

HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL



Thanksgiving explained

Justin Hoy - 11

Thanksgiving is a holiday of connecting families, mending relationships, and to have a decent time with the people that love one another, not initially being a holiday or tradition of peaceful mending of relations or connections.

Although most people in the United States and parts of Canada celebrate the holiday of Thanksgiving assuming that it occurred due to increased and peaceful relations with Native American tribes, cooperating with one another to have peaceful and compromising relations and trading, the holiday was originally a Puritan religious celebration after averting or accomplishing certain diplomatic, farming economic, or political event. The holiday began as a Puritan “New World” settlers celebration of accomplishing difficult situations, including the averting of a farming drought, a small harvest of crops, military victories, etc. The “original” Thanksgiving holiday is actually between Native Americans and Puritan colonists, somewhat being accurate to the story of the first Thanksgiving, although having different intentions than just to peacefully cooperate. While the Puritans settled a small region of present day Massachusetts near Plymouth, Native Americans became suspicious of these new settlers/ people and wanted to have peaceful relations in order to see what their intentions were, what they were attempting to trade or gain from this settling of Native American land, using them from their own political purposes of war and political conflict, and, eventually, to expel them from the land by finding more information about them. The original “peaceful” relations between Native Americans and Puritan settlers is true in the first Thanksgiving story, but differs in Native American intention of the use of the European colonists and continued good relations with them.

The first Native American tribe that these Puritan colonists met, which were involved in the “First Thanksgiving”, with them were the Wompanoag tribe. In 1621, after the “discovery” of this Native American tribe, the Puritans decided to celebrate good relations and increase cooperation by holding a Thanksgiving feast with the 90 tribe members and around 50 Puritan colonists.

The first Thanksgiving did not include turkey or mashed potatoes, but, instead, included water fowl animals like duck, hunted and cooked by the Puritans. The Native Americans, while showing and describing to the Puritans a more efficient way of growing crops through the Three-Sister Farming method, also brought foods and crops including fish, eels, clams, corn, etc. to the celebration. The Native Americans, curious about the intentions of the Puritan colonists, made peace with them in the celebration. Sadly, the peace between the Native American tribes of the region and the colonists did not last, having multiple political issues between the two cultures and nations have specific differing views and ambitions. One specific example that worsened relations was the expansion of the Puritan colonies during the Great English Migration of the 1630s which had huge population growth in the region of the colonies, not having enough land to equally disperse the people which lead to colonial encroachment of their territory of differing lifestyles and economic goals (King Philip’s War of Native American retaliation of the colonists). The colonists also assisted Native American tribes during wars, worsening relations with other tribes as well and leading to a war between them and the Puritan colonists.

The Thanksgiving holiday continued throughout American colonial history and afterwards, having New England colonies (eventually becoming states in the United States) continue the tradition after specific positive events. The U.S. government after the American Revolutionary War designated a Thanksgiving to the creation of a formal and organized new constitution being agreed upon by the majority of states and becoming the formal government system in the United States in 1789. The holiday, for the next two presidents whether from New England or not, designated the fourth Thursday of each November on specific occasions. The “holiday” celebration then became very controversial between the Northern and Southern states, the Southern states not having any connection to the tradition. The U.S., on October 9, 1863 during the American Civil War, proclaimed the tradition as a formal holiday, representing the traditional celebrations that were integrated into American society during the Civil War in the Northern states (formerly advocated for by Sara Josepha Hale to be an official holiday of the United States for over 40 years). Although in 1939 Franklin Delano Roosevelt issued the holiday to transition and be moved to the third Thursday of November instead of the fourth, mainly due to wanting the consumer shopping after the holiday accrue sooner to benefit the U.S. economy during the Great Depression.

The holiday continues till this day, having American and certain Canadian citizens enjoy a multitude of food, connect with family and friends, and celebrate a day of appreciation and thanks to what we have been given, whether having immoral history of its effects including the personal economic gain and increase of Puritan influence, decreasing Native American culture and traditions through colonial integration and expansion in the region. For more information about this topic visit:
<https://www.history.com/topics/thanksgiving/history-of-thanksgiving>

Health initiatives designate November as their awareness month

Alison Gassert - 12

November is a multi-faceted month with several health initiatives using November as their month for awareness. These health initiatives are for Alzheimer’s disease, diabetes, diabetic eye disease, epilepsy, healthy skin, hospice and palliative care, marrow donor awareness, pancreatic cancer, prematurity awareness, and pulmonary hypertension. Various organizations such as American Diabetes Association, Prevent Blindness America, and American Academy of Dermatology each designate November as their awareness month, which means that they offer lots of information with the intent to make Americans more informed about the health problems of America. This will help people to recognize the signs of a possible health issue and from there, seek out a doctor who can diagnose and treat them.

