

# The Chronicles of Trinity

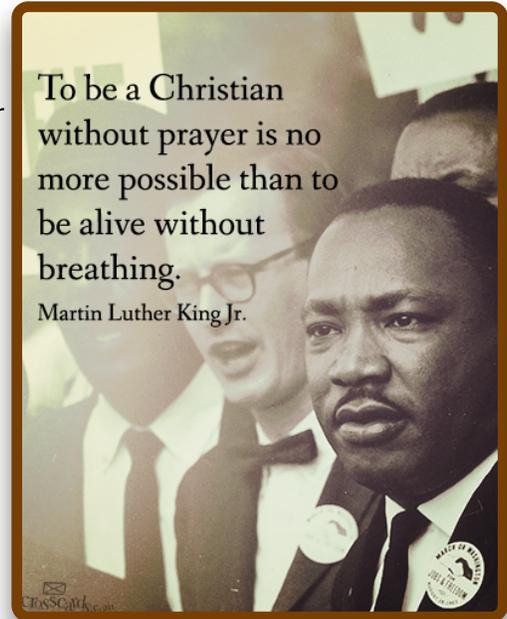
January 2022

## Martin Luther King Jr

by Angel Turner

Dr. Martin Luther King, Jr. was a Baptist minister born on January 15, 1929, in Atlanta, Georgia. He played an important role in ending segregation in the mid 1900s. This is so important because it was a very unlikely change then. One of his most famous speeches was "I have a dream." This speech took place at the Lincoln Memorial in Washington, DC. This was not his first speech at the Lincoln Memorial. That first speech at the Lincoln Memorial was "give us a ballot," in 1957. This speech was advocating voting rights for African Americans.

Martin Luther King, Jr., played a prominent role in U.S. history which is why he is celebrated.



**THERE IS NO SCHOOL ON MARTIN LUTHER KING, JR. DAY  
MONDAY, JANUARY 17, 2022**

## New Year's Resolutions!

by Riley Baker and Alex Harris.

Let's ask the 5th-8th grade (and their teachers) for their New Year's Resolutions  
What is your New Year's Resolution this year?



**Mrs. Messina:** To get back on track for working out.

**Alex:** To stop procrastinating.

**Grace:** To move into my new house and decorate my new room/house.

**Lina:** To write an all original EP (Extended Play) with my father by the end of the year. Also, I want to start reading more often.

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## New Year's Resolutions! *continued from previous page*

**Riley:** To not procrastinate as much.

**Nathan:** Learn how to treflip on a skateboard.

**Angel:** To stop wearing black.

**Joe:** Get fit.

**Ian:** I don't know.

**Mr. Baerenklau:** I don't have one.

**Abby:** To not have a New Year's resolution.

**Aidan:** Step on a lego and don't scream.

**Mckenzie:** I don't have one.

**Angelina:** To travel somewhere where I don't live.

**Sophia G:** I don't have one.

**Sofia A:** To get better at volleyball.

**Josie:** To be confident.

**Mrs. Solyom:** To plan ahead more.



# How to Stay Healthy In Winter

*by Abby Gronwold*

Brr! Winter is here, and we have to stay inside or brave the cold outdoors. With the miserable weather bringing us down, it can be a little difficult to stay as healthy as in summer, both mentally and physically. Get ready for a lesson on how to stay healthy in winter!

## Mental Health

Sometimes, after the holidays, it's really easy to get down in the dumps. One way to cure the winter blues is to stay connected with your friends or family. For me, they almost always can cheer me up! Another way is to start a journal or other thing to kill time. If you don't get enough sleep, more sleep might make you less grouchy and irritable. A good diet can also help, weirdly enough!

## Staying Physically Healthy

A lot of people just feel like just sitting around in winter, which makes our bodies less healthy and strong. That also means our bodies can't fight illnesses as well. Combat that unfitness and unhealthiness by washing your hands often, and eating healthily. Getting enough sleep gives you the energy to fight infections. Also, get up and exercise. If you don't have any workout equipment, that's not a worry. You can find lots of tutorials for all skill and experience levels on the Internet.

