

Trinity News & Views

- TRINITY LUTHERAN SCHOOL -

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Lombard, Illinois

The January Blues

by Amelie Harrison

The "January Blues" are an unfortunate occurrence that a lot of people experience. January blues is a form of depression that some people feel after the holidays. The factors that influence these blues usually revolve around the end of the holidays like going back to work or when people you see during the holidays leave. Over drinking and eating leaves you feeling sluggish, but for some the depression seems to have to do with the month in general. For example, it's cold and the days are short. All of these things help increase the feeling of the January blues.



Seasonal affective depression is not the same as the January blues (situational depression). Seasonal affective disorder (sometimes called SAD) can affect people for months and doctors believe it has to do with how the body responds to sunlight. Situational depression is associated with how we feel and think. The January blues tend to last a few weeks. People tend to feel sluggish and depressed before or after the holidays.

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About a Snowman

by Grace Sabourin



Do you want to build a snowman? Most people know how to build a snowman. But have you ever thought about the history of the snowman? Where it came from or why people originally made them?

The first photograph of a snowman was taken in 1853, that's 168 years ago!

The first snowman was Jewish. In 1511 in the city of Brussels, Belgium, the "Miracle of 1511" occurred. The weather was harsh and had temperatures in the negatives (below zero)! History has it that the whole city was covered in snowmen - the first known sighting of snowmen.

There are many snowman crafts. A cute and easy project is to take a light blue piece of paper, cut out nine circles, glue each one in the shape of a snowman (you should have three snowmen). Using markers or paper scraps and glue; add a nose, hat, scarf, buttons, eyes, and a smile. Coat with clear glue, sprinkle with glitter, let it dry overnight, then display where you want.



Remembering Mr. Novak

It is with great sadness that we inform you that former principal Charles "Chuck" Novak passed away on

January 13. We celebrate that he is now with his Father in heaven. Mr. Novak served as Trinity Lutheran School principal from the Fall of 2017 to Spring 2018. Please remember his family and friends in your prayers as mourn his passing and await their heavenly reunion.

"Jesus said to her, 'I am the resurrection and the life. Whoever believes in Me, though he die, yet shall he live, and everyone who lives and believes in Me shall never die.'" John 11:25-26

New Year's Resolutions

by Carli Highberger

Every year there comes a time for change. Some people use the new year to set new goals and reach higher levels. I think it's a good idea for improvement and can help you grow as a person. Here are the top five new year's resolutions that people set for themselves.



1. Mentally prepare for a challenge

Sometimes on new year's eve people would say "new year new me" which is not bad, in fact it is pretty helpful. You can have a fresh start with yourself.

However, some people like to refresh themselves to prepare for a new challenge. Maybe it's a physical, mental, social challenge and you're just not in the correct mindset for this. People like to challenge their minds to overcome this.

2. Set a goal that motivates you.

Lots of different people set goals for self improvement. The most popular ones deal with athletic skill, creativity, family, etc. People like setting this goal because it helps them grow. And you can even take it at your own pace.

3. Limit resolutions to a manageable amount

As stated in the second goal, pick something that can improve your life in the long run - or maybe in the short term. Limiting your resolutions can be helpful to figure out what's most important in your life.

4. Be specific

Sometimes people set goals that aren't as good as that could be. If you want the best goals for your resolutions, I recommend SMART goals.

S- Specific

M- Measurable

A- Attainable

R- Relevant

T- Time-sensitive

5. Break up bigger goals into smaller goals

Some people set big goals such as "get healthier" but you could break this up into smaller goals like "eat healthy," "exercise," "go to therapy." You could also divide your goals into different months.

For example:

- January- Visit New York
- February- Meet someone you admire (maybe your idol!)...and so on.

Best wishes and happy 2021.

The January Blues

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So can we lessen the January blues somehow? A main symptom of the January blues is that sudden feeling of having nothing to do or no plan, to implement. One way to decrease the of the January blues is to spend time outside when possible. Get some light even if it's not directly sunny out.

Another way to lessen the January blues is to avoid unrealistic New Year's resolutions **[see *New Year's Resolutions 2021 at left*]**. When you make a New Years resolution and it doesn't go as planned, it will most likely leave you feeling sad and disappointed. Instead, try setting small, manageable goals.

A different method for beating the January blues is to try something new. This leads to better development because you venture out of your comfort zone.

Another option is to exercise. Exercising releases endorphins (chemicals your body makes that makes you feel good) and lifts your mood. Getting physical exercise is beneficial for both the mind and body.

Try conquering the January blues by planning something to look forward to. After the holidays the social swirl comes to a halt and you might feel empty. Planning something you enjoy can push you through the long days.

Having the January blues is not a pleasant experience but it's a very normal one.