Specifically, during November, the American Diabetes Association works with communities across the country to bring awareness to diabetes in youth. The Prevent Blindness America organization offers a lot of helpful information about diabetes-related eye diseases and will help over 8.1 million Americans age 40 and older recognize their disease and seek out treatment. While The American Academy of Dermatology uses the month of November to help people achieve #YourHealthiestSkin and offers tips to develop a skin-care routine that helps the skin look and feel its best. Each of these associations is always looking for donations and people who want an active part in spreading awareness of these initiatives and diseases throughout their communities.

In addition to associations designating a whole month to their initiative, there are also specific weeks and days in November that are dedicated to various diseases or health initiatives. From November 8 to November 14, the Mouth Cancer organization is bringing awareness to mouth cancer. From November 23 to November 29, the IFFGD organization is bringing awareness to GERD, which is gastroesophageal reflux disease. As for specific days in November, on November 9, the National Kidney Foundation is hosting a NYC kidney walk which will help raise money for health problems related to kidneys. On November 14, the International Diabetes Foundation is having a World Diabetes Day which again, helps raise money and awareness to diabetes worldwide. The last awareness event in November is the Great American Smokeout, on the 19 and is run by the American Cancer Society to spread awareness and raise money for cancer treatment. Overall, November is a busy month, filled to the brim with various organizations doing their part to raise awareness and money for research and treatment. So, take some time to get involved and educate yourself on these health initiatives because this can only benefit you in the long run.

For more information, visit <http://www.whathealth.com/awareness/november.html>.



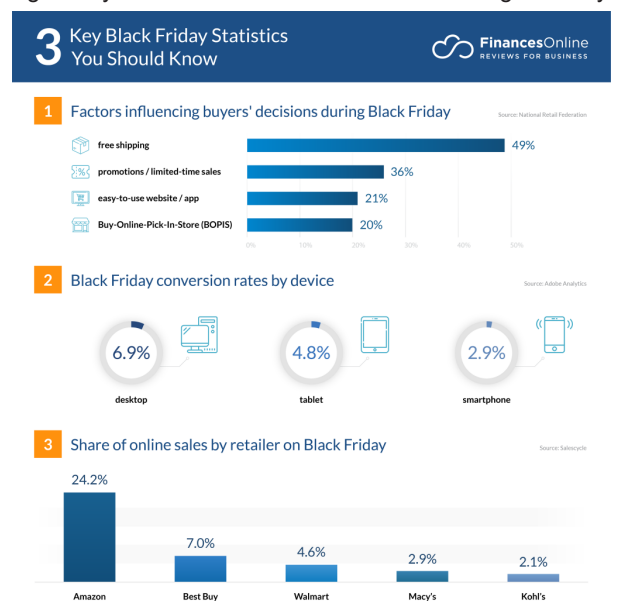
Black Friday looks different - 2020

Orion Holl - 9

Black Friday, the day when everything is on clearance, and everyone goes out to the major stores for the best prices and deals. This year’s Black Friday is held on November 27, the last Friday of November, and the day after Thanksgiving. The best deals and sales are at Walmart, Best Buy, Home Depot, and more.

The first recorded use of the term “Black Friday” was applied not to holiday shopping, but to the financial crisis, specifically the U.S gold market. There is much history of Black Friday and why it was named Black Friday in the first place. The term “Black Friday” was first used on September 24, 1869, when two investors Jay Gould and Jim Fisk drove up the price of gold that caused the stock market crash. Stock market crashes are a sudden dramatic decline of stock prices across a major section of the stock market, resulting in a significant loss of paper wealth. The stock market dropped 20% and foreign trade stopped, and the farmers suffered a 50% dip in wheat and corn harvest value. In the 1950s Philadelphia used the term “Black Friday” to refer to the day between Thanksgiving and the Army-Navy game. Huge crowds of shoppers and tourists went to the city on Friday, and cops had to work long hours to cover the crowds of shoppers. The merchants in Philadelphia wanted to change the name to “Big Friday” but the alternative name never caught on. By the late 1980s “Black Friday” had spread nationally with the black friday we know today. It is important to know the history and backgrounds of things you see every year, to educate yourself.

In the past years, a myth had surfaced that gave a particularly ugly twist to the tradition, claiming that back in the 1800s Southern plantation owners could buy slaves at a discount on the day after Thanksgiving. Though this version of Black Friday’s roots has understandably led to some calls for boycott of the retail holiday. For more information visit www.businessinsider.com.



