

THE VOICE



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Disclaimer: The views expressed in these articles are those of the writers & do not represent those of the University.

DEAR READERS,

● As an alumnus and current graduate student at Saint Leo University, I can proudly proclaim that I am not the first to recognize how Saint Leo is remarkable in their academic programs, historical foundations, and their support to students of all backgrounds, professions, experiences, and skills. Although the previous editors and current facilitators have become my inspiration and guide to leading "The Voice" this past and upcoming year, there are many blessings knowing I can work each day with Saint Leo's incredible students, staff, and faculty. More than this, it is such a reward to know that all of us at "The Voice" is not only part of a legacy for the future, but a community that seeks to continue Saint Leo's Core Values and support by encouraging, inspiring, and growing with (and for) a diverse and exceptional student body.

That being said, from the start of our second volume, our goal and objectives at "The Voice" have always remained the same--i.e., to remain fun, stress-free, interactive, to be supportive in all areas, inclusive for all individuals, honest in bringing awareness and sharing important news, and being that "voice" for all members at Saint Leo to feel welcomed and loved regardless of their location, degree program, profession, or beliefs. Reflecting on our publications this past year, it brings me much humility and pride to say that we have achieved those goals. Although improvement is always before us, the start of a new year and semester emphasizes the coming events, publications, interactions, designs, and continued support we seek to achieve in 2018.

In my 3 years at Saint Leo, I have learned one important lesson: it is not the name of the school that makes this university or WorldWide newsletter great; rather, it is the incredible people who each play a part in making education and success a dream come true. As we face the upcoming climax of the holiday seasons and start of new beginnings, may we always find the time to remind ourselves of the struggles we have overcome, the joys we have celebrated, and the success we will embrace in the future. Most importantly, may we never forget the incredible support and blessings we have received this past year from Saint Leo, our family, and our friends while keeping in mind to enjoy the moment we are in and letting tomorrow take care of itself (Mt. 6:34).

No matter who you are, where you live, or where you come from, know that your fellow students at "The Voice" wishes you the very best holidays and new year and hopes to "see" you again in 2018. Enjoy your break, fellow Lions. You deserve it!

With love, prayer, friendship, and blessings,

Aurelia C. Lamanna

"THE VOICE," EDITOR-IN-CHIEF



"LET'S

WANDER

*WHERE THE
WIFI IS WEAK"*

-ANONYMOUS

Let's All Have a Reason

BY: STEVE HIRSCHBEIN

The holidays are a time that is meant to bring people together, but with so many different cultural values and beliefs, what unifies us to relate more than dividing us this time of year? Do we say Happy Holidays, Merry Christmas, Happy Hanukkah, Happy Kwanzaa, or are we afraid to say the wrong thing? In the midst of the holidays, I believe there are some things that many of us in our differences still share in common. Things are just a little different and a little more magical this time of year.

When I think of this time of year I think of colorful lights and decorations that bring the landscape to life. I think of holiday songs and movies centered around family, giving, joy, and fun. I think of winter scenes, hot cocoa, and crackling fires. I think of the chance to wipe the slate clean with New Year's resolutions to make changes or do better in the year ahead. Of course, we have to remember that the holidays can also be a stressful time for those dealing with loss, lack, sickness, and those without family members to share future memories with.

In seeing what others have and celebrate, it can bring sadness to those who are less fortunate around us. If we put aside the differences of religious beliefs, holiday traditions, fast-paced shopping, and pressures to meet the demands of the holiday season, I think we will find that there are at least a few universal concepts we all share this time of year when we choose to step out and embrace the season. We are blessed to see how giving to those less fortunate around us can have a profound impact on their lives as well as our own.

We find that when we step away from our busy schedules to spend time with family and those in need, we discover that we have more in common instead of differences. We are also given the opportunity to reflect on the year we've had and make new goals for the year ahead. I think a little extra giving, quality time with those we love, and a renewed focus on the year ahead add just a little extra magic to the reason for the season!

THE EVOLUTION OF CHRISTMAS IN HAWAII

By S.P.



Source: BeatofHawaii

While a North American Christmas tends to evoke images of the ski resorts of Colorado or ice-skating in Rockefeller Center, New York, the state of Hawaii tends to be overlooked. However, Christmas in Hawaii is a truly unique experience in its combination of the holiday with native Hawaiian traditions. It is important to note that the celebration of Christmas did not actually arrive in Hawaii until 1786. Up until this point, the Hawaiian people partook in a four-month winter solstice celebration known as Makahiki, which roughly translates to “year” in English.

The celebration was made for giving thanks for the bounty of the land and the sea. During this time, the war between rival clans was forbidden as it was a time for peaceful celebration. The traditions of this festival included the roasting of pig and fish as well as the parading of tikis which bore the likeness of the

gods. The festival doubled as a New Year festival in which the phrase “Haioli Makahiki Hou” or “Happy New Year to You” was used as a greeting. Christmas was introduced to the islands by British sailors aboard Queen Charlotte. The sailors anchored along the western coast of the island of Kauai on Christmas day of 1786.

