



Seasonal Blues

BY MANNY CAMEY GIL

Ah, the holidays—'tis the season to be jolly, right? While this time of year is often associated with joy and celebration, for many, it can actually be a really tough period. Seasonal Affective Disorder (S.A.D.), is a real condition that affects about 10 million Americans each year. Most people with S.A.D. experience it during the second half of the year, likely due to the gloomy winter weather. So, what does that mean? We aren't getting a lot of the sun, right? This can easily disturb the chemicals inside our body, especially serotonin—considered to be the "feel-good" chemical and melatonin, which puts us to sleep. These symptoms can leave us feeling down, tired, and apart from ourselves when disrupted. But it is not all about the weather; it's about the responses of our organisms towards these changes. Some people become more sluggish, sad, or just not themselves when the daylight hours are fewer. It's not all in your head; it's real, and can take hold of your mood and energy. S.A.D. can affect anybody, but it is common in individuals who live in areas that have long, dark winters. It also usually affects people who already have problems with depression.

If during winter, you always feel sad, irritated, or find no interest in those things which you used to like, then you may suffer from S.A.D. Fortunately, there are ways of dealing with S.A.D. If you think you might be suffering from this, it is always best to speak with a doctor or counselor. However, here are a few things that may make you feel better:

Light Therapy: Sitting in front of a specific light box per day for a certain period. This might help replace the sunlight your body may be missing.

Exercise: It can elevate your mood better than anything in the world. Stretching and walking can improve one's mood by helping the brain release chemicals that produce more relaxing effects.

Talking: Talk it over with a friend, relative, or even a therapist if this is what brings you down. Many times, all that is needed is just sharing what one goes through.

Help should be sought if the symptoms worsen or start interfering with your daily routine. If you have hopeless feelings or are having thoughts about harming yourself, it is important that you really talk to someone. You really don't have to go through this hard time by yourself.

See the resources to the right if you need support.



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Evelyn Rivera

If you are experiencing seasonal depression, you can call the SAMHSA National Helpline at **1-800-662-HELP (4357)** to access treatment referrals and support

For immediate crisis, you can **call or text 988** to reach the Suicide & Crisis Lifeline

SPCA Holiday DISPLAY

BY BREALENE SARRIA



Every year since 1868 Macy's union square in San Francisco unveils their iconic holiday windows, featuring furry adoptable kittens and dogs along with a couple of therapy dogs. The scenery is shiny, decked out with ornaments, and strong in the Christmas spirit. This cherished tradition goes on every year from Friday Nov.22, through Sunday Dec.31. Angela Ramiro, senior director of shelter operations for the SF SPCA, said that more than 10,000 animals have found homes over the past three decades thanks to this event. If you're interested in joining the community you can check the sfspca.org website and view their listings for job openings, and if you're interested in helping out the community you can also adopt the pets they have available or contribute to their donations. Click the image below to take you there!



KWANZAA HONORING TRADITION AND COMMUNITY

By Jordan Ennik

Kwanzaa is an African American holiday that celebrates several values including family, history, and culture. Although it is celebrated by black families around the world, Kwanzaa is mainly celebrated by those in America. A common misconception about Kwanzaa is that it is a religious holiday due to its closeness to other December holidays such as Christmas and Hanukkah, but that is not the case, Kwanzaa can be celebrated by anybody regardless of their religion or cultural background.

The holiday was first celebrated in 1966 under the direction of Maulana Karenga, who at the time was the chair of Black Studies at California State University. Karenga created this holiday to celebrate African American heritage and reconnect with cultural traditions. Another reason Karenga created Kwanzaa was to counteract the cultural and psychological effects of oppression especially during the Black Power Movement of the 1960s. Karenga was also inspired by other black nationalist movements led by people like Malcolm X and Marcus Garvey.

Kwanzaa is celebrated from Thursday, December 26th to Wednesday, January 1st. There are a few reasons Karenga chose these dates to celebrate Kwanzaa. The first reason is its proximity to other holidays at the time, such as Christmas and New Year's. Another reason is its connection to African Harvest Festivals which typically take place near the end of the year. Lastly, Karenga picked a time after Christmas to not overlap with the Christian holiday but rather to give an alternative for people who may not observe Christmas.

