

The REDHAWK REVIEW



(Photo Credit: Luca Cambell)

Native American Heritage Month

By Maggie Emery

November has come to a close, and along with it, Native American Heritage Month. Native American Heritage month is a time to acknowledge the importance of Native Americans in our community and the contributions they've made. It's a time to celebrate their cultures, traditions, and stories. However, it is also important to acknowledge

that White settlers arrived in the lands of Native Americans across the US and spread devastation in their communities through disease, forced assimilation, and extreme violence. The čičmǎhán (Cheech-ma-han) Trail is a great way to learn more about the local S'Klallam tribe's history.

The trail weaves throughout Port Townsend, so if you live in town, it likely goes near your house and is easy to access. There

are three loops: walking, biking, and driving. I chose to bike the trail and got to see many of the 18 sites, but not quite all of them. The walking trail is three miles and the biking trail is six. If you're taking older relatives on a tour of the sites, or are feeling a bit fatigued, the 12 mile driving loop is another great option, though it is important to note, it can be more difficult to find the signs marking each site when driving. I began at North

Beach and finished the loop at the Froggy Bottom Lagoon, near Blue Heron Middle School. Stopping at Velocity for a chai tea along the way was a must with the typical Pacific Northwest rainy and windy weather that I was biking in, and I would recommend it to anyone venturing out onto the trail.

The čičmǎhán Trail was named after a leader of the S'Klallam tribe (the anglicized name is

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Sport of Kings: The Dark Truth About Horse Racing in America

By Hazel Windstorm

The horse is in second place, fighting his way up towards first, when it happens. He is flying around the track, his strides stretching out across the dust, the picture of strength and beauty and freedom. He is light gray, a ghost against the black horse beside him. The crowd is yelling, cheering, screaming in adrenaline fueled euphoria. And then it's over, so fast you miss it if you aren't looking. He slips, front feet buckling below him, the full force of all that strength and beauty and freedom slamming down with 1200 pounds of load onto his ankles. He rolls, all the way over, and staggers to his feet. Tries to run away. But it's wrong, all wrong. Even in the grainy video you can see it: his left leg is snapped clean through at the knee, dangling by a mere thread of tissue, swinging sickeningly as he hops, flails, runs out of the frame. Later, his fate is summed up in just a few words: "Sadly Broke Down, Fell and had to be Euthanized in Race 2, a \$4k claimer at Fairmount Park (FanDuel Racing) on September 13, 2022. RIP".

Every year, around 2,000 horses die on US race tracks alone. This estimate, made by the nonprofit Horseracing Wrongs, attempts to take into account the numerous

deaths which do not occur on the race track (ie., stall deaths, training deaths, deaths resulting from injuries sustained on the track which fall outside a certain time limit), but it is exceedingly difficult to find accurate numbers. Most databases rely on the honor system, and there is little incentive for tracks to report anything but the bare minimum of deaths.

Why do these deaths occur, you may ask? Are horses not born to run? Yes, but a racetrack is a far cry from the dusty plains of the west. Aside from fleeing from a predator, a horse would never run flat out for such an extended period of time. Indeed, the race track simulates that fear; horses are driven to keep up with the herd; they are whipped; they are sometimes drugged not to feel pain. Additionally, horses are usually raced starting at 18 months. That is—roughly—the equivalent of a ten year old human, meaning they are not physically or mentally mature. This means horses regularly die in catastrophic accidents: the broken spines and snapped necks are bad enough, but the horses with enough life left to run, to scream, to struggle to their feet on two front legs that are so broken they bend backwards, that are the hardest to watch.

Activists often call for reform, but the reality is that there is no such thing as a safe race course.

