

Purple and Gold Times

Produced By: The Vineyard Newspaper Club

Sponsored by: Ms. Sabatelli

✎ Editors: Emerson Flores, Addison Packer,
Brooke Mendez, Madison Mendez



What is the Purple and Gold Times?

The Purple & Gold Times is a newspaper of the students, by the students, for the students. Here you will find many things, including articles about sports, school events, games, and seasonal specials. Hope you enjoy!



Editorial - What is Hygge? - Emerson Flores

What is Hygge? Chances are, you have never heard of it. Hygge, (pronounced hOO-guh) is a way of life focused on refreshing the mind, soul, and body. Hygge started in Denmark and is basically a way of living life cozily and comfortably. Hygge can be in the form of anything, like a book, calming music, friends, blankets, etc. or really anything that makes you think of relaxation. Practicing Hygge lowers stress, and brings more happiness into your day to day life. Hygge is widely based around community, or being around people that make you happy. Even just getting together with friends is an act of Hygge. Hygge is done the most during winter time, because of the cozy weather it brings, but you can practice Hygge all year long. A big theme of Hygge is no electronics. When practicing the Hygge mentality, the goal is to spend quality time doing things that you love, without being on your phone or watching television.



Editorial - What is Hygge? - Emerson Flores

Here are some ways to practice Hygge in your daily life!

- Read a book
- Light a candle
- Get together with friends
- Bake/cook
- Go on a hike
- Drink hot cocoa/tea
- Do yoga
- Bubble bath
- Watch a cozy movie
- Board games
- Wear comfy clothes
- Snuggle with a cozy blanket
- Spend time with nature
- Chocolate
- Sleep in
- Knit/crochet
- Picnic
- Bike ride
- Cozy socks
- Music



Winter Holidays Around The World

-Iris Guerrera and Batoul Zehlif

~Hanukkah/Chanukah~

For eight days each November or December, Jewish people light a special candle holder called a Menorah. They do it to remember an ancient miracle in which one day's worth of oil burned for eight days in the temple. Many Jewish people will eat special potato pancakes called latkes, sing songs, and spin a top called a dreidel to win chocolate coins, nuts, or raisins.



~Kwanzaa~

Kwanzaa, which means “First Fruits,” is based on ancient African harvest festivals. It celebrates ideals such as family, life, and unity. During this spiritual holiday, celebrated from December 26 to January 1, millions of African Americans dress in special clothes. They also decorate their homes with fruits and vegetables, and light a candle holder called a kinara.

Winter Holidays Around The World Continued-

Iris Guerrera and Batoul Zehlif

~Christmas~

Christmas is a sacred festival celebrated by Christians on the 25th of December. It celebrates the mark of Jesus Christ's birth. Christians sing carols and pray in churches. People often celebrate by decorating Christmas trees and putting up lights on their house.



~Las Posadas~

Las Posadas has origins in Spain, and was introduced to Latin America during colonization of the Americas. The nine days commemorate the nine months the Virgin Mary was pregnant with baby Jesus. It also honors Mary and Joseph's rough journey from Nazareth to Bethlehem. The religious festival lasts from December 16 and culminates on December 24 in Las Navidad.

Vineyard Sports: Soccer! - Isa Sun

During the months of November and December Vineyard has their soccer season! So far the 7th and 8th grade teams have both had scrimmages and one game against Upland Junior High (Boys away, Girls home). Everyone worked together and did amazing. Congratulations to our girls soccer team for beating Upland Junior High. Our boys team did their best and worked together.

Thank you Mr. A, Coach Rudy, Ms. Steely, and Ms. Yeutter for all your hard work coaching the teams.



Pictures provided by: Mallory Solorio, Penelope Young, Kylee Weldon, Maliyah Baldeo and Tina Jiang

Upcoming Games:

December 5: 3:00 - 4:15 vs Pioneer JH, Boys Away, Girls Home

December 7: 3:15 - 4:30 vs Grace Yokley, Boys Home, Girls Away

December 12: 3:00 - 4:15 vs ALJH, Boys Home, Girls Away

Band!

