



The Eaglette

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Nov/Dec 2019

It was Gobble, Gobble time.....



Even though Thanksgiving has come and gone it is still important to know the history behind this holiday.

Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2019 occurs on Thursday, November 28. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

Thanksgiving at Plymouth

In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious disease.

Only half of the Mayflower's original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English. Several days later, he returned with another Native American, Squanto, a member of the Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition.

Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Wampanoag, a local tribe, which would endure for more than