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Mayor A.J. Holloway  
and the Biloxi City Council

George Lawrence  
William "Bill" Stallworth  
Lucy Denton  
Clark Griffith  
Tom Wall  
Edward "Ed" Gemmill  
David Fayard

## Recipe of the Month

### Minted strawberries with white wine

- 6 cups strawberries
- 2 bunches fresh mint (1-1/2 oz.)
- 2 to 3 cups dry white wine such as Sauvignon Blanc
- Fresh mint sprigs
- 1 cup sugar

1. Halve large berries; leave hulls on a few berries. Place berries in a large bowl; sprinkle with sugar and cover bowl with plastic wrap. Let stand at room temperature at least 1 hour, stirring once or twice.

2. Remove mint leaves from one bunch of mint. Stack 6 to 8 leaves together; roll the stacked leaves. Slice across the roll to create narrow strips. Repeat with remaining leaves. Add the shredded mint to strawberries just before serving.

3. To serve, evenly divide the minted berries and juices among 8 glasses; pour wine over berries until just covered. Garnish with mint sprigs. Makes 8 servings.

For a nonalcoholic version, use white grape juice instead of wine and reduce the sugar to 2 tablespoons.

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# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department

[biloxi.ms.us/pr](http://biloxi.ms.us/pr)

March 2011

**Happy Birthday to all  
Seniors in the month of  
March!**



**March Dates to  
Celebrate & Remember!**

- March 4th – Employee Appreciation
- March 8th – Mardi Gras (HOLIDAY)
- March 9th – Ash Wednesday
- March 13th – Daylight Savings Time Begins (Spring Forward)
- March 17th – St. Patrick's Day
- March 20th – Spring Begins

**March Trivia**



- Name the doctor credited for the development of a vaccine for polio.
- This gunfighter of O.K. corral fame was also a trained dentist.

*See Calendar for answers.*

## MARCH IS National Nutrition Month

Let the USDA'S Food Pyramid be your guide for healthy food choices each day. Recommendations include taking half your grains and whole grains; having a variety of fruits and vegetables; eating low-fat or fat-free milk products; choosing more lean meats, fish legumes, nuts and seeds for protein; and getting most of your fats from vegetable oils, fish and nuts. The pyramid also includes an exercise component to remind everyone to stay active and fit. You can visit [www.mypyramid.gov](http://www.mypyramid.gov) for the latest advice on smart eating and exercise. This web site offers you an individualized daily eating plan with lots of nutrition tips and recipes.

### MARDI GRAS

Mardi Gras: Christian/Carnival- is celebrated with partying and feasting before Lent begins on Ash Wednesday (March 9, 2011). Tuesday is known as Mardi Gras (Fat Tuesday in French) Day. On this day, the largest and longest parades are held, and people dress up and join in the party atmosphere, especially in New Orleans and other southern locations. In some areas, Carnival and Mardi Gras last longer. The colors of Mardi Gras are Purple (for Justice), Green (for Faith), and Gold (for Power). Laissez les bon temps roulette! – Let the good times roll!!

Ash Wednesday is a day of repentance and it marks the beginning of Lent. Ashes were used in ancient times, according to the Bible; to express mourning, dusting oneself with ashes was the penitent's way of expressing sorrow for sins and faults. In the Roman Catholic Church, Ash Wednesday is observed by fasting, abstinence from meat, and repentance – a day of contemplating one's transgressions. This is a time for feasting.

### THOUGHT FOR THE MONTH:

“THERE CAN BE NO HAPPINESS IF THE THINGS WE BELIEVE IN ARE DIFFERENT FROM THE THINGS WE DO.” – FREYA MADELINE STARK

Parks and Recreation Department  
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Biloxi, MS 39533



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**Movie & Snack!**  
Thursdays, 1:30 p.m.

**March 3rd**  
THE ROMANTICS  
starring Katie Holmes & Josh Duhamel

**March 10th**  
RED  
starring Bruce Willis, Morgan Freeman & Ernest Borgnine

**March 17th**  
SECRETARIAT  
starring Diane Lane & Dylan Baker

**March 24th**  
YOU AGAIN  
starring Jamie Lee Curtis & Sigourney Weaver

**March 31st**  
LAST SONG  
starring Miley Cyrus, Greg Kinnear & Bobby Coleman

All movies are rated PG-13 or PG. However, there may be some obscenities. All movies subject to change.