The holiday is celebrated through seven distinct principles. Each day a candle is lit on a candle holder called the Kinara that constitutes a different value. The black candle in the center of the Kinara represents unity, the three red candles on the left represent self-determination, cooperative economics, and creativity. While the three green candles on the right each represent collective work and responsibility, purpose, and faith. Families gather around the Kinara each day to give thanks, exchange gifts, and share feasts.

Click the image to learn more about Kwanzaa.



CHINESE NEW YEAR

By Evelyn Rivera

Chinese New Year is about signaling the start of the new year based on the lunar calendar. It is one of the most important holidays in Vietnam, South Korea, China, and other Asian countries. Chinese New Year is marked on the lunar calendar which is based on the phases of the moon and the dates of some major holidays change every year. A solar calendar follows a solar year which is the time that takes to orbit the sun and lasts 365 days, while the lunar calendar is based on the monthly cycle of the moon phases and is roughly about 354 days.

Chinese New Year 2025 is on January 29. Each Chinese New Year has an animal that represents it based on the Chinese Zodiac. The Chinese Zodiac comprises a 12-year cycle and rotates in a fixed sequence. The 12 animals in the Chinese Zodiac are Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Sheep, Monkey, Rooster, Dog, and Pig.

San Francisco Chinese New Year Festival and Parade, which began in 1851, is the the largest celebration of its kind in the world. The parade includes lion dances, acrobats, traditional music, and a grande finale with the Golden Lion. It also comes along with plenty of food stalls, cultural performances, and lots of family-friendly activities leading up to the parade. This year's event begins Saturday, February 15th at 5:15 pm. To learn more about this event, click the image.



HANUKKAH

THE MAGIC, MEANING, AND MENORAHS

By Samir Azizi

Hanukkah, also known as the Festival of Lights, is an eight-day Jewish holiday celebrated worldwide, typically in late November or December, starting on the 25th day of the Hebrew month of Kislev. It honors the rededication of the Second Temple in Jerusalem during the 2nd century BCE, following the Maccabean Revolt, where a small group of Jewish fighters defeated a much larger Greek-Syrian army. The rededication restored Jewish worship after the temple had been destroyed, symbolizing resilience and the preservation of religious freedom.

A central tradition of Hanukkah is lighting the menorah, which commemorates the miracle of the oil that lasted eight days during the Revolt and symbolizes hope and the triumph of light over darkness. Each night, one additional candle is lit, fostering themes of growing light and faith. Other traditions include playing dreidel, a spinning top game, symbolizing the Hanukkah miracle, and eating fried foods like latkes (potato pancakes) and sufganiyot (jelly-filled doughnuts).

Hanukkah is widely celebrated in Israel and the United States, home to the largest Jewish populations, with approximately 7.6 million Jewish people in the U.S. observing it either religiously or culturally. The holiday emphasizes family, community, and the lasting strength of Jewish identity.

Some events celebrating Hanukkah around the Bay Area include public menorah lightings in San Francisco's Union Square, family-friendly festivals at the Jewish Community Centers, and holiday fairs featuring music, crafts, and traditional food. Many locals host special services, communal dinners, and cultural performances to bring communities together during this festival season.

Click the menorah to find celebrations near you



DR. MARTIN LUTHER KING JR.

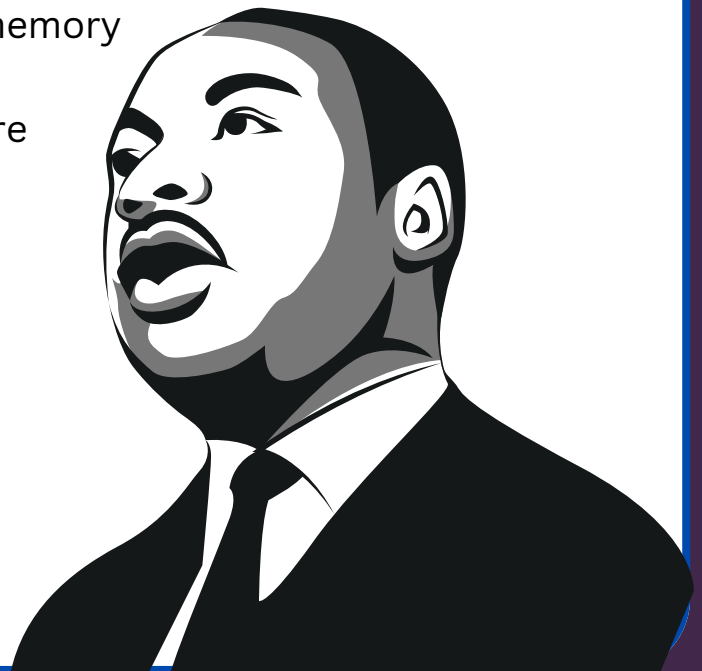
By Jayden Flores

Martin Luther King Jr. (MLK) Day is a federal holiday in the United States observed on the third Monday of January each year; it is the official birthday of MLK. MLK was the chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law and civil society. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later on January 20, 1986. However, some states resisted observing the holiday, giving it alternative names or combining it with other holidays, pointing out the challenges America has faced with equality.