Written By:

-Amanda Lee, Addison Packer, and Joyce Zhang

The holidays are right around the corner and so is the VJHS Music Department performance! On **December 14th at 5:00 p.m in the multi-purpose room**, our talented music department will be performing a variety of great music. Over the course of the past few months, the concert, symphonic, and jazz bands along with the orchestra and choir have been working hard to put together a display of music that is sure not to disappoint. Mr. Evans has been able to bring musicians of all different levels to join together. And after lots of learning, practice, and perfecting, they are now ready to perform at this year's Winter Concert!



Recognizing Our Music Department Leadership!

Written By:
Amanda Lee, Addison Packer, and
Joyce Zhang



President
Brielle Miller

<u>Secretary</u>	<u>Publicists</u>	<u>Librarian</u>	<u>Historians</u>
Mel Girshin	Amanda Lee Addison Packer	Luke Scalero Jomana Sa fi	Joyce Zhang Lily Pourtabib

Concert Band Vice President: Daniel Simmons

Concert Band Quartermaster: Thomas Hanna

Symphonic Band Vice President: Jacob Rivera

Symphonic Band Quartermaster: Jacob Rivera

Jazz Band Vice President: Robert Posada

Jazz Band Quartermaster: Robert Posada

Orchestra Vice President: Koharu Sasaki

Orchestra Quartermaster: Margaret Uy/Naomi Atkinson

Choir Vice President: Claire Kim

Choir Quartermaster: Priscilla Gallegos

What's Your Favorite Thing About the Holidays?

Written By: Amanda Lee



“Money.” -Sophia Mohajeri (8th Grade)

“Spending quality time with my family!” -Genevieve Castillo (8th Grade)

“My cousins! I get to see them for the holidays and they’re pretty fun.” -Joseph Little (8th Grade)

“I enjoy getting and giving gifts.” -Savannah Dudziak (8th Grade)

“When the weather gets cold and you can start planning fun holiday activities” -Jordan Reyes (8th Grade)

What is Your Favorite Holiday and Why? By: Sophia Llontop

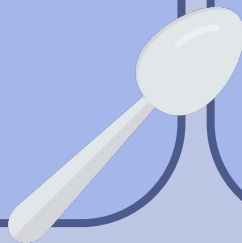
7th Grade Responses

Isa Sun -Christmas because I get stuff.

Mia Salinas -National spoon day because I get a free spoon from Yogurtland.

Sophia De La Rosa -Easter because I like hunting for eggs and getting candy.

Hunter Stoll -Christmas because I get gifts and I get to be with family.



8th Grade Responses

Andrea Aguilar -Christmas because I get to see my family and I get presents.

Mallory Solorio -Thanksgiving because the food is really good.

Abby Oceguera -Christmas because it's just the best in general.

Bayleigh Surface -Halloween because I like horror movies and candy.



Staff Responses

Mrs. Thornton -Christmas because of the music, family and friend get together, and it overall just makes me happy.

Ms. Sabatelli -New Year's because I travel to a new place every New year's.

Mr. Bailey -Thanksgiving because I can eat food and I get to be with family.

Mrs. Bosley -Thanksgiving because I get to see all my family together and I can have an excuse to eat a lot of food.



Santa Claus: The Man, the Myth, the Legend

-Emmett Boutros



Imagine it... It's Christmas Eve, tonight a large, bearded old man will break into the houses of millions of innocent children. It sounds like the most terrifying thing in the world! So it makes you wonder how someone like Santa could become such a Holiday Icon.

Believe it or not, St. Nick was a real person! Nicholas of Bari was a Greek Bishop who was born on March 15th, 270 in modern day Turkey. We don't know much about him, aside from the tales that would immortalize him as the "Real Life Santa."