Newsletter Volunteers needed to help fold, tape and label the Top of the Hill Newsletter. Please contact Gwen Johnson at (228) 435-6148 to see when newsletter will be ready for folding.

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**Senior Potluck**

Wednesday, March 16th • 11 a.m. - 1 p.m. • Donal Snyder Community Center  
Sponsored by Beau Rivage Casino Resort & Spa. Please bring a dessert and wear green!

RSVP by Friday, March 11th to the Snyder Center to Amanda Canaan or Wayne Aronson at (228) 436-5191.

Health Screening prior to the Ball & Dance at 10:30 a.m.

Health Screening will be provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics, Friends Five-O/Senior Organization.

Please contact Gwen Johnson at (228) 435-6148.

**March Classes & Happenings**

- **Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m. at the Donal Snyder Community Center; and every Tuesday and Thursday, 10 a.m. at the Dr. Frank G. Gruich Community Center. This class is co-sponsored by the Arthritis Foundation (Take Control. We can Help). **NO CLASS ON THURSDAY AT THE FGCC UNTIL FURTHER NOTICE! No Class on March 8th-Holiday.**

\*Attention all participants who attend the Stretch & Strengthen Classes: Due to budget cuts there will be a fee for your Fit Band and Fit Tube/Cord the price is as followed: **Fit Band: \$2.00 and Fit Tube/Cord \$5.00. Once you buy them it's yours to keep. For more information please contact Gwen Johnson at (228)435-6148.**

- **Tai Chi Class:** Every Tuesday and Thursday at 10 a.m. Tai Chi is a form of exercise for health and relaxation which originates from Ancient China. Gentle flowing movement is combined with deep breathing exercise in order to cultivate the inner energy of the body. Daily practice of Tai Chi promotes mental clarity, a healthy body, assistance with balance, and helps the circulation of the blood.

**No Class on March 8th-Holiday.**

- **Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, burn calories, increase muscle conditioning & body shaping, and reduce stress, and improve sleep and eating habits. On cold days, dress in layers so you can shed one or more layers as you warm up while walking. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.

- **Bingo:** Monday, March 7th at 10/11:30 a.m. at the Dr. Frank Gruich Community Center.

- **Bonco:** Monday, March 28th at 10 a.m. at the Dr. Frank Gruich Community Center.

**Upcoming Activities**

- Get ready for the Senior Games, to be held in April.
- 2nd Annual R.I.P.E. Conference, to be held in May.

Please call 436-5191 to sign up for each class. For information about senior programming contact Gwen Johnson at (228) 435-6281.

**Calendar of Events - March 2011**

- DSCC - Donal Snyder Sr. Community Center
- FGCC - Dr. Frank G. Gruich Community Center

(Classes that are not labeled either DSCC or FGCC will be held at the regular Donal Snyder location.)

All classes & programs are subject to change & changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.

Answers to Trivia: • Jonas Salk • Doc Holliday



**Happy St. Patrick's Day!!**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	2 Stretch & Strengthen Class – 2 p.m. DSCC	3 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	4 Stretch & Strengthen Class – 2 p.m. DSCC  Employee Appreciation Day	5
6	7 Bingo – 10 a.m. FGCC Stretch & Strengthen Class – 2 p.m. DSCC	8 Mardi Gras Holiday - City of Biloxi Closed	9 Stretch & Strengthen Class – 2 p.m. DSCC  Ash Wednesday	10 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	11 Stretch & Strengthen Class – 2 p.m. DSCC	12
13 Daylight Savings Time Begins	14 Stretch & Strengthen Class – 2 p.m. DSCC	15 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	16 Senior Luncheon – 11 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	17 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.  St. Patrick's Day	18 Stretch & Strengthen Class – 2 p.m. DSCC	19
20 Spring Begins	21 Stretch & Strengthen Class – 2 p.m. DSCC	22 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	23 Stretch & Strengthen Class – 2 p.m. DSCC	24 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	25 Stretch & Strengthen Class – 2 p.m. DSCC	26
27	28 Bonco – 10 a.m. FGCC Stretch & Strengthen Class – 2 p.m. DSCC	29 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	30 Stretch & Strengthen Class – 2 p.m. DSCC	31 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.		