



HOLLY HOSA HARMONY

–By Dhruvi Od, Sanna
Cage, Ethan theis, Ibrahim
Mamedov and Serenity.
Morrow.

WELLNESS CHALLENGES: DARE TO BE HEALTHY!

Participate in our challenge and learn how little steps can lead to major wellness transformations! Are you ready to take on the ultimate wellness challenge? Your Journey starts now!

-By Dhruvi Od

1) CHALLENGE YOURSELF AND YOUR BUDDY TO HIT 6,000- 10,000 STEPS PER DAY! 6,000 STEPS IMPROVE YOUR HEALTH AND 10,000 STEPS IMPROVE YOUR WEIGHT!

2) HYDRATION GOAL! AIM FOR A MAXIMUM OF EIGHT GLASSES OF WATER. DRINKING WATER NOT ONLY HELPS YOU LOSE WEIGHT BUT FLUSH TOXINS FROM YOUR BODY.

3) STRETCH YOUR LIMITS! DAILY 10 MINUTE STRETCHING HELPS BUILD FLEXIBILITY AND PREVENT INJURIES. MOST IMPORTANTLY, IT BOOSTS YOUR HEIGHT! BECAUSE WHO WOULDN'T WANT TO BE A LITTLE TALLER WITHOUT THE HASSLE OF HIGH HEELS?

4) IT IS TRUE WHEN SOMEONE SAYS, "IT'S NOT ABOUT BEING THE BEST; IT'S ABOUT BEING BETTER THAN YOU WERE YESTERDAY!" FOCUS ON PERSONAL GROWTH AND SELF IMPROVEMENT BY TRYING CLASSES LIKE YOGA, DANCE OR KICKBOXING

5) Don't just sit there, try stand-up breaks! Studies show that spending too much time sitting each day can shorten your lifespan. Try stand breaks every hour to fight against physical inactivity linked with desk jobs.

6) Reduce sugar, sweeten life naturally! Cut back on sugary snacks and beverages and swap these with the natural healthy snacks that include fruits/nuts.

**Dare To Pass This
challenge?**





CHECK YOUR COMPLETION PER DAY!

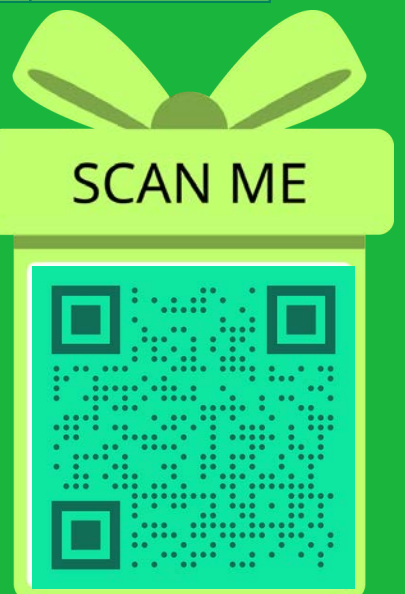
	6,000–10,000 STEPS	HYDRATION GOALS	STRETCHING	SUGAR REDUCTION
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

–By Dhruvi Od

NOTE: IF YOU TRIED THE WELLNESS CHALLENGE, SHARE YOUR EXPERIENCE WITH US! TYPE THIS LINK AFTER YOU COMPLETE THIS CHALLENGE, OR SCAN A QR CODE!



<https://forms.gle/GKV4Puq81f5d3S6t8>



Tips for Blackouts

Items for Blackouts

To prepare for a blackout plan for batteries and other power sources alternatives for items that require electricity. Also have a flashlight ready for a blackout. If you don't have one already consider getting a power bank to keep your phone charged in case of emergency

Withstanding the Winter: A guide to be prepared for blackouts

-By Ethan Theis

Keeping Food Properly Stored

Make sure to stock up on nonperishable food and water in advance to prepare for a blackout. Also make sure to keep your fridge and freezer closed as long as possible, since fridges and freezers can only keep their temperatures for 4 and 48 hours respectively. If needed use an ice box. Whichever location you store your food, monitor the temperatures and throw out food above 40 degrees.



Generator Safety

It is highly recommended if possible to get a generator. This will allow you to power your necessary appliances such as your fridge and freezer. If you have a generator then you should make sure to stock up on fuel for it. If you have a generator then make sure to unplug or turn off non essential appliances, since power may come on momentarily and cause a power surge. This can damage any appliances currently plugged in. If you have a generator try to keep it beyond 20 feet away from the house and install carbon monoxide detectors to prevent carbon monoxide poisoning

JINGLE & MINGLE THE ULTIMATE HOLIDAY BASH!

