



The Green & Gold Gazette

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The Dark Side of Christmas

By Lulu Fitzwater, G3 Staff

Christmastime is supposed to be a time of joy and cheer, when people gather together with their extended families, open presents, and spend time with loved ones. However, during the holidays, some people don't feel those feelings of joy and cheer.

For people who are especially introverted or who don't get along with their families, the Christmas season can be a nightmare. For some, it feels incredibly lonely spending Christmas alone when they feel like they should be around friends or family. This can cause feelings of depression, anxiety, or burnout. Having unreal or high expectations for the holidays can also make a person feel sad when they fail to meet those expectations, or burnt out from trying so hard to make everything perfect.

Another issue that affects many is having low funds on Christmas, which can be very hard. Some people can't afford to travel to see family, or they can't afford to buy expensive gifts, trees, or decorations. This can lead to a lot of stress and guilt that can cause profound



sadness. For people going through really hard times, like homelessness, celebrating Christmas is at the very bottom

of the priority list.

And the final reason a person might feel sad is because of Seasonal Affective Disorder, or SAD. SAD is heightened during the winter time due to fewer daytime hours, cloudier days, or a ton of snow causing people to be "stuck" in their homes. All of these are reasons that people feel sad or depressed and unmotivated to do much of anything. For people that have SAD, holidays are actually dreaded times of the year, as some people feel that they have to pretend they are happy for family or friends when, on the inside, they really couldn't feel worse.

All of these lead to 38% of U.S. citizens feeling more stressed during the Christmas season, and 68% of people with mental illnesses say that they experience increased symptoms during the holidays.

If you feel sad during the holidays, just remember you aren't alone. Talk to a trusted friend, counselor, or your doctor. There are treatments available for people struggling to feel the Christmas spirit. Don't ever feel guilty for your own feelings!



The Origin of Christmas Traditions

By Lulu Fitzwater, G3 Staff

Many know the story of Christmas, but what about all the traditions? Where did the mythical Santa Claus come from? When did we decide to put up trees? When did Christmas become an actual holiday?

Well, let's start with Santa Claus. Santa was inspired by a bishop named St. Nicholas that was known for giving gifts and riches to those in need and his other generous acts of kindness. One of these most notable and famous acts was when he saved two young girls from slavery, by throwing them a dowry payment from their window, enticing a man to marry them. The money landed near the fire, and this is why the tradition of putting stockings up on the fireplaces started. People wanted to catch the gifts that St. Nicholas threw into their homes.

Once St. Nicholas passed, he was given a day in his honor, December 6th, but eventually he was adopted into the Christmas tradition as someone who typically gave gifts. Although St. Nicholas' story took place in Europe, other countries began using different versions and telling different tales of how he delivered presents, which eventually lead to the American version of Santa Claus.

But What about the Christmas trees? Well,

pagans used to celebrate each solstice (the longest and shortest days of the year) by decorating their homes with different greens. They believed that Evergreen trees held special powers because of their ability to keep their beautiful coloring year-round. Pagan tribes from Germany began decorating evergreen trees with candles and other dried fruits, which the Christian Germans ended up adopting into their faith.

Finally, Christmas became a national holiday in America in 1870, after the civil war. The president at the time, Ulysses S. Grant, wanted to come up with a way to bring the country together after all the devastating fighting, so, he made Christmas a national holiday.

Even though Christmas has many different variations and celebrations throughout the world, the true meaning is to be together and hopefully improve someone else's days. All of these traditions include being together with family and blessing other people's lives. This shows that while Christmas has gone through many changes, it still has the same meaning of giving and improving other people's days. Hopefully, Christmas will keep this true meaning for years to come!

HAPPY
HOLIDAYS



Advice from Your Friendly Neighborhood Joe Vandal

by Joe Vandal, honorary G3 Staff

Hey students of ECHS! This is Joe Vandal, here to give you advice! I offer advice to students who are having school and personal problems.

All submissions are anonymous and names may be changed to protect students' identities.