Many race tracks claim that they boast "the best safety measures possible". If that is true, then the "best" safety measures are clearly not sufficient. At Emerald Downs, the only track in Washington state, 133 race horses have died since 2014. In New York, the number is almost 900 dead horses in the same time period. The racing industry is built on the idea that horses are commodities, chattel, to be milked for every cent. Owning a winning horse can be incredibly lucrative. Additionally, betting on horses is a known stimulant, and a huge moneymaker for the race tracks. Because of this, racetracks have attempted to prop up the lie that horse racing is anything but the blatant killing of horses for sport.

And yet, despite the appalling carnage that happens every day, most people know nothing about

track deaths. And so it continues. And it will continue, until the public decides that horse's lives are worth more than the bets that can be made off of them. There is no cure for the disease that is horse racing. No reform, no remedy that can fix it. Death is a part of racing so fundamental that nothing can ever remove it from the fabric of the race track. Any sport which completely disregards the safety of its competitors is inherently dangerous, and in making the sport safe one would render it obsolete. If horse racing was a sport where the athletes were human, it would have been abolished long ago. Instead, it has lingered on through the years, a vestige of a past in which the suffering of others was of no consequence. The "Sport of Kings" has no place in our society. It must end.



Yodeler's Dream (aka Dreamer) is an off-the-track thoroughbred, who has never fully recovered from the injuries she sustained from her racing career. (Photo Credit: Hazel Windstorm)

A Strong End to the Season for Rivals Cross Country

By Sylvia Butterfield

This fall, East Jefferson's Cross Country teams have proved that hard work really does pay off, with the girls' team winning districts and both teams making it to the state meet.

It was cool and rainy when both teams arrived at Chambers

Bay Golf Course for the Westside Classic District meet. With three state slots open for boys teams and only two for the girls, both teams needed to race their best to secure a ticket to state. The girls also had the potential to beat Klahowya's team and become district champions for the second year in a row after winning the title last

year. It was a goal that had been within reach all season, but with top runner Aliyah Yearian out due to injury, the chance was slimmer than had been predicted. The girls' team raced first, with all seven girls racing amazing times and placements despite the less-than-ideal conditions. Four of the East Jefferson girls (Fiona Fraser,

3rd overall; Camryn Hines, 4th; Sylvia Butterfield, 6th; and Tadu Dollarhide, 8th) placed top 10 and qualified for state individually, while the whole team became district champions with a score of 30, only 9 points behind the team who had placed second overall. The boys' team also qualified for

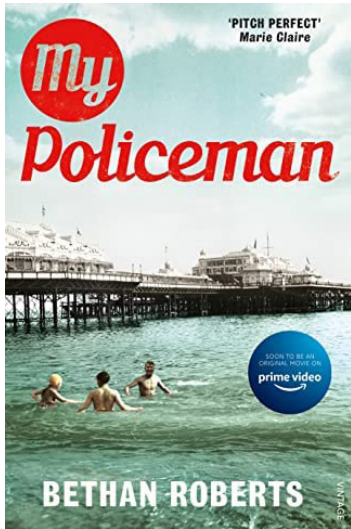
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Book Reviews

By Rennie O'Donnell

My Policeman

By Bethan Roberts



My Policeman is one of 2022's most controversial LGBTQ+ films and is based on a semi-popular book celebrating gay marriage becoming legal in the US. The book hadn't been widely known until singer Harry Styles was cast as one of the main characters in 2021. His fans at the time rushed to stores and bought thousands of copies. Among those many fans, I purchased a copy and read it in only a few days. The book was written to be impactful, but I feel that it didn't quite succeed.

The story follows Marion, a woman who reflects on when she was young and in love. Her

husband is now a policeman, whom she becomes suspicious of when he starts to frequently and consistently meet with a museum director, Patrick. Though she befriends Patrick, their suspected affair is troubling to her. Throughout the book, there are time jumps to when the three characters are old and sick, with Tom being negligent in his care of Patrick in a time of need.