By- Ibrahim Mamedov

Hanukkah

Hanukkah is a Jewish festival that begins on Kislev 25 and is celebrated for eight days continuously. Hanukkah reaffirms the ideals of Judaism and commemorates in part of the Second Temple of Jerusalem by the lighting of candles on each day of the festival (8 days straight). According to the Maccabees, a text of the Apocrypha, Antiochus had invaded Judaea, tried to Hellenize the Jews, and desecrated the Second Temple in Jerusalem. In conclusion, Hanukkah is a widely spread holiday with a wonderful and heavy history.

Bodhi Day

“Bodhi” comes from a verb in Sanskrit and Pali that means: “to awaken” or “awakened.” In Buddhism, it’s generally understood to mean the word “enlightenment.” Bodhi Day was created after years of spiritual seeking and meditation, including gaining insights into the ultimate nature of existence. It is most common in East Asia's Buddhist Mahayana traditions found in: Japan, Korea and Vietnam. In some schools, it is called Jodo-e. In Thailand, Laos, Myanmar and other majority Buddhist countries, it is celebrated as part of Vesak Day.

Kwanzaa

Kwanzaa was created in 1966 by Maulana Ron Karenga, Kwanzaa is an African American and Pan-African holiday that celebrates history, values, family, community and culture. The seven principles which form its core were drawn from communitarian values found throughout the African continent. These principles are: Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith). Kwanzaa gets its name from the Swahili phrase, “matunda ya kwanza” and is rooted in first fruit celebrations which are found in cultures throughout Africa both in ancient and modern times.



THE ULTIMATE RECIPE BASH FRUITCAKE



Ingredients:

The rest of the ingredient list reads like a classic quick bread or loaf, with the addition of extra nuts and spices.

Here's what you'll need:

- We call for unsalted butter so that you can control the salt level (different butter brands have different amounts of salt).
- For a deeper flavor and more molasses.
- Unlike the candied orange peel, orange zest has more floral notes and sweetness, not that pithy tang.
- This kind of molasses has a sweeter flavor.
- These extracts elevate the flavor of the loaf, adding notes of warm vanilla, cherry, and nuts.
- You'll need 4 to help bind the batter.
- You need a dense flour that can handle the weight of all these ingredients. All-purpose flour is a great option for that.
- Gives rise to the loaf while it bakes.
- A bit of salt will balance the sweetness of the fruitcake.
- Ground cinnamon, ground allspice, ground ginger, ground nutmeg, and ground cloves: Clear out the spice cabinet for this cake. No one will be able to say it's bland.
- Two kinds of nuts add a nice crunch and toothsome chew to the loaves.
- You'll need more of the spirits for soaking the loaves.

- **Step 1: Soak the fruit:** Combine all the dried fruits in a large baking sheet or casserole dish, and top with the rum or brandy. Let sit for at least 12 hours or up to 24. The fruit will plump up as it soaks.

- **Step 2. Make the batter:** You'll make a classic cake or loaf batter here by first combining the butter and sugar, then mixing in the molasses, extracts and eggs. Combine the dry ingredients separately and add the dry ingredients to the wet until the batter is just mixed.

- **Step 3: Add the fruit and nuts:** Fold all the soaked fruit and the nuts into the batter until evenly distributed. You can do this part by hand.

- **Step 4. Spoon the batter into two loaf pans lined with parchment paper and coated in cooking spray, and bake until golden brown and a pick comes out clean. This should take about 1 hour and 30 minutes-1 hour and 45 minutes.**

- **Step 5. Cool loaves:** Let the fruitcake cool for about 6 hours, and while it does, you'll brush all sides of the cakes with some rum or brandy occasionally. Store until ready to serve.

By Ibrahim Mamedov

The Ultimate Christmas Guide

7 FUN ACTIVITIES TO DO OVER CHRISTMAS BREAK

-By Serenity Morrow



Holiday Movie Marathon

The perfect way to start of the winter break
and get in to the christmas spirit

Holiday Pictionary

Draw a picture that describes the word given to you and have your team try to guess it



Holiday Poem

Make a sweet poem to get your friends and family in the christmas mood



Secret Santa

A nice game to play with friends or family. Buy a gift for your person and have them guess who they think is their secret santa

Christmas Bingo

A nice festive bingo game to get everyone in the Christmas mood

Christmas Trivia

A fun way to pass time with friends and family



Holiday charades

An exciting game that can lead to a night never forgotten



Santa's Workshop



6 arts and crafts straight out of Santa's workshop

—By Serenity Morrow



Home Made Ornaments

Homemade ornaments are unique decorations made from simple materials like paper, beads, or fabric. They add a personal, cozy touch to holiday decor and make great gifts