**Reminder: There is no school
Monday, February 15, 2021,
in recognition of
PRESIDENTS' DAY.**

Best Wishes in the New Year!

New Year's Traditions Around the World by Abby Gronwold

We made it to 2021! A lot of celebrations occur around the world, each unique. It's a very fun thing to learn about!

In Germany, some people exchange small gifts like marzipan pigs (*pictured at right*) or four-leaf clovers that bring luck for the new year. Another tradition is melting small lead figurines and throwing them into water to see the new year's fortune. Happy New Year in German is *Frohes neues Jahr*.

In Mexico, people have a big dinner with the whole family before midnight. The most traditional dish is dried salted codfish cooked with tomatoes and olives. In Spanish, happy New Year is *Feliz Ano Nuevo*.

In Greece, the traditional celebration of this holiday includes hanging onions on the door, giving gifts, smashing pomegranates, singing carols, and, as in almost every country, shooting fireworks into the sky. The way they greet each other on New Year's is *ευτυχισμένο το νέο έτος*.

Families have their own traditions too. Some students stay up until midnight, look at Christmas lights, go to friends' houses and sleep over, watch the Times Square ball drop, or enjoy watching fireworks - generally just having a lot of fun.

In this time of COVID precautions, things are not the same. We avoid going places and being with other people to help curb the spread of the disease. Thankfully, we can still gather remotely.

One student said, "COVID ruins New Year's, but hopefully we will be back to normal soon." Happy late New Year's!



2021: New Things

by Joe Fitak and Aidan Harrison

In 2021 we are expecting (hoping) that COVID-19 will go away because vaccines are becoming available.

New video games and movies are coming out.



So are new cars, dirt bikes, candy, and drinks.

Some stores may reopen and some people may start working at new places.

The biggest change at the moment is with the Presidency. Joe Biden was just inaugurated as United States President and President Trump has left Washington, DC for his home in Florida.

Today's Trends by Nathan Pulli

I have seen a different view of all the new trends, movies, games, and books - but here are mine. I definitely know that TikTok is the trend. It is an app that people download to dance or make funny videos. Movies have definitely changed throughout the years but now people are binge watching movies daily because we get bored in quarantine. My favorite movies are Zombieland and Superbad. Board games are tons of fun with the family. When you're bored you can play a couple of games - I like chess, - and enjoy family fun. A lot of people have picked up a new habit, READING! Reading not only entertains you but you can learn many things. I recommend "The Hero Two Doors Down" - it's based on the true story of friendship Between a boy and a baseball legend. My favorite trend is to watch videos of people throwing cheese on cars. The reactions are always so funny. That's my review of new things to do over quarantine.

Getting in Tune with Miss Rose *by Kate Schreiman*

Miss Rose is the music teacher for the students in Trinity Lutheran School. I have asked her a couple of questions about her thoughts on music. She has said that music is important because it is a part of every part of our lives and sets the mood for all things.



There are a million ways to express yourself through music, and she feels it's important for every person to find the best ways for themselves!

Teaching music brings Miss Rose joy as she watches all the students appreciate music and discover their own God-given talents. She LOVES teaching music. In church, she volunteers to sing during our chapel service. She says that Martin Luther said that the most important thing on earth next to God's grace is music. It makes Miss Rose so sad that we can't all sing together right now to praise God, so she chooses to sing in hopes that everyone can still feel that praise and joy of God's love as she does so.

If Miss Rose had to teach a different subject, she would teach Algebra!

Why aren't we able to sing? Miss Rose says that some people think that singing increases the spread of coronavirus through aerosols. There are a lot of studies both for and against this theory, but for now, Trinity has decided to play it safe and not allow singing.

Both Miss Rose's parents were music teachers. Her first memories of music were singing in church, and the records that her dad used to play for her as a young child. He used to tell her why each song they listened to was important, whether it was the instruments, the lyrics, the message, or the group that was performing.

Miss Rose is doing things differently this year in her classes because of COVID restrictions. For her, music is taught best through singing. Because we are not allowed to sing right now, we are doing more with listening, music appreciation lessons, learning to read music, and strengthening our sense of rhythm through playing instruments and body drumming!

Thank you Miss Rose for helping us learn more about the importance of music!

"Music is a gift and grace of God, not an invention of men. Thus it drives out the devil and makes people cheerful. Then one forgets all wrath, impurity, and other devices." – Martin Luther

Meet Miss Rachel

by Ian Lesch

Miss Rachel has been a teacher at Trinity for seven years. She teaches preschool and enjoys watching her students learn new things. Eight years ago when she became a teacher, Miss Rachel worked at two other Lutheran schools. She is a great teacher! She enjoys teaching and loves spending time with the students. Miss Rachel likes cats, the Cubs, and music concerts.

