

The New Trinity Times

- TRINITY LUTHERAN SCHOOL -

NOVEMBER 2024

Lombard, Illinois

National Military Families Month



by Addison Meredith, Sophia Garcia, and Angelina Iverson

Members of the military are very important for our country. Though It can be very challenging if your family member is in the military. Your loved one even could leave the country for an extended bit of time. During this time they have to leave their friends and family, which is not fun for them or their family.

Even though it could be a tough period of time for the family of the member in the military, the active member in the military is fighting and protecting our country.

This is not the only thing military families go through. They have to be there for the service members in their families while they might go to work for the military. This can be very stressful for the service member of your family and the most helpful thing you can do is be there for them.

Even though being in a military family can be very challenging just remember that your service member of your family is doing something very important not just for your family but for America.

UPCOMING EVENTS

- November 15: Family Reading Night, 6 - 7 p.m.
- November 19: Hot Lunch - Hot Dog
- November 20: Chapel, 8:30 a.m.
- November 25 - 29: NO SCHOOL Thanksgiving Break
- December 2: School resumes, 8:15 a.m.

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Thanksgiving by Ariana Mehrazar

Right after October 31st, it is finally November. Of course, most will think of Christmas - and just completely forget about *Thanksgiving*. However, I wish people understood how important Thanksgiving *actually* is. When most think of Thanksgiving, they think of turkey - but Thanksgiving is *much* more than just turkey.

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Trinity News & Views is a monthly newsletter created by Trinity's 5th through 8th grade Journalism students.

Thanksgiving

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Thanksgiving first started in 1621, when the Plymouth colonists from England, and the Native American Wampanaog people shared an autumn harvest feast – which is acknowledged as one of the first Thanksgiving celebrations in said colonies.

After this, Thanksgiving was never *actually* declared as a national holiday. Days of thanksgiving were celebrated by independent colonies and states, for over two centuries. It wasn't until 1863 – during the **Civil War** – when President **Abraham Lincoln** declared a *national* Thanksgiving Day to be held – each November.

Many families and people celebrate the Thanksgiving feast, with some of the most popular foods being turkey, stuffing, gravy, sweet potatoes, cornbread, mashed potatoes, and cranberry sauce. Pies are a very popular choice for dessert, pumpkin, pecan, sweet potato, and apple being selected the most.

Thanksgiving is very important, no matter how you celebrate it. It helps us remember that we should be grateful for what we have, and that it's okay to ask for more. Get ready to celebrate Thanksgiving on Thursday, November 28, 2024.



- December 3: Hot Lunch - Pizza

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UPCOMING EVENTS

- December 4: Advent Service, 11 a.m.
- December 4: Advent Hot Lunch - MoStaccioli
- December 8: Students Sing, church, 9 a.m.
- December 10: Hot Lunch - Mac 'n' Cheese
- December 10: West Region Band Concert, 7:30 p.m.
- December 11: Advent Service, 11 a.m.
- December 11: Advent Hot Lunch - Fried Chicken
- December 17: Hot Lunch - Hot Dog
- December 23 - January 3: NO SCHOOL Christmas Break
- January 6: School reSumes, 8:15 a.m.

Thanksgiving Dinner by the Millions

by John Doerries

There are a lot of different foods we have at Thanksgiving. Here are some facts about the food we traditionally eat.

Americans buy around 365 MILLION pounds of turkey. That's a lot of turkey! As a nation, we eat more than 250 MILLION pounds of potatoes on Thanksgiving. And 80 MILLION pounds of cranberries are consumed during Thanksgiving meals.

Did you know...

- that classic green bean casserole was invented by a Campbell's Soup employee?
- that the pumpkin pie that you get at Thanksgiving likely does not contain pumpkin?
- people purchase nearly 19 MILLION pounds ready-made pies ahead of the holiday?