So, please stay healthy this winter, and hoping that your holidays were merry and bright!

# JANUARY

## January 5: National Bird Day *by Joe Fitak*

National Bird Day happened on January 5 to celebrate the many different bird species. Many people observe this day because there are so many types of birds. My personal favorite bird is the parakeet. They are fun to play with and they are very social birds. National Bird Day also recognizes the state birds from every state, including Illinois' Northern Cardinal, which is also Indiana's state bird, and the American Robin, which is the state bird for nearby Wisconsin and Michigan.



## National Peking Duck Day *by Aidan Harrison*

Peking Duck is a Chinese dish consisting of roasted duck meat and strips of crispy duck skin. It is originally from Beijing, China, where it has been prepared since the Imperial Era, over two centuries before the time of Christ.

National Peking Duck Day is January 18.

## Eat Up, it's National Soup Month! *by Angelina Cotcamp*

As the snow falls, and the temperature drops, there is nothing better than huddling up to a cozy fire with a bowl of piping hot soup. Whether your soup is creamy or clear, this dish is the perfect way to replace a cold chill, with warmth and satisfaction. January is National Soup Month and is a great time to be open minded to new and interesting soups. By skipping the traditional Chicken Noodle Soup and giving the unique Chicken Enchilada or Jambalaya Soup a try, you may find a new type of soup that you love.



### Why is National Soup Month celebrated?

We celebrate National Soup month in January because it is in the midst of winter and what better to cure your cold wintry chills with a bowl of heartwarming, cozy soup? Because it is the start of a new, yet chilly year, soup is a great way to drive away the cold. This whole month you can perfect your favorite soups or try some new recipes for a bit of variety.

# My Favorite Thing I Got for Christmas

by Mckenzie Brain and Sofia Arroyo

There are many fun things about Christmas, but I think opening presents on Christmas morning is the best. What is your favorite thing about Christmas day?



On Christmas morning when I got home, I found a piano in my room. I was very happy about that because I've always wanted a piano. The other toy I'm very happy I have is a PlayStation 5, and *Kenya*, a PS5 video game. My mother got it for me because she knows I like video games. (*Mckenzie*)

My favorite gifts are a television and a hover board. (*Sofia*)

What did you get for Christmas? Let's ask the children of Trinity what their favorite toys are.

*7th and 8th graders:*

Lina said her favorite presents were clothes. Alex shared that her favorite present was a journal. Riley told us her favorite present was a blanket with her dog's picture printed on it. Grace and Joe named their favorite present as shoes, Angel's favorite present was money, and Ian said his favorite present was Parmesan cheese.

*5th and 6th graders:*

Aidan's favorite toy was a mechanical Nerf gun and Abby said her favorite toy was *Hyrule Warriors: Age of Calamity* (a Nintendo game). Sophia told us her favorite toy was a Alex Morgan collector doll, while Angelina likes her Harry Potter Spell Deck, and Josie enjoys all of her Christmas presents.

*3rd and 4th graders:*

Damien said his favorite present was a VR headset, and Arian named a Nintendo Switch as his favorite gift, while Ariana's favorite was a Dream Tent, and Adlai likes his new train. Ava chose a Fort Tent as her favorite present and Addison shared that her favorite present was a Hermione Granger wand.

*1st and 2nd graders:*

Mila's favorite present was a toy car, while Camden said her favorite present was a lava lamp. Harrison named a VR headset as his winner and Alice chose her Nintendo switch as her favorite gift. Penny is enjoying her realistic looking phone, Juliana said her favorite present was a set of Legos, Bobby stated that his favorite present was either a remote control car or a VR headset. Gunnarr chose his favorite present as a steam engine called *The Rainbow*, and Daniel

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## My Favorite Thing I Got for Christmas *continued from previous page*

announced that his favorite present was a ninja costume.

### Kindergartners:

Kenzie said her favorite present was a big Meri Meri Doll, and Connor stated that his favorite present was a Play Toy Air Station. Brock's favorite present was a toy monster truck, Olivia's best gift was a walking pig, and Adrina's favorite present was a pair of new shoes. Theo told us that his favorite present was a Hot Wheel garage.