When the movie came out a month ago, I was extremely disappointed. The acting was bad, diminishing the story's importance, and the professional reviews in America were extremely biased by political parties. The contro-

versy started with Democratic reviewers saying that Harry Styles was a 'Queerbaiter', and the Republican reviewers sharing their opinion that it was wrong for a movie to condemn a police force responding negatively towards LGBTQ+ behavior. Neither side of the reviews effectively or objectively displayed opinions on the quality of the work. While the book was pretty decent, the movie was a sexualized and poorly cast version of the original narrative.

If you feel like you may be interested in reading My Policeman, I would recommend it. It's an engaging read and offers some good perspective.

Slouching Toward Nirvana

By Charles Bukowski

Slouching Toward Nirvana is a collection of poems, and though I rarely read poetry, Bukowski's work intrigued me. NPR gives a good quote describing Bukowski's collection: "Hard-drinking, outlaw poet Charles Bukowski wrote about living in slums, working dead-end jobs and haunting bars in Los Angeles."

These poems offer dark insight into men who seem to be forever discontented. Through stories of childhood bullies, men who objectify and mistreat women, and alcoholics, the sad poet's deepest thoughts and feelings come out. There is almost a magic to the way Bukowski writes - he can say exactly what he intends to in a way that hops in and out of a stories, jumping from one to another in a comprehensible way. He describes

snapshots of life with gruff ease and shows how individuals are funneled into certain paths because of the hardships in their life. One that comes to mind for me is a description of a fat little boy whose mom yells at him when he comes home every day with his clothes ripped, a deeply troubled woman oblivious to the fact that her own son is being harassed at school.

People love to trash Bukowski, saying he's a bad person, a misogynist and who treats women like dirt, but in his poems, you can see his life has forced him into a trajectory that is somewhat out of his control. You can't dismiss or excuse bad attitudes, actions, and life outlooks, but you can understand why someone might end up in this way and have a better understanding of why people act

in the way they do.

Below is an excerpt of his writing, a poem, which I think is a good sample of his work.

"Either peace or happiness, let it enfold you

when I was a young man
I felt these things were
dumb, unsophisticated.
I had bad blood, a twisted
mind, a precarious
upbringing.

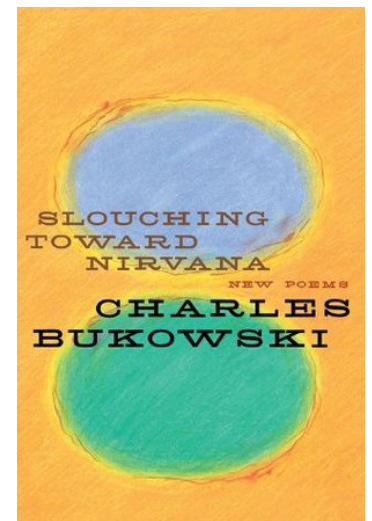
I was hard as granite, I
leered at the
sun.

...
peace and happiness to me
were signs of
inferiority,
tenants of the weak
and
addled
mind."

This is from "Let it Enfold You"

and can be found online or in the book "Betting on the Muse."

I would highly recommend Bukowski to book lovers interested in existential questions and understanding broken people around them.



Coming to Culinary

By Addison Asbell

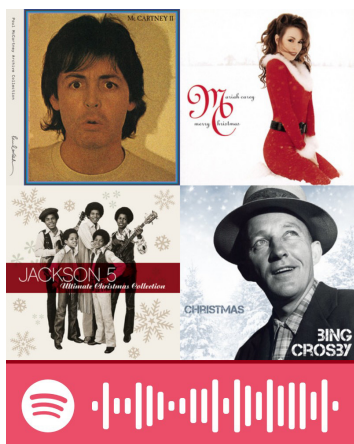
November is known for its food. From roasted turkey to mashed potatoes, November is the time to be in the kitchen. Our culinary class has had some big activities in November, with soups, stuffing, and sweet potatoes all on the menu. At the beginning of the month, culinary students made a Thai Coconut Soup from 40Aprons.com. If you would like

to cook like the culinary class, check out the recipe described below. It's a milk-based soup with a sweet and spicy pinch. As one who has cooked this, I suggest making sure you add enough seasoning to make it flavorful.