Consequently, the sailors made their own makeshift version of Christmas with what was available to them on the island; roast wild pig and rum. Still, the celebration was confined to mainly the sailors and thus, native Hawaiians did not begin to partake in the Christmas tradition until it was introduced to them by the Protestant evangelists and Catholic priests who arrived on the islands during the 1800’s. It was throughout the 1800’s that Christmas quickly became widely adopted across the islands. During this time period, King Kamehameha IV decided to move

Thanksgiving to Christmas day and hold the first Christmas celebration.

This decision cemented the holiday in Hawaiian culture with Christmas becoming an official holiday in Hawaii in “Green Christmas”, the peaks of Hawaii’s volcanoes such as the famous Mona Loa, receive significant amounts of snow in December. It should also be noted that the phrase “Mele Kalimaka”, popularized by the 1950’s Bing Crosby tune, was not the beginning of popularizing this Hawaiian language translation for “Merry Christmas”.

In fact, “Mele Kalikimaka” (i.e., “Merry Christmas” in the Hawaiian language) was not used until 1904. When compared to today, the phrase is now commonplace in Hawaii, but not to simply say “Merry Christmas,” but to wish others a “bright Hawaiian Christmas day”.

Thus, to all the Saint Leo Community, Mele Kalikimaka me ka Hau'oli Makahiki Hou.

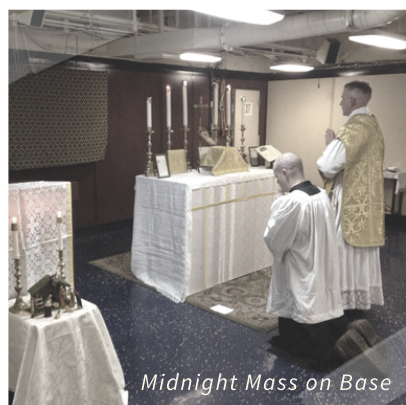
Sources: Earl, Jennifer. “Winter wonderland? Hawaii experiences white-out conditions as snow falls”. ABC News. November 28, 2017. Web. November 30, 2017.; Foerster, Brian. *The Real History of Hawaii: From Origins To The End Of The Monarchy*. CreateSpace Independent Publishing Platform. Print. 2013.; “Mele Kalikimaka.” UPenn Lagnuage Log. December 2010. Web. November 14, 2017.

A Core Value Christmas

BY TIMOTHY ROBINSON

Christmas is a time when many of us come together and celebrate with our family the birth of our Savior, Jesus Christ. For some of us, this is our first time going home or seeing our families after a long while. At Saint Leo, we have people away at school, serving in the military, and even those taking a job somewhere else. Of course, there are also those too who do not even get the opportunity to go home and celebrate with their family and friends. Personally, I just hit seven years in the US Navy, and of those seven, this Christmas is only the third I can spend with my family. However, what I have learned is that no matter where you are or what, if any, religious beliefs you observe, this is the time of year many of us give thanks for what we have, feel compelled to assist those less fortunate, and discern our roles in making this turbulent world a better place.

One of my fondest Christmas memories was not when I got that toy or game system I wanted as a kid. Believe it or not, it was when I was in boot camp. I was an altar server, and despite the rigorous training environment, we were still able to have midnight mass. I specifically remember one point during the Mass that stood out to me. Looking out at the congregation as “Silent Night” was being sung, and seeing hundreds of young men and women gathered together, I realized it looked just like my Parish back home. However, this was also very different.



Midnight Mass on Base



Timothy Robinson with Stockings for Troops



These were people far away from their families who volunteered to come here and train to stand watch all around the globe so that others can “sleep in heavenly peace,” while we sing in this great hymn. I know not every recruit attending the Mass that night was Christian. I bet there were even a few that probably had no religion at all, and yet, I could tell at that moment that no matter what their reason, they were assured that they made the right decision to answer a call to do something greater than themselves.

We know that not all of us are called to serve in the Armed Forces, but we do feel called in some other way to do our part to bring peace to the world. This is something that those of us who chose Saint Leo's to pursue a higher education know all too well. In addition to the Degree we are working towards, the moment we graduate will be a day where we officially embrace the world armed with our core values: Excellence, Community, Respect, Personal Development, Responsible Stewardship, and Integrity. Although we will leave Saint Leo, we will continue to show the world what these values mean, and we will influence others to practice them even if they do not have the education we have from our great institution.

The people we meet will see how we are doing our part to make the world a better place. Whether we are on patrol in a squad car, planning our company's Super Bowl commercial, running an emergency room or wherever else our degrees take us, those that count on us will “sleep in heavenly peace” knowing a Lion is on the watch.



HAVE YOUR SAY!

YOU CAN'T BUY HAPPINESS, BUT YOU CAN BUY _____, AND THAT'S KIND OF THE SAME THING.