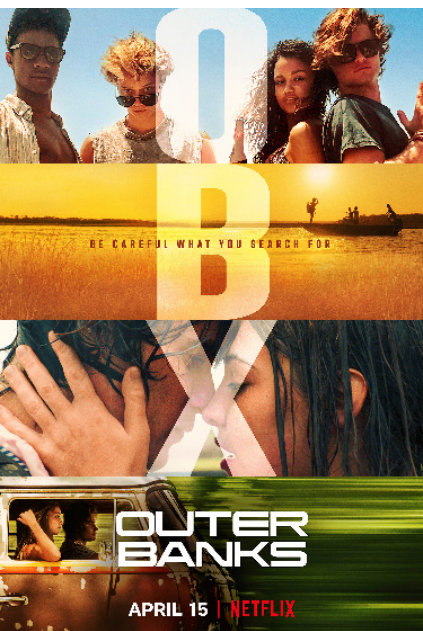
Food: going vegetarian may not be so difficult

Wyatt Holl - 11

So many people across the world love animal products and biting into a juicy piece of meat from time to time. When they think of being a vegetarian, they often get disgusted and offended when they are asked to stop enjoying their favorite foods. People who eat meat often believe that vegetarians are crazy and only eat plants. However, though it is true that plants are the base of their diet and may not appeal to meat lovers, it is also true that many vegetarian foods taste and give the same nourishment as real meat, and also that eating plant based products improves the overall health of the Earth.

First off, meat lovers frequently ask questions such as, “Will I still get the protein and calories needed for my exercise routine?” and “Is there any way at all I can still enjoy meat like I used to?” Of course the answer to both of these questions is yes, people can still take in ample amounts of protein and also still enjoy the rich flavors and sensations brought forth with meats. New brands are popping up everywhere and all the time that focus on producing food such as burgers, hotdogs, and chicken nuggets that taste exactly the same as meat. The only difference between vegetarian food and non-vegetarian foods are the health benefits that come with vegetarian food. More vitamins and nutrients are included along with a lack of potentially harmful animal hormones from meat. Included within these products are added proteins and nutrients, so that people still receive the same health benefits, if not more than before. Other ways to get protein if someone were to require more, is by browsing lacto-ovo options such as eggs, milk, nuts, and cheese. Lacto-ovo vegetarians can still eat animal products such as eggs and milk. People can also just be ovo vegetarians, (people who do not eat dairy) and also lacto vegetarians, (people who do not eat eggs). If an individual is looking to become a full vegetarian and not eat any dairy products or eggs at all, receiving vitamins such as B-12 can prove to be difficult. Looking into purchasing vitamin supplements may be the best option for certain people in this category. Overall, vegetarian foods both taste the same as meat, and provide the same, if not more benefits in terms of nutrients.

When the thought of turning vegetarian comes to mind, what many people think of is why they are doing it to improve the world. Not only is vegetarian a healthier choice for the body, but also a healthier choice for the planet. Going vegetarian cuts on gas emissions, reduces carbon build up, and reduces the land amount being used along with less water usage. When producing plant based foods compared to animal based foods, it uses 30% less emissions than it does when producing animal products. In terms of how much land animal food production takes up, it takes up almost two and a half times more land than plant based food production. Also, just feeding the livestock takes up much of the wheat being grown. In the UK, it is proven that livestock eats over 50% of the wheat being grown there, all of which could be put into feeding people. Going vegetarian can even go as far as helping oceans thrive once again by reducing commercial fishing and improving the ecosystems that were once well off and alive. To read more on why becoming a vegetarian is both healthy for the body and the planet please visit www.vegsoc.org/info-hub/why-go-veggie/environment/ and www.healthline.com/health/becoming-vegetarian to learn more.



Netflix’s Outer Banks makes waves in the entertainment industry

Emily Smith - 10

Netflix released Outer Banks on April 15, 2020, which was the perfect time to release any form of TV entertainment as everyone across the country was at home due to the Coronavirus. This proved to be true, as the series hit number one on Netflix only nine days after it was released. Stars of the show include Chase Stokes as John B, Madelyn Cline as Sarah, Rudy Pankow as JJ, Madison Bailey as Kiara, and Jonathan Daviss as Pope. The show is directed by Josh Pate, Jonas Pate, and Shannon Burke. Season two is currently in production and is expected to launch sometime in the spring of 2021.

The show follows a group of reckless teenagers who spend their summer days living on the edge. Surfing, fishing, and partying are just some of the ways that they spend their time. John B, the main protagonist of the story, is trying to figure out where his dad could be because he had disappeared, as well as trying to convince child services that he does not need to go into foster care, even though he is only 16 and is living alone. To try and escape these problems, he and his friends decide to go fishing after a tropical storm that had just hit the Outer Banks. Instead of a typical trip where they expect to catch lots of fish, they find something unexpected; a sunken boat. Their discovery leads them on a hunt to find 400 million dollars in gold, John B’s father, and the true identities of people that they thought they knew. This hunt has many twists and turns that even risk death for some of the members. Watch the show to uncover the mystery!