Another meal that came to the kitchen was a Raman noodle dish. In the latter part of the month, the menu was filled with holiday cheer, with the culinary class cooking up a full

Thanksgiving meal. Each group chose a traditional dish to prepare.

Lately, culinary has been working on cooking meats, mostly chicken. Recently, they were challenged with cooking chicken breasts in three different ways. Most students pan-fried one, boiled one, and baked the other. After the holidays have passed, culinary classes are planning to make a wonton/potsticker dish.



Holiday Playlist by Rennie O'Donnell

Cross Country Cont.

state, with Sebastian Manza (1st place) and Soare Johnston (2nd) placing in the top ten.

With their state spots secured, the whole team left for eastern Washington to race at Sun Willows Golf Course in Pasco on Saturday, November 5th. With high winds and cold weather, the conditions were horrible and no one was looking forward to the 5 kilometer race ahead.

The girls team raced first, placing 6th as a team. Fraser was the first to cross the finish line from the East Jefferson team, placing 25th overall. Next came Hines, placing 35th. Dollarhide and Butterfield placed 60th and 65th. The fifth runner from the girls' team was Hilina

Taylor-Lenz (93rd place, PR of 23:23), closely followed by Leah Ferland (108th). Michael Gregg also had a spectacular race after coming back from an injury earlier in the season, finishing 130th with a personal record time of 24:44. The boys team ran next, with Manza placing 11th overall. Johnston was next (15th), followed by Henri Huber (129th) and Indigo Gould (141st). With Dustin Hines in 149th place, Rylen Kruse in 153rd, and Alex Lott in 154th, the boys placed 12th overall out of all the 1A teams. After a season that everyone could be proud of, the team took time off before starting conditioning training for the spring Track & Field season on November 28th.



Runners - Butterfield, Dollarhide, Hines, Fraser, Ferland, Gregg, and Taylor-Lenz - take off from the start line at their state race in Pasco, Washington. The top runner on the girls team, Aliyah Yearian, was unable to compete due to an injury.

Thai Coconut Chicken Soup

By Addison Asbell

Ingredients:

- 1 tablespoon coconut oil
- ½ of one onion sliced
- 2 cloves garlic chopped
- ½ of one red jalapeno pepper sliced, or a couple Thai chiles, halved
- 3 ¼-inch slices galangal or ginger
- 1 lemongrass stalk pounded with the side of a knife and cut into 2-inch long pieces
- 2 teaspoons red Thai curry paste
- 4 cups chicken broth see Notes if vegan or on Whole30
- 4 cups canned coconut cream or coconut milk (see notes)
- 2 medium chicken breasts cut into bite-sized pieces, see notes for vegan/vegetarian or to use shrimp
- 8 ounces white mushroom caps sliced
- 1-2 tablespoons coconut sugar
- 1 ½ – 2 tablespoons fish sauce plus more to taste
- 2-3 tablespoons fresh lime juice
- 2-3 green onions sliced thin
- fresh cilantro chopped, for garnish



Preparation:

1. In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, jalapeno or chile, galangal or ginger, lemongrass, and red curry paste and cook, stirring frequently, for 5 minutes, or until onions are softened. Add chicken broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.
2. Strain out the aromatics (the garlic, onions, lemongrass, and ginger) and discard. Add in coconut cream or milk, chicken breast (or tofu or shrimp), and mushrooms. Simmer until chicken breast pieces are just cooked through, then add fish sauce, coconut aminos (or coconut sugar), and lime juice, plus more of each to taste.
3. Cook 2 minutes, then ladle into serving bowls and top with sliced green onions and fresh cilantro.



