

Iota Phi Lambda Sorority, Inc.
We Wish You A Merry Christmas And Happy New Year



On June 26, 1870, President Ulysses S. Grant declared Christmas to be a U.S. national holiday. In the 151 years since then, families have created their own celebration of Christmas by taking bits and pieces from other cultural traditions and inventing new ones unique to their family and community. I will always remember waking up on Christmas Day and listening to my father read the story of Christ's birth before we could touch a present. We would then wait for the first person to walk through our door and say "Christmas Give".

Each year we look forward to the holiday season with family gatherings and the exchange of Christmas presents. Last year we were unable to gather because of the severity of COVID-19 and no vaccines. Today, vaccines have made a major difference in the way we live. It has allowed us to gather with others while still observing precautions. This year we can look forward to celebrating with our immediate family members who have been vaccinated. We can again enjoy family traditions and celebrations and we can go to church and celebrate the birth of our Savior. We look forward to a time when we can gather and celebrate with our entire family, when the threat of COVID-19 has lessened and only requires an annual booster such as the annual flu shot.

We pray for the safety and health of our friends and family members who have not gotten the vaccines. We pray that they will realize that it is our best protection against COVID-19.

We must always remember that Christmas is a time to reflect on our many blessings and find ways of giving back to those less fortunate. As Margaret Thatcher states "Christmas is a day of meaning and traditions, a special day spent in the warm circle and friends." I pray that you have a happy and blessed Christmas! Stay safe and protect your family.

Sisterly,

Dorothy M White
23rd National President



Iota Phi Lambda Sorority, Inc.

Congratulates our 2021-2023

National Soror of the Year

Colonel Dr. Patricia Wells Thomas



McAdams Hugh School graduate Colonel Dr. Patricia Wells Thomas, U.S. Air Force Reserve, returned to Attala County last week for the Veterans Aisle of Honor ceremonies on Veterans Day, where she was formally presented with the Defense Superior Service medal, the sixth highest honor in the Air Force. She also received resolutions from Attala County and McAdams High School designating November 12, 2021 as Colonel (Dr.) Patricia Wells - Thomas Day.





BUDGETING FOR THE HOLIDAYS

Holiday Shopping can be very stressful if you are not prepared. Listed below are several tips from the ABA to help eliminate the stress of holiday shopping.

Make a list, and check it twice. Experts agree that it helps to write down a list of all the people for whom you plan to shop, before you hit the stores or turn on the computer. Next to each name write down what you want to buy for that person, and how much you want to spend. You get a clear idea of the numbers involved and know in advance how many gifts you need to purchase.

- **Shop for bargains** once you have an idea of what you're looking for, and for whom you are buying. In addition, if you are purchasing a number of items from the same online retailer, buying all the items together can cut down on shipping costs.
- **Curb impulse shopping and spending** – buy only what is on your list. If you've forgotten someone, add them to your holiday budget and, if necessary, adjust the amounts you spend on others so you keep the same total.
- **Make a plan for those other expenses.** Give some thought to how much you'll be spending during the holiday season on things other than gifts. Be sure to include in your budget the following: postage for cards and presents that need to be shipped; greeting cards, decorations, food and drink for holiday meals (and don't forget to add more, if you will be feeding guests); and travel expenses.
- **Review your receipts and bills from last year.** This will give you an idea of the amount you actually spent and how long it took to pay for it all.
- **Save your holiday receipts from this year** and either total them daily or add them up two weeks before the actual holiday. Expenses add up fast during this busy season. Seeing your totals will provide you with a reality check as to how much more you can afford to spend.

Using credit during the holidays? If so, take only the credit cards you will need and limit those to as few as possible. And be sure to check your credit card statements carefully for any unauthorized charges. Report such charges immediately to your financial institution or credit card company.

MERRY CHRISTMAS AND HAPPY SHOPPING!