Outer Banks became my favorite show on television after only one episode. Each actor’s portrayal of their character is so on point it causes one to wonder whether or not they are this person in real life. The show reveals the true importance of friendship and that money does not always ensure a perfect life, much like people think it does. The action-packed scenes are so intense that I felt my heart rate increase instantly. These scenes always leave the viewer with questions like “What happens next?”, “Are they going to live?” and “Was he really that dangerous?” which truly make for a worth-while viewing experience.

The shows combines classical aspects from hit TV shows and movies like The Goonies, Scooby-Do, and Nancy Drew, which is perfect for anyone who prefers the mystery/adventure movie genre, but it also has all the romance a person’s heart could desire, as it has some similar aspects to a classic like Romeo and Juliet. I recommend Outer Banks to any person who loves to be on the edge of their seat or to anyone who loves teen romance. Outer Banks deserves a five star rating because of the plot, action, and character portrayal that all come together to create an outstanding TV drama.

For more information about Outer Banks, please visit: [https://en.wikipedia.org/wiki/Outer_Banks_\(TV_series\)](https://en.wikipedia.org/wiki/Outer_Banks_(TV_series))

And what about calcium for strong bones?

NEEDS: 700 to 1,000 mg daily

BROCCOLI, COLLARD GREENS, ALMONDS, MUSTARD GREENS, SESAME TAHINI, SOYBEANS, KALE, FORTIFIED DRINKS

Hey, I need iron, too!

FOR EASY EXTRA IRON: COOK IN CAST-IRON PANS

FOOD	IRON (mg)
1 cup cooked soybeans	8.8
2 Tbsp. blackstrap molasses	7.0
1 cup cooked lentils	6.6
1 cup cooked kidney beans	5.2
1 cup cooked chickpeas	4.7
1 cup cooked lima beans	4.5
1 cup cooked Swiss chard	4.0

To increase iron absorption, eat foods rich in vitamin C, such as dark-green, leafy vegetables and citrus.

Are there fish-free omega-3 fatty acids?

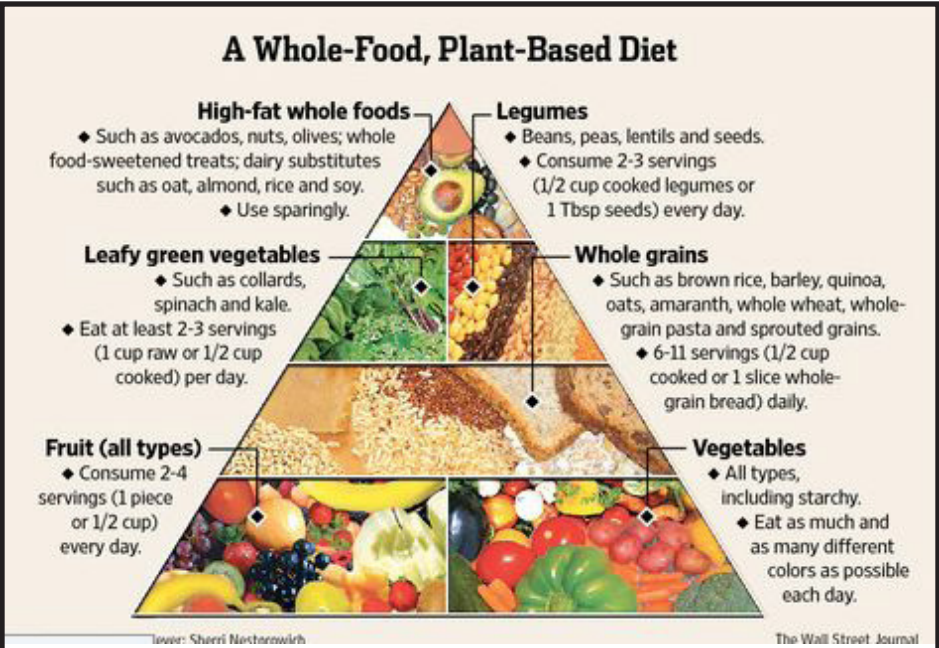
Sure are! And they're perfect for a healthy heart, brain, skin, and joints.

Eat flax seeds, flax oil, walnuts, hemp seeds, purslane, and vegan omega-3 DHA.

What about vitamin D?

Found in: sunlight, fortified nondairy milks, and fortified orange juice.

Vitamin D helps maintain a healthy growing body.



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