If you would like to submit a question, drop your note in the box in the cafeteria or contact me by emailing JMartin@eureka.k12.nv.us.

PLEASE! IF YOU ARE HAVING SERIOUS PROBLEMS, SPEAK WITH A TRUSTED ADULT!

**Dear Joe Vandal,
Is it okay to not be in a friend group?
From, Bingchiling!**

Hey, Bingchiling!

Humans are naturally social creatures, so it is common for people to gather into groups with others who share common interests or backgrounds. That being said, there is no rule that says you **MUST** be a part of a friend group to be successful or happy. The deeper question is: do you **WANT** to be in a friend group?

Everyone finds their 'group' eventually, and even if you don't have a whole posse of friends now, you can pursue interests and hobbies that help you to be your best self. Be open to learning about new things and people, and before you know it, you just might be part of a friend group. Remember, any friends that make you feel positive and happy are good friends. And you definitely don't need a large group of friends to be cool! 😊

**Dear Joe Vandal,
How can I spend more time with my friends?
Signed, therizzler**

Hello therizzler,
Spending time with friends can sometimes be hard,



due to different people's schedules and plans. However, the best way to ensure that you can get some time to hang is just making plans ahead of time and doing what you can to make it work for everyone. Do your best to communicate and be flexible, and hopefully you will be able to get some good quality time in with your friends.

**Dear Joe Vandal,
I've been having issues with school lately and have no motivation. It's really hurting my grades. What do I do?
Sincerely, therizzardofoz**

Dear therizzardofoz,

We all know that school can be hard, and having motivation to do anything can be a big struggle, especially if you have fallen behind. It might sound silly, but you can actually get inspiration from Sir Isaac Newton and his first Law of Motion. Basically, it states that an object in motion is likely to stay in motion. The trick is getting started and then letting that positive energy push you forward to keep going. Start small and think of one or two things you want to accomplish each day. As you get those things done, use that positive energy to add to your list of goals. Your parents, teachers, and friends can help cheer you on and offer assistance if you need it. With a little bit of planning and effort, you can get back on track!

Celebrating Fall Sports

By Jenna Rosener, 3G Staff

On Tuesday, December 6, ECHS recognized the accomplishments of the members of fall sports teams at the Fall Sports Awards Night. Football, Volleyball, Cheer, and Academic Olympics (AO) teams met up in the high school cafeteria, along with their families and coaches.

Mr. Carr welcomed everyone and presented athletes Nic Blanco, Quinn Filippini, Hannah Bliss, Zoe Smith, and Megan Johnson with the All-State Academic Award.

The AO team coaches, Mrs. Archuleta and Mrs. Martin talked about the team and what their accomplishments were, and gave each team member an award.

After, the Volleyball coach, Mrs. Benson, and assistant coach, Shara Green/Talbot, came to give out awards to the girls. They congratulated the Varsity Volleyball team in making it to State, and then handed out individual awards.

The Football team was recognized next. Head coach, Mr. Minoletti, and assistant coach, Josh Auch, congratulated the team and handed out individual awards as well. The other assistant coach, Joe Whimple, did not make it to the Awards Night, but he and both other coaches received gifts from the senior football boys.

The evening wrapped up with Cheer coach Heidi Whimple, who thanked the cheerleaders for a great season and gave out awards. She also congratulated the Junior High Cheer team with awards.

In all, the athletes of the fall season were recognized for their hard work and dedication.

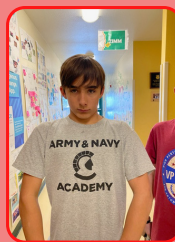


What are Your Plans During the Break?



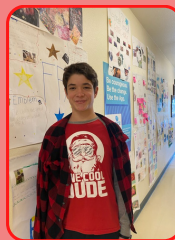
"I'm going to go to Las Vegas to visit my family." -Miss Carlson

"I'm going to go to Mexico with my family and spend time with my family that's in Mexico." -Lucy



"Work on the ranch." -Gio

"I don't know, sled?" -Madi



"I am probably going sledding with my cousins." -Joseph



December Events

By Jenna Rosener, 3G Staff
December has been a busy month, with lots of fun activities and holiday celebrations.