Christmas Songs and Movies to Enjoy During the Holiday Season



<i>Christmas Songs</i>	<i>Christmas Movies</i>
Mariah Carey, "All I Want for Christmas Is You"	It's A Wonderful Life
Michael Bublé, "It's Beginning to Look a Lot like Christmas"	A Christmas Story
Andy Williams, "It's the Most Wonderful Time of the Year"	White Christmas
Brenda Lee, "Rockin' Around the Christmas Tree"	Home Alone
Bobby Helms, "Jingle Bell Rock"	Meet Me in St. Louis
Frank Sinatra "Let It Snow! Let It Snow! Let It Snow!"	The Muppet Christmas Carol
Bing Crosby "White Christmas"	Holiday Inn
José Feliciano, "Feliz Navidad"	Rudolph, The Red-Nosed Reindeer
Nat King Cole, "The Christmas Song (Merry Christmas to You)"	National Lampoon's Christmas Vacation
Paul McCartney, "Wonderful Christmastime"	Dr. Seuss' How the Grinch Stole Christmas
Sam Smith, "Have Yourself A Merry Little Christmas"	A Charlie Brown Christmas
Elvis Presley, "Blue Christmas"	A Christmas Carol
Kelly Clarkson, "Underneath the Tree"	The Polar Express
Coldplay, "Christmas Lights"	Fred Claus
Burl Ives, "A Holly Jolly Christmas"	Frosty the Snowman
Michael Bublé, "Santa Claus Is Coming to Town"	Santa Claus Is Comin' To Town
The Ronettes, "Sleigh Ride"	Jack Frost
	Jingle Jangle: A Christmas Journey



DECEMBER DATES TO REMEMBER

December 1	Worlds Aids Day
December 1-7	Crohn's and Colitis Awareness Week
December 7	Pearl Harbor Day
December 10	Human Rights Day
December 15	Bill of Rights Day
December 24	Christmas Eve
December 25	Christmas
December 26	Kwanza
December 30	Evelyn D. Wilkey National Essay Due
December 31	New Year's Eve



My Scale Is Broken: 5 Reasons You're Gaining Weight

Subtle reasons you could be adding pounds instead of subtracting them

You've been doing everything right (you think) to drop those pounds, yet the scale isn't budging. Or worse, it's tipping in the other direction. Before you throw back your head and wail, "Why am I gaining weight?" and toss the scale and your good intentions off a cliff, consider these subtle reasons you could be adding pounds instead of subtracting them.

Unhealthy "healthy" foods. Oatmeal is good for you. Loaded with antioxidants and fiber, oatmeal's benefits run the gamut from preventing cancer and diabetes to reducing your risk of heart disease. Even McDonald's includes it on their healthy breakfast menu. But if you check the nutrition facts on that bowl of oatmeal you picked up at the corner diner, you might find it's loaded with sugar and butter. And that fruit juice smoothie might be made of full-fat dairy products. Solution: Bring your meals and snacks from home so you can be sure what you're eating.

Mindless nibbling. "It's only one cookie," you say to yourself as you pack your child's lunch. A handful of jellybeans, 10 Hershey's kisses (over a three-hour period) and a cheese stick (or four) later, and you've nibbled your way to more than 1,000 extra calories—and it's only Monday! Solution: Keep a food diary for two weeks—and include everything you eat, even that stray cookies you can have a true accounting of your caloric intake.

Stress. Back-to-back deadlines and that never-ending home improvement project could drive you to seek comfort in a pint of Ben and Jerry's and a margarita. Solution: Resist the temptation. Find another stress-relieving outlet, such as a yoga class or a relaxing bubble bath.

Medication. Some prescription medicines can cause weight gain, including antidepressants and birth control pills and those used to treat diabetes and hypertension. This weight gain could be in such small increments that you don't even notice it until your pants won't zip. Solution: Talk to your doctor about the side effects of any new medication.

Too little sleep. Several studies show that the less you sleep, the more weight you gain. Perhaps, the research says, because when you're tired, you're less physically active; maybe because you make poor food choices when you're sleep deprived. Solution: Aim for seven to eight hours of sleep each night.

From: <https://blackhealthmatters.com/general-health/my-scale-is-broken-5-reason-youre-gaining-weight>



The Christmas Wreath

<https://poets.org/poem/christmas-wreath>
Anna de Brémont

Oh! Christmas wreath upon the wall,
Within thine ivied space
I see the years beyond recall,
Amid thy leaves I trace
The shadows of a happy past,
When all the world was bright,
And love its magic splendour cast

O'er morn and noon and night.

Oh! Christmas wreath upon the wall,
'Neath memory's tender spell
A wondrous charm doth o'er thee fall,
And round thy beauty dwell.
Thine ivy hath the satiny sheen
Of tresses I've caressed,
Thy holly's crimson gleam I've seen
On lips I oft have pressed.

Oh! Christmas wreath upon the wall,
A mist steals o'er my sight.
Dear hallow'd wreath, these tears are all
The pledge I now can plight
To those loved ones whose spirit eyes
Shine down the flight of time;
Around God's throne their voices rise
To swell the Christmas Chime!

This poem was published in *Sonnets and Love Poems* (J. J. Little, 1892). This poem is in the public domain.