"A puppy!"

(Dr. Monkia Kiss, Associate Professor of Mathematics)

"Peace of Mind."

(Maria Martinez-Drovie, Grad. Enrollment Counselor)

"Motorcycles!."

(Brandon Nastanski, Professor of Arts)

"Many smiles through generosity this holiday season!"

(Steve Hirschbein, Student Advisor)

"Chocolate."

(Dr. Helen MacLennan, Asst. Professor of Management)

"Vacations!."

(Jessica Graves, Student Life Specialist)

"Ice cream."

(Nick McKaig, Communications Specialist)

"Shoes."

(Sophina Marshall, Grad. Student Advisor)

"A ticket to Busch Garden's Christmas Town."

(Nancy Cheek, Career Advisor)

WHAT IS THE WORST (OR BEST) GIFT YOU EVER GOT FROM SOMEONE?

"The best gift I've ever received was a pair of diamond earrings!."

(Sophina Marshall, Grad. Student Advisor)

"Best Gift: A vintage Wizard of Oz record album.."

(Nancy Cheek, Career Advisor)

"Best Gift: My Atari and electric guitar from the 80's."

(Steve Hirschbein, Student Advisor)

"The best gift I've ever gotten was a jewelry box with a mom poem on the top from my son while he was underway on the other side of the world serving in the Navy."

(Yes, I cried)."

(Gina Hannah, Associate Director of Undergrad. Enrollment)

"The greatest gift was my daughter!"

(Dr. Monika Kiss, Associate Professor of Mathematics)

"One Christmas when I was in undergrad school, my grandmother gave me the money for a summer study program in Mexico. She gave me the gift of new horizons! A few years later, I returned to Mexico to serve with a Jesuit mission group!"

(Dr. Patricia Clement, Grad. Professor of Theology)

"Ugly Sweaters (ugly clothing)!"

(Zaheda "Donna" Herman, Director of Student Advising)

"Worst gift was a potted plant. My thumb is more pink than green and it died in less than a week."

(Jessica Graves, Student Life Specialist)

"The best gift I ever got my wife was back in 2012. She had been wanting to get a cat, but I had been shooting down the idea because I didn't think she was ready for the responsibility. At Christmas that year, she had a big box waiting for her under the tree. She opened it up to find another, smaller box inside. Inside of that box was another box, and so on a good five or six times. Finally, she found an envelope (next to a brick I had added to give the box some weight), and inside the envelope was a small piece of scrap paper on which I wrote, "We can get a cat." She was so excited, it was her favorite present of the year and we had a cat one week later!."

(Nick McKaig, Communications Specialist)

"CHRIST" + MAS

by Aurelia Lamanna

Every holiday season, we embrace the same situations; seasonal promotions, sales, delayed mail, pricey travel arrangements, an abundance of decorations, and repeated inspirational messages to keep "Christ in Christmas." Granted, the birth of our Savior is the main reason for the season. However, I'll be the first to boldly say, "we're getting repetitive in our holiday pep talks." Whether it is the Christian holiday music, the moral lesson that material things are insignificant, or the emphasis of Christ as our eternal savior, each message glorifies God while calling to mind the obedience, sacrifice, and outstanding Incarnate grandeur that we praise and celebrate during the Christmas (and Easter) season.

However, let me ask you this, "how long do you actually remember this joyous occasion once it passes?" Additionally, "how many times do you apply these principles, salvation, mercy, and praise throughout each day of the new year?" As I sat here for the past weeks trying to figure out what to talk about, I realized an important theme in the midst of these repetitive statements--i.e., regardless of how many times we hear about keeping Christ in Christmas (or Him being our eternal salvation), we place it aside as we embrace the new year until we are forced to remember His death and resurrection once Spring rolls around.

Now don't go rolling your eyes at me thinking I'm about to preach the same message you always hear (e.g., keep the joy of the holidays with you



Source: Scary Mommy

at all times). Instead, my point is, no matter how many times we hear something, we fail to apply it continuously. For example, in scripture, we hear to spread the Word, trust in God, pray and worship Him, give to the poor, and be that loving, non-judgmental disciple we promise to be each time we claim to be "Christian."

Unfortunately, this doesn't always happen, does it? It's as if the daily bustle of the year keeps us dramatically preoccupied with life that we forget about being "Christian" until we are reminded of the same messages each Christmas and Easter. If God were before you, do you think He'd find this fair? The fact that we have become repetitive is not just because these Christ-centered messages are in remembrance for this time of year.

Truthfully, it's because we aren't listening and applying them afterward. As Matthew 13:13 declares, we "hear, but do not understand. We see but remain blind." When we split the word "Christmas" we find both "Christ"

and "mas." In Spanish, "mas" means "more." Thus, my challenge for you these next 365 days is to live each day remembering how "Christ" isn't for celebrating twice a year. Instead, let's put "mas" (more) of "Christ" into our lives and fulfill the commands He tells us in being a "true" Christian as a congregation and individually. Maybe once this happens, we can finally stop being repetitive and start celebrating the birth (and resurrection) of our Savior as we were always meant to do each day of our lives.