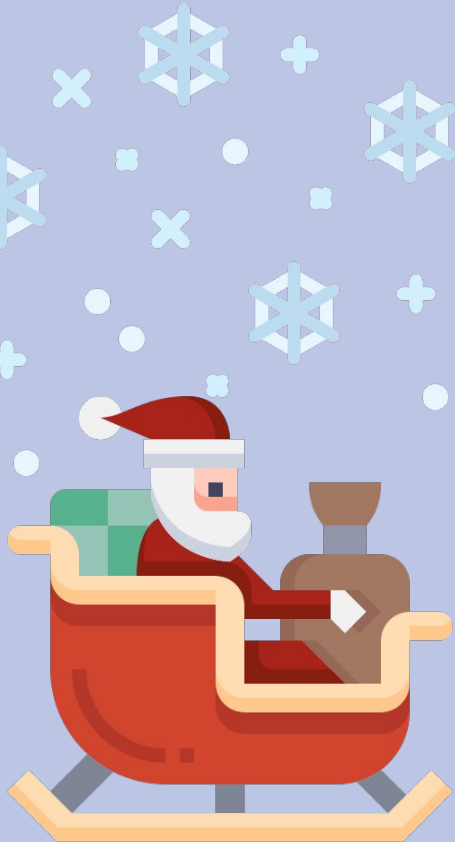
Santa Claus: The Man, the Myth, the Legend -Continued

The most famous of these stories is the origin of hanging stockings! The tale says three women were unable to pay their dowry (a payment of money to the groom), when St. Nicholas heard their plight, he dropped coins down their drying stockings when they weren't looking. Meaning they were able to pay for their wedding!

- The Germans and Dutch were especially fond of their St. Nicholas stories who brought them to America under the name of 'Sinterklaas' whose name was warped into... Santa Claus! Santa's elves and reindeer were first mentioned in the classic 1823 poem "T'was the Night before Christmas" where he himself is said to be an elf!

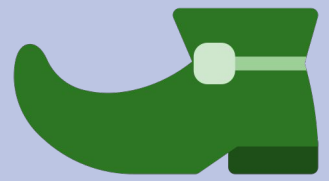
Ol' Claus's last transformation came from of all places... Coca-Cola! Santa didn't have his bright red suit (he still wore deep and dark red shades before) until Coca-Cola gave him one to go along with their classic Red and White color scheme during the 1930's.

So just remember how many years of cultural merging it took just to make one Jolly Elf!



The Origin of Elves -Bonni Huang

A German word for nightmare is “Elf Pressure”



We all know elves work for Santa Claus in the north pole but have you ever wondered why? Just think about it , why is a German folklore that has nothing to do with December such an iconic part of the Holidays?

First and foremost what are elves? Well elves are German folklore that are classified as spirits, but unusually take the form of a small human . Sometimes we even get specified types of elves such as dark elves and light elves but since they hold less reliance to the traditional Holiday elves .



The Origin of Elves -Bonni Huang (Continued)

A German word for nightmare is “Elf Pressure”

In German folklore it is said that unlike our very well known Holiday elves folklore elves were trouble makers and believed to cause misfortune and sickness. Elves became linked with Santa Claus in the 1823 poem "A Visit from St. Nicholas," better known today as "The Night Before Christmas." That poem refers to Santa Claus as a "jolly old elf." Our second link that helped elves become the toy making Santa helpers was in the story The Elves and the Shoemaker published by the Brothers Grimm in 1812. A shoe maker needs to make a large amount of shoes but doesn't have the time and so many elves came to help him make the shoes it's like the story was made in December and there for the public started to combine the two together.



Speech And Debate Club -Addison Packer

We are so excited to announce that we have a new club at Vineyard! Every Thursday in room 26 (Mrs. Cohrt's room) we learn a new skill to help us prepare a debate. At the end of the year there will be a debate against Alta Loma. The big end of the year debate will be judged by a real judge. We will be focusing more on the debate side, but we still be learning a few speech skills. We are so lucky to have this new club at Vineyard! Thank you to all those who helped organize it!



Top 10 Winter Wildlife- Brooke Mendez



Best Winter Books – Angela Wang



“A Thing Called Snow” is a book about a fox and hare who were born in spring and they go looking for their first snow. They ask many animals about snow and where to find snow. This is a book based upon an unlikely friendship of two animals you wouldn’t expect to be together.