"Gratitude is a fluctuation of connection and acknowledgement"

A Reflection on Gratitude

By Zoe Pruden

As the spooky season ends, and Mariah Carrey shoves her way into our lives via All I Want For Christmas is You, the topic of gratitude comes into our minds. In our quaint seaside town, the holidays are a time of warmth and food, and most importantly, a time when we draw closer to the people we care about. It's a time when we may be more conscious of our blessings, leading us to ask

ourselves, What really is gratitude, and is there a right way to express it?

According to Oxford Languages, gratitude is "*the quality of being thankful; readiness to show appreciation for and to return kindness.*" While grammatically correct, is this really gratitude? I interviewed some of my friends and they described it in the following ways: "*showing appreciation for someone else.*"; "*the expression*

of love, appreciation and thankfulness of another person, thing, or place."; "*Thankfulness.*"

It seems that these explanations aren't too far off from the denotative definition, but to me, gratitude is a little different. Rather than being a way of repaying someone, it's a connection between people, an acknowledgement of vulnerability and a mutual understanding of the ability to be imperfect. For me, gratitude is a selfless act,

something that you should do without thinking. I think about it like basic courtesy, you don't really need to say thank you, but you still do it because it's the nice thing to do. Gratitude should be the same.

However, gratitude can be manipulated, overused, or even twisted as a weapon against others. In my cases, gratitude can be a touchy subject. If I'm feeling down, and someone tells

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Ramble on Theater

Oh the sweet scent of the stage, how I have missed your sweltering embrace. It finally feels like the theater department is back! A production of *A Midsummers Night's Dream* with the full works: amazing costumes, a *chiefs kiss* beautiful set, an actual tech crew, makeup! Oh the gods have smiled on this stage once again, and Port Townsend is loving it. If you didn't get to see one of the shows, boy did you miss out; they were amazing performances for everybody involved.

I started with theater like most PT kids, all the ways back when the Missoula Children's Theater did their rounds at Blue Heron back in the day. Back then when I was just a lowly potato, I still remember the high I got off making a crowd laugh. Chasing that high is only one of many reasons to perform. The confidence boost you gain from convincing the audience you're madly in love or pissed out of

your mind really can put the prep in your step, as well as giving you the feeling of a job done well.

Not that everything goes perfectly in theater, mind you - it's live; there is no second take. The ability to improve scenarios that could turn awkward very fast is not only a life saver, but just a good life skill. No theater kid worth their sodium chloride gets in trouble, because they are equipped with a quick wit under pressure. Truly, a theater kid is the best of the bunch, and an asset to almost any team.

Before this completely transforms into a sales pitch for the theater program, I would like to reflect a little. I believe every character you play is given a little part of your soul. When playing a character, you need to have fully formed a personality for them, a cadence, a rhythm, a way they talk, a way they walk. Developing a personality like this does something to you. My first

real production was *Our Town*, and sure enough, good ol' Simon Stimson is still nestled in my bosom. I took some great ideals from that man: a clarity about the complexity we live in, and a respect for death that I didn't have before.

As I stood on the stage for the last production of *A Midsummers Night's Dream*, I reminisced about *Our Town*. Way back when. Audiences were bigger, but the feeling was no different. It seems to me now like the remembrance of an idle god which I dote upon. Of course there were huge differences: *Our Town* had no set, no props, just actors and costumes. These things may seem small and insignificant, but they really change the experience of a play.

In *A Midsummer Night's Dream*, our MVP's, or most valuable players (theater slang), were our tech crew, Arrow and Sam, without whom we would not have

had such an amazing set. And of course Mr. Pierson, who directed the whole thing, must be honored, as he truly revived the theater program from its COVID depths.

I have a lot of bottled up feelings about theater, and what it has meant to me as a person, and now, what it means as a senior this year. If you're deeply involved in anything - a sport, a club, an activity - you know the feeling. If you're not; do so, before it's too late. There is nothing like it. Thank you everyone who came to the show.

It means more than the world.

-Riley the Gregg



Recipes for Winter Break

Try these cozy recipes over winter break! Perfect to make on a chilly December day! The Redhawk Review suggests using local, organic, fair trade, environmentally responsible, and humanely raised ingredients when possible.

