

Joy often comes in the simple things we witness and experience as part of everyday life. It might be the wind blowing leaves around the pumpkins, the dew before the frost, the crisp fall air or the beauty of the sun rising and setting in the sky. Simple joys are all around us; we often just need to open our eyes and ears to take in their magnitude. Without much effort, we can energize ourselves by simply choosing to enjoy our surroundings. Making a living, tending to children, maintaining a home, and all the other things that require our time frequently keep us so busy we neglect to enjoy the simple moments in life. While people take different roads in seeking fulfillment and happiness, in the end most will find that *joy is more than happiness...it is an attitude*. If you need a lift take time to admire the beauty of fall, anxiously watch for the first snow and laugh out loud with a child. Don't just pursue happiness, create it.

THINGS I HAVE LEARNED

Omer B. Washington

- That it takes years to build trust, and only seconds to destroy it.
- That it's not *what* you have in your life but *who* you have in your life that counts.
- That you should never ruin an apology with an excuse.
- That you can do something in an instant that will give you sorrow for life.
- That we are responsible for what we do, no matter how we feel.
- That sometimes we have the right to be angry, but that doesn't give us the right to be cruel.
- That either you control your attitude or it controls you.
- That it takes a person a long time to become the person they want to be.
- That no matter how bad your heart is broken and hurting, the world doesn't stop for your grief.
- That two people can look at the exact same thing and see something totally different.
- That credentials on the wall do not make one a decent human being.
- That people will forget what you said, and people will forget what you did, but people will never forget how you made them feel.

PROTECT YOURSELF FROM HOLIDAY SCAMS

Better Business Bureau

There are thousands of new scams every year, but if you can remember these TEN THINGS, you can avoid most of them. **Never send money to someone you have never met face-to-face.** Don't send a wire transfer, a prepaid debit card, or a gift card. **Don't click on links or open attachments in unsolicited email.** Links can download malware onto your computer and/or steal your identity. Be cautious even with email that looks familiar; it could be fake. **Don't believe everything you see.** Scammers can mimic official seals, fonts, and other details. **Don't buy online unless the transaction is secure.** Make sure the website has "https" in the URL and a small lock icon on the address bar. **Be cautious when dealing with anyone you meet online.** Scammers use dating websites, Craigslist, social media, and other sites to reach potential targets. They can quickly feel like a friend, conning you into trusting them. **Never share personal information** with someone who has contacted you unsolicited, whether it's over the phone, by email, on social media, or at your front door. **Don't be pressured to act immediately.** Scammers typically try to make you think something is scarce or for a limited time. **Use secure, traceable transactions** when making payments for goods, services, taxes, and debts. **Work with local businesses** that have proper identification, licensing, and insurance. **Be cautious about what you share on social media.** Use privacy settings on all social media and online accounts. Remember: It's up to you to protect yourself from criminals.

MINDFUL HOLIDAY EATING

American Heart Association

Mindless eating is consuming food just because it's there. It's eating while distracted like watching TV, working at a computer or texting. It's eating for emotional comfort instead of for hunger. Riska Platt, M.S., a registered dietitian suggests we change to mindful eating. Just paying more attention to what we eat can provide beneficial changes. Here are some tips toward a more mindful eating approach:

Control Portions. During the holidays snacks and desserts are plentiful. You don't have to deprive yourself, just eat smaller portions and less often.

Eat when you are hungry. Just because it's noon doesn't mean you have to eat. If you're not hungry, wait until you are – just don't wait until you're famished so that you overeat. Don't eat just because food is available.

Plan. Prepare to eat healthy snacks during the day. If you get hungry between meals, eat a high fiber snack or vegetables.

Slow Down. Enjoy each bite, put your fork down while chewing and take a drink of water between bites.

Pay Attention. Do not eat in front of the TV, the computer or while talking on the phone.

Use Technology. There are apps that manage food records, count calories, and help track how much food is eaten.

Keep a food diary. Write down everything you eat and why you ate it. Were you hungry, stressed or bored? If needed, incorporate healthier choices.

"Our Veterans accepted the responsibility to defend America and uphold our values when duty called."

BE THANKFUL

Thanksgiving should be more than one day, it should be a lifestyle. Here are some suggestions to make Thanksgiving a year around event and not just a one day feast:

1. Remember that what you focus on grows larger. That's true for fears, hopes, dreams and blessings. Gratitude focuses on the good so the bad is less noticeable.
2. Gratitude shifts perspective. It makes you realize that the glass isn't half empty and in most case is actually 90% full.
3. Gratitude promotes good health. Grateful people are usually healthier than those that neglect to count their blessings. Constant complaining is as unhealthily as having a poor diet.
4. Gratitude is an anti-depressant. Stating your blessings out loud can often change your mood for the rest of the day.
5. Being thankful is an act of humility. It helps one recognize that they are not self sufficient but need the help of others.

So have a happy **Thanksgiving**, enjoy your family, your friends, your meal, the football games and even Black Friday, but above all don't forget to give thanks.