Prayer: *Father, I praise you for all you have given to us through the birth, death, and resurrection of your Son. May You guide me through Your Word and Spirit to actively be the disciple You call me to be in joy and love not just during this holiday season, but for each day You give me until You come again. Amen.*





POSITIVE
MIND



POSITIVE
VIBES



POSITIVE
LIFE

#SLUMotivation

THE MEANING OF ADVENT

BY WILTON GLENN



Source: Pinterest

We wait until Christmas for our gifts and presents, but what does Advent really mean for Catholics and Christians alike? Advent is a reminder of that true specific purpose of Christmas, the awaiting of Jesus Christ birth. *Adventus* is the Latin for Advent meaning, “coming”. The Catechism stresses a two-fold meaning:

"When the Church celebrates the liturgy of the Advent each year, she makes present this ancient expectancy of the Messiah, for by sharing in the long preparation for the Savior's first coming, the faithful renew their ardent desire for His second coming" (524).

Throughout the season of Advent, Scriptures invite us to wait for Emmanuel – God with us, the One who is to come. We have great hope in Christ who came and is yet to come, just as Mary did in the New Testament. Though she was afraid, Mary says, “Yes” to the angel Gabriel, and agrees to the responsibility of being the mother of Jesus, the mother of God. (Luke 1:26-27). We have hope just as we follow in her footsteps of hope. The symbolism of the 4 weeks of Advent of the colors we use in worship and the Advent wreath also provide us with the preparation of Christmas. As we

light the candles, we are reminded of Christ, “the Light that came into the world” to dispel the darkness of sin and to radiate the truth and love of God (Jn. 3:19-21). Therefore, each candle lit represents, Christ coming as we approach Christmas.

There are three candles of purple and one is rose in the Advent season. The purple symbolizes prayer and hope; love and penance; and then peace and good works. The third rose candle is lit on the third Sunday, *Gaudete* or joy Sunday. At this point, the faithful have arrived at the midpoint Advent and they are halfway to Christmas. Each lighting of the Candles symbolizes the waiting and hope surrounding our Lord’s first coming into the world and the anticipation of his second coming. Some traditions or wreaths have a white candle placed in the middle of the wreath, representing Christ and is lit on Christmas Eve. The light from each candle signifies Christ as the Light of the world.

Advent is a time for expectation, proclamation, celebration, and fulfillment. As we reflect on how Advent stirs up our faith in the Lord, this tradition also helps us remain vigilant in our homes and not lose sight of the true meaning of Christmas.

Saint Leo University

The Value of Community

BY AURELIA LAMANNA

"Saint Leo University develops hospitable Christian learning communities everywhere we serve. We foster a spirit of belonging, unity, and interdependence based on mutual trust and respect to create socially responsible environments that challenge all of us to listen, to learn, to change, and to serve."

The statement above reflects Saint Leo's definition of Community. From the moment of birth, a community has surrounded each of us through our parents, siblings, extended family, friends, and so on. However, implementing community in one's daily life can be difficult. In an age where technology has replaced face-to-face communication, the structure of community has shifted from a "personal" physical support system to more of a virtual fraternity. Community may be hard to join or to advocate, but it is not impossible. Thus, here are four steps to bring community back into your life for the better!

1) Embrace Those Around You. Community means opening your heart to grace, kindness, love, and respect to everyone you know, meet, and see. The next time you're at a store, smile at each person who shares eye contact with you. When you are outside and you see your neighbor, wave hello. You never know how small acts of kindness can change a person's day or even establish a new friendship. Thus, don't always "look" for community; create the opportunity yourself.

2) Participate & Serve! It's easy to blend in. However, participating and using your talents to



Source: SLU Statue "For Those Who Serve"

make a difference can benefit yourself and your community in the long run. Feel free to embrace community by expressing yourself in each action you perform. You can find and create community, but it can only become successful if you are willing to participate in the community you are in.

3) Encourage Each Other. Share community by promoting love, care, and respect towards other individuals. Even if someone responds negatively, it is always better to be the "bigger person" than lowering oneself and becoming just like the bully.

4) Get Help! Reaching for help is normal and important. Community can lift, support, encourage, and assist you (or others) in beneficial ways! Asking for help is not weakness. Help is a strength that seeks to change the struggles you don't have to face alone.

WHY DO WE HAVE CORE VALUES?

#SLUCoreValues

According to the Mission and Values of Saint Leo University, the institution is "rooted in the 1,500-year-old Benedictine tradition. [which] seeks balanced growth in mind, body, and spirit for all members of all faiths in its community." Thus, Saint Leo University has established six fundamental core values that "create a student-centered environment in which the community is expected to examine and express their own values, listen respectfully and respond to others opinions, serve the community in which they live, welcome others into their lives, welcome others into their lives, and care for all of God's creations." These Core Values include Excellence, Community, Respect, Personal Development, Responsible Stewardship, and Integrity.

