

The REDHAWK REVIEW



(Photo Credit: Luca Campbell)

Knowledge Bowl Starts the Season Strong at their First Competition

By Sophie Kunka

Every Monday at lunch, a group of students meets in Mr. Dow's classroom for a thrilling game of knowledge bowl. The students group themselves into three teams led by a captain and answer 50 rapid-fire academic questions covering a range of topics from current events to weather systems to German grammar. Knowledge Bowl is one of PTHS' more robust clubs, consisting of over 30 members. The club competes at multiple regional competitions

throughout the school year as well as attending the state level competition each spring. During competition, participants are divided into teams of between four to six members and collaborate to answer questions in 15 seconds while competing against two other teams at a time. Knowledge Bowl has a strong track record—consistently attending and placing well in state competitions—which reflects PTHS's academic excellence and high achieving students.

This year started out strong with the first Knowledge Bowl competition on December 15th.

The club fielded 5 teams who all performed incredibly well and placed in the top half. One team managed to win the tournament by a margin of 10 points, easily defeating runners-up from Sequim and Port Angeles. Maeve Kenney, co-captain of the winning team, stated, "the latest competition went great!... we 'eviscerated' the other teams," This statement will hopefully herald a season of success for the group. Hazel Windstorm, a member of another team, recalled a tough round where her team was able to hold its own despite stiff competition

from other schools. "There was one round where the other teams were pretty good, and we managed to keep up with them, which was nice." she said. She also emphasized that "the latest competition was really fun!" As well as being a success score-wise, participants thoroughly enjoyed themselves at the competition. The traditional Knowledge Bowl snack of donuts and bagels fueled the sharp minds of PTHS. Students got drinks and snacks from a nearby coffee shop and spent the time between rounds socializing in the homeroom.

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Warm Winter Weather

Over Winter Break, Panya Cao traveled to Mexico. While she was there, she took pictures of various plants she spotted.



Fresh or Farmed?

How salmon farming harms us, the environment, and wild fish

By Hazel Windstorm

Most people have heard about factory farms, where animals are crammed into cages barely large enough to allow them to move, rarely seeing the light of day. Reports on these industries have inspired countless vegetarians and vegans, as well as a wave of national outrage. But the debate around farmed salmon has been far less publicized, and has garnered far less sympathy. Those who balk at non-organic beef or anything less than local grass-fed dairy are often happy to grab a package of salmon filets without scrutinizing the label.

Salmon has always been a popular fish, perhaps more so now than ever. Lower in heavy metals than most other large fish, it has been touted as a safe option to achieve the “two to three servings per week” of fish that the USDA recommends. And yes, this is

true, if you are buying wild caught Alaska salmon. Most people—90% of North Americans—are not.

The difference between farmed and wild salmon is quite simple. Wild salmon swim thousands of miles in their lifetime, feeding on zooplankton and small fish, which give them the characteristic pink hue. They are high in omega-3 fatty acids (good if you don’t like heart disease), lower in calories than farmed salmon, and a good source of several other nutrients.

Farmed salmon, in contrast, live their entire lives in underwater cages, crammed so close together that disease and parasites inevitably run rampant. They are doused in antibiotics, growth hormones, and other chemicals in an attempt to control the parasites that consume them, and because there isn’t actually a USDA-approved definition of organic salmon, these fish are marketed as such. Phrases

like “naturally raised”, “high standards”, and “sustainable” are thrown around, making farmed salmon sound like a conscientious choice.

Sustainable? Decide for yourself: beneath the net pens is a wasteland devoid of life, everything extinguished by the swathes of feces and chemicals that rain down from above. The fish are fed pellets made from ground-up smaller fish (which are themselves an unsustainable and dwindling resource), or plants (more sustainable, perhaps, but not what salmon have evolved to eat). When the fish escape—which they do, regularly in small amounts and periodically in massive quantities—the farmed fish are released in a haze of parasites to mingle, infect, and interbreed with their wild counterparts. In short, farmed salmon is worse for you, worse for the environment, and, far from sparing wild salmon, they

are actively contributing to their demise.

Luckily, Port Townsend offers a plethora of alternatives to farmed salmon. It’s hard to grow up here without having met someone whose family fishes in Alaska, and it’s easier to find high quality salmon than most places. But how can you be sure you are truly getting wild-caught salmon? For one, it will almost always be labeled as such—it’s a major selling point. However, several studies have found widespread mislabeling of farmed salmon as wild, so even that isn’t entirely foolproof. Buying straight from fishers can prevent that, and has the added benefit of getting you the freshest salmon possible. Consuming the best fish isn’t just better for you, it’s better for the oceans, for the environment, and for everyone who depends on wild salmon as a resource.



