

## On Blessings

This Friday, my little granddaughter will be visiting for the weekend, so it will be an easy task to reflect on the expressions of gratitude and thankfulness that are part and parcel of the season. The many blessings are counted not in the amount or extent of our possessions, but in the love that surrounds us when we are with our family and friends. I know that I get so caught up in the minutiae of daily life that I often lose perspective and forget what is really and truly important. When my children were young, every moment was precious – our time together as a family was paramount. Of course, my husband and I did not have much of a “social life,” as our outings were usually soccer games, wrestling matches, and swim meets!

We are blessed to live in a country where we can attend Mass, pray, and have the freedom to speak

out through our voices and our votes. I am thankful to our wonderful military men and women (and their families) who protect these freedoms with their very lives. May God bless them and give them strength.

We are blessed to be able to choose to send our children to Catholic school. I am especially blessed to be able to go to work each day and worship God, witness the Good News, and serve Our Lord through the needs of His children. That is why I love my job!

I wish all of you a Happy Thanksgiving, and may God bless your families, our school, and our country.

*Joanne Yates*  
Principal

## For This We Give Thanks

by Raymond A. Foss

For this day and for this hour,  
for the joys of family, and  
time to spend together  
for the love we share  
this Thanksgiving Day  
across the miles,  
when we are apart,  
and for the closeness  
we share in our hearts



Oh grant the world  
a bit of peace  
this day of rest and  
day of grace  
May we pause and  
think again  
of the God that provides,  
sustains, and guides us all  
and give thanks

Your PTO wishes you and yours  
a happy, safe, and spiritual journey  
as we give thanks for our many and wondrous blessings!!

*Gladis Griffith*  
President, PTO Board



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### What’s Happening Around School

Our algebra students participated in a math competition at Thomas Jefferson High School. One of our 8th graders received first place in the individual competition (way to go!!!). Thank you to Mrs. Molnar for arranging this enjoyable and educational opportunity for our students.



Cryogenics at Science Day

Stop in to see the bulletin boards and artwork displayed around the school. If you can peek into the Extended Day room, you will be amazed. The room is cheerful, bright, and welcoming with the walls covered with the children’s artwork. Mrs. Smith does a great job on the bulletin board in the hallway, displaying the student’s work using seasonal themes (see pictures below).



Science Day lab equipment

The students were treated to a science day – the Maryland Science Center spent the day here on Tuesday the 17th. The

day was funded by the PTO through the Cultural Arts program, an example of how your generous contribution to fundraising efforts benefits the students directly! The gym was transformed with the addition of a sky lab, and the program for Grades K-5 highlighted the stars, the moon, and other astronomical bodies visible in the mid-Atlantic sky. They learned why different constellations appear in different seasons. The older students learned about cryogenics (or, “What’s cool in your school?”). They found out what happens to matter when it is chilled to 300 degrees below zero Fahrenheit. Liquid nitrogen is the dramatic substance that allows investigation of the super cold. While observing the properties of cryogenic materials, they explored how different industries use them every day.

### Student Spotlight

#### Ethiopian Food and Eating Customs

Ethiopia, located in northeastern Africa, is a small country of approximately 65 million people. The country’s official language is Amharic, and English and Arabic are widely spoken.

The ritual of breaking “injera” and sharing food from a common plate strengthens bonds of loyalty and friendship. Injera is the staple flat sourdough bread made from a fine grain called “teff.” Injera, which is about 20 inches in diameter, is placed on a plate with a variety of foods arranged around it. A small bit of injera is torn off with the right hand and wrapped around a mouthful of the selected dish.

“Wot” is a thick stew made from spicy red chili peppers. It is made with beef, chicken, goat, lamb, fish, and vegetables. This stew is served on top of injera, and pieces of the

bread are used to pick up bites of entrees and side dishes. “Berbere” is a combination of powdered chili pepper and other spices and is an important ingredient in many dishes. “Niter kibbeh” is a type of butter mixed with ginger, garlic, and several spices. It makes meats and vegetables taste very good.

Most Ethiopians are Ethiopian Orthodox Christians, Muslims, or Jews. They do not eat pork of any kind. The Ethiopian Orthodox Church prescribes fasting on Wednesdays, Fridays, and during the Lenten season. Vegetarian dishes are served on fast days.

*This article was written over several weeks by a 3rd grade student with the help of Miss Peiffer. Our students are learning about the writing process, including researching, brainstorming, and interviewing sources.*



Elements of the Thanksgiving bulletin board in the hallway



## Meet Our Teachers



Mr. Donald Cotton

**Miss Beth Killion** is in her fourth year of teaching 5th grade at Q of A. She's far from home; she grew up in Wyoming but came to Christendom College and decided to stay. When she returns to Wyoming, she likes to go camping and fly fishing with her younger brothers Michael and Andy. She also enjoys travelling, reading, and trying new recipes, as well as exploring Virginia.