People are encouraged to use the day to reflect on the principles of racial equality and nonviolent social change supported by Dr. King. The holiday is typically observed with events such as marches, rallies, and speeches by politicians and civil rights leaders.

It is important to honor this day because MLK fought for the rights and dignity of all people. By honoring his memory and ideals on this day, we show our commitment to creating a better future for the next generations.

Click the Image to Learn More





HOLIDAY FILM FAVORITES

SAMIR AZIZI



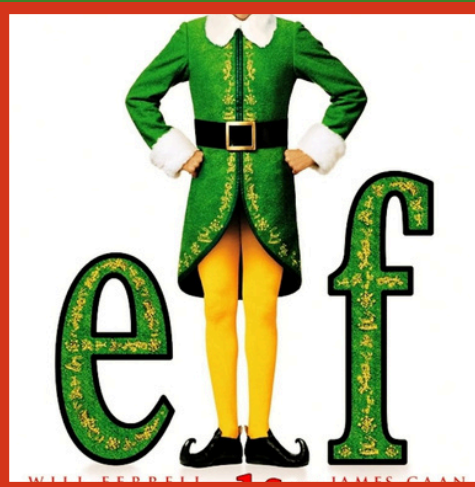
"HOME ALONE" - RATED PG

Released on November 16, 1990, this classic comedy follows 8-year-old Kevin McCallister, who is accidentally left behind when his parents go on vacation. Kevin must protect his home from two bumbling burglars using clever traps while learning the true meaning of family Christmas.



"THE POLAR EXPRESS" - RATED G

Released on November 10, 2004, this animated adventure tells the story of a young boy who embarks on a magical train ride to the North Pole on Christmas Eve. Along the journey, he learns about friendship, bravery, and the spirit of Christmas.



"ELF" - RATED PG

Released on November 7, 2003, the movie follows Buddy, a human raised by elves at the North Pole, as he travels to New York City to find his biological father. Buddy's childlike wonder and enthusiasm bring holiday cheer to everyone around him, spreading the Christmas spirit.



"THE GRINCH" - RATED PG

Released on November 9, 2018, this is an animated retelling of Dr. Seuss's classic tale showing that the Grinch hatching a plan to steal Christmas from the residents of Whoville. However, his encounter with the joyful Cindy Lou Who helps him rediscover the true meaning of the holiday.

DIY GIFTS

By Evelyn Rivera



WATERLESS SNOW GLOBE

Put a fun twist on a classic winter craft with this mess-free, personalized snow globe—perfect for holiday gifting. It adds a touch of winter wonderland magic to any space!



SNOWY ORNAMENTS

This Christmas craft was inspired by the population of Mason jars and became an easy way to add snowball ornaments to your holidays.



PEPPERMINT CANDY CANE SUGAR SCRUB

This peppermint candy cane sugar scrub is a combination of vanilla and peppermint essential oils to get a yummy smelling sugar scrub that you layer to get a pretty candy cane effect.



PAINTED NUTCRACKERS

Nutcrackers are a festive decoration to have during the holidays and they also symbolize good luck and some believe they scare away bad spirits from your home.

Holiday Recipes

By Evelyn Rivera

*Click any image to find a recipe to brighten your holiday season.
These festive treats are sure to sprinkle extra cheer to your
holiday celebration!*



SANTA HAT CUPCAKES

Santa hat cupcakes are one of the ultimate holiday treats that combines festive fun and deliciousness in every bite!



PEPPERMINT BARK

Peppermint Bark is the ultimate holiday to enjoy a sweet, crunchy, and minty treat that perfectly captures the spirit of the season.



SNOWFLAKE COOKIES

Snowflake Cookies are the epitome of winter wonderland in cookie form. Each cookie is a mini masterpiece, with crisp edges, a soft, buttery interior, and the perfect balance of sweetness.