DIY Snowglobe

A nice addition to your Christmas decor. Not only fun to make but cost affordable. So go ahead and make a snow globe to get in the Christmas spirit

Fake Snow

A great activity to start on Christmas day even though it might not actually snow, you can always use your imagination. With this activity you'll be having that snowball fight you never got too or finally make a snowman

Popsicle stick snowflakes

A short and fun activity to kick off winter break. They are super easy to make and can even be made into ornaments if wanted

DIY Wreath

It's a fun way to kick off the holiday season and make something to decorate your home with. It could easily blossom into a yearly tradition with your friends.

Pinecone Reindeer

They are easy to make and can be super fun. You can also have a little fun outside while gathering pinecones. These cute little reindeer are the perfect way to ease your way into holiday craft. They also make for great ornaments

Gingerbread houses

The classic holiday craft these make for a nice artistic outlet and possible competition. Making these can be paired with multiple activities and provide a sweet treat for after. Doing this is the true classic of Christmas crafts





Winter Word Search

By-Sanaa Cage

WORD BANK

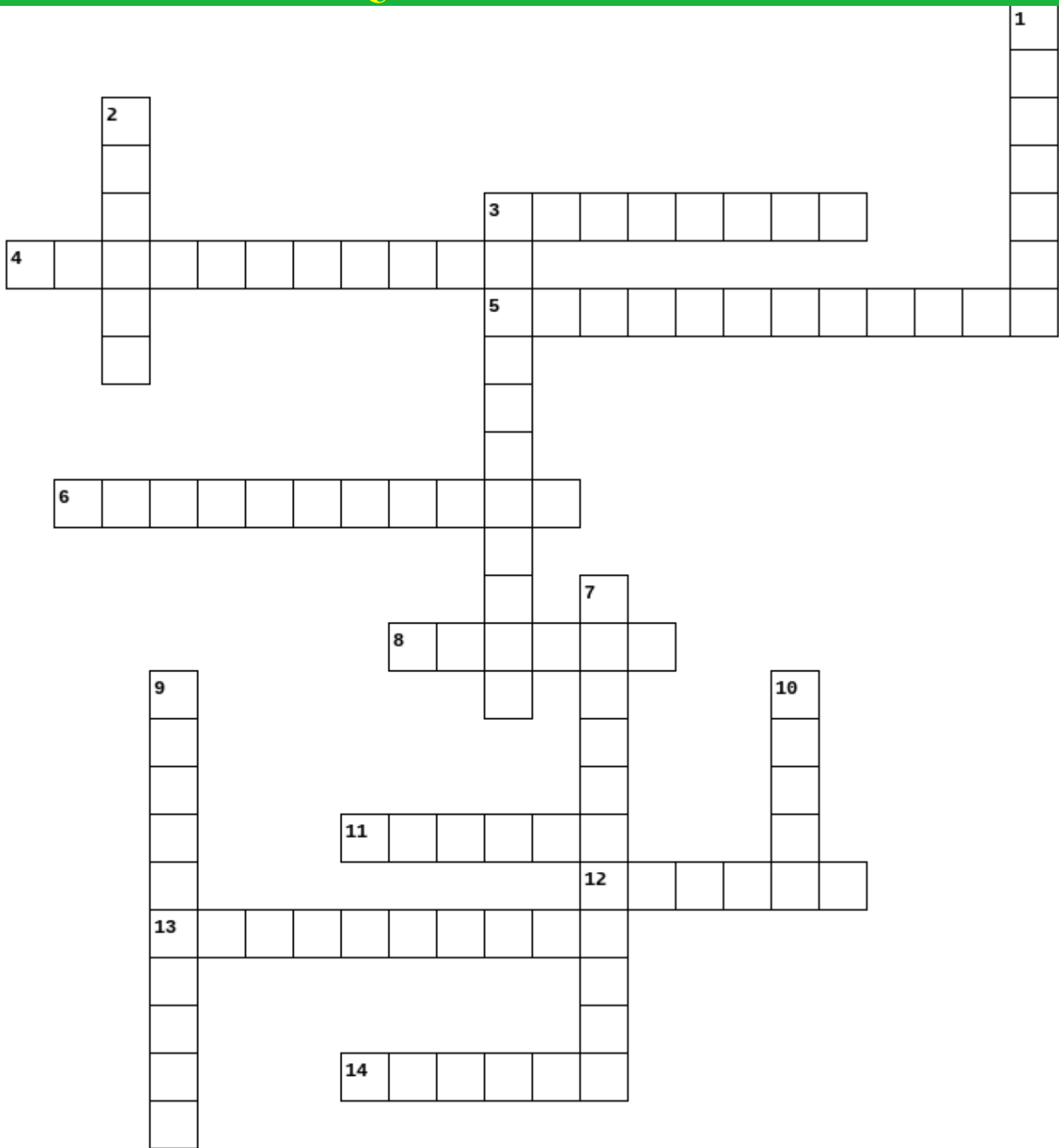
December January February Snowball sled snowboard
Winter cold boots jacket hot cocoa fireplace thermometer
Shovel, snow, snowflake, hat, ear muffs, sweater
Snowman, Frozen, icicle, ice skates, Skiing, Ice Fishing
igloo, blizzard Mittens, loves Scarf,

