



# FLAGSHIP FLYER

VOL. I ISSUE 2

Community Newsletter for the City of Pascagoula

MARCH 2011

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<b>ERF (Transfer Station)</b>	475-6322
<b>Fire Department</b>	762-0751
<b>Human Resources</b>	938-6611
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<b>Parks &amp; Recreation</b>	938-2356
<b>Police Department</b>	762-2211
<b>Public Works</b>	938-6623
<b>Senior Center</b>	762-2290
<b>Utilities Billing</b>	938-6633

## Utility Building Renovations Will Improve Customer Service



The Utility Billing Building has been undergoing a makeover since early this year. The renovations were necessary due to a steady increase of customers over the last few years. Previously, customers had two windows available for service in the front. As the number of walk-in customers increased, two additional stations were opened in the back offices. After this project is

complete, there will be four stations in front which will provide much faster customer service. In addition, there will be a new Customer Information Center in the lobby. Not only will the customer find relevant news and events here, but he or she will also be able to complete any necessary paperwork.

The costs of this project have been

*Continued on Page 2*



## In the Small Business Spotlight...



The backbone of this lovely town of Pascagoula is most definitely the small businesses. That's why it is so very important to shop locally and support these businesses. If our small businesses grow and thrive, then our

town will grow and thrive. So, take some time to get to know your town and what's available for you. And, don't forget to tell your friends! Now, let me introduce you to a business you may not know about.

*Continued on Page 2*



kept to a minimum by utilizing the City's own carpenters and electricians.

Also, the crown molding was methodically removed intact so that it could be reused. Other materials that were reused include ceiling tiles and grid, light fixtures, and some cabinetry.

The renovations began January 5th with a move to the old Senior Center building. The move to the temporary location was completed in shifts to avoid any interruption in customer service. There was absolutely no shut down that day. The project is expected to reach completion April 18th. The move will be completed in the same manner, with no interruption to customer service.

Small Business Spotlight continued from page 1

Tucked away on Canty Street in downtown Pascagoula is a charming little shop that you need to check out. Gerrie's Wig & Jewelry Boutique has called Pascagoula its home for almost 39 years.

Owner Gerrie Hicks started out as a hairdresser. Soon she noticed that many

women, including those suffering from hair loss due to cancer treatments, needed a local place that would provide for them an alternative to their own hair. At Gerrie's you will find a wide variety of synthetic or human hair wigs and hair pieces. Some of these are very lightweight and can even be worn while swimming. Gerrie's offers all colors and styles of wigs. Not only will you find wigs at this Boutique, but you can also find hats and turbans, jewelry, clothing, shoes, and accessories. There is truly something here for everyone.

In addition to wigs and fashion, you can also find kindness, compassion, and good 'ole

southern hospitality at Gerrie's Wig Shop & Jewelry Boutique. If you need something from Gerrie's shop, but can't make it to her location due to illness or any other reason, just let her know. She would be glad to come out to your home or even hospital to assist you. So, drop by 3215 Canty Street or simply call 769-7233, to see what Gerrie has for you!



## DID YOU KNOW?

- \* The Mississippi Gulf Coast, from Biloxi to Henderson Point, is the largest and longest man-made beach in the world.
- \* The world's only cactus plantation is located in Edwards with more than 3,000 varieties of cacti.
- \* Pine-Sol is manufactured only in Pearl, MS.
- \* David Harrison of Columbus owns the patent on the "Soft Toilet Seat." Over one million are sold every year.

### City Council

938-6614

**Mayor** Robbie Maxwell

**At Large** Harold Tillman, Jr.

**Ward #1** Robert Stallworth, Sr

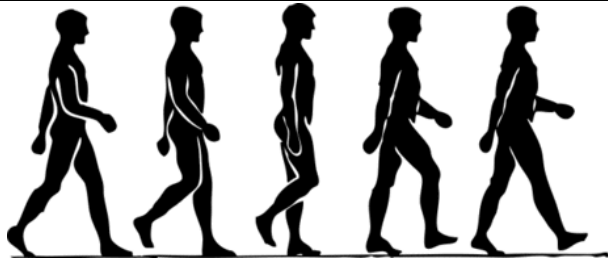
**Ward #2** George Wolverton

**Ward #3** Joe Abston

**Ward #4** Frank Corder

**Ward #5** Jim Milstead





## Walking: Reap the Benefits

Health professionals know that walking is a good form of exercise that offers numerous health benefits. Anyone, excluding those with certain health conditions, can benefit from regular walking. Walking with a friend in the beautiful outdoors makes the activity an enjoyable one, instead of a dreaded form of exercise. So grab a friend, put on a pair of good walking shoes and get to walking. Don't forget to take time to look around at the wonders of nature.