On December 15th and 16th, the Junior High students went on the Juvenile Probation ski trip to Beaver, Utah. Students had a lot of fun swooshing down the hills and playing in the snow.

The week before Christmas break, December 19th, 20th, and 21st, there are planned dress up days:

- Monday: Flannel or Holiday Bling
- Tuesday: Ugly Christmas Sweater
- Wednesday: Chillax Day (wear comfy clothes)

There will be no school on Thursday, December 22.

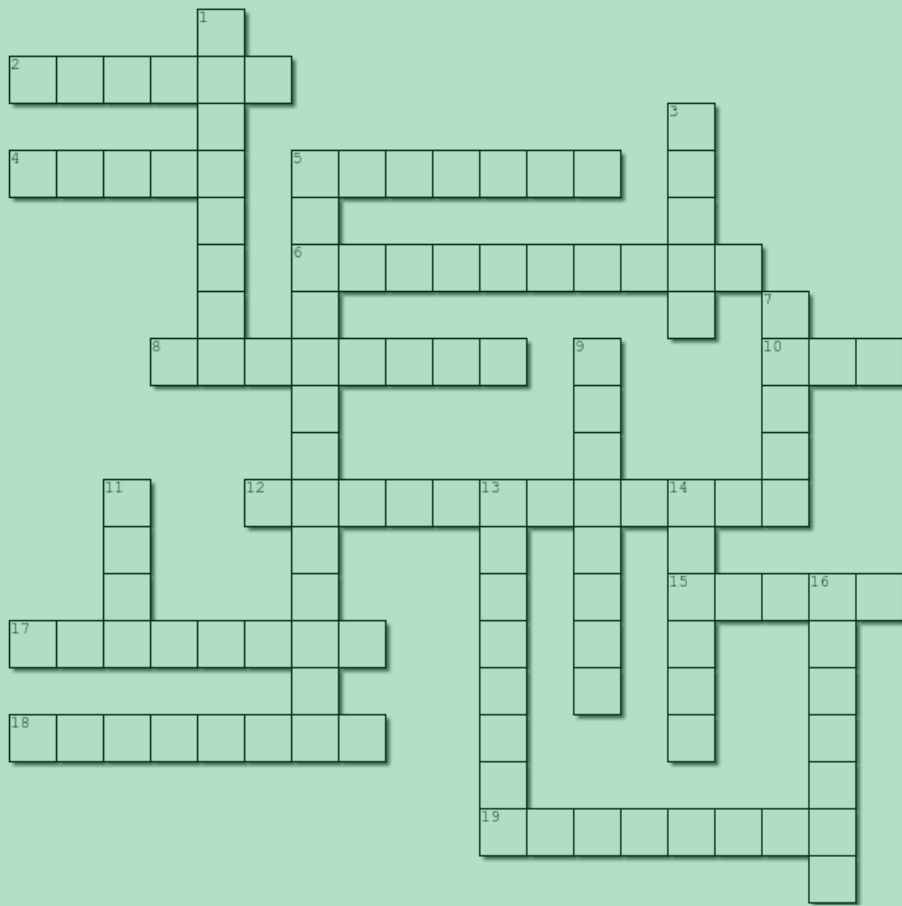
The band will be performing December 21st

during 4th hour for the whole school, and later that day after lunch, the annual ECHS Reindeer Games will be held during 5th, 6th, and 7th period. Free hot chocolate will be provided by Student Council, and there will

be many activities to choose from for the afternoon, including board games in the cafeteria, a Just Dance tournament on the stage, Mario Kart or other Switch games in the library, and Minute to Win It games in select classrooms and the gym. Cornhole will also be available in the gym, and students can decorate cookies in the cafeteria or gingerbread houses in Mrs. Martin's room.

