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# YOUTH HEALTH BULLETIN

DECEMBER 2009



**Hello Wild Cubs and Wild Cats,**

Happy Holidays!

I can't believe it is almost 2010. I want to thank you all for a wonderful year. I am so proud of each and every one of my Wild Cat and Wild Cub friends. I know many of you have pitched in to help out your family and friends when needed.

I tell everyone I meet that Kentucky has some of the most responsible, hard-working, smart, and kind young people I have ever met.

I can't help but let out a Kentucky "Hooowwwel"

If you are doing something special this holiday season to help others, email me at [wally.cat@uky.edu](mailto:wally.cat@uky.edu) and let me know.

Wally Cat 

# THIS MONTH'S TOPIC: DECEMBER HOLIDAYS

There are many holidays and other events during December. Christmas is one of the most celebrated Christian days of the year. Have you heard of these other December holidays from around the world?

## Hanukkah (or Chanukah)

An eight-day Jewish festival that originated in Israel and is now celebrated all over the world. Every evening at sundown, a candle is lit to celebrate a Hebrew victory some 2000 years ago. Means "dedication" or "consecration."

## St. Nicholas Day

On December 6 of each year, Dutch and German societies celebrate this day in honor of a generous bishop who lived in Turkey during the fourth-century. Also called "Nikolass" or "Sinterklass," he would go from house-to-house and leave gifts and candies for good boys and girls.



## Las Posadas

Hispanic communities celebrate Christmas with a parade beginning on December 16th and continuing through Christmas Eve, representing the pilgrimage of Joseph and Mary to Bethlehem before Jesus' birth.

## Kwanzaa

Created in 1966 to encourage people to celebrate African American heritage, this holiday means "first fruits" and refers to the first crops in traditional African society. It is based on seven principles call Nguzo Saba and is celebrated for seven days, starting on December 26.

## New Years Day

Began as a celebration of the Roman god Janus, who had two faces: one looking forward and one looking backward. To honor Janus, the Roman Emperor Julius Caesar decided this holiday should be on January 1.

## DON'T GET STUCK WITH THE HOLIDAY HO-HUMS

Here are some things to do over the holiday break:

- Do something nice for someone else
- Clean out the garage, basement or storage room as a present to your mom or dad
- Prepare food for someone in need or help serve food at a homeless shelter
- Bake holiday cookies or goodies for someone to brighten their day
- Get together with a friend and go for a walk
- If the weather is good, go for a bike ride
- Go ice or roller skating at the skating ring
- Get together with some friends and make up dances
- Ask an adult if you can help decorate or cook for company

## THE THOUGHT REALLY DOES COUNT

The best gifts don't always have to be bought or have the biggest price tag. Use your talents and skills to create a gift for someone. Give a special touch of love this year. Giving your time to help someone is the best gift of all.

Remember to count your blessings. Concentrate on what you and your family have and not on what you don't have. Maintain a positive attitude and enjoy spending time with family and friends.

### SOURCES:

- [www.kidsturncentral.com](http://www.kidsturncentral.com)
- [www.cyh.com](http://www.cyh.com)
- [www.familyeducation.com](http://www.familyeducation.com)

## YOUTH HEALTH BULLETIN DECEMBER 2009

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