

Deck the Halls

HAVE A HOLLY JOLLY CHRISTMAS

The C + K Corner

By: Chelsea Alberastine (Grade 12) and Kelsey Geotina (Grade 10)

We all know that holiday where we give and receive gifts. The holiday on December 25, Christmas! To most people, Christmas is a day of happiness and joy, but to Christians, it's the day of Jesus' birth. The first-ever mention of Jesus' birthday was found on an early Roman calendar from 336 A.D. It is also believed that when Mary was told she was going to have a baby, she was told on March 25 which is 9 months from December 25. It's not known when Jesus was born, and the bible never mentioned the day He was born either. Was He born on December 25? Most likely not. Some Christians believe that His birthday is somewhere in early spring, placing it closer to Easter, the holiday commemorating his Resurrection.

Birth of Jesus (Verses)

Verses can be found in Luke 2:1-21 for Jesus' birth story.

Luke 2:4-14

4 So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David.

5 He went there to register with Mary, who was pledged to be married to him and was expecting a child.

6 While they were there, the time came for the baby to be born,

7 and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room

available for them.

8 And there were shepherds living out in the fields nearby, keeping watch over their flocks at night.

9 An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified.

10 But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people.

11 Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. 12 This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

13 Suddenly a great company of the heavenly host appeared with the angel, praising God and saying,

14 "Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."

Science with Dafydd

By: Dafydd Ellis (Grade 10)

How do we feel cold and how can we stay warm? I'm sure that everyone has felt cold once and a while. But have you ever thought of how your body knows that you are cold? When you feel cold there can be many causes for the feeling. Such as: exposure to cold air, health problems or even when you are scared. When you have this feeling, thermoreceptors detect the cold air and send signals to the brain telling it that you are feeling something that could potentially harm you. Those signals create the feeling that we have all felt before. Although, you want to protect yourself from the cold. There are many ways you can do this (this is especially useful with the Christ-

mas season starting). Some examples of this would be to layer clothing, this helps because doing this will insulate your body (in other words keeping the heat in and the cold out). Another way to keep warm would be to stay active, this helps because when you are active your body generates heat. And of course, you can enjoy a nice hot chocolate just in time for Christmas.

Sources: <https://www.sciencedirect.com/topics/neuroscience/thermoreceptor>
<https://www.thespruce.com/ways-to-keep-warm-without-turning-up-the-heat-1388206>
<https://www.healthgrades.com/right-care/symptoms-and-conditions/feeling-cold#:~:text=Feeling%20cold%20is%20most%20often,or%20viral%20infection%2C%20and%20hypothermia.>

Eggcellent Egnog

By: Avreen Brar (Grade 11)

Ingredients:

- 2 cups of milk
- 1/2 tsp ground cinnamon, plus more for garnish
- 1/2 tsp ground nutmeg
- 1/2 tsp pure vanilla extract
- 6 large egg yolks
- 1/2 cup granulated sugar
- 1 cup heavy cream
- Whipped cream, for serving

Directions:

- In a small saucepan over low heat, combine milk, cinnamon, nutmeg, and vanilla and slowly bring mixture to a low boil.
- Meanwhile, in a large bowl, whisk egg yolks with sugar until yolks are pale in color. Slowly add hot milk mixture to egg yolks in

batches to temper the eggs and whisk until combined.

- Return mixture to saucepan and cook over medium heat until slightly thick (and coats the back of a spoon) but does not boil. (If using a candy thermometer, mixture should reach 160°.)

- Remove from heat and stir in heavy cream and, if using, bourbon. Refrigerate until chilled.

- When ready to serve, garnish with whipped cream and cinnamon.

Letter from the Editor

By: Emma Mowat (Grade 11)

Christmas this year is going to be different. The usual hustle in the mall to buy gifts for twelve people will be replaced by shopping on Amazon for your mom. The big family reunion that always ends in some sort of drama won't be happening. Some people may be grateful for the rare peace and quiet on Christmas Day, but for others it's going to be a time of extreme loneliness. This Christmas, try thinking of someone that lives alone, or who's family is in another country, and do something for them. Christmas is one of the few times extended family comes together. Even though it can feel like you would prefer if everyone stayed home, when it comes down to it, everyone needs their family.