### Preschoolers:

Vada 's favorite present was a doll, while Sophia said her favorite present was a race car track. Travis reported that he was enjoying dinosaurs, and Taylor's favorite present was a watch. Elliot likes his new Pokemon best, Jack is enjoying playing with his toy robot, and Jakin's favorite present is a Batman blanket. Maeve said her favorite presents were games, William's favorite gift was a garbage truck, Jameson said his favorite present was Legos, and Charlie's best present was a necklace.

In conclusion, we all got a lot of gifts that we love and appreciate. Some may not seem as important to you as others, but they're all special in their own way. What is your favorite present, and why do you like it best?

## The Best Thing I Did Over Christmas Break *by Nathan Pulli*

Me and my family always have big parties, and it's always super fun. But this year my family was sick, so sadly we didn't have a party. Here's what we did instead. On Christmas day all of my immediate family came over and we opened presents. After we were done, we enjoyed our gifts, then had a family dinner and a relaxing rest of the night.

I interviewed three of my classmates about their holiday...

**Q.** What was your favorite thing that you did over Christmas break?

**Alex:** Hanging out with friends. **Riley:** Hanging out with my dog. **Aidan:** Went sledding.

**Q:** What was your favorite thing you got for Christmas?

**Alex:** A journal. **Riley:** A blanket with my dog's picture on it. **Aidan:** A mechanical Nerf gun.

What did you and your family do?

**Alex:** Opened up gifts. **Riley:** Opened gifts. **Aidan:** Had a party



**The Chronicles of Trinity** is a monthly newsletter produced by the 5th through 8th grade students of Trinity Lutheran School in Lombard, Illinois. The 2021-2022 staff members are: Abby, Aidan, Alex, Angel, Angelina, Grace, Ian, Joey, Josie, Lina, Mckenzie, Nathan, Riley, Sofia, and Sophia, under the direction of Mrs. Lori Solyom, journalism teacher.

# The Warrior Cup *by Josie Woods*

The Warrior Cup is an international annual tournament that a lot of people who are really good at karate will be competing in. If you do not know, a tournament is where someone competes in something like a sport or a game, and tries their best to BE the best, and have the best technique. The Warrior Cup, also known as AKA which stands for the American Karate Association, will be held in Schaumburg, Illinois, at the Renaissance Schaumburg Convention Center Hotel. There will be under ranks (any belt that is a lower rank than black belt) and black belts performing - ranging from people that are white belt (the first belt) to degrees of black belt. There are ten degrees of black belt, each of which takes years to earn. There will be weapons, empty hand forms, and sparring - which is like free-form fighting between two people, typically involving light blows or strikes that don't actually make contact.

I am performing in this tournament; I will be competing against people that are amazing at karate! Some people will be better than me. But possibly, there will be others that I am better than. The Warrior Cup tournament is on January 21 and 22, and will run all day (from 8 a.m. to 4 p.m. on Friday, and from 7 a.m. to 7:30 p.m. on Saturday). Learn more about the Warrior Cup at <https://akawarriorcup.com>.



## TRINITY'S OFFICE MAKEOVER

*by Ian Lesch and Sophia Garcia*



If you have been in Trinity's office this school year you may have noticed it looks a little fresher and brighter than in previous years. That's because over the summer and in the early fall, the office got a makeover. Principal Messina and Pastor Wagner worked hard to make things happen and with all the changes we thought that you should know who helped. Pastor Wagner installed the new flooring, and Mr. Woods put on the trim. Mrs. Gagliano painted the walls, as did Sharon (a volunteer who is a friend of a Trinity church member). Other members of the Trinity community family helped with summer furniture moving, cleaning, and classroom preparation.

During the school year, changes continued, as the office furniture was rearranged and new multifunction printer/copiers were installed.