To finish the school week, there will be a community movie night in the high school gym Wednesday night at 6:30pm. Student Council will have popcorn, cotton candy, and water for sale.

DECEMBER CROSSWORD



Across

- Freezing weather
- Was left at home alone by his family
- What Santa eats
- What everyone abandons shortly after New Year's
- What people exchange for Christmas
- One of Santa's helpers
- 'All I Want for Christmas...Is YOU'
- Wonders if Kiki loves him
- January 1st
- The last month of the year
- Seasonal chocolatey Christmas drink

Down

- They pull Santa's sleigh
- A Christmas song
- What you hang ornaments on
- _____ Christmas
- Santa's wife
- Cold sky stuff
- Jewish Celebration of Light
- Santa's favorite reindeer
- African American cultural festival

Holiday History

By Jazmine Martinez & Jenny Whimple, 3G Staff

What holiday do you celebrate in December? Some popular holidays are Christmas, Hanukkah, and Kwanzaa. Christmas is the most recognized holiday in the world. Christmas originated from both the Pagan and Roman cultures. Christmas is celebrated annually on December 25th and is observed internationally, meaning that people all around the world participate in festivities and activities surrounding the Christmas season.

Christmas is a Christian holiday celebrating the birth of Jesus Christ. Christmas is celebrated by giving presents, decorating Christmas trees with fun lights and ornaments, eating a Christmas dinner which usually consists of Thanksgiving-like foods, and of course, waiting for the beloved Santa Claus to bring presents and spread holiday cheer. Christmas also gives people a chance to take a break in life and give thanks and spend time with family and friends.

Hanukkah is another well known holiday celebrated at this time of year. It is a Jewish festival, and it will be observed December 18-26 this year. The date of Hanukkah changes every year because it takes place on Kislev in the Hebrew calendar. It usually takes place in late November or December. Hanukkah occurs on the 25th day of *Kislev*. *Kislev* is the 3rd month of the civil and ninth month of the religious year in the Jewish Calendar.

Hanukkah means "dedication" in Hebrew. It commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem. Hanukkah first took place in the second century B.C. A *menorah* is a special type of candle holder for Hanukkah. It holds 9 candles: 8 to symbolize the 8 days in Hanukkah and the 9th candle, which is in the middle of the candelabra. This center candle is called a *shamash*, which is used to light all the other candles. After sundown during the eight days, the Jewish people recite prayers and sing songs.

Kwanzaa is another popular holiday celebrated in December. Kwanzaa is a weeklong celebration held in the United States that honors African heritage in African-American culture. It takes place during

December 26th-January 1st each year. People celebrate with food ceremonies, decorations, and African drumming and dancing. During every day of Kwanzaa, African American people light a candle out of the 7 on a special candle holder called a *kinara* at sundown. A *kinara* holds three red candles on the left, three green candles on the right, and one single black candle in the middle. To properly light the *kinara*, one starts with the center candle then alternates lighting the candles on each side, starting from the left. The 7 candles represent the 7 values in African culture, which are unity, self-determination, collective responsibility, cooperative economics, purpose, creativity, and faith.

All three of these holidays are commonly celebrated and hold significant meaning to the religions and cultures that celebrate them. In the end, they all have important meanings to the people who celebrate them, and are ultimately meant to bring everyone together and create a sense of community and acceptance. This shows that all holidays, while they may not be what you personally celebrate, should be respected.

Happy Birthday
DECEMBER

- | | |
|-------------------|----------------|
| 1 - Keilailee | 20 - Grant |
| 5 - Hunter | 20 - Josh M. |
| 5 - Mrs. Gonzalez | 22 - Mrs. Else |
| 13 - Gavin | 24 - Jaylene |
| 18 - Amanda | 26 - Casey |
| 19 - Corbi | 29 - Cody |
| 19 - Cody L. | 29 - Emma |
| 19 - Shirley | 29 - Izaiah |