Origins of The Christmas Tree

By: Caleab Onyango (Grade 9)

The tradition of having a Christmas tree is a long-standing tradition that dates to ancient Egypt and Rome. How did it start? Even before Christianity, trees that stayed green all year had a special meaning for people in the winter. Just like how people now decorate their homes during the festive season with pine, spruce, and fir trees, ancient peoples hung evergreen boughs over their doors and windows.

In many countries it was believed that evergreens would keep away witches, ghosts, evil spirits, and illness. The ancient Egyptians

worshipped a god named Ra, who had the head of a hawk and wore the sun as a blazing disk in his crown. At the solstice, ancient Egyptians filled their homes with green palm rushes, which symbolized for them the triumph of life over death because they believed that Ra recovered from his illness. Early Romans had a feast called Saturnalia in honor of their god of agriculture, Saturn. The Romans knew that the solstice meant that soon, farms and orchards would be green and fruitful so to mark the occasion, they decorated their homes and temples with evergreen boughs (main part of a tree).

Germany is credited with starting the Christmas tree tradition in the 16th century when devout Christians brought decorated trees into their homes. It is believed by many that Martin Luther, the 16th century protestant reformer, first added lighted candles to his tree. Walking to his home one winter evening while composing a sermon, Martin Luther was awed by the brilliance of stars twinkling amidst evergreens. To recapture the scene for his family, he erected a tree in his main room and wired its branches with lighted candles. German settlers then brought the Christmas tradition of having a Christmas tree to America and then the tradition spread to other parts of the world.

Source: <https://www.history.com/topics/christmas/history-of-christmas-trees>

How Christmas Is Celebrated in Different Countries

By: Ansh Dhaliwal (Grade 9)

We all know how we celebrate Christmas in Canada. We mostly know about Christmas as the big holiday in winter. When it is all cold, we will always put-up decorations and spend time with family. But Christmas is actually celebrated in many other ways in different countries. For example, have a look at how long Christmas is in Mexico. In Mexico, Christmas is known as Las Posadas. It starts on December 11 and lasts until January 6 when gifts are actually exchanged. Also, Christmas is not a federal holiday in Mexico meaning that people still have to go to work

on Christmas. Meanwhile in India, Christians put lanterns on flat roofs to show Jesus is the light of the world. But what about other holidays like New Years. How are they celebrated in other countries? Well for starters, there is no new year holiday in China. Instead, they have a totally different holiday known as Chinese New Year. Chinese people do not clean their house until two days after the New Year. Then Chinese New Year's starts on January 25 and lasts for two weeks. Chinese New Year's marks the start of a new lunar year and when there is a start of a new moon. Chinese New Year's is also known as a spring holiday. So, the main question is why is New Year's celebrated so differently in China than ours. Well, that is because our New Year's is focused on the sun traveling around the earth, but in China, they base it off of the moon's journey around the earth.

Works Sited

<https://theculturetrip.com/north-america/mexico/articles/how-is-christmas-celebrated-in-mexico/>

Merry Christmas!

From: Ansh Dhaliwal, Current Events writer of the Newspaper Team.

Covid Christmas

By: Tehzeeb Beniwal (Grade 10)

Christmas is a time to spend with family and friends. Unfortunately, this year Christmas will be different due to the coronavirus outbreak. Personally, I usually spend my Christmas hanging out with friends and family. However, going out this year is risky for me and everyone around me. This year for Christmas, I'm going to spend quality time with my family and help protect them by staying home. My family and I are going to avoid family gatherings and so should you. Things are different now and we need to adapt by following the covid-19 protocols. 24 percent of Americans travel for Christmas, this year this percentage is expected to increase by 5.8 percent because tickets are cheaper. We should try to cut that percentage down or do everything asked to help decrease the spread

of covid-19. The best alternative is going on a short trip by car with members of your household with no stops along the way. An alternative that's even better is staying home. The risk of contacting covid-19 whilst traveling is pretty high. Stay home and stay safe.