V	U	W	M	E	S	F	F	T	R	Z	C	U	N	E	S	X	Z	M	N	K	F	D	B
S	X	I	K	K	G	I	I	J	E	O	G	Y	N	N	N	Y	K	N	O	K	G	Q	L
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Z	C	J	A	N	U	A	R	Y	S	S	E	Y	E	L	Z	C	S	C	G	L	E	V	P
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R	M	L	C	F	G	O	N	I	I	X	I	T	P	F	N	I	T	E	N	T	O	I	R
E	V	O	H	S	L	I	G	D	T	W	M	C	I	Q	F	U	Y	H	L	K	M	W	H
E	U	O	P	G	H	L	M	J	K	S	U	S	P	E	V	J	R	T	S	G	E	Y	G
C	K	P	G	S	O	T	O	J	S	Z	E	D	X	V	T	E	A	K	P	K	T	U	A
N	F	S	I	O	I	Q	W	Q	A	J	L	B	J	X	V	C	V	F	E	S	E	W	D
V	B	F	L	R	B	I	X	X	Q	P	B	Z	M	S	U	Z	G	H	U	J	R	O	F
I	E	X	L	H	K	K	O	R	C	K	U	V	H	O	T	C	O	C	O	A	F	A	L
C	R	Y	Q	L	I	K	V	S	C	A	R	F	G	K	G	O	Y	U	B	G	R	B	C
D	J	M	F	Y	Y	T	I	J	D	R	A	O	B	W	O	N	S	L	Y	F	I	U	T

WORDS OF WINTER

WONDER

By– Ethan Theis



Across

- 3.** A Jewish holiday that begins on Kislev 25
- 4.** A type of holly that exists in Eastern North America
- 5.** A plant that is able to withstand and has adapted to cold temperatures and Arctic environments
- 6.** A device that tells the temperature
- 8.** A description of extreme cold
- 11.** A section of the year
- 12.** A word relating to regions around the North pole
- 13.** A permanently frozen layer of soil on or under Earth's surface that constantly exists in many parts of Russia
- 14.** A type of calendar that was created with 365 days that always addressed leap years every 4 years and was made by Julius Cesear

Down

- 1.** A event occuring on the 21st of December marking the beginning of winter, and holds significance to Greek mythology
- 2.** An African-American and Pan-African holiday created in 1966
- 3.** A significant and potentially dangerous drop in body temperature.
- 7.** A condition certain animals go into during winter that renders them unconscious to preserve food
- 9.** A half of the world: Northern, Southern, Western, or Eastern
- 10.** A word coming from a verb in Sanskrit and Poli that means "to awaken" or "awakened"

SANTA'S SACK OF RIDDLES

—By Dhruvi Od

01

NOT THERE YESTERDAY,
AND ALSO NOT THERE
TOMORROW NIGHT.
OPENED UP ON THE EVE,
SHARING HOPE AND LOVE
ON YULETIDE. WHAT IS IT?

02

YOU CAN CATCH ME
EASILY, ESPECIALLY
AROUND CHRISTMAS
TIME, BUT YOU CAN
NEVER THROW ME.
WHAT AM I?

03

IF YOU HEAR ME JINGLING
AROUND THE NIGHT JUST
BEFORE CHRISTMAS DAY,
YOU'D BETTER TRY TO
GET TO SLEEP AS YOU ARE
HEARING SANTA'S SLEIGH.
WHAT AM I?

04

IF SANTA'S FIVE ELVES CAN
TAKE FIVE MINUTES TO
MAKE FIVE DOLLS, THEN
HOW LONG WILL 100 ELVES
NEED TO MAKE 100 DOLLS?