She has a parakeet named Hera and grew up with a dog, Shadow, and numerous other animals, since her family lived in the country. She raised and showed chickens and rabbits with 4-H.

Her favorite film is *Life Is Beautiful*, and her favorite book is *Till We Have Faces* by C. S. Lewis. Her favorite travel destinations have been Rome, where she lived for three months while in college, and Scotland.

What she likes best about Q of A is the kids--"They make me laugh every day!" She also enjoys learning about the different cultures of the students' families.



Miss Elizabeth Killion

**Mr. Donald Cotton** also came to this area from another part of the country to study. He came to Winchester, Va., to attend the Shenandoah Conservatory and has been here ever since. This is his 20th year of teaching music and choir at Q of A!

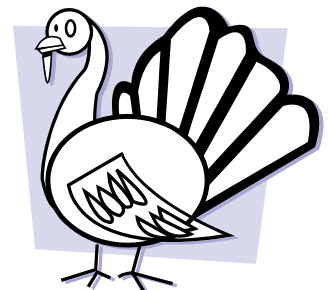
Mr. Cotton grew up outside Buffalo, N.Y., with three sisters and a brother and lots of dogs and cats.

When he's not teaching, Mr. Cotton likes to spend time at home and with his godson Joe. His favorite movie is *Phantom of the Opera*, and his favorite book is *Where the Red Fern Grows*. He's traveled widely; his favorite places are Assisi in Italy and Brazil and Argentina in South America.

When asked what he likes most about Q of A, he answered, "the kids! I love interacting with, teaching, and inspiring them, as well as being a witness of our Catholic faith."

## Answers to Thanksgiving Trivia (Page 4)

1. The Pilgrims arrived in North America in December 1620.
2. They landed at Plymouth Rock, in what is now Massachusetts.
3. The Pilgrims travelled on the Mayflower.
4. They celebrated the first Thanksgiving Day in the fall of 1621.
5. The Pilgrim leader, Governor William Bradford, organized the first Thanksgiving feast in the year 1621 and invited the neighboring Wampanoag Indians to the feast. The first Thanksgiving feast was held in the presence of about 90 Wampanoag Indians, and the Wampanoag chief, Massasoit, was also there.
6. The first Thanksgiving celebration lasted three days.
7. Benjamin Franklin wanted the turkey to be the national bird of the United States, but Thomas Jefferson opposed him. It is believed that Franklin then named a male turkey "Tom" to spite Jefferson.
8. A turkey can run 20 miles per hour.
9. A turkey can turn its head 270 degrees (it gives a whole new meaning to having eyes in the back of your head!!)
10. A baby turkey is called a poult.





## Mission Statement

*At Queen of Apostles Catholic School, we recognize the uniqueness of each student, focus on the education of the whole child, and enable our students to realize their full potential.*

*The spiritual, moral, academic, physical, and aesthetic development of each student is fostered by providing a faith-filled academic environment where creativity and excitement for learning are tempered with self-discipline and order.*

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VERITAS ET GAUDIUM

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## Thanksgiving Trivia



1. When did the Pilgrims arrive in North America?
  - December 1620
  - May 1900
  - January 1590
2. Where did the Pilgrims land?
  - New York City
  - Jamestown
  - Plymouth Rock
3. What was the name of the ship the Pilgrims sailed on?
  - The Nina
  - The Mayflower
  - The Sea Wolf
4. When was the first Thanksgiving celebrated?
  - Fall of 1621
  - Winter of 1901
  - Spring of 1591
5. Who was at the first Thanksgiving feast?
  - The Indian chief Massasoit, the Wampanoag Indians, the Pilgrims, and Governor William Bradford
  - The Dallas Cowboys and the Pittsburgh Steelers
  - Thomas Jefferson and George Washington
6. How long did the first Thanksgiving feast last?
  - 1 month
  - 5 hours
  - 3 days
7. What bird did Benjamin Franklin want to be the national bird?
  - The eagle
  - The turkey
  - The crow
8. How fast can a spooked turkey run?
  - 10 MPH
  - 20 MPH
  - 50 MPH
9. How many degrees can a turkey see while standing in the same place?
  - 360 degrees
  - 100 degrees
  - 270 degrees
10. What is a baby turkey called?
  - A chick
  - A poult
  - A goblet

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**Play with your friends and family!**  
Answers on page 3.

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