Sustainable Christmas Gift Ideas

By: Khushi Gill (Grade 12)

There are so many ideas for gifts. They vary from handmade to store bought. There are many local shops around the community where you can get gifts from. There are a lot of types of gifts you could get for someone. You just got to make sure they like it.

for her family. After using the homemade soap, as plain as it was, the rashes and inflammations stopped. As they create their bath & body products, they look for more ways to bring us what we want & need in a not only safe and natural product. They offer soaps, bath bombs, bubble bars, salt, natural deodorants, lotions, and many more products you would need.

These are some local shops around our community. There are so many places you can go shopping for gifts for you, loved ones, or anyone. You just want to make sure that gift has a meaning. A gift should always mean something.

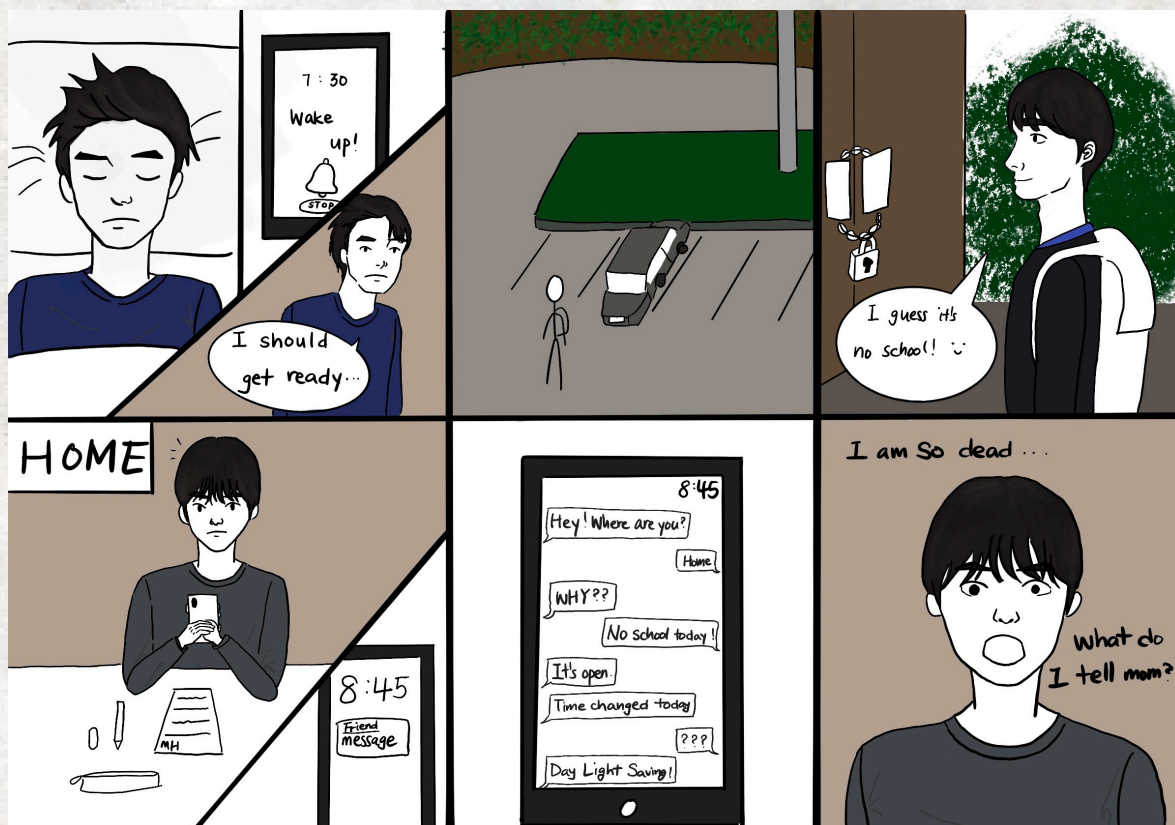
1. Hallmark- Greeting Cards, ornaments, gifts, and home décor