### Heart

Walking is good for your heart. Regular walking reduces your chance of getting heart disease. Walking strengthens the heart and increases blood flow. A stronger heart reduces the likelihood of a heart attack. Increased blood flow decreases pressure on the arteries, reducing the likelihood of high blood pressure. A study conducted by Harvard showed that walking three hours a week at a moderate pace reduced heart disease risk by up to forty percent. Walking 30 minutes a day, six days a week--or walking for one hour per day, three times a week--fulfills the three hour per week requirement of the Harvard study.

### Lungs

According to the National Heart Lung and Blood Institute, regular, brisk 30-minute walks increase lung capacity. This also strengthens the lungs. With increased lung capacity, you will breathe easier, and your lungs will stay healthier longer.

### Bones

Walking is a low impact weight bearing activity that is easy on the knees. Weight bearing activities increase bone mass,

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helping to prevent osteoporosis and helping to prevent further damage from osteoporosis. Because walking is easier on the knees than running, it is a good choice of exercise for everyone --including people with bad knees. **Of course, you should always consult with a doctor before beginning any exercise regimen.**

### Weight Loss

Lose weight by participating in regular walks. Obesity makes a person more prone to heart disease, stroke and diabetes. A person burns an average of 132 calories walking at moderate pace for 30 minutes or 183 calories walking at a brisk pace for 30 minutes. An added reward from regular walking is that it strengthens and tones leg muscles.

### Well Being

Walking increases blood flow in the body reducing back and joint pain. The increased blood flow to the brain enhances emotional well being and reduces stress levels. Scientific studies show that exercise, including walking, may increase serotonin levels in the brain, reducing depression symptoms. Walking also helps a person to sleep better at night. A restful sleep is helpful for reducing anxiety, depression and stress.

**Read more at [Trails.com](http://Trails.com): Walking Health Benefits**

## Read to Get Started? Try out this 12 Week Beginner Walking Plan!

Wk/Day	SU	MO	TU	WE	TH	FR	SA	TOTAL
Wk 1	0	0	10 min	0	10 min	0	10 min	30 min
Wk 2	0	0	10 min	0	10 min	0	13 min	33 min
Wk 3	0	0	12 min	0	10 min	0	14 min	36 min
Wk 4	0	0	12 min	0	12 min	0	16 min	40 min
Wk 5	0	0	13 min	0	13 min	0	18 min	44 min
Wk 6	0	0	14 min	0	14 min	0	20 min	48 min
Wk 7	0	0	15 min	0	15 min	0	20 min	50 min
Wk 8	5 min	0	15 min	0	15 min	0	20 min	55 min
Wk 9	10 min	0	15 min	0	15 min	0	20 min	60 min
Wk 10	12 min	0	15 min	0	15 min	0	25 min	67 min
Wk 11	15 min	0	15 min	0	15 min	0	30 min	75 min
Wk 12	15 min	0	20 min	0	20 min	0	30 min	85 min

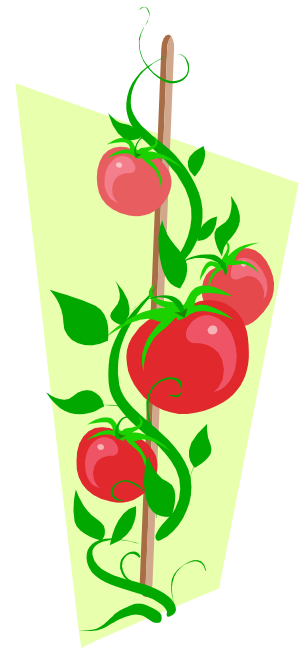
# March is National Nutrition Month

## Fruit and Veggies on the Go

You know that eating a diet rich in fruits and vegetables is good for you, but you're constantly on the go. See how you can fit fruits and veggies into your everyday world. Fruits and vegetables can be a part of a balanced diet anytime, anywhere. Fruits and veggies are available in many different forms that are easy to take with you. Prepared fresh fruits and vegetables, like baby carrots and fresh fruit cups, are available in the produce section. Dried fruits and vegetables pack away easily in your bag. Pre-packaged fruits in their own juice make a great addition to any lunch sack.