At right: **Miss Rachel unmasked!**



A Visit with Miss Kraegel

by Riley Baker

Miss Kraegel teaches many subjects in Trinity's classroom. She teaches Spanish, art, preschool, and supervises aftercare. Miss Kraegel also does things that help the students in many different ways. Did you know that she creates the school bulletin boards and manages the recycling at Trinity?

It's clear that Miss Kraegel is one of the most committed people here and the school would be harder to run without her.

Q & A

Me: What does aftercare mean to you?

Miss Kraegel: It's a safe and fun place to be after school.

Me: Do you like teaching art?

Miss Kraegel: Yes, I always learn something new with each class and I'm always proud of the work the students do.

Me: What is your favorite thing about Trinity?

Miss Kraegel: We are sharing our Christian faith from one generation to another for many many years.

Me: What is the easiest thing to teach?

Miss Kraegel: The ABCs to preschool.

Me: If you weren't a teacher what would you be?

Miss Kraegel: I would be a living history museum.



Above: **Miss Kraegel** found learning in the library!

A Tale of Two Martins by Kate Schreiman

Martin Luther: There are two different famous men who bore that name. Many people have mixed up these two Martins. Martin Luther and Martin Luther King, Jr. - I am going to explain who each of them are.

Martin Luther

Martin Luther was a Great Reformer, and he lived from 1483-1586. Martin Luther died by a stroke at the age, 62. He lived in Germany. He became a Augustinian monk and ordained priest because he wanted to bring the church back to the truth of God’s Word, as recorded in the Holy Bible. He called for the church to be accountable.



“We are saved by faith alone, but the faith that saves is never alone.”-Martin Luther

Martin Luther King, Jr.

Martin Luther King, Jr was a Civil Rights activist, and he lived from 1929-1968. He was killed by an assassin’s bullet in Memphis. Martin Luther King, Jr became an American Baptist minister because he wanted to overturn a system of racial segregation that robbed African Americans of their human rights. He did it by active civil disobedience in the public square.



“Injustice anywhere is a threat to justice everywhere.”-Martin Luther King Jr.



My Wonderful Winter Break

by Abby Schnitker

Winter break is a wonderful time to celebrate Jesus’ birth, the New Year, and a great time to relax. But, we also have a lot of spare time (other than the holidays) on Christmas break.

My break was spent attending swim practices and baking cookies with my grandma. I also had a sleepover with my cousins, aunt, and uncle. On Christmas, we spent the morning giving and opening gifts. On New Year’s Eve, we spent the night eating seafood and enjoying each other’s company.

My Christmas vacation was a great experience and I was very thankful to be able to visit my family and spend that time celebrating the holidays.

Answers to Top Ten Snowman Jokes

- 1. an ice cap
- 2. in a snow bank
- 3. at the snowball
- 4. ice burgers
- 5. the North Pole
- 6. do you smell carrots?
- 7. he had the chills
- 8. they like to chill-out
- 9. because of the frosting
- 10. Frosted Flakes



The 55th Super Bowl

by Naomi Pulli

The Super Bowl is the annual national championship game of the NFL (National Football League). Since 2004, the game has been held on the first Sunday in February.

This year it will all take place in Tampa, Florida, at Raymond James Stadium, home of the Tampa Bay Buccaneers.

We are still waiting to see which two teams will participate in the Super Bowl this year. There are rumors though that the Kansas City Chiefs are heading back to the big game! (Just giving all those Chiefs fans a heads up!)

Be ready with your chips and dip because the Superbowl is coming to you live on Sunday, February 3, 2021.

SUPER BOWL LV will air on CBS.

Get Ready to Enjoy the Big Game

by Kyren Spencer

The NFL Super Bowl can be a good way to get excited in the new year. This year, you can't buy tickets or go to Florida and watch in person because of COVID. But you can watch the game from you home and cheer on your favorite team and enjoy great game food!

Football can be a good sport to watch all season because you can be a fan (Go Chicago Bears!).

Some people have concerns about the danger of serious football injuries, and there is the added risk of it being a close contact sport during the COVID pandemic (you have to tackle people - which is close contact).

The winning team will have to be fast, strong, and play aggressively. May the best team win.

Top Ten Snowman Jokes!

(answers on page 6)

10. What do Snowmen like to eat for breakfast?

1. What does Frosty the Snowman like to wear on his head?

2. Where does Frosty the snowman like to keep his money?

9. Why do snowmen like birthday cakes?



3. Where did Mr. Snowman meet Mrs. Snowman?

8. What do Snowmen do in their free time?

4. What do Snowmen like to eat for lunch?

7. Why did Frosty the snowman go see his doctor?

6. What did Mr. Snowman say to Mrs. Snowman?

5. Where does Frosty the snowman go to vote?