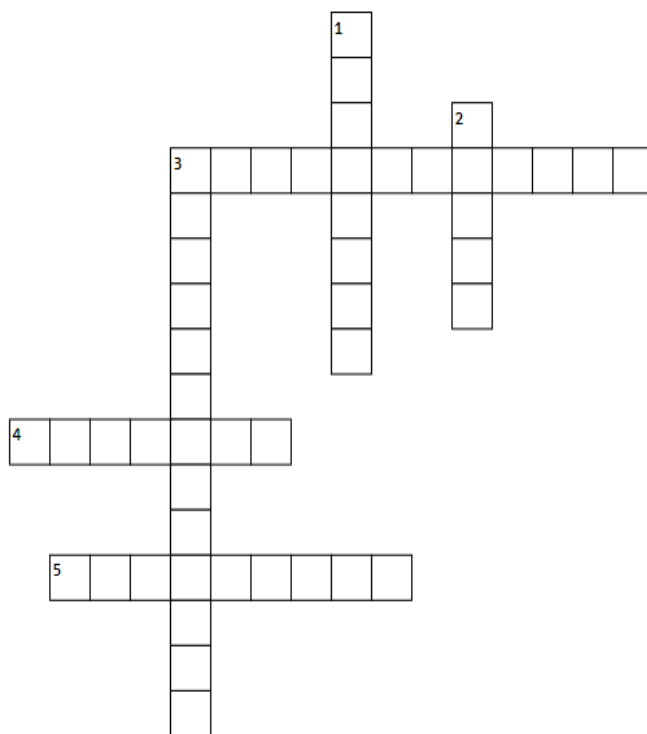
2. @shopbureaux- Accessories, homeware, pantry, Apothecary, paper/party, books, and Apparel. It's a modern general store in Abbotsford. Check out their ig @shopbureaux.

3. The Handpicked Home- located in the uptown of White Rock. Their mission at

The Handpicked Home is to provide their customers with a unique and fulfilling shopping experience through introducing handpicked & locally designed home décor & gift items, meant to warm the heart & home. "From reclaimed furniture to gourmet foods & inspiring items for our littlest babes, our shop will allow you to decorate your home and gift-giver through a style that is truly unique & reflective of you!". Visit their website at TheHandpickedHome.com

4. St. Florian Soap- 100% natural bath and body products. It's a local business. When the owner first started making soap, it was to provide a natural, chemical free cleanser

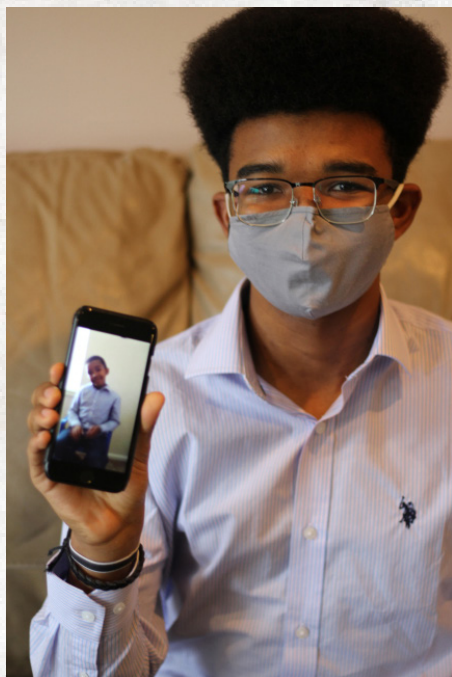


**Across**

3. the night before christmas
 4. olaf is a?
 5. what people hang on the door for couples to kiss

Down

1. what every kid loves to get on Christmas morning
 2. the man who brings presents for all the children of the world
 3. the natural decoration of the holiday



A highschool student on Flashback Friday, November 13.



Elementary students on Storybook Character Day, November 13.