### It All Adds Up

<b>Breakfast on the Road</b>	Blend a smoothie with fresh fruit to drink on the way to work or school.
<b>Mid-Morning Snack</b>	Mix your favorite nuts with dried fruit such as cranberries, raisins, or apricots for a homemade trail
<b>Lunch at a Restaurant</b>	Have a salad with a fat-free or low-fat dressing and a low-fat or fat-free vegetable soup at your favorite
<b>Afternoon Snack</b>	Snack on hummus and dippable veggies such as carrots and broccoli florets, for an energizing afternoon
<b>Dinner at Home</b>	Add steamed, baked, or sautéed veggies to your dinner at home



### Strawberry Yogurt Shake

#### Ingredients

- 1/2 cup unsweetened pineapple juice
- 3/4 cup plain low-fat yogurt
- 1-1/2 cups frozen unsweetened strawberries
- 1 tsp granulated sugar (optional)

#### Directions

1. Add ingredients in the order listed to a blender container.
2. Puree at medium speed until thick and smooth.
3. Pour into glass and enjoy.

(Makes 2 servings.)

Nutrition info per serving\*: Calories 140cal; Fat 2g; Sodium 65mg; Carb 27g; Fiber 2g; Protein 6g; Vit A 2%; Vit C 90%; Calcium 20%; Iron 6%

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# City of Pascagoula Upcoming Events

**CITY COUNCIL MEETING** March 1st , March 15th; 6 pm at City Hall. 762-1020

**ATTIC SALE** benefiting the City of Pascagoula's Relay for Life Team, to raise money for the March of Dimes. The sale will take place March 2nd from 10 am—2 pm upstairs at Scranton's Restaurant. 938-6604

**PLANNING BOARD MEETING** Wednesday, March 9th at 6:00 pm.

**PASCAGOULA MARDI GRAS PARADE** Jackson County Carnival Association invites businesses and organizations to enter floats for the annual event at 1pm on Saturday, March 5th. Rain date is March 6th. Registration is at the Jackson County Chamber of Commerce. Cost is \$40.-\$120. 497-3269.

**SUMMER DAY CAMP MINI CONFERENCE** for Summer Camp Directors, Program Directors, Summer Camp Counselors, Daycare Directors, Teachers, Daycare Workers, Facility Managers, Parks and Recreation Directors, Youth Counselors, etc. Topics covered include summer camp regulations and licenses, summer feeding program, playground safety, programming ideas, dealing with difficult parents/people, and training new staff. March 16th, 9 am—3 pm; lunch provided. \$30 per person. 938-2356.

**LITTER BUGS ME DAY** March 18th Elementary Children in Pascagoula join forces to help win the battle over pollution. Children wear a "Litter Bugs Me" sticker and help to clean their schools. Everyone receives a give-a-way bag. 938-2356.

**AEROBICS** Fitness classes will be held every Tuesday and Thursday for six weeks starting March 22nd at the recreation center. The cost is \$37 and is open to teens and adults. 938-2356.

**HAPPY BIRTHDAY DR. SUESS!** Come to a birthday party for Dr. Seuss on Wednesday, March 23rd. Special guests will be Thing 1 & Thing 2, and the Grinch! The party is from 9 am-11 am and is open to children ages 3-5. Admission is free and daycares need to call for reservations. 938-2356.

**7th ANNUAL CHILDREN'S EASTER PARADE** On Thursday, March 31. The parade will be for around 300 children ages six and under and will include the Easter Bunny! Line-up will be at 9 am in front of the Pascagoula Library. The parade will stroll west at 9:30 am across Pascagoula Street, along the north side of Delmas Avenue, and then take a little bunny hop across the road at Magnolia Street to head back down the south side of Delmas Ave. to the Library.