HOLIDAY DISPLAYS AROUND THE BAY

BY WILL GORRELL

CLICK ANY
IMAGE TO
LEARN MORE



Alameda's Christmas Tree Lane

A co-operative effort put on by more than 50 homes. Local school bands and popular entertainers have been known to turn up to perform.

WHERE: 200 block Thomson Avenue, between High Street and Fernside Boulevard, Alameda

WHEN: 5:30-10 p.m. through New Year's Eve



Fremont Cripps Place 2024

Visitors are allowed to walk on the sidewalks or drive on the streets to see the decorations and lights of 70+ homes.

WHERE: Cripps Place, Asquith Place, Nicolet Court, Wellington Place, and the stretch of Nicolet Avenue between Gibraltar Drive and Perkins Street.

WHEN: Through December 28



Pleasanton Widmer World

Spend part of your evening having a little fun decorations and lights. Be sure to bring the camera.

WHEN: Open 6pm-10pm through Christmas

WHERE: 3671 Chelsea Court, Pleasanton, CA



Oakland Temple

Each November, on the Friday evening after Thanksgiving, the Oakland Temple becomes a wonderland of more than 100,000 lights in celebration of the birth of Christ.

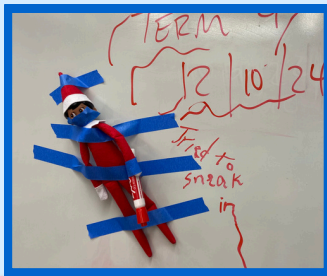
WHEN: November 28 - December 31st

WHERE: 4770 Lincoln Ave, Oakland, CA

HOLIDAY HAPPENINGS AT OLYMPIC



Wellness Center staff brought holiday cheer with a festive scavenger hunt! Students searched for Phoenix the Elf, who was caught causing mischief around campus, to collect raffle tickets and a shot at winning fun prizes!



Check out the festive pictures of OHS staff and students rocking their Holiday Spirit Week outfits! From cozy pajamas to holiday bows, see how our community celebrated in style. 🎅🌟



Tap a pic
to catch
the winter
waves!

WINTER WAVE WONDERS

The ultimate winter waves this December! Check out our roundup of the best surf spots where the swells are hot, even when the weather's cool.

JORDAN ENNIK



Santa Teresa (Costa Rica)

Santa Teresa is known for its consistent surf and its beautiful coastline. The beach mostly contains waves suitable for intermediate and advanced surfers but also contains mellow spots for beginners.



Sayulita (Mexico)

Sayulita is a picturesque beach town known for its surfing and fishing culture. The city offers colorful buildings and a laid-back atmosphere. The beach is perfect for beginner to intermediate surfers looking to hone their skills.



Ericeira (Portugal)

Ericeira offers a variety of surf breaks from small to large. December's swell brings larger waves perfect for an advance surfer to tackle something challenging.



Taghazout (Morocco)

Taghazout is a popular surf town in Morocco. It offers a variety of swells and plenty of surf schools which makes it perfect for beginner surfers who want to start their surfing journey.

A CLASH OF NATIONS

By Jayden Flores

Many are familiar with the war between Russia and Ukraine, but they do not know that it actually began in February 2014. In 2014, Ukraine faced its biggest security threat since the Soviet Union's collapse, which it had been part of for much of the 20th century. After months of protests, pro-Russian President Viktor Yanukovich was removed from office in February and replaced by a pro-Western interim government. While the new government struggled with a shaky economy, pro-Russian separatists, backed by Russian troops, took over government buildings in Crimea and declared independence from Ukraine.

In March 2014, Russia officially took control of Crimea, a move widely condemned by Western countries as a violation of international law. Meanwhile, separatist movements spread to eastern Ukraine. Ukrainian security forces struggled to respond to attacks, which were often carried out by soldiers using Russian weapons and gear but wearing unmarked uniforms. In February 2022, Vladimir Putin decided to invade Ukraine to "demilitarize and denazify" it. Putin vowed to protect people from eight years of Ukrainian bullying and genocide, a Russian propaganda claim with no foundation in reality, and he launched a full-scale invasion of Ukraine. While Russian forces made quick advances early on, Ukrainian defenders pushed back against efforts to take Kyiv and other key cities, eventually hitting back with counterattacks on Russian positions.

