



The

HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating

Looking For Something To Do Over The Holiday Break?

1) Bake: Nothing gets me in a holiday mood faster than firing up the oven to create something that looks beautiful, smells delicious, and is full of empty calories.

2) Get your craft on. Sometimes, just making something pretty with your hands is enough to get you into the holiday spirit.

3) Have a movie marathon. What is the Holidays without an afternoon spent watching Elf, Miracle on 34th Street or Love Actually? Not a holiday I want anything to do with, that's for sure. Find the time and make it happen. We also suggest a Harry Potter, Lord of the Rings, Star Wars, and a Marvel Marathon!

4) Cook something different. You know how, after the rich meals of the holiday season, you begin to crave anything that isn't roast veg, cheese or sweets? That first Thai, Indian, or Mexican meal post-Holidays can be the best of the year. Go make that meal now; whether it's a tasty curry or bright stir-fry, your tastebuds will thank you.

5) Do something useful. So this one isn't so fun, but it makes sense: you just know you're going to need to tackle a million home-improvement tasks during the dull days of January, so why not get a head start? Take an afternoon to scrub out your kitchen cupboards, defrost your freezer or throw out all the odd socks in your underwear drawer.



Happy Holidays

Holidays Celebrated In December:

Christmas (Dec. 25th) :

Christmas is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive.

Hanukkah (Dec. 10-18):

Hanukkah is the Jewish eight-day, wintertime “festival of lights,” celebrated with a nightly menorah lighting, special prayers and fried foods. The Hebrew word Chanukah means “dedication,” and is thus named because it celebrates the rededication of the Holy Temple. At the heart of the festival is the nightly menorah lighting. The menorah holds nine flames, one of which is the shamash (“attendant”), which is used to kindle the other eight lights.

Kwanzaa (Dec. 26-Jan. 1)

Kwanzaa is an annual celebration of African-American culture, culminating in a communal feast called Karamu, usually held on the 6th day. It was created by Dr. Maulana Karenga, based on African harvest festival traditions from various parts of Africa, including West and Southeast Africa. Kwanzaa was first celebrated in 1966. Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, the family gathers and a child lights one of the candles on the Kinara (candleholder), then one of the seven principles is discussed.

Ready Reads

A Christmas Carol
by Charles Dickens

How to Relax

With Bryan Russell

<https://www.youtube.com/watch?v=P96mwXALxZE>

Shameless Showtime

House of Cards
On Netflix

Over 25% of all emails are sent over the Holidays

Thoughtful Thinking

Fact of the week