

# Newsletter



## December- Tis' the season!

### MONTH AT A GLANCE- HIGHLIGHTS:

- Camas Hometown holidays- Tree lighting ceremony
- Light display at Candy Cane Lanes in Ridgefield
- Visit Santa at NW Nuts
- See the Christmas ships on the Columbia River
- Walk through Zoo Lights
- Sensitive Santa visits SP
- Meet Santa's magic reindeer at 7 Dees'
- VSO Holiday POPs Concert
- Drive thru PIR Winter Wonderland light display
- Stephen's Place Movie night at Regal
- Decorate Holiday Cookies w/ Michelle
- Starbucks outing
- Support our young entrepreneurs at the Kids Holiday Farmer's Market
- Christmas lights on Franklin
- Merry Christmas!!
- Vancouver Mall- F.Y.E.

## HOT TOPICS

### ✓ Tuesday, Dec. 5th -

Laura is back at SP to teach us how to play Musical bells for the Holidays!

### ✓ Saturday, Dec. 9th-

Sensitive Santa will be @ SP with his special friend- Panda the Llama

### ✓ Saturdays

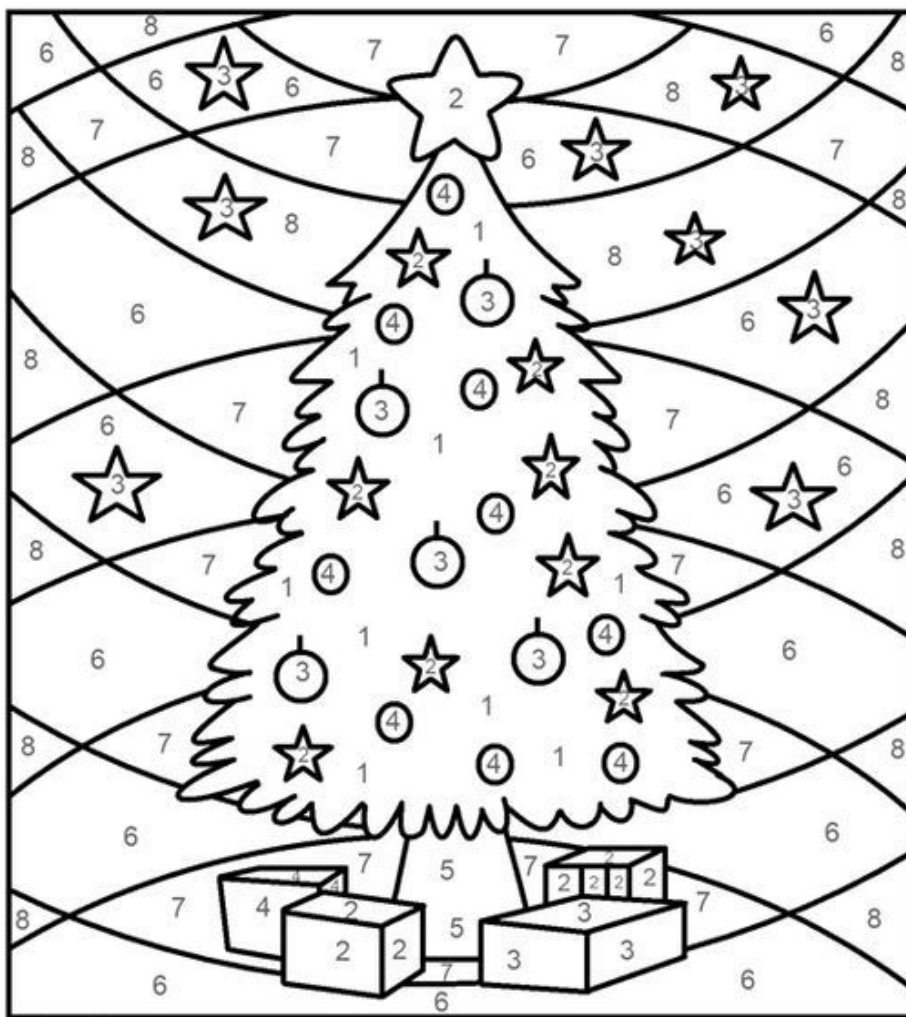
Snack n' Chat and Fun w/ food will be combined on occasion- check calendar.

### ✓ Friday, Dec. 29th -

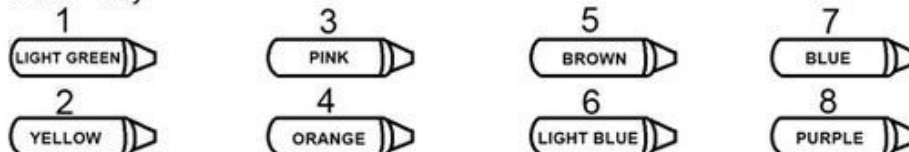
Ryan won last months cleaning raffle!  
-We are going to the F.Y.E. at the Mall!

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## COLOR BY NUMBER XMAS



Color Key



## JOKE OF THE MONTH:

How much did Santa's sleigh cost?  
-Nothing!... It was on the house!-

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## AUTHOR OF THE MONTH



### MENTAL HEALTH WAYS TO IMPROVE IT

**BY: JUSTIN LUSK**

Mental health those two words is a challenging thing a lot of adults struggle with in today's world. From depression to anxiety all the way to being angry the question is how do people cope with it? my answer would be this and welcome to this none sports blog.

As depression is hard there are ways to deal with it in the darkest of times so you can bring the light in you. So you can as a person take out the sadness and bring in the happiness.

So one suggestion I would have to live a happy life and not a negative life full of gloom and sadness is do things you love. For example if you like sports like me play sports or try to volunteer in sports communities leagues that are fun. If you have been through a lot in your life I would recommend these things. Counseling any form of counseling helps, if you need help it's ok to ask for help always tell your family and friends. If you don't have a family any body your close too works any close confidant works as well.

With time as you do if you are committed to it happiness will happen if you truly believe. If you journal journaling also helps, and staying active. Not isolating yourself also helps any individual out tremendously. In mental health doing things you love helps create the happiness and in this world the options are endless. In the end like Bob Marley says "don't worry be happy."

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## CALLING ALL AUTHORS...

WOULD YOU LIKE TO BE PUBLISHED IN OUR NEWSPAPER?  
JOIN US DURING SP PRESS- EVERY WEDNESDAY @ 1:30PM-  
UPSTAIRS.



### WHAT'S NEW IN SPORTS?:

- Stephen is reigning champion of air hockey at SP. Check calendar for upcoming games!
- Yankees land superstar Soto in blockbuster trade!

### SNEAK PEEK INTO JANUARY:

- VSO performs @ SP
- Visit a Llama farm
- SP New Years work- out challenge

## DECEMBER FUN FACTS:

- Santa travels to 832 homes per second to deliver gifts.
- 1.8 BILLION candy canes are made each year- 90% are sold between Thanksgiving and Christmas
- A snowflake can take up to 2 hours to fall from a cloud to the ground.