HEALTH & FITNESS



IT'S THE HOLIDAY SEASON

However, that doesn't mean you have to give up on your health and fitness routines. Even if it is just 10mins a day, keeping up with some of these tips and moves will not only help relieve holiday and new year stress but also set reasonable goals to benefit your overall well-being.



source: prisonfellowship

PREVENTING A BLUE CHRISTMAS AND NEW YEAR!

tips provided by Canadian Mental Health Association

The traditional Elvis Presley song, "Blue Christmas," is a classic we all know very well. Its familiar tones and words have become a staple in our holiday song lists and as the special theme song for those who cannot join us for the season. However, through the overwhelming expectations and stress the holidays and the new year brings, many individuals endure helpless anxiety, depression, and loneliness despite the "warm" and "fuzzy" feelings this time of year can bring. As a result, the Canadian Mental Health Association speaks of 10 tips that can improve, prevent, and bring awareness in making all "Blue Christmas" white and bright again.

1) Acknowledge your feelings. Whether it is someone who has passed away, those who cannot be with you, or just from all the stress, realize that is normal and okay to feel sadness, grief, irritation, and all of the above. It is not weakness, but strength to acknowledge your emotions and have that time to cry or express how you feel. Don't force yourself to feel happy just because it's the holidays.

2) Reach out for help. If you feel isolated or lonely, it's okay to reach out and seek community, family, and friends. Attending events or spending one-on-one time can improve your mood significantly! Volunteering can also help by lifting your spirits for your service and helping those in need. Even when it's hard, reaching out can make a BIG difference.

3) Be realistic. Perfection is a curse that can provide additional and unreasonable stress and pressure. Know that the holidays aren't meant to be perfect and that families grow and change that can alter traditions and rituals as well. Choose to embrace some of the old, and be open to creating new ones. Perfection doesn't make the holidays better; it is how you choose to use your time and celebrate the moments that make the best memories.

Continued on the next page.

"OVER-INDULGED"

tips provided by UCLA

The holiday seasons can be difficult to maintain a healthy diet. With all the baked goods and seasonal dishes, who can blame you? However, the University of California, Los Angeles provides some key tips that can help keep your belly full and the scale from moving up. First, don't arrive on an empty stomach. Whether at your own place or someone else's, don't skip meals and make sure to have a "pre-snack" before arriving. Healthy and filling options include fruit, veggie sticks, some nuts, or even a small sandwich. Second, offer to bring a healthy dish. This not only helps you with having a good option, but will also help the host in their hectic meal planning.

Third, avoid excess alcohol and snacks. It is better to save your calories for the "real" meal rather than something with virtually no nutrients. Additionally, try to keep your distance between those tempting foods. Fourth, select small portions. Keep in mind moderation. If you crave something extra indulging, go ahead and treat yourself! Just remember to keep it small. Fifth, learn to eat slowly. Take your time to enjoy and taste each piece of your meal. Chew slowly and put your fork down after each or every few bites. It takes 20 minutes for your brain to get the message that your stomach is full.

Lastly, leave the table when you are finished. Linger can tempt you to keep eating. Stay long enough to have your meal and either leave or clean your plate so it is not before you. Offer to help with cleaning the dishes, clearing the table, or even for everyone to take a post-meal walk. Whichever tip you choose to follow, remember that the holidays are about the people and not always the food. It brings greater joy to recall in memories and share in laughter with those around you while using food as an accessory to the fun you are celebrating. Plan before you eat and remember to keep these tips in mind to stay healthy, comfy, and pleased in those moderated treats!

4) Put aside differences. Try to accept and respect family and friends even if their choices or expectations are not what you agree with. It is better to set aside grievances for a more appropriate time rather than letting them ruin your celebrations and enhancing your stress.

5) Stick to a budget. The temptation to purchase more than necessary during times of anxiety or depression can increase dramatically. Thus, decide how much money you can spend before shopping and realize that you cannot buy happiness or comfort. Try donating in someone's name or giving a homemade gift instead.

6) Plan ahead. Whether it is the food menu, visiting friends, or days for baking, it helps to plan things out beforehand so you don't become stressed as the days get closer to your celebration. If all goes wrong, don't fret! Know that life is better lived when we live one moment at a time under the circumstances we encounter.

7) Say no. When you know you don't have the time or that you don't want to do something, don't be afraid to say "no!" Saying yes when you shouldn't leave you feeling worse than better. Recognize your personal boundaries and live up to them. Whether or not the other person likes it is their own issue; not yours. Try to say no when possible and begin feeling relieved in being honest and taking care of yourself.