The United States has provided \$43 billion in support to Ukraine, covering everything from missiles to ambulances. U.S. service members are training Ukrainian forces in Europe and the U.S.; the goal is to lower the risk of escalation into a direct U.S.-Russia confrontation while hindering Russia's military success. The knowledge that the U.S. and Russia hold nuclear weapons created a military doctrine of mutually assured destruction in which an attack from one would cause the complete annihilation of one or both countries. One critic of the U.S.'s support for Ukraine, reporter Mark Kennedy, stated that the U.S. needs to invest in securing its borders instead. With Ukraine support being only 5% of the Defense Department's budget, many believe America can afford this vital effort in its national interest.

According to Joanna Kakissis, an NPR international correspondent, after Donald Trump's election win, Ukraine could lose the continued support of its most crucial ally, the U.S., which has spent \$108 billion to help Ukrainians since Russia's February 2022 invasion. The U.S. not funding Ukraine would impact the country because they wouldn't have the money or power to defend against Russia. "The support doesn't just help Ukraine," the general said, "it strengthens... and helps to bolster the defense industrial base in the United States, Europe and the world. It enables our own security. The collective support will ensure Ukraine is successful today and into the future."

MĀORI PROTEST SHAKES PARLIAMENT

Will Gorrell

The Māori people are the indigenous people of New Zealand and are descendants of Polynesian settlers who migrated from East Polynesia, likely from regions like Tahiti and Rarotonga. In 1840 the British crown made a treaty with the Māori people that promised protection and equal rights as a British citizen; the Waitangi treaty has shaped modern legislation, and seek a stricter interpretation of the treaty.

However, when the treaty was written, they spoke two different language and that caused some translation errors. Many English copies of the treaty say the Queen would have sovereignty over New Zealand, but the Māori people believed that Kawanatanga, a Māori Chief, had the right to govern the country.

By 1860, land disputes erupted and Britain enacted the "New Zealand Settlements Act." This was a law passed in 1863 that let the British Crown take large amounts of land from Māori tribes accused of rebelling against the Queen. This law allowed the government to take land from Māori who were seen as resisting British control during the New Zealand Wars. It resulted in widespread land confiscation.

The current issues that the Māori people are facing is disputing over a new law redefining New Zealand's original treaty which has caused turmoil over unfair treatment of Māori people. A controversial proposed bill, to enshrine a narrower interpretation of the Waitangi treaty in law, was proposed last month in Parliament. However, it is seen by many Maori and their supporters as undermining the rights of the country's Indigenous people, who make up around 20% of the population of 5.3 million.

While disputing the proposed law in question, a Māori crowd participated in a haka to show parliament that they can not be separated and will fight for the rights they deserve. The video of the incident went viral on several social media platforms. The bill passed its first reading but is unlikely to become law. The National Party and New Zealand First, both part of the coalition government, supported the first reading as part of their coalition agreement. However, they have stated they won't support the bill in later stages, making it almost certain to fail.

Click the image to see the video that went viral.



THE IMPACT OF HEAD INJURIES

By Manny Camey Gil

Have you ever heard of something called CTE? It means Chronic Traumatic Encephalopathy, basically some kind of brain injury created by taking on one too many hits to the head. Everyone thinks that this injury only happens to someone who plays football, but in reality, it can happen to anyone who has had reoccurring head injuries, such as boxers, hockey players, or people who have been in a few car accidents. It's pretty serious, as it screws up your brain in ways you can never repair.

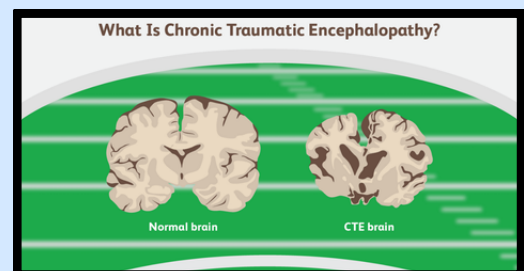
The crazy thing about CTE is that you do not know you have the injury unless you are dead. A doctor can make a probable diagnosis of CTE based on symptoms, history of head injuries, and exams. However, the only way to confirm a CTE diagnosis is to examine brain tissue under a microscope, which can only be done after death. This means someone might have CTE for years and never know it. The symptoms can cause severe disorientation in people who have the problem or extreme depression, which may lead to violence as it worsens over time.

