study, over 25% of high school students fall asleep in class leading to reduced academic and athletic performance.

If your child has difficulty waking in the morning; has problems concentrating; is falling asleep during classes; or experiencing emotional troubles, sadness and depression, lack of sleep may be the cause.

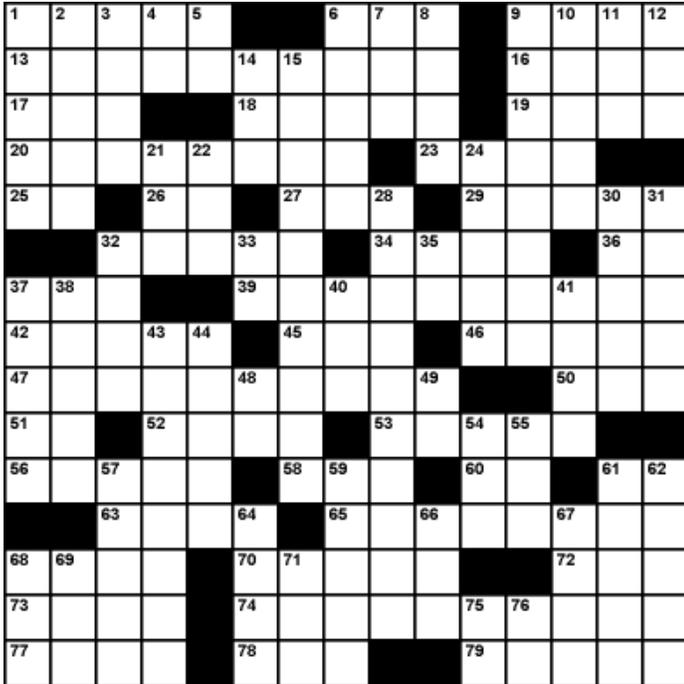
According to the experts at Teen's Health, students need about 8½ to 9½ hours of sleep per night. Many don't get enough and can become chronically sleep deprived. Sleep deprivation adds up over time, so an hour less per night is like a full night without sleep by the end of the week. This often leads teens to try to catch up on sleep during the weekend. This sleep schedule irregularity can actually aggravate the problem and make getting to sleep at a reasonable hour during the week even harder. Ideally, a teen should try to go to bed at the same time every night and wake up at the same time every morning.

Here are some suggestions from Teens Health to help your child sleep better:

- * **Establish a routine.** Going to bed and waking up at the same time every day establishes your sleep pattern. So, try to stick as closely as possible to your sleep schedule, even on weekends. Don't go to sleep more than an hour later or wake up more than 2 to 3 hours later than you do during the week.
- * **Exercise regularly.** Experts believe that exercise each afternoon that stops at least three hours before bedtime may actually help a person sleep better.
- * **Avoid stimulants.** Energy drinks, coffee, and many sodas contain caffeine. Stop drinking all after 4 PM.
- * **Relax your mind.** Avoid movies, books or activities that might set your mind and heart racing. Reading books with involved or active plots may also keep you from falling or staying asleep.
- * **Unwind by keeping the lights low.** Light signals the brain that it's time to wake up. You should avoid the light of TVs, computers, video games, and telephones at least one hour before bedtime - try relaxing or listening to soothing music.
- * **Don't nap too much.** Naps of more than 30 minutes during the day may keep you from falling asleep later.
- * **Avoid all-nighters.** Don't wait until the night before a big test to study. This may make you perform worse than you would if you'd studied less but got more sleep.
- * **Create the right sleeping environment.** Studies show that people sleep best in a cool, quiet, dark room.
- * **Wake up with bright light.** Bright light in the morning tells your body that it's time to get going so turn on a light as soon as your alarm goes off.
- * **Plan for sleep.** If you're tired, it's hard to look and feel your best. Schedule "sleep" as an item on your schedule to help you stay creative and healthy.



Back to School Crossword Fun



37. Television listing acronym
 39. * Strayed from School
 42. Shreds
 45. Name associated with The Beatles
 46. Type of Turf
 47. * Teaching Tool
 50. "Funn" ending
 51. Thing describer
 52. Sedate
 53. * School periods
 56. Plus
 58. Pouch
 60. Des Moines is its capital, briefly
 61. * Prof's helper
 63. * They're studied in Anthropology 101
 65. * School course
 68. Aniston's hubby
 70. Love
 72. * Heard at School: "You will learn everything from
11. * School org.
 12. Grassy section
 14. It'll turn "ber" into Timber
 15. * Lessons take place in them
 21. Early member of The Beatles
 22. Word on a towel
 24. * Heard in Home Economics: "___ better for you than coffee?"
 28. * Pupil's Progress Portrayer Presented Periodically
 30. Habitually Harden
 31. * Private instructor
 32. World famous shoe museum in Toronto, Canada
 33. Mr. Asner
 35. The Heartbreakers singer (Initials)
 37. Leg bone
 38. Runs off
 40. Lucky: ___ roll
 41. Mr. Redding
 43. * Heard at Home: "Mom! I just got ___ into Harvard!!!"
 44. Glide on the ice
 48. He (Initials) starred in "Trapeze" (1956)
 49. Simone Beauvoir connector
 54. Ocasek of The Cars
 55. When doubled, it'll become a secret insurgent organization in Kenya
 57. Fabric
 59. Tree fruit
 61. Frutti completer
 62. Heard on a NYC Shopping Spree: "I think it was ___ located store where I saw that floral print dress."
 64. Carpentry tools
 66. "___ Misérables" (1862)
 67. Hog fat
 68. Basilica Bench
 69. Mr. Gershwin
 71. Musical style: ___-Wop
 75. Olympia is its capital, for short
 76. Conjunction in Cannes