2 **ENJOY!!!**



What are Trinity Teachers' favorite Thanksgiving Traditions?

by Abby Pilny and Juliana Rivera

Mr. Baerenklau... Going to church, exercising, watching football, and eating dinner (the normal kind), getting the ads for Black Friday sales, and right after Thanksgiving we pull names for a Christmas gift exchange.



Mrs. Niehaus... We have two turkeys: one cooked in the oven and one in the deep fryer, and then we make a Christmas ornament.

Mrs. Perez... Occasionally we eat turkey, but normally we have pork or chicken, or go out to dinner. As a little kid we would watch The Wizard of Oz.

Miss. Robertson... Going to my grandma's house for dinner.

Mrs. Scott... Enjoying turkey and pecan pie and going for a walk in the arboretum.

Mrs. Zimmer... Usually I bake lots of pies then my family comes to my house.

Miss Kraegel... We have dinner with family, we sing Thanksgiving songs and hymns before we eat and sometimes dance in the basement.

Mrs. Pilny... Getting together with family and friends to celebrate all God's blessings!

Miss Emily... Spending time with family and Friends and going Black Friday shopping

Miss Emma... Going to my grandma's then my great grandma's.

Miss Lauren... Going to my great grandma's.

Mrs. Iverson... Thanksgiving dinner with my entire family.

Mrs. Klein... I like to fix the turkey dinner. It also depends on where we get together and my side of the family tries to get together every year.

Mrs. Solyom... Going around the table and share our blessings and we always sing a Thanksgiving song that goes to the tune of *Frère Jacques*...



*Turkey dinner, Turkey dinner,
Gather round, gather round.
Who will get the drumstick?
Yummy, yummy, yum-stick.
All sit down, all sit down.*

*Corn bread muffin, chestnut stuffin'
Pudding pie - one foot high.
We were all thinner,
'Til we came to dinner.
Me-oh-my. me-oh-my!*

Trinity Lutheran Thanksgiving Church Services

Thanksgiving Eve:

Wednesday, November 27 - 6 p.m.

Thanksgiving Day:

Thursday, November 28 - 10 a.m.



by Angelina Iverson

Veterans Day is a day for honoring America's veterans, or people who have served in the military. On Veterans Day we recognize all the people who fought for our country in all wars - not just because they were compelled to - but because they love our country and want to protect it.

On Veterans Day some people might go out to eat with their families to celebrate or some people might go to cemeteries to honor veterans who have died. A lot of veterans (and other people) do get the day off of work on Veterans Day, but others take time off to remember our veterans.

In 1954 a bill was passed in Congress making Veterans Day an official holiday on November 11 each year. November 11 is a significant date. On November 11, 1918, an agreement was made to end fighting in what is now known as the First World War. That peace was achieved by the Armistice, signed on the date originally called Armistice Day.

On November 11 each year, you should celebrate the military veterans who fought for our country and have such care for it. Next time you see a veteran, or anyone who is active in the military, make sure to thank them for their service.

At right, photos from Trinity Lutheran School's Veterans Day visit by Staff Sergeant (ret.) Kevin Tully, who served as an Air Force Special Operations Raven.



BLACK FRIDAY: Shopping Madness *by Bobby Hawn*

Black Friday is the day after Thanksgiving when prices at shops on all items are lowered, but why do we do this?

We do this because in the early 1960s police officers started using the term Black Friday so that they can describe the chaos that had resulted when a large number of tourists began to go into the city and start their holiday shopping and in some years, attend that Saturday's annual Army v. Navy football game. This soon became trouble for police officers, with traffic jams, accidents, shoplifting and other issues. A few years later shopkeepers tried putting a better face on it by calling it Big Friday. The phrase Black Friday signified a positive boost because it became known in the 1980s that it is a day for shopkeepers to get their biggest sales around the world. This is why people are lowering prices on Black Friday, because lots of people are shopping, and in my opinion - way too much.