Gingerbread Cookies - yields around 32 cookies

Ingredients:

Cookies

- 3 cups (310 grams) whole wheat flour, plus more for work surface
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- ¾ teaspoon kosher salt
- ½ teaspoon ground cloves
- ½ teaspoon finely ground black pepper
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ½ cup melted coconut oil
- ½ cup molasses
- ½ cup packed coconut sugar
- 1 large egg
- Powdered sugar, for dusting (optional)

Lemon icing (optional)

- ½ cup powdered sugar
- ¼ teaspoon lemon zest (optional, for intense lemon flavor)
- 2 ¼ teaspoons lemon juice

Instructions:

1. In a medium mixing bowl, combine the flour, ginger, cinnamon, salt, cloves, pepper, baking soda and baking powder. Whisk until blended.
2. In a small mixing bowl, combine the coconut oil and molasses and whisk until combined. Add the coconut sugar and whisk until blended. (If the sugar is gloppy and won't incorporate into the mixture, warm the mixture for about 20 seconds in the microwave or over low heat on the stove, just until you can whisk it all together.) Add the egg and whisk until the mixture is thoroughly blended.
3. Pour the liquid mixture into the dry and mix just until combined. (If it seems like you don't have enough liquid, just keep mixing!) Divide the dough in half. Shape each half into a round disc about 1 inch thick and wrap it in plastic wrap. Place both discs in the refrigerator and chill until cold—about 1 hour, or up to overnight.
4. Preheat oven to 350 degrees Fahrenheit with racks in the middle and upper third of the oven. Line two large baking sheets with parchment paper. Lightly flour your working surface and roll out one of your discs out until it's ¼ inch thick. If the dough is very hard or crumbly, just roll it as best you can and then let it rest for a few minutes to warm up. Repeat until you've successfully rolled the dough to ¼ inch thickness.
5. Use cookie cutters to cut out cookie shapes and place each cookie on a parchment-lined baking sheet, leaving about ½ inch of space around each one (this dough just barely expands during baking). Combine your dough scraps into a ball and roll them out again, repeating until you have used up all of your dough. Repeat with remaining disc.
6. Place baking sheets in the oven, one on the middle rack and one on the upper. Bake for 8 to 11 minutes; for softer cookies, pull them out around 8 minutes and for more crisp cookies, bake for up to 11 minutes. The cookies will further crisp as they cool. Place the baking sheets on cooling racks to cool.
7. If you'd like to ice the cookies and/or sprinkle them with powdered sugar, wait until they have completely cooled to do so. To make the icing, in a small bowl, combine the powdered sugar, optional lemon zest and the lemon juice. Whisk until thoroughly blended. Transfer the icing into a small Ziploc bag, squeeze out any excess air and seal the bag. Cut off a tiny piece of one of the lower corners and squeeze icing through the hole to decorate the cookies as desired.
8. If you'd like to sift powdered sugar over the cookies, do it now. Wait until the icing has firmed up (about 1 hour) before carefully stacking the cookies in a storage container. Cookies will keep for up to 1 week at room temperature.



Minestrone Soup - Serves 8

Preparation:

1. Soak overnight **8 ounces peas or navy beans** and 4 cups of water
2. Cover and cook 1 ½ hours. Drain, reserving liquid, and set aside
3. Place in a large stock pot: **8 ounces pork, beef, or other meat**
4. Cover and saute until brown. Remove from pot and set aside
5. Add to pot and saute until vegetables are soft and beginning to brown: **1 onion, chopped; 2 carrots, diced; 2 stalks celery, diced**
6. Add and saute 1-2 minutes longer: **2 cloves garlic, minced**
7. Add reserved meat and beans to pot, along with: 10 cups bean liquid, water, **vegetable stock or meat stock; ¼ cabbage, thinly shredded; 2 tomatoes, peeled and chopped; or ¾ cup cooked tomatoes; salt and pepper** to taste
8. Cover, bring to boil, reduce heat, and simmer soup for 1 ½ hours
9. Add: **2 cups peas or green beans**, cut into bite-sized pieces
10. Simmer for another 20 minutes. Just before serving, stir in: **½ - 1 cup of cooked pasta, 3 tablespoons of chopped parsley**
11. Serve hot, sprinkled with **parmesan cheese**