What Is Your Winter Wishlist? -Avery Shang

I know many of you guys love Christmas because you can get many gifts from that holiday. Next, let me show you the gifts they want submitted by Vineyard students. Come and see if there is anything you want:



Palak from 7th grade: I hope I can get a blanket for Christmas, because my house is chilly lol.

- Anna from 7th grade: Naruto Plushies
- Boni from 7th grade: I want to get a mini wall posters.
- Ayden from 7th grade: I really want curtain leaves for my room.
- Emmett from 7th grade: So far just a slide whistle, the Spooky Month Vinyl Record, and TADC merch.



Holiday Traditions - Sophia DeLaRosa

A Holiday tradition in Guatemala is La Quema del Diablo - At 6:00pm sharp on the 7th of December, the country of Guatemala is lit up with fire as hundreds of thousands of man-made devils burn in the streets. They believe that with Satan in ashes, they have a new start.

One of Romania's most treasured holiday traditions is caroling - Around noon, groups of children go door to door caroling. Decades ago, the children were accompanied by a real bear but now is just a lucky person in a bear costume.

A holiday tale in Iceland is the tale of the yule cat. He's a cat you definitely don't want showing up at your house. His name is Jólakötturinn, he's larger than your house, and his mission is to eat any kid who didn't receive clothes before Christmas. If you do good with your chores, you receive clothes.

One of Ireland's holiday traditions is called "Women's Christmas" - On Jan 6th, the men stay home and do women's work (dishes, cooking, etc) while the women go out (usually with other women) and do as they please.

One of Norway's holiday traditions is hiding brooms - They hide brooms because their superstitions say witches and evil spirits come out at night to wreak havoc, but if they don't have any brooms to ride on, their fun is put to a end.

Japan's holiday tradition is eating KFC - In 1974 Japan launched a campaign called "Kentucky for Christmas". Japan hasn't looked back since.

A favorite Ukrainian holiday tradition involves spider webs - The tradition is based on the legend of a poor widow who couldn't afford to decorate their Christmas tree. Her children were upset because of this, but when they woke in the morning, they found their tree decorated in shiny, silver spider webs. To this day, spiders are considered good luck in Ukraine.

Holiday Traditions Continued - Sophia DeLaRosa

Italy enjoys celebrating Panevin and La Befana - In Italy not all witches are bad. La Befana is a good witch who goes to the homes of good children baring gifts. Panevin is a ritual of abundance. People crowd around a massive bonfire. At this bonfire a puppet representing all the wrongdoings of the previous years burns in the bonfire. If the bonfire's smoke goes south or east, the crops will be plentiful, but if the smoke blows north or west, the harvest will be poor.

Mexico merchants & artisans love participating in La Noche de Rábanos (The Night of the Radishes) - The Night of the Radishes is a festival where merchants & artisans sell sculptures made of radishes. These sculptures are mostly used for Christmas center pieces!

Catalonia's tradition is called Tió de Nadal - Tió de Nadal roughly translates to "Christmas log". A hollowed log is given a red hat, a blanket to stay warm, a face, and legs. Starting on 12-8 families start "feeding" the logs by shoving presents into the hollow part. Finally on 12-24, the family hits the log with a stick demanding it to spit out the presents while singing traditional holiday songs.