05

WHAT DO YOU
CALL A SNOWMAN
IN JULY?

06

I AM A BALL THAT
DOES NOT BOUNCE.
WHAT AM I?

Trick your friends and family with
these brain-teasing christmas
riddles!

Remeber: NO CHEATING!

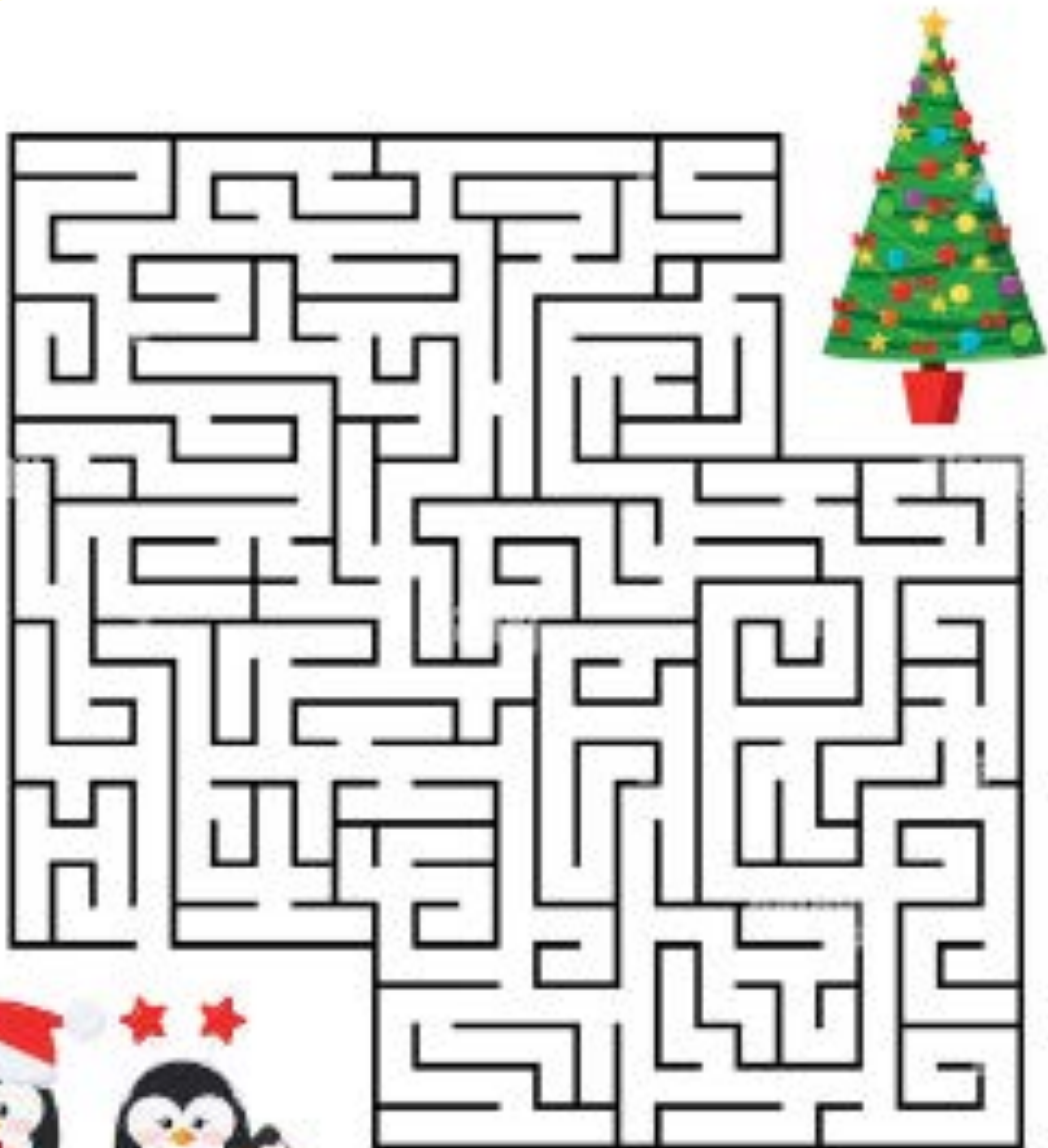
Answer Key:

1) A present, 2) A gold
Christmas bells, 4) five
minutes, 5) A puddle,
6) Snowball

Christmas Maze!

Try not to get lost in the Christmas light maze! 🎄

By- Dhruvi Od





YOURS TRULY,
IBRAHIM MAMEDAV,
SANNA CAGE, DHRUVI OD,
SERENITY MORROW, AND
ETHAN THEIS.