#GIVING TUESDAY *#GivingTuesday is a day designated for giving gifts to charity. It seeks to counter the commercialism of Black Friday and its online counterpart, Cyber Monday. This year #GivingTuesday is on December 3.*

NOVEMBER: DIABETES AWARENESS MONTH

Diabetes affects 11.6% of the U.S. population. Diabetes Awareness Month began in 1975 by the International Diabetes Foundation, but it was officially recognized by President Ronald Reagan in 1981. National Diabetes Awareness Day is November 14.

by Sophia Garcia



Diabetes is a chronic disease that occurs either when your pancreas doesn't produce enough insulin or when your body doesn't process insulin correctly. Insulin is a hormone that helps turn food to energy. There are three main types of diabetes: Type 1, Type 2, and gestational diabetes (which is a pregnancy related diabetes). Type 1 diabetes is a lifelong type where your pancreas doesn't make insulin or makes very little. People of any age can get Type 1 and need to take lab-made insulin forever. Type 2 diabetes mainly appears in adults and is a condition when your body doesn't regulate and use sugar fuel regularly. Gestational diabetes only happens when you're pregnant and it is just like Type 1 and Type 2 but it is diagnosed for the first time when your pregnant. Diabetes can be scary, but if you know how to deal with it properly you can live a long, healthy, happy life.

ADVENT!

by Ariana Mehrazar

Believe it or not, Advent is one of the most important parts of the Church year, and it's coming up sooner than you think.

Advent is the season in the Church year that's dedicated to the hopeful anticipation for the arrival of Jesus. The four Sundays of Advent proclaim aspects of our divine nature; hope and faith, peace, love, and joy. The traditional themes of Advent are highlighted through meditation, prayer, and affirmation - to contemplate ways to share our deepest gifts. One of the candles, as seen in the photo above, is lit on each successive Sunday, until all are ablaze. Three of the candles -hope, peace, and love - are purple because the color violet is a liturgical color that signifies a time of prayer, penance, and sacrifice, while the pink candle, for joy, represents the preparation for Christmas. The white one in the middle represents Christ our Lord.



In 1839, Johann Hinrich Wichern, a pastor from Germany, built a wreath out of an old cartwheel to help the children in his mission school count the days until Christmas. He added small candles to be lit every weekday and Saturday during Advent, and on Sundays, a large white candle was lit.

This year, Advent will be celebrated first on December 1, and will end on December 24th, while that's not too far, let's start to prepare - for Christmas, *and* for Advent.

Trinity Lutheran Midweek Advent Services

Wednesday, Dec. 4 & 11 - 11 a.m.* - followed by lunch (reserve through office)

Trinity Lutheran Midweek Advent Supper and Bible Study

Wednesday, Dec. 4 & 11 - 5:30 p.m./6 p.m.* - free will offering, no reservation needed



Christmas Eve Services

Tuesday, Dec. 24 - 3 p.m. & 10 p.m. candlelight*

Christmas Service

Wednesday, Dec. 25 - 10 a.m.*

*IN PERSON & Livestreamed on Facebook @TrinityLombard

Meet Mrs. Zimmer by Juliana Rivera

Q. How many years have you been at Trinity?

A. A month

Q. What other schools have you taught or worked at?

A. St. Paul Lutheran and different schools in Iowa

Q. What is your hometown?

A. Flint, Michigan

Q. What school did you graduate from?

A. Concordia University Chicago

Q. What is your favorite Bible verse?

A. Jeremiah 29:11 "For I know the plans I

have for you declares the Lord, plans to prosper you and not to harm you, plans to give hope and future.