The conditions of CTE may dominate complete lifestyle changes. For example, a number of athletes suffering from this condition have problems focusing or remembering things. Some can even become super angry or have mood swings, which screws up all the relationships with people such as family and friends. Many people who have CTE start doing things they never did before. This might be as grave as to drive them to hurt themselves or others they care about. The damage it inflicts is irreparable, so one's quality of life is severely compromised.

The worst part is that most of them never even notice that they will be at risk of it until it strikes. Too many athletes are compelled to continue competing long after their personal judgment tells them they're hurt. The number of times they go down with a head blow - tally - exercise after exercise, concussional or not, is counted.

It builds up in the brain over time, and usually, the individual isn't even aware of how they're placing themselves in harm's way. This is why many feel we should do more to safeguard our athletes and try to prevent the head injuries from occurring at all. We really have to talk about this more, find ways to make the games safer, and make people take head injuries seriously. Otherwise, in years to come, many more will be facing similar dangers, and that's for sure something we cannot afford to neglect.

Click the image to learn more about CTE.



THE GROWTH OF DROPSHIPPING AND HOW IT WORKS

By Samir Azizi

In recent years, dropshipping has become one the most popular ways to start an online business. But what exactly is dropshipping, and why has it become so popular?

Dropshipping is a business model where you sell products online without ever keeping the products in stock yourself; instead of holding inventory, the seller purchases the product from a supplier only after they make a sale. Then, the supplier ships the product directly to the customer. Basically, the seller is the middleman who connects customers to suppliers and takes a small profit from each sale.

The reason dropshipping has grown so much is because it's simple and doesn't require a big upfront investment. In a traditional business, you need to buy a lot of stock first, rent storage space, and take risks if the products don't sell. With dropshipping, you don't need to worry about any of that. You only need to buy the product after you make a sale. This makes it especially popular for new business owners or people who just want to try out an online business.

Another reason dropshipping has become so popular is because of easy access to the internet and social media. Platforms like Shopify, WooCommerce, and even social media ads have made it easier than ever to set up a store and market products. People can target customers worldwide with just a few clicks. It's also appealing to sellers because you don't need to create your own products, you just sell what's already available from suppliers.

However, dropshipping isn't always perfect. Since you're not in control of shipping times or product quality, customers might have complaints that you can't directly fix. Competition is also high because so many people are trying dropshipping. Still, for those willing to put in the effort, dropshipping can be a great way to make money.

Overall, Dropshipping has changed the way people think about and stage a business. It's simple, low-risk, and accessible to anyone with a computer and an internet connection. While it's not easy to succeed in such a competitive market, its popularity continues to grow as more people look for flexible ways to make money online.



People have always needed basics like food, shelter, and clothing, working for them or relying on others. Before the 20th century, there wasn't much push for people to buy more than they needed. After World War II, consumer culture exploded as soldiers returned with extra money and wanted things like appliances and household items. Spending wasn't just about material wants anymore—it became part of the American way of life. A “good citizen” was seen as someone who always bought “more, newer, and better.”

In 1995 Jeff Bezos launched Amazon as an online book retailer and in 2010 for the first time in the history of online shopping, U.S online sales during Cyber Monday surpassed 1 billion and the numbers have only gone up since. Every big company has strategic tactics to lure you in, they often present a problem and position the advertised product as the solution to get you to buy. They also strategically designed online shopping websites to be as easy as a couple clicks so you have less time to think, and just buy, and fast delivery right to your door is also a great marketing tactic because of how undemanding it is; these tactics work excessively on consumers in the world today.

Mass consumerism helps the economy grow by increasing the production of goods and services, which leads to more consumer spending. It benefits business owners, industry workers, and resource suppliers who earn money from selling products directly or through supply chains.

However, it also has serious downsides, like high emissions, pollution, and massive amounts of waste—many places lack the resources to handle this waste. For example, Ghana imports about 15 million secondhand clothing items weekly from countries like the UK, US, and China. Many of these clothes end up in informal dumps, and during seasonal rains, millions of rotting garments wash onto local beaches, polluting the water and air.

A shift towards minimalism or anti - consumerism movements have emerged in recent years and can encourage people to think, perceive, and behave in a new direction towards less materialism, reduce your environmental impact, and save you time and money. Minimalism doesn't mean all consumption gets stopped, it only means that certain types of consumption are reduced, while others may increase. Therefore, one can argue that minimalism helps jobs move around as opportunities are created elsewhere.

