

THE WARREN COUNTY MONTHLY BUZZ

November 2025

“Nothing is impossible.
The word itself says,
‘I’m possible!’”

Audrey Hepburn

IMPORTANT DATES

BOARD OF SUPERVISOR’S MEETINGS

OFFICIAL MEETING 9AM

COURTHOUSE 3RD FLOOR

MONDAY, NOVEMBER 3RD

MONDAY, NOVEMBER 17TH

WORKING SESSION

MONDAY, NOVEMBER 10TH

TUESDAY, NOVEMBER 24TH

**OFFICE CLOSURE
NOVEMBER 11TH
VETERANS DAY**



Stay in Touch with Vicksburg, Visit:

Visitvicksburg.com/events to see what is going on each day in Vicksburg.

Just a few highlights

Nov 1 38th Annual Germanfest

Nov 6 Supper on the Sip

Nov 7 Keep Vicksburg Beautiful Community Clean Up Day



Fall Back Tips – Adjust Gently to the Time Change

1. Shift gradually

- Go to bed/wake up 15–20 minutes earlier for a few days before the change.

2. Get morning sunlight

- Step outside within an hour of waking — even on cloudy days.

3. Skip the late naps

- Avoid napping after 3 p.m. — go to bed early if needed.

4. Eat on schedule

- Start eating meals at the new times to help reset your internal clock.

5. Watch your mood

- Shorter days can impact mental health.
- Use a light therapy lamp if needed.
- Stay active and connected with others.

November Wellness Checklist



Home & Routine

1. Prep for winter

- Check coats, boots, gloves — repair or replace now.
- Swap in warm bedding.
- Stock up on cold-weather essentials: tea, candles, soup, humidifier, firewood.

2. Clean & declutter

- Light pre-holiday cleanout: closets, pantry, fridge.
- Donate unused warm clothes.



Body & Health

3. Boost immunity

- Take Vitamin D, eat immune-boosting foods (garlic, greens, citrus).
- Prioritize sleep and hydration.

4. Move daily — gently

- Even 10-minute walks help.
- Try stretching, yoga, or tai chi.



Holidays & Boundaries

5. Manage holiday stress

- Set boundaries early — it’s okay to say no.
- Protect your peace with small moments of calm.

6. Plan, but don’t overdo it

- Start light planning for gifts or travel now.
- Leave space for rest and flexibility.