Q. What is your favorite hymn or song?

A. My Hope is Built on Nothing Less

Q. What is your favorite movie or tv show?

A. Stranger Things

Q. What is your favorite book?

A. The Bible (she also likes **Ann of Green Gables**)

Q. What is your favorite food?

A. Pizza

Q. What is your favorite restaurant?

A. Giordano's or any good Mexican spot

Q. What's your favorite vacation spot?

A. A cruise ship

Q. What's your favorite color?

A. Yellow

Q. Cats or dogs?

A. Dogs

Q. Coffee or tea?

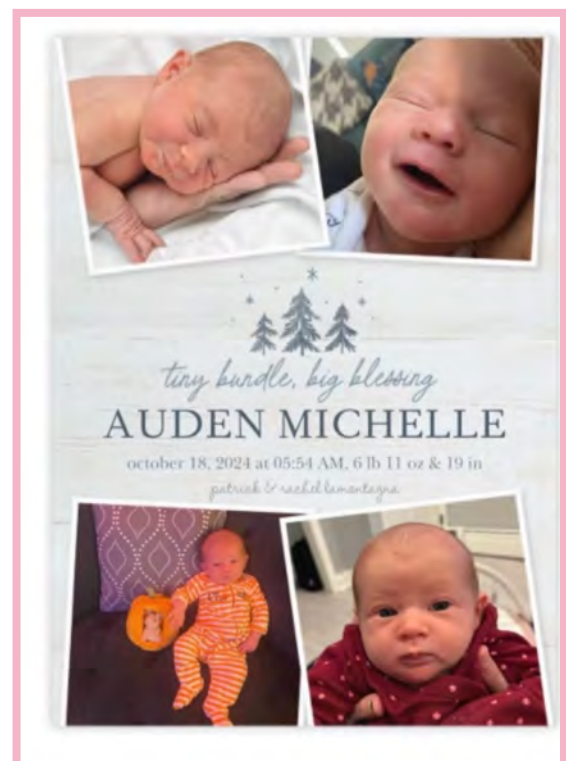
A. Neither

Q. Are you a morning or night person?

A. Morning



Mrs. Zimmer has joined us teaching preschool at Trinity while Mrs. LaMontahgna is on maternity leave with her newborn



FUN FACT: Mrs. Julie Zimmer previously taught a Trinity a long time ago, as Miss Warnick! She got married and stepped back from teaching to raise a family. Her children went to Trinity until they moved from the area. Today, her great nephew and niece, Bobby and Lizzy Hawn, are Trinity students and her grandchildren, Elias and Violet Raddatz, were students here last year.



Black Holes *by Ava Harrison*

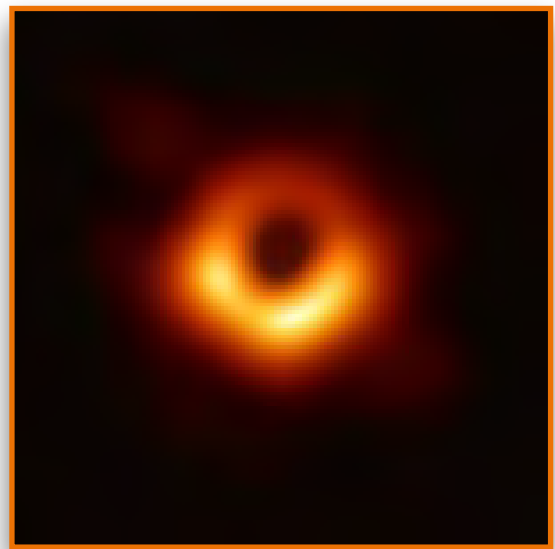
What is a black hole and how is it made?

A black hole is a region of space composed of super densely packed matter with a gravitational pull so strong that nothing, not even light, can escape. The event horizon isn't a surface like Earth's or even the Sun's. It's a boundary that contains all the matter that makes up the black hole. There is much we don't know about black holes, like what matter looks like inside their event horizons. However, there is a lot that scientists do know about black holes.

This is a real photo of a black hole (at right). Because they are invisible they are unable to be seen from telescopes. Black holes don't emit or reflect light, making them effectively invisible to telescopes. Scientists primarily detect and study them based on how they affect their surroundings: Black holes can be surrounded by rings of gas and dust, called accretion disks, that emit light across many wavelengths, including X-rays.