TIKTOK'S BAN BATTLE

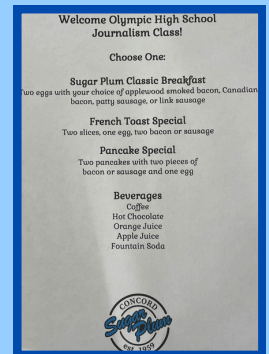
By Samir Azizi

TikTok, the popular short video app, is facing bans in several countries due to concerns over data privacy, national security, and its influence on users. ByteDance, a Chinese company, owns TikTok, and lawmakers say the platform is a national security risk because it lets China have access to our data without any restrictions. Some governments worry TikTok could be used for spying or collecting sensitive information. This concern has led to bans on government devices in the U.S., Canada, and Europe. Officials also argue TikTok's algorithm could spread misinformation, influence political opinions, or censor certain topics. TikTok is also criticized for addictive content and exposing younger audiences to harmful material raising concerns about mental health. India has already banned TikTok, and last April, Congress passed a law requiring TikTok to either sell to a U.S.-based company or shut down. TikTok is fighting the law, arguing that banning the app violates Americans' First Amendment right to free speech. A federal appeals court rejected TikTok's request to delay and review a law that would ban the app in the U.S., leaving its future uncertain. TikTok plans to take the case to the Supreme Court. "The Supreme Court has a history of protecting free speech," a TikTok spokesperson said, warning that 170 million U.S. users could lose their voices if the ban goes into effect. However, the app's future remains uncertain.

JOURNALISM FIELD TRIP TO S.F.

By Manny Camey Gil

On December 9th, the Journalism class embarked on an exciting field trip with the plan to visit and tour the KTVU 2 newsroom in Oakland. We started the morning with a stroll to the Sugar Plum Cafe, a well-known breakfast spot in Concord that has been open since 1959. As soon as we entered, we were seated at our reserved table. The atmosphere was cozy, and the staff greeted us with smiles. They even had special menus designed just for the OHS journalism class. We were able to choose from three types of breakfast, all of which looked incredible, and a drink. Our server was friendly and promptly took our drink order after we arrived. Once we all decided on breakfast and ordered, we enjoyed our time talking to one another. Breakfast was delightful—fluffy pancakes, scrambled



eggs, and French toast dusted with powdered sugar. The vibrant atmosphere of the cafe set a perfect tone for the day ahead.

After our meal, we made our way to the BART station, buzzing with excitement about our upcoming visit to the news station. The train ride was filled with chatter as we hoped to meet some of the news reporters. However, midway through our ride there, Ms. Prater received disappointing news, and due to safety issues, our visit had to be canceled. Although we were disappointed, we quickly shifted our plans and decided to head to Union Square in San Francisco instead.

Union Square was alive with the holiday spirit. The enormous Christmas tree was breathtaking, decorated with sparkling ornaments and twinkling lights. We paused to take some photos and soak in the festive atmosphere. Then, we meandered through Macy's, admiring the stunning holiday window displays and exploring the various floors. It felt like we had stepped into a festive wonderland, and it certainly lifted everyone's spirits.

From there, we tackled the uphill walk to the Fairmont Hotel, and it was absolutely worth it! The Fairmont opened in 1907, just one year after surviving the 1906 San Francisco earthquake and fire. It was under construction during the disaster and became a symbol of resilience. Inside the hotel was a massive gingerbread house that we were able to walk through. The hotel was decorated for the holidays and featured historic information along many of its walls including the fact that Tony Bennett famously performed "I Left My Heart in San Francisco" for the first time in 1961 there. After wandering around and taking it all in, we headed back to the BART station. Even though our legs were tired, the day turned out to be an unexpected adventure, filled with wonderful memories and festive fun.



Click the image to see how our unexpected adventure went.

