



To live a satisfying life requires two steps...

- 1. Plan your life goals.**
- 2. Act on your plan - every day.**



Thanksgiving Tradition



On the fourth Thursday of November, Americans celebrate Thanksgiving, a national holiday honoring the early settlers and their harvest feast known as the first Thanksgiving.

The Puritans knew that winter was coming and decided to gather provisions. One day, the settlers had a visit from Samoset, a leader from the Abenaki people, who brought Squanto with him. Squanto helped the settlers grow corn and use fish to fertilize their fields.

One day in the fall of 1621, four settlers were sent to hunt for food for a harvest celebration. The Wampanoag people heard their gunshots and alerted their leader, Massasoit, who thought the English might be preparing for war. Massasoit visited the English settlement with 90 of his men to see if the war rumor was true. Soon after their visit, the Native Americans realized the gunshots were harmless and that the English were only hunting for the harvest celebration. Massasoit sent some of his own men to hunt deer for the feast and for three days, the English and native men, women and children ate together. The meal consisted of deer, corn, shellfish, and roasted meat

They played ball games, sang, and danced. The attendees may have eaten both turkey and pumpkin, but those foods weren't the main part of their meal. Much of what most modern Americans eat on Thanksgiving was not available in 1621.

This is a far cry from what we have on our tables today. Our tables are usually full of turkey, ham, dressing/stuffing, casseroles, vegetables of all sorts, potatoes, rice, relish trays, cranberry sauce, cakes, pies, desserts of all sorts. We have a "tradition" of stuffing ourselves on Thanksgiving because of the traditional foods prepared on this day. Let's be mindful this holiday season of how to maintain our weight loss efforts. Plan ahead – we all know what will be on the table this Thanksgiving. Plan now what will be on your plate and stick to your plan. Choose the foods you enjoy but serve yourself small portions. Don't go back for seconds – why is today different than any other day – there will be food left for tomorrow. Enjoy a sweet but don't indulge in every one of them – choose one and be satisfied with your choice. Plan ahead, stick to your plan, small portions – protect your body from the temptation that is sure to be in front of you this Thanksgiving Day.

Happy Thanksgiving Everyone!!

I love and appreciate you all.



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It is with great pleasure that I present to you our Acting Area Captain for the central region of our state...

Mrs Ann Hamilton

Ms Ann is a member of TOPS MS 0216, Pearl and I am so excited that she has agreed to take this new adventure with me as we work together to promote TOPS in our state of MS.

Ms Pat, Ms Joycielyn and I are grateful that Ms Ann will be working with us as a vital part of your TOPS MS Field Staff.

Ms Ann will be covering the counties of Attala, Clarke, Covington, Forrest, George, Greene, Hinds, Holmes, Humphreys, Issaquena, Jasper, Jones, Kemper, Lauderdale, Leake, Lincoln, Madison, Neshoba, Newton, Noxubee, Perry, Rankin, Scott, Sharkey, Simpson, Smith, Stone, Warren, Washington, Wayne, Winston, Yazoo. These are tentative and may change as we continue to get settled with our field staff areas.

Welcome, Ms Ann! We are glad to have you by our side!