Wild sockeye salmon in British Columbia, Canada.
(Photo Credit: Barrie Kovich of the New York Times)



Wild salmon (left) is much leaner and has a distinctive reddish color, while farmed salmon (right) is paler and shows white fat marbling.

Book Reviews

By Rennie O'Donnel

My Year of Rest and Relaxation

Written by Ottessa Moshfegh

My Year of Rest and Relaxation has become my favorite book written about a whiney and mopey millennial. The type of authors who write these kinds of books seem to appeal to me often, and though this sort of book is annoying to some, for me, it's a valuable look into a different life experience.

While I can't personally relate to the downward spiral the protagonist is falling into, her situation was alarmingly understandable.

As I read the book, I went through a rollercoaster of emotions regarding the protagonist. First you hate the protagonist, then pity her, then see her as a disgusting and horrible person; next you want to hug her, and by the end you love her through obligation.

The story follows an orphaned woman in her late 20s in New York City who is well off; she has lots of money and opportunities and yet all she wants to do is sleep.

She convinces a somewhat crazy therapist, Dr. Tuttle, to willingly prescribe any and every sleep aid and medication sold in New York City. It works. A year of her life is spent in a coma-like state, sleeping, dreaming, and watching Whoopie Goldberg movies. The protagonist reminisces about her life, which she refers to as "before", and acknowledges the similarities between herself and her mother, a woman who ended up killing herself with similar overuse of sleeping pills. The harsh words and unfair criticisms that the protagonist expresses are extreme and unnecessary at points, illustrating how cruel people can be.

This book is full of sensitive topics and may not be appealing to everyone but is a very well written book and I would strongly recommend it. It is available at the Port Townsend Public Library to read and can also be purchased on Amazon.

One for the Money

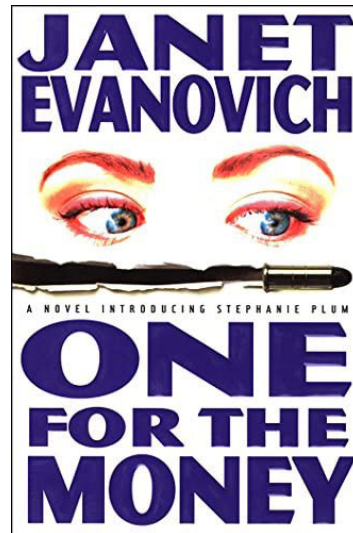
Written by Janet Ecanovich

One for the Money. AKA the book version of junk food. Romance, crime, and cliches write the book for itself and make it impossible to set it down once started. Good reads has placed it under the "Chick-lit" section and I don't think there is any better description than that.

Stephanie Plum lost her job, lost her car, and then sold all of her belongings just to keep her

apartment. What is she to do? Are there any job options in New Jersey other than becoming a bounty hunter? Apparently not. In her desperate attempts to get a job, she blackmails her cousin into employing her. Stephanie's first case is to find an old 'friend' of hers, Joe Morelli, who is wanted for failing to appear in court over a case of first degree murder. After plenty of trial and error in her search to find Morelli, she meets "Ranger", the best and most attractive bounty hunter in the area. He teaches her all that she needs to know and helps her track down Morelli. The love triangle, the action, and the raunchy habits of the characters truly create the best and stupidest book that I have ever read.

The junk food novel was somehow named "Best Book of 1994" by Publishers Weekly and was a New York Times Notable Book. The simple yet thrilling story is a fun and easy read and, in my opinion, is the best way to waste an afternoon.



New Year's Resolutions: The Pros, Cons, Tips and Tricks

By Zoe Pruden

As we roll into 2023, countless questions float through the air. "What will the new year bring?" Maybe "When should I start spring cleaning?" Or most importantly, "Can I follow my New Year's resolution?" While it's true not everyone makes New Year's resolutions, this article is aimed at those who do. Specifically, is there any good reason to keep this holiday

tradition alive, or is it just a waste of time? This article summarizes the pros and cons of New Year's resolutions and tries to comment on how you may be able to keep yours.

