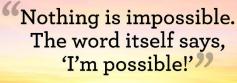
THE WARREN COUNTY MONTHLY BUZZ

November 2025



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

A 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.