8) Stay healthy. Try not to overindulge as this can lead to increased stress and guilt. Instead, get plenty of sleep, drink lots of liquids, and have plenty of snacks before attending any parties or events. Finding time to include physical activity can also boost your mood while helping you feeling energetic and less likely to splurge on sugary or high-calorie treats.

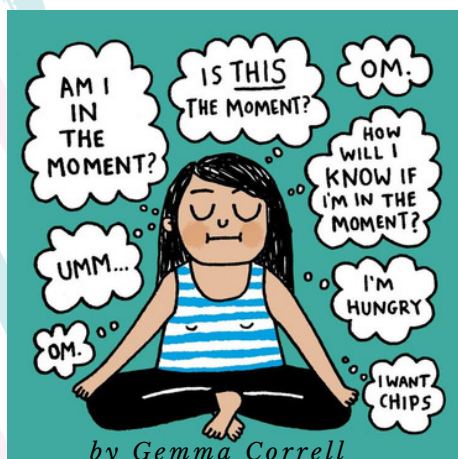
9) Breathe. Do something you enjoy! Even if it's just for 10-15 minutes, do something that brightens your mood without any distractions. Finding ways to reduce your stress, clear your mind, and recognize the beauty in the moment can help restore your inner calm significantly.

10) Seek professional help when needed. Don't be afraid to seek professional assistance if you notice yourself feeling sad, anxious, or irritable more than usual. Physical symptoms can also include pain, headaches, insomnia, and lack of energy that can result from constant mood disorders and imbalances. If these feelings last for a while and you notice they are interfering with your daily life, talk to your doctor or a mental health professional. They can help bring you back to feeling like your normal self rather than enduring through the struggle alone.

It's never
TOO EARLY
— OR —
TOO LATE
to work
→ *towards*
• being the •
— ♥ —
HEALTHIEST YOU

GET HEALTHY 

Health & Fitness Fun





Pull-Apart Christmas Tree

Time: 0:40 Prep: 0:20 Yield: 8 Servings

Ingredients

1 lb. Refrigerated Pizza Dough
Egg Wash (1 egg whisked w/1 tbsp water)
7 Mozzarella Sticks
1/4 c. Butter, melted
1/2 c. Parmesan, finely grated
1 tbsp. Basil, thinly sliced
1 tbsp. Parsley, chopped
1 tbsp. Rosemary, chopped
Marinara, warmed (for serving)

Directions

- 1) Preheat oven to 450 degrees F. Line a large baking sheet with parchment paper.
- 2) Cut mozzarella sticks into 1" pieces. On a floured surface, divide pizza dough into a long rectangle, then cut dough into 2" squares (you'll need a total of 33). Wrap dough square around each piece of mozzarella, forming a tightly sealed ball.
- 3) Place balls seam-side down on the baking sheet in the shape of a Christmas tree (or other design). The balls should be touching. Brush egg-wash on dough balls and bake until golden 15-20 minutes.
- 4) Meanwhile, whisk together melted butter, Parmesan, and herbs. Brush on baked pizza dough balls. Serve with warm Marinara for dipping. Enjoy!

Recipe: [Delish.com](https://www.delish.com)
Photo: Ethan Calabrese

Rice and Lentils

Time: 45 mins.

Prep: 15 mins.

Yield: 6-8 servings

Ingredients

1/2 c. Lentils
3/4 c. Basmati or Jasmine Rice
3/4 c. Pumpkin or Butternut Squash, cubed
1/2 c. Green Beans
3/4 c. Brussel Sprouts
3/4 c. Carrots, diced
1/2 c. Shallots, diced
1 c. Celery, diced
1 c. Kale
3 tbsp. Extra Virgin Olive Oil
2 Bay Leaves
Parsley, chopped
(optional) pomegranate arils, grapes, and clementines.

Directions

- 1) Cook the lentils in salted water for 20-25 minutes and drain when al dente.
- 2) In a non-stick pan, cook the diced vegetables over medium heat with the bay leaves and 1 tbsp (10g) of olive oil. After 10 minutes, add lentils and let cook for 5 more minutes over low heat.
- 3) Separately, cook the rice in salted water for 12-15 minutes. Drain the rice and add it to the lentils. Discard the bay leaf and season with 1 tbsp (10g) of olive oil and the chopped herbs.
- 4) In a saucepan, bring water to a boil with salt, blanch the pumpkin or squash and the sprouts and cook the green beans until al dente.
- 5) Stir-fry all vegetables with 1 tablespoon of olive oil over high heat and add the chopped kale leaves or in clumps.
- 6) Serve rice and lentils with sauteed vegetables, and optional pomegranate arils, grapes cut into quarters and fruit to taste and Enjoy!