New Year's resolutions come back to Babylonian times when people would reportedly make promises to the gods in search of good favor. Nowadays, New Year's resolutions have become a time challenge to ourselves, challenges which often center

around something we want to change in our lives. A major positive of New Year's resolutions comes from the intent itself: we want a chance to restart or change ourselves for the better. This often centers around self-care: going to the gym more, aiming for better sleep, or simply drinking more water. This tradition positively motivates us to do something for self-betterment, and starts the new year on a pragmatic note. If one shares their New Year's

resolutions with others, in person or online, they can be met with helpful feedback or just plain encouragement. Telling others about your New Year's resolution can make it easier to stay on track,

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Knowledge Bowl Cont.

Socializing is a major reason many students joined Knowledge Bowl in the first place. When asked what her favorite part of the club is, Hazel said, "I really enjoy spending time with all of the people in Knowledge Bowl, it's such a good group." Reminiscing about last year, she continued, "It was also really nice last year to have a chance to learn from all the seniors-- it's one of those things where you start out not knowing anything, and everyone's scary and older than you, and then you slowly you work your way up," Her sentiment was shared by Maeve, who said her main reason for joining last year was because everyone, especially the upperclassmen, seemed so nice.

Knowledge Bowl also provides a competitive outlet for students and a fun way to practice quiz skills. One student found her performance with in-class tests improved after joining Knowledge Bowl because the activity made her faster at recalling material for quizzes in all subjects.

Though it can seem intimidating at first, joining Knowledge Bowl can be both fun and beneficial. This year, the club is mostly made up of seniors and juniors, and underclassmen are strongly encouraged to join. It's never too late to drop in on Mondays at lunch to try it out and join to carry on the legacy of a collaborative, competitive club.



Students participating in a knowledge bowl competition

The Redhawk Review

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Maggie Emery - Junior Editor and Graphic Design

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Rennie O'Donnel - PR Coordinator

We hope you've enjoyed your peruse through this issue of the 2022-2023 Redhawk Review! This paper is written and produced by students, for students. Its aim is to both inform our student body about current events in our school, community, and world, and to provide an opportunity for students to get involved with journalism. We are always looking for more students to work with us, either as committed staff members or as contributors of independent pieces. In addition to welcoming articles, we are eager to work with students interested in creative writing, poetry, photography, cartooning, illustration, or other art forms. If you're interested in journalism, or just in learning more, please let me know! We would love to have you on board. We are creating this with student interest in mind, so feedback and thoughts for the future are always appreciated!

Thanks for reading,

Sophia

When you Breathe in, Content

By Riley Gregg

When you breathe in, content.

Look around you, comfort.

Your bed, your walls, the books you read, the pets you love.
I see you there, in your happy place,
with your friends, laughing.

Of course they're there. They're are always there, aren't they?
Your friends. Laughing.

And now there is no happy space, there is just the laughter,
The choking laughter,
That they blow in billowing bursts through your stagnant mind.

New Year's Cont.

especially if they share their own experience or decide to take on your challenge alongside you. Even if you end up falling short of your goal, just voicing it makes it easier to accomplish, and you are taking a step in the right direction.

However, many people can get caught up in the pizzazz of a New Year's resolution, which brings us to one of its major problems: unrealistic expectations. Thinking New Year's resolutions completely can change your life is an impracticable assumption, and setting unhealthy expectations that can hurt mental well being. Another con is judgemental or harsh comparison between resolutions. Everyone has their struggles and strengths, so what might be a walk in the park for you, could be difficult for someone else. Following that same thought, thinking your resolutions aren't "up to par" with others isn't good either, especially if you get into the habit of putting yourself down because of that. I've seen lots of people give up on their resolutions simply because of impatience; creating long-term habits is hard. On average, it takes around 66 days before a new behavior becomes automatic, but that can fluctuate greatly depending on

the person (between 18-254 days in Phillipa Lally's study of habit formation length). If said habit is a giant lifestyle change, it can be even harder to fully integrate it into your life, bringing in that con of unrealistic expectations once again.

As humans, we can change for the better, a feature of our species that New Year's has the potential to highlight. Considering the difficulty of keeping a New Year's resolution, here are two tricks that have helped me: 1. Starting small is one of the greatest ways to integrate a habit into daily life, especially if you can link it to a pre-existing habit. (Like making your bed after you get dressed). 2. Using a habit tracker is another way to keep track of your resolutions. If you don't have a phone, talking to a trusted individual about your New Year's resolutions and how you want to keep them is great too, especially if you form a "buddy-system" type deal.

Overall, New Year's resolutions are a great way to integrate healthy habits into your life, and even though it's not for everyone, giving New Year's resolutions a try can't hurt. Remember, this opportunity only comes around once a year.