Generations of Music: Renowned Musician Returns to Port Townsend

By Sophie Kunka

Music swells smoothly, the melody passing back and forth between viola and violin. Rich notes from the viola contrast with the shimmering violin. The music falls into delicate pizzicato and rises in lively staccato scales. The musicians, Matthew Daline on viola and Lin He on violin, sway emphatically with the music, ending the piece in a resounding chord. Halvorsen's "Passacaglia" comes alive with Daline's masterful playing. Exquisite music like this is often the inspiration for young players to pick up an instrument, and strive to emulate the emotion that professional musicians put into their music. In Port Townsend, there is a thriving community of talented and motivated young musicians, especially in the high school. These students make up Port Townsend High School's chamber ensemble, taught by Daline.

Daline himself used to be one of these talented young musicians at PTHS. He graduated in 1990 and went on to study music at Juilliard, received a masters of music at Yale, and then a

doctorate of musical arts at the State University of New York. From there, he went on to win the Artists International Competition which kick-started his career as a chamber musician and soloist. He has performed at festivals all around the world— Brazil, Korea, Romania, and Italy being just a small selection of the countries he has played in. Additionally, he has taught at a number of universities, including teaching viola at Bowling Green State University from 2006 to 2022. After this astounding career, Daline has returned to Port Townsend to provide private lessons on viola and violin and help instruct the high school chamber ensemble.

The chamber ensemble is a small group of musicians hand selected by Mr. Ferland based on their talent and leadership in the classroom. The majority of these students are upperclassmen who have been taking private lessons or studied music outside of the high school. Additionally, many of these students are part of the orchestra's leadership program, helping organize fundraisers, class functions, and serving as mentors to underclassmen. Participation

in the chamber ensemble also provides an opportunity to play more complex music and establish a closer connection with their fellow musicians. Under Daline's careful instruction, students flourish and pieces come alive.

Daline adds to the robust music community of all ages in Port Townsend who are continuously

learning from and inspiring each other. He is an example of how galvanizing teachers can produce talented students who then choose to return to their community and bestow their knowledge on future generations, continuously inspiring people to love the joyful art of music.



Mathew Daline and his wife Jennifer Chung perform as a duo with Chung on piano and Daline on violin and viola. The couple moved to Port Townsend recently with their son. (Photo Courtesy of Mathew Daline)

Gratitude Cont.

me "why not think about what you're grateful for?" it always makes me feel worse. *Why am I feeling this bad when I have it good?* Sadly, gratitude can also be used to manipulate others. It can be twisted in unhelpful ways: *How dare you feel this way, why aren't you grateful?; You don't deserve my thanks...* This is the toxic version of gratitude.

And yet, most of the time, gratitude can be a wonderful thing expressed in a multitude of ways. Is one of them right? According to my friend it can be expressed as a "thank you, repaying someone, a general sense of acknowledgement. It doesn't need to

be a single thing." What's the most important part of showing gratitude? Simply "making the person feel appreciated. It doesn't matter how you express that, as long as they feel it."

Gratitude is a fluctuation of connection and acknowledgement, and is expressed in many, many different ways. Sometimes you don't have to know how or what to feel; you can just take in your feelings. It's an experience that everyone should have, regardless of their situation. It could be acknowledgement from friends or parents, or a simple thank you from a stranger. Gratitude is something that shouldn't just be

discussed around Thanksgiving and the holiday season; it should be something we feel daily.