Recipe/Photo: Francesca Bettoni
(BeautyFoodBlog.com)

Chocolate Peppermint Shortbread Cookies

Time: 9-11 Prep: 20-30 Yield: 24 Cookies

Ingredients

3/4 c. Powdered Sugar
1 c. Butter
2 tsp. Vanilla Extract (or Peppermint Extract)
1 3/4 c. Flour
1/2 c. Cocoa (Hershey's Special Dark Cocoa)
6 oz. Chocolate (Candiquick)
Peppermint Baking Chips

Directions

- 1) Cream butter and sugar until light and fluffy, about 3-4 minutes. Add vanilla extract and mix until smooth.
- 2) Add flour and cocoa and mix until combined. The dough will be very thick.
- 3) Place dough on parchment paper and shape into a log. Roll dough up into parchment paper and refrigerate for about an hour.
- 4) Preheat oven to 350 degrees F. and prepare a cookie sheet lined with parchment paper.
- 5) Slice dough into about 24 cookies that are about 1/4" thick. Bake cookies for 9-11 minutes. Allow cookies to cool completely on a cooling rack.
- 6) Melt chocolate in a bowl. Pour chocolate into a piping bag with a small round tip (or into a ziplock bag with a corner cut off) and drizzle chocolate over cookies.
- 7) Sprinkle peppermint baking chips onto chocolate as you go - chocolate dries quickly. Enjoy!

Holiday Crack Candy

Time: 0:20

Yield: 10 Servings

Ingredients

35 Saltine Crackers
2 Sticks Butter, unsalted
1 c. Brown Sugar, packed
1 3/4 c. Chocolate Chips, semisweet
1 bag M&M, red and green
1 jar Sprinkles, holiday colors

Directions

- 1) Preheat oven to 350 degrees F. Line a baking sheet or jelly-roll pan with tin foil and coat with cooking spray. Line the baking sheet with Saltine crackers and set aside.
- 2) In a medium-sized saucepan, melt butter and brown sugar. Bring to a boil, stirring continuously, for about 2 minutes. Pour mixture over crackers in an even layer and bake 5-6 minutes.
- 3) Top with chocolate chips, baking for an additional 3 minutes, or until melted. Remove from oven.
- 4) Top with mini marshmallows, red and green M&Ms and holiday sprinkles. Cut into squares, then cool until the chocolate has hardened. Enjoy!

Recipe/Photo:
delish.com

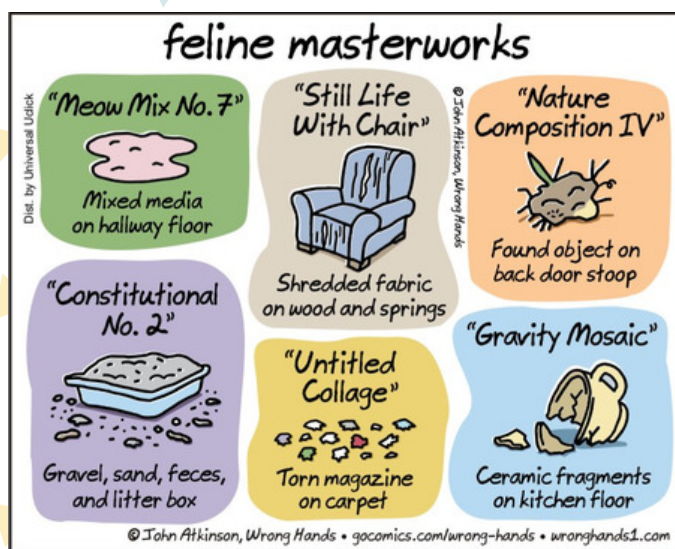
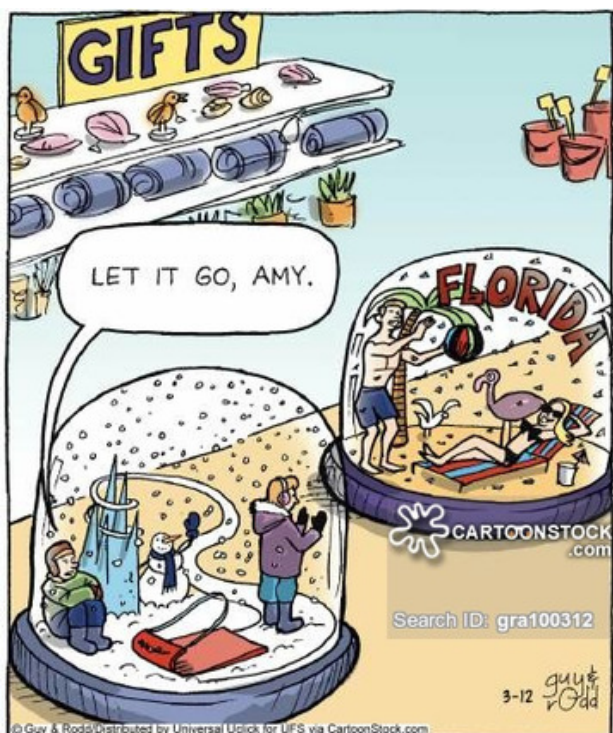
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| | 6 | | | | | 2 | 8 | |
| | | | 4 | 1 | 9 | | | 5 |
| | | | | 8 | | | 7 | 9 |