## CHRISTMAS TRAVELS



## My Trip To Peru

*by Angelina Iverson*

On December 15, before break, I took a trip far from Chicago, somewhere out of the country...Peru! I went to Peru to spend Christmas and the New Year's with my family. My grandma and grandpa live in Peru in a town called Buenos Aires where they have a small farm. The rest of my family lives in Lima and Puirá. My aunts came from Oregon and Switzerland to visit for Christmas. I also had my first birthday in Peru! My birthday was really fun and a lot of my family came. Christmas was fun too! We all exchanged gifts to one another and stayed up late on Christmas Eve. New Year's was fun to spend on the beach and swim in the salt waters. Overall, I would rate my time in Peru as a 10 out of 10.

## My Florida Trip

*by Grace Sabourin*

My trip to Florida took place from December 30 to January 6. My family on my mom's side lives in the Sarasota area. While I was in Florida, I did many things. The first day my mom's cousin and his family came over. It was nice to meet them. Thursday, the first day I was in Florida I got a chance to swim in my grandparent's pool. On Friday, I celebrated New Years Eve with my grandparents and my cousins. Saturday, my mom and I went to pick up my great grandmother and bring her to a New Year's Day dinner with family. On Sunday I had lunch with my great grandmother and swam in my grandparent's pool. Also on Sunday I got my favorite ice cream ever. It is called Sub Zero. They make their ice cream from nitrogen. Monday I visited the Mote Marine Laboratory and Aquarium. They have otters, manatees, turtles, and more sea life. One thing that is very cool there, is that you can pet the stingrays. We went to a restaurant called the Old Salty Dog. It is a short 5-minute walk from the Mote. I spent Tuesday swimming and spending time with my family. The last full day I was in Florida, I went to the beach!

Wednesday night I went swimming and we also got Sub Zero again to finish off an amazing trip. It was very sad leaving, but it is nice to be back to cold Chicago.





## Meet Mrs. Moy! *by Alex Harris and Riley Baker*

Mrs. Moy is Trinity's office administrator. She's a very nice person, we invite you to learn a lot more about our amazing administrative assistant.

**Q: What's your favorite color?**

**A: My favorite color is red.**

**Q: Where did you go to college?**

**A: University of Illinois at Urbana-Champaign and DePaul University**

**Q: Do you have any pets?**

**A: We had a dog but she died about 20 years ago. We thought about getting another one but I already have four kids and it is not the best thing right now, but maybe in the future.**

**Q: What is your favorite food?**

**A: Savory food, anything with lots of flavor, but not spicy foods.**

**Q: What is your favorite thing about Trinity?**

**A: Two things - getting to meet the new school families and talking to the church's homebound and making goodie bags for them. Also, getting to know all of the kids' names.**

**Q: Do you like being an administrative assistant?**

**A: Yes, I do like it. There are a lot of moving parts - making sure we get our milk, or talking to Mrs. Messina about things to get done.**

**Q: What is your dream vacation?**

**A: Somewhere on the beach, where it is warm and quiet - with me and my family.**

**Q: If you weren't an office administrator what would you be?**

**A: I would be a teacher, I used to teach piano, and also preschoolers a while ago.**

**Q: What is your favorite Bible verse?**

**A: Philippians 2: 12-13, "...work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for His good pleasure."**

**Q: What is your favorite band or singer?**

**A: My favorite music group is Phillips, Craig and Dean.**

**Q: Do you like to watch sports, if so what is your favorite?**

**A: I like to watch volleyball, but basketball is more exciting on TV. I like the Bulls.**

**Q: What are your thoughts on the masks?**

**A: I don't like it but if it makes other people feel comfortable I will wear it. From God's love to others.**

**Q: How long have you been at Trinity?**

**A: Since..2019. It's only been about three years.**

**Q: What is your favorite animal?**

**A: The horse, I fell in love with them since my first ride.**

**Q: What is your favorite winter activity?**

**A: Ice skating, hands down! I've had lessons in it since I was a kid.**

**Q: What is your favorite season?**

**A: It would have to be spring because that's when the flowers come out and Easter is coming.**

**Q: Do you like the snow?**

**A: Yes, when I don't have to drive in it.**

**Q: What is your favorite board game**

**A: Actually Monopoly, but it depends on who you play with...or an old game called Othello.**

**Q: What is your favorite holiday?**

**A: Easter, I like it better than Christmas.**