**GUITAR LESSONS** Children ages 6-13, learn left and right hand techniques and how to play notes, chords, and songs. Students must have his or her own guitar. The lesson book is not included. Classes are held Mondays from 4:15-5:15 pm.  
Cost is 4 lessons for \$40. 938-2356.

**ZUMBA®** Fitness classes will be held at the Recreation Center on Mondays and Wednesdays from 6 pm to 7 pm. Cost \$5 per class. 938-2356.

# Senior Happenings



762-2290 ♦ 1912 Live Oak Ave.

**Check out all we have going on at the Senior Center. There is something for everyone!**

**Bow Making Classes** – We will meet Wednesday and Friday during the month of March beginning Wednesday, March 9, with the last class on Friday, March 25. Class times are 9:30-11AM or 1:30-3pm. Each class will offer a different bow design. Cost for the bow making class is \$25 per student and includes all supplies. Payment confirms class placement. Current registration Form required.

**Tuesdays in March** - March 8 is FAT TUESDAY but our only celebrating will be with Elva Avara's piano music and a few sing-alongs on our part. Tuesday, March 15 - We are expecting Janna Paul's music class from Cherokee Elementary. Tuesday, March 22 - the Jazz Band from Pascagoula High School and for the 29th – that's our annual picnic at the Lippincott's in Vanleave.

**Spring Picnic at the Lippincott's** – This annual event is enjoyed each and every year by everyone who attends. Bonnie and Chuck again have invited everyone who attends our Tuesday luncheons to join them on the grounds of their beautiful home in Vanleave for a huge picnic. The date is Tuesday, March 29. Bonnie thinks the azaleas will be in full bloom! We can provide transportation for about 50 people using our City vans. For those who choose to drive, the address is 8300 Humphrey Rd. off Hwy 57. If you need transportation, call the Center and let Sarah Jim or Gloria know. If you plan to ride with us, please be at the Center by 10:30am that day. Between Gloria, Chuck and Bonnie and Benny's crew we are planning to grill hamburgers and fry fish. The following is a suggestion as to what we want you to bring. If your last name begins with: A-F – Bring your favorite dessert; G-N- Bring your favorite salad; O-S – Bring 2

liter drinks or gallon jugs of tea; T-Z – Bring paper products: plates, dessert plates, napkins or 16 oz. drink cups. If you have any questions about the picnic or want to ride with us, call the center.

**Lunch Bunch for March** – Friday, March 25. We will leave the Center at 8:30am. Cost: \$20 per person. February's trip gave us the opportunity to see Beauvoir, the Jefferson Davis Home and the George Ohr Museum.

**AARP Driver Safety Programs** – Monday, March 14, Noon-4:30pm, M&M Bank, (Upstairs Banquet Room) 3118 Pascagoula St., Pascagoula; OR Wednesday, May 11, 12:30-5pm, Gautier Library, (Meeting Room) 2100 Library Lane, Gautier; OR Saturday, May 14, Noon-4:30pm, Pascagoula Library, (Meeting Room) 3214 Pascagoula St., Pascagoula. To register or for more information call Paul Oncale at 228-447-3906 OR email to: [PJOTRADER@YAHOO.COM](mailto:PJOTRADER@YAHOO.COM).

**Anola Club of Pascagoula** – Presents "Kitchen Kapers" –Tour of kitchens on Thursday, March 31, 2:30-6pm. Kitchens on tour include: Martha Gallahue's at 610 Bienville St.; the Roth home, 3401 Beach Blvd; and the Whitlock home, 2911 Beach Blvd. Refreshments and tour info. at the Anola Clubhouse, 1111 Washington Ave.. Tickets \$10 each. We will leave the Center at 2pm.

Mobile Theatre Guild Presents: "**Catfish Moon**" – Friday, March 18. We will leave the Center at 6:15pm. Tickets are \$20 each. This comedy, by southern playwright and USM graduate, Laddy Sartin has crafted a witty look at friendship and aging.