Across

1. * What students must do
 6. * It's an unacceptable reply, so says the Teacher
 9. Short Sleeps
 13. * Item in a Schoolbag
 16. Mr. Preminger
 17. Simon & Garfunkel song: "___ a Rock"
 18. Forearm bone (pl.)
 19. Amphibian
 20. * Student at College
 23. Canadian insurrectionist
 25. He (Initials) did it his way
 26. Scale Syllable
 27. * School movie: "To ___, With Love" (1967)
 29. Disconnect
 32. * Transporters of Students
 34. Ms. James
 36. The 13th letter of the Greek alphabet

___ Z during this course."

73. Great Lake
 74. * Poet studied in an English course
 77. Sorcerer's Scepter
 78. Cain to Adam
 79. * School area: ___-Visual Department

Down

1. Make attractive
 2. Waters up
 3. Not like I
 4. Locale of the Nation's Capital, commonly
 5. Loloish Language
 6. New Age musician
 7. Olympic cheer
 8. Nobleman
 9. * Back-to-School supplies
 10. Coral reef



Slow Cooker Enchilada Casserole Ingredients

- 3 tablespoons diced green chiles, divided
- 1/2 cup salsa
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh cilantro
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (11-ounce) can corn with red and green peppers, drained
- 1 (10-ounce) can enchilada sauce
- 1/2 cup egg substitute
- 1 (8 1/2 ounce) package corn muffin mix
- 2 tablespoons chopped bottled roasted red bell peppers

- 1 1/2 cups (6 ounces) shredded reduced-fat Mexican blend or cheddar cheese
- 6 tablespoons low-fat sour cream
- 1 1/2 teaspoons thinly sliced fresh cilantro

Preparation

1. Place 2 tablespoons green chiles and next 6 ingredients (through enchilada sauce) in a 3 1/2-quart electric slow cooker; stir well. Cover with lid; cook on low-heat setting 4 hours.
2. Combine remaining 1 tablespoon green chiles, egg substitute, muffin mix, and roasted bell peppers in a bowl. Spoon batter evenly over bean mixture in slow cooker. Cover and cook 1 hour or until corn bread is done.
3. Sprinkle cheese over corn bread. Cover and cook 5 minutes or until cheese melts. Top each serving with sour cream; sprinkle with cilantro.



City of Pascagoula Upcoming Events

- * **CITY COUNCIL MEETING** August 2nd and August 16th; 6 pm at City Hall. 762-1020
- * **PLANNING BOARD MEETING** Wednesday, August 10th; 6 pm at City Hall. 762-1020
- * **ZUMBA®** Fitness classes will be held at the Recreation Center on Mondays, Wednesdays, and Thursdays from 6 pm to 7 pm. Cost is \$5 per class. 938-2356
- * **BLUES AT THE BEACH** Concert. This event is August 12th at Beach Park from 6:00-8:00pm. 762-8021
- * **YOUTH FOOTBALL** for children ages 7-12. Cost is \$80 for residents and \$90 for non-residents. Register now through August 18th. [Online registration is available.](#) 938-2356
- * **YOUTH CHEERLEADING** for children ages 5-12. Cost is \$105 for residents and \$115 for non-residents. Register now through August 18th. [Online registration is available.](#) 938-2356
- * **ANCHOR SQUARE GRAND OPENING AND ICE CREAM SOCIAL** August 18th. Ribbon Cutting Ceremony is at 3:00pm. The shops will be open and there will be free ice cream and all the fixings, live music, classic cars, kids activities and more. 938-2352
- * **KICK-OFF AT ANCHOR SQUARE PANTHER PEP RALLY** with the PHS Football Team, Cheerleaders, and Marching Band. This event is August 11th at 6:30 pm. Shops will be open for shopping and dining. 938-2352
- * **KICK-OFF AT ANCHOR SQUARE RESURRECTION PEP RALLY** with the RHS Football Team, Cheerleaders, and Band. This event is August 26th at 6:30 pm. Shops will be open for shopping and dining. 938-2352

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