"YOU'LL SHOOT YOUR EYE OUT, KID."
(SANTA CLAUS, "A CHRISTMAS STORY")

"BLAST THIS CHRISTMAS MUSIC! IT'S
JOYFUL AND TRIUMPHANT."
(GRINCH, "THE GRINCH")

"FAITH IS BELIEVING IN THINGS WHEN COMMON SENSE TELLS YOU NOT TO."
(DORIS WALKER, "MIRACLE ON 34TH STREET")



Winter Wonderland

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SLEDDING
SNOWBALL
SNOWFALL
HOT CHOCOLATE
FROZEN
BLIZZARD
WONDERLAND
SKATING
SNOWFLAKE
SKIING
NIPPY
WINTER
ICICLE
FROSTY
GLISTEN

Play this puzzle online at : <http://thewordsearch.com/puzzle/597/>

"EVERY TIME A BELL RINGS, AN ANGEL GETS HIS WINGS."
("IT'S A WONDERFUL LIFE")





Source: bhg.com



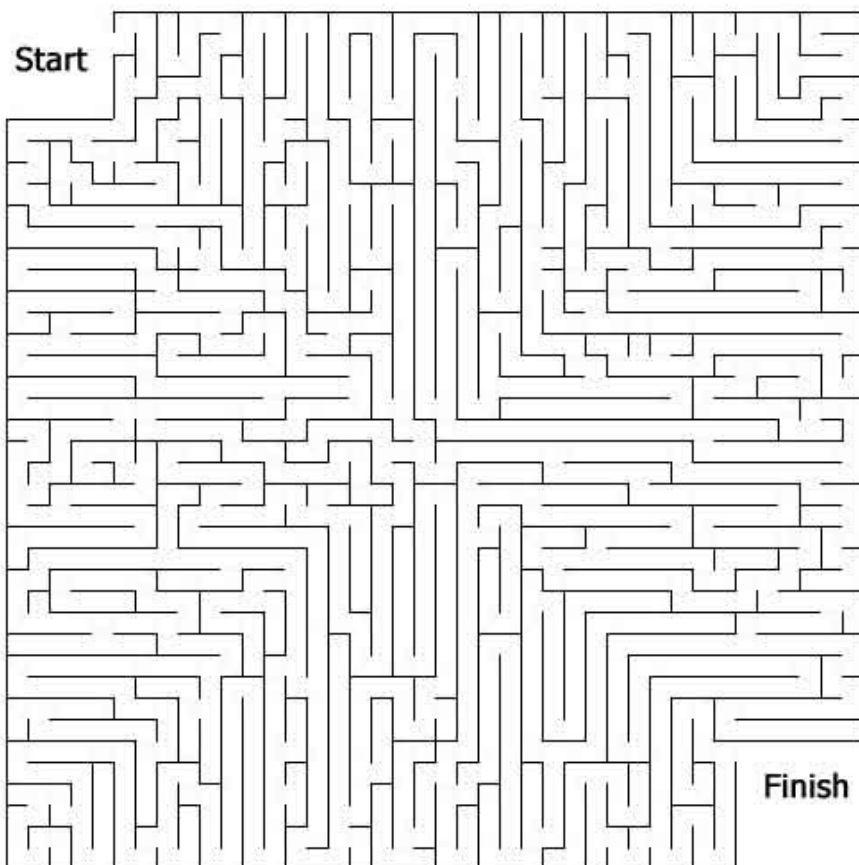
"THOUGH I'VE GROWN OLD, THE BELL STILL RINGS FOR ME, AS IT DOES FOR ALL WHO TRULY BELIEVE."
(*"POLAR EXPRESS"*)

"MERRY CHRISTMAS YA FILTHY ANIMAL."
(KEVIN, *"HOME ALONE"*)

"WE ELVES TRY TO STICK TO THE FOUR MAIN FOOD GROUPS: CANDY, CANDY CANES, CANDY CORNS, AND SYRUP."
(BUDDY, *"ELF"*)



"WHEN I'M WORRIED AND CANNOT SLEEP, I COUNT MY BLESSINGS INSTEAD OF SHEEP."
(BING CROSBY, *"WHITE CHRISTMAS"*)



"FOUR CANDY CANES FOR YOU, GLEN COCO. YOU GO, GLEN COCO!"
(SANTA CLAUS, *"MEAN GIRLS"*)

"LOOKS GREAT! LITTLE FULL. LOTTA SAP."
(CLARK, *"CHRISTMAS VACATION"*)

A person is holding a lit sparkler, with bright sparks radiating from the tip. The person's face is partially visible in the background, and they are wearing a dark, textured garment. The overall scene is festive and celebratory.

WISHING YOU

*Happy
Holidays*

&

A BLESSED

New Year!

LOVE,
THE VOICE