Overall, gratitude is an experience that is expressed in a myriad of ways, none of them wrong if they are heartfelt and sincere. Gratitude itself is also variable in the way it can be received. All in all, *everyone* should be grateful, whether it be concerning a circumstance large or small, or directed towards a stranger or soulmate. A simple and unassuming "thank you" is often very powerful, I promise.

Really, try it.



Native American Heritage Cont.

Chetzemoka) who helped the tribe navigate through the difficult period of treaties and tensions between Native Americans and White settlers. Because of this, the trail primarily focuses on the interactions between Native Americans and White settlers while also incorporating some of the tribe's culture and traditions.

Each of the sites had a sign explaining that place's importance for the S'Klallam tribe. That same information can be found on the čičmohán Trail website, which

also includes pictures, adding to the depth of knowledge one can gather from the trail.

Imagining the S'Klallam tribe's stories and history, as well as imagining what life was like for them, gave me a new perspective on our town. It caused me to think more about the geographic location of the S'Klallam tribe in Port Townsend (which they called Qatáy) since most of the signs were connected to natural landmarks rather than historic buildings. The landscape and

features of Port Townsend had a great effect on their lives. In particular, the rip tides near the Fort Worden Lighthouse made it a treacherous area of water to navigate. Instead, the S'Klallam people beached their canoes at Fort Worden and completed a 2.5 mile portage through qatáy valley (along San Juan Avenue) and across the peninsula, ending at Port Townsend Bay.

The čičmohán Trail was incredibly beautiful, with fallen yellow, orange, and red leaves

lining the roads and blanketing the trails. It was a wonderful experience riding through the woods, looking out over Admiralty Inlet and the Strait of Juan de Fuca, and learning more about the people who were here long before white settlers, since time immemorial. Seeing each of the sites on the čičmohán Trail was a great way to imagine what Port Townsend was like for the S'Klallam tribe and was a great way to close out Native American Heritage Month.



On the right, a totem pole marks the shared love of the sea between the S'Klallam tribe and the Northwest Maritime Center. On the left, a statue of tribal leader čičmohán stands overlooking the golf course and qatáy valley.

The Redhawk Review

Sophia Lumsdaine - Editor-in-Chief

Maggie Emery - Junior Editor and Graphic Design

Zoe Guinan - Junior Graphic Design

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 the student interest in mind, so feedback and thoughts for the future are always appreciated!

Thanks for reading,

Sophia

Ask Spectrum!

Ask Spectrum is a new addition to our High School's Redhawk Review by Spectrum Alliance. The Spectrum Alliance is a club for the students of Port Townsend High School in the LGBTQ+ community, whose goal is to provide a safe and productive space where teens can feel welcome, empowered, and recognized! It is led by President and senior Ezra Cook, Vice presidents Charlotte Capel and Alice Force, and supervisor Beau Ohlgren. Meetings take place every Tuesday at lunch in the Wellness center room S-7 in the Geal Stuart Building and everyone is welcome!

Ask Spectrum was created as a result of Spectrum's drop box located by the attendance office where anyone can ask LGBTQ+ related questions and shout out their suggestions. Spectrum Alliance will be answering your questions and providing further information. So without further ado let's get on with the question for this issue!

Question - "Can I be gay and straight at the same time?"

Spectrum's Answer - Absolutely! It is perfectly normal and common to be attracted to more than one gender, even if you only feel it at certain times.

There are many types of sexualities that encompass all forms of genders you may be attracted to. These can include *Bisexual*, which is where a person likes both males and females (you can like one more than the other and still be bisexual), *Pansexual*, where your romantic and physical attraction towards someone is regardless of their gender, as well as *Queer*, which for many, serves as an umbrella term for whatever attraction you may feel at that moment! There are many ways you can choose to label yourself as well as the choice to not label your sexuality and it is different and unique for you! Don't stress yourself on constantly having a label if that doesn't feel right for you, do whatever feels best in the moment and be open to discoveries and change!



(Photo Credit: PTHS Spectrum Alliance)