Fun Facts

- The nearest known black hole, called Gaia BH1, is about 1,500 light-years away.
- The most distant black hole detected, at the center of a galaxy called QSO J0313-1806, is around 13 billion light-years away.
- The most massive black hole observed, TON 618, tips the scales at 66 billion times the Sun's mass.
- A real term that describes what happens when matter gets too close to a black hole is spaghettification. (It's squeezed horizontally and stretched vertically, resembling a noodle.)
- All black holes spin. The fastest-known – named GRS 1915+105 – clocks in at over 1,000 rotations per second.
- If you replaced the Sun with a black hole of the same mass, the solar system would get a lot colder, but the planets would stay in their orbits.
- One type of black hole is born when massive stars run out of fuel and explode in supernovae.
- Most Milky Way-sized galaxies have monster black holes at their centers. Our is called Sagittarius A* (pronounced ey-star), and it's 4 million times the Sun's mass.



WHY SUPERHEROES ARE SO IMPORTANT *by Arian Gomez*



Superheroes are very important. That's why we have them! The most important superhero is God! One of the most recognizable superheroes in pop culture is Superman, also Batman, and some might even say the Green Lantern. My personal favorite is Batman. Who's your favorite superhero?

Trinity's Taekwondo Class Testing

Trinity's young taekwondo students learn discipline and basic skills. The ATA Tiger program is developed specifically for preschool-age children ages 3 through 6. Trinity's Master Laura recently tested to determine their new skill levels. The smiles of this team are definitely black belt qualifying.



KING OF THE REPTILES: KING COBRA *by Chloe Doolin*

The most majestic reptile is the king cobra. The highly poisonous snake lives in Northern India, and inhabits the area east to southern China, Hong Kong, the Malay peninsula, and the Philippines. King cobras slide and slither. They can be yellow, green, brown, or black. Their eyes are golden. A king cobra can be as long as 18 feet. These snakes prefer streams in dense or open forests, bamboo thickets, adjacent agricultural areas, and dense mangrove swamps, and like hot, tropical areas. The king cobra's diet is made up of cold-blooded animals, particularly other snakes. A king cobra is a carnivorous animal. This animal protects itself by raising its body up, spreading its hood and hissing loudly. King cobra young are jet black. The measure about 12 inches long.

Interesting facts:

The venom of the hatchlings is significantly less poisonous than that from the adults.

King cobras are the second most venomous snake in the world.

There are snow king cobras that are only white - they are albino.

There are four specimens, including the caspian king cobra, which is the most venomous.



NATIONAL ROASTING MONTH *by Damian Gomez*



National Roasting Month is a delightful time to celebrate the joys of roasting. It's a celebration of the warm, comforting meals that roasting brings to our tables. Whether it's juicy roast beef, succulent poultry, or perfectly seasoned vegetables, roasting transforms simple ingredients into rich, flavorful dishes that bring people together. National Roasting Month celebrates the art and joy of roasting food. The tradition began in the 2000s, although the exact year has yet to be widely documented.

Food enthusiasts and culinary groups wanted to honor the versatile cooking method that brings out the best flavors in meats and vegetables. They aimed to encourage people to experiment with different roasting techniques and recipes. The South Dakota Beef Industry Council played a key role in promoting this celebration. They highlighted how roasting can transform simple ingredients into delicious, hearty meals. Roasting has been a popular cooking method for centuries, dating back to when people cooked over open flames. Today, National Roasting Month celebrates this timeless technique, emphasizing its health benefits and simplicity.



Don't Miss This...

Trinity's students will sing in the Sunday, December 8, church service. Church begins at 9 a.m.



FALL FUN





The New Trinity Times is a monthly newsletter produced by the 5th through 8th grade students of Trinity Lutheran School in Lombard, Illinois. The 2024-2025 staff members are: Addison, Abigail, Angelina, Arian, Ariana, Ava, Bobby, Chloe, Damian, John, Juliana, and Sophia, under the direction of Mrs. Lori Solyom, journalism teacher.