Credit Crushers

By Evelyn Rivera

Term 3

Adam Lanham

Alan Maciel

Aldrich John Candasa

Alex Asig Tec

Alexandra Avelar-Torres

Alvaro Zavala

Angel Solis Rodriguez

Angelysse Ochoa

Apollo Bernal

Arely Guzman Cruz

Arturo Sandoval

Aurora Lopez-Robles

Beautiful Taylor

Bella Sosa

Brian Ascencio Carrillo

Carlos Rodriguez

Cynthia Ortiz

Danilo Tot Mucu

Dasheme Coleman

David Rodriguez

Denis Guzman Deleon

Diana Rodriguez

Dominique King

Edgar Caal Xona

Edgar Mundo Zepeda

Edin Dayler Ico Morente

Elisa Febo

Elmer Ba Maquin

Emigdio Moran Villa

Emilio Ayala

Emma-Marie McCall

Evelyn Rivera Acuna

Ezequiel Echeverria Gutierrez

Gabriella Alves De Almeida

Gianni Basler

Giovanni Zarate Garibay

Giovanni Gianquento

Guilherme Pedroza

Hana Gad

Henry Ruelas-Espejel

Isaias Pena

Iyanna Alford

Jason Avila Lopez

Jason Guzman

Jayden Flores

Jazmin Ayala

Jeronimo Choc

Jonathan Williams

Jordan Ennik

Jorge Zarate Ibarra

Jose Flores Merino

Jose Balanzar Ojeda

Julian De Jesus Espejo Ceron

Kai Hill

Kaitlyn Delgado

Katia Juarez

Kayla Hegarty

Kaylee Galvin

Keiri Lovos Recinos

Kelly Walker-Moore

Kevin Avalos Perez

La'niya Jefferson

Leonardo Garcia

Leonel Luna Silva

Levee Fries

Luis Avalos Lopez

Luis Barrera Villalobos

Maia Olvera

Manuel Camey Gil

Mario Burton

Mason Dantonio

Mckenzie Escalante

Milder Salgado Argenal

Nayeli Orozco Ochoa

Nicolas Garcia Casillas

Niyah Braggs

Norberto Lopez Padilla

Pablo Garibay Avila

Roman De Avila

Ronnie Crawford

Rosa Prado Navarajo

Santino Esquivel

Sarai Alvarez

Savannah Knowles

Sergio Max Tiul

Trinity Collazo

William Munoz Lara

Williamlee Gorrell

Yaretzi Delgado-Serrano

Zamara Burton

Happy Birthday

January

Aiden N. 01/01

Elyas Y. 01/01

Kaylee G. 01/02

Elijah M. 01/02

Ms. Lorena 01/05

Jaylen D. W. 01/05

Jose S. 01/05

Hana G. 01/05

Destiny A. N. 01/07

Jorge R. 01/08

Brandon A. 01/09

Nicolas G.C. 01/09

Siosiu U. 01/10

Ms. Gemma 01/12

Kameron T. 01/12

Trinity C. 01/13

Apollo B. 01/14

Douglas G. C. 01/15

Karla A. 01/16

Jonathan W. 01/17

A Daily Dose of Observances

This month is packed with national and global observances, where each day is dedicated to celebrating someone or something! From honoring everyday objects to appreciating the little joys in life, these recognitions give us the perfect excuse to smile, take a break from routine, and engage in fun activities! Whether you're looking to add some humor to your day or learn about people to celebrate across the country, this calendar will bring a daily dose of amusement and joy!

BY EVELYN RIVERA



SUN	MON	TUE	WED	THU	FRI	SAT
			1 POLAR PLUNGE DAY 	2 SWISS CHEESE DAY 	3 MIND & BODY WELLNESS DAY 	4 NATIONAL SPAGHETTI DAY
5 NATIONAL WHIPPED CREAM DAY 	6 DIA DE REYES 	7 NATIONAL PASS GAS DAY 	8 NATIONAL BUBBLE BATH DAY 	9 NATIONAL LAW ENFORCEMENT APPRECIATION DAY 	10 HOUSEPLANT APPRECIATION DAY 	11 NATIONAL MILK DAY
12 NATIONAL ROAST DAY 	13 KOREAN AMERICAN DAY 	14 NATIONAL DRESS UP YOUR PET DAY 	15 NATIONAL BAGEL DAY 	16 INTERNATIONAL HOT & SPICY FOOD DAY 	17 CABLE CAR DAY 	18 WINNIE THE POOH DAY
19 NATIONAL POPCORN DAY 	20 NATIONAL PENGUIN DAY 	21 INTERNATIONAL SWEATPANTS DAY 	22 NATIONAL POLKA DOT DAY 	23 NATIONAL PIE DAY 	24 CHANGE A PET'S LIFE DAY 	25 NATIONAL IRISH COFFEE DAY
26 NATIONAL GREEN JUICE DAY 	27 NATIONAL CHOCOLATE CAKE DAY 	28 DAISY DAY 	29 CHINESE LUNAR NEW YEAR'S DAY 	30 NATIONAL CROISSANT DAY 	31 NATIONAL HOT CHOCOLATE DAY 	