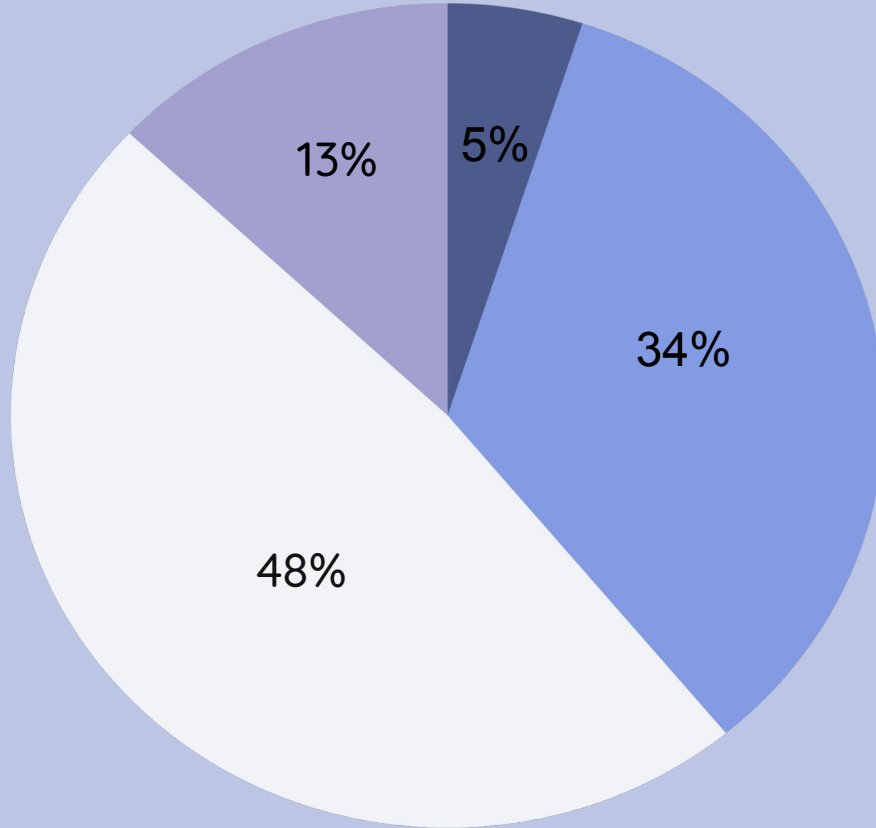
Australia celebrates Christmas in the summer. Since Australia is in the Southern hemisphere, it's a 90 degree summer when Christmas rolls around. Naturally, Australians head to the beach to cool off. If you are lucky you just might see a surfing santa!

While Australians are surfing and have parties, Venezuelans are skating to mass. On Christmas Day, cars are banned from many locations in the city until 8am. On Christmas Eve children tie one end of a string to their big toe and hang the other end of the string out their window so people skating by can give a friendly tug on their way to the mass that morning.

Wales likes to participate in something called dead horse caroling - In December or January in Wales, you might open your door only to find someone hidden by a bell-adorned sheet and ribbon, holding up a real horse skull on a stick. They are usually followed by a few revelers. Following tradition, this group will sing to you then challenge you to a battle of rhyming insults in Welsh. After the battle, the carolling group is often invited into the host's home for refreshments.

Holiday Poll- Joyce Zhang and Mallory Solorio

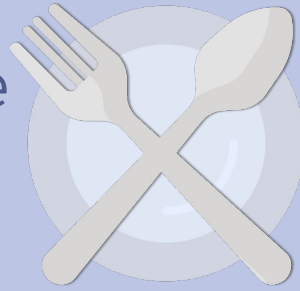
When Should You Take Down A Christmas Tree?



- The Day After Christmas 5
- The Month After Christmas 34
- Whenever You Feel Like It 48
- Never 13



Holiday Foods -James Yang and Aiden Tuttle



Japan -KFC

During the 1970's, Japan didn't have any widespread christmas traditions, that changed when Kentucky Fried Chicken ran a special promotion during Christmas. It became popular with them and now, most people in Japan eat KFC during December 24-25th.

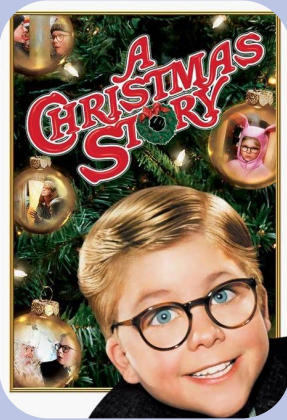


Eggnog -England and America

Eggnog is a traditional Christmas drink that originated in England as a posset, hot milk mixed with wine, ale. In the mid-1700s, it came to America and was usually mixed with rum.



Best Holiday Movies- Natalie Zanardi and Ella Cassidy



Home Alone is a story about a boy left home alone while his family of 8 is in Florida. He is left behind because they forgot him and assumed he was in the car when they left. They traveled to Paris then on the flight realized they left Kevin behind. The Sticky bandits they try to break in the house but Kevin has some other plans.

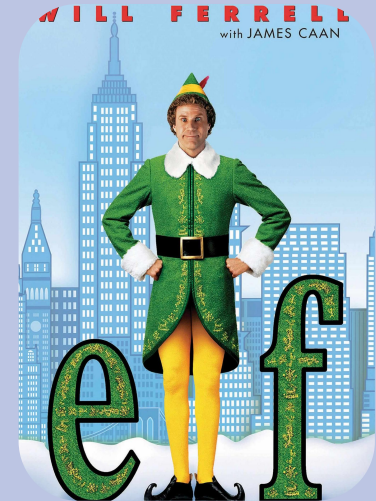
In the movie the "Christmas Story" it's about a little boy named Ralphie, his brother Randy and their mother and father. The story is just about Ralphie wanting a Red Ryder BB gun which he gets and ends up shooting him in the eye. He is narrating the story about the time of Christmas of a 9 year old boy with his family. In the 1940s.



The Grinch is about creature of some sort named Grinch that hated Christmas and wanted to steal Christmas from Whoville. He made a plan and on Christmas Eve he stole all of the presents and Christmas decorations from all of the houses. Even though there were no presents, the Whos continued to sing Christmas carols, which made the Grinch finally like Christmas.



Elf is about a kid named Buddy who sneaks into Santa's bag and is taken back to the North Pole, growing up as an "elf". He finds out he is adopted, so he travels to New York to find his real family. He finds his family and, even though it is against his dad's wishes, he stays with them. He saves Christmas by teaching everyone, even his grumpy dad who hates Christmas, that they should all have Christmas spirit.



Holiday-Themed Music -Anna Pollock

There has been a variety of different Holiday music and genres. For the early Thanksgiving and Christmas seasons, there has been many, many songs for these beloved holidays. One of them being, “Thanksgiving Day,” by Ray Davis, released in Mid 2005. Another classic song for the Christmas season is “We Wish You a Merry Christmas,” by Arthur Warrell, released in 1935. These are just two of many classic holiday songs. Let’s take a dive into more of these popular tunes and more!

Starting this list off, we have a beloved song made for this joyous holiday! “Up On A Housetop,” originally by Benjamin Hamby in 1864, has been reproduced by Gene Autry back in 1954. Yes, this is a 114 year difference, but not a surprising one. Next on the list is, “Thank U,” by Alanis Morissette and Glen Barrold, released on October 12th, 1998. Another Holiday song is “When You Believe,” by Mariah Carey and Whitney Houston. This was released in 1998. Getting back into the Christmas spirit- music-wise, we have “O’ Christmas Tree,” originally by Ernst Anschütz, was written in the mid-1500s, but covered in 1999 by Bert Ring.



Honorable
Mention:
Any Mariah
Carey Xmas
Song.

HM #2:
“Making
Christmas.”
by Danny
Elfman.

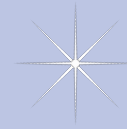
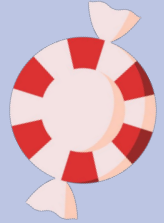
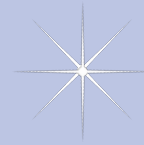


Favorite Holiday Treats

-Ayden Dixon



Gingerbread Cookies also make an amazing holiday pastry. Gingerbread cookies decorated with frosting and festive sprinkles make a delicious holiday dessert!



Peppermint bark is more of a candy, but is still well known for a holiday treat. Milk chocolate, white chocolate, and peppermint pieces make an unique candy for the holidays!

Cinnamon rolls are a pretty well known dish. rolled up dough with cinnamon and frosting make an amazing pastry!

Best Winter Vacations- Tina Jiang



Aspen, Colorado



Lake Placid, New York



Washington, Connecticut



The Berkshires



Gstaad, Switzerland



Greenough, Montana

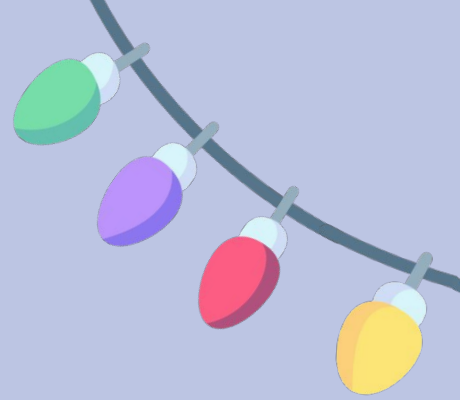
Is The Nightmare Before Christmas a Halloween or Christmas Movie?-Natalie Zanardi

Is the “The Nightmare before Christmas” a Halloween or Christmas movie? The setting takes place in the Halloween town, well called Halloween town. The town takes the ENTIRE year to practice for one special day called Halloween. The main character is Jack Skellington and he is tired of always doing Halloween every year. While he is having a main character moment in his song wondering around the town he finds multiple trees with doors on them but he gets sucked into it, he then finds the Christmas town. He brings Christmas to there Halloween town. The town then tries to figure out how Christmas works and ends up a disaster. So is “The Nightmare Before Christmas” a Halloween or Christmas movie? (You are able to find this movie on Disney+).



Facts About Christmas - Madison Mendez

- Around 25-30 million trees are sold during the Holidays every year.
- Candy canes date back to 1670.
- The tallest christmas tree was 221 feet tall.
- Christmas decorating sends nearly 15,000 people to the ER.
- Christmas used to be illegal from 1659 to 1681 .
- 1.6 billion Christmas cards are purchased every year.
- Visa cards are used about 6,000 times every minute during the Christmas season.
- The first string of electric Christmas lights was created in 1882.
- In 2011 6.8 million iOS and Android devices were purchased.



Things to do During the Winter - Isa Sun

Inside!

- Make/Drink Hot Cocoa or Hot Cocoa Bombs
- Bake a pie
- Read a book
- Make paper snowflakes
- Eat ice cream
- Make/Drink soup

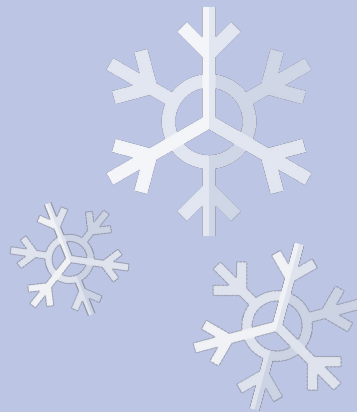


- Watch a movie
- Do a puzzle
- Light a candle
- Build a fort with a friend
- Learn to knit or crochet
- Decorate a gingerbread house
- Play Board games



Outside!

- Have a snowball fight
- Make snow angels
- Go on a sled
- Make a snowman
- Go ice skating
- Look at the stars
- Go in a hot tub
- Put up holiday lights
- Go on a hike
- Fly a kite
- Go snowboarding
- Ride a bike
- Go skiing
- Go see holiday lights



Next Issue In 4-6 Weeks! Stay Tuned!



Editors:

Addison Packer, Emerson Flores, Brooke Mendez, and Madison Mendez



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- Emmett Boutros
- Ella Cassady
- Sophia DeLaRosa
- Ayden Dixon
- Emerson Flores
- Iris Guerrera
- Boni Huang
- Tina Jiang
- Amanda Lee
- Sophia Llontop
- Brooke Mendez
- Madison Mendez
- Addison Packer
- Anna Pollock
- Mallory Solorio
- Isa Sun
- Avery Shang
- Aiden Tuttle
- Angela Wang
- James Yang
- Natalie Zanardi
- Batoul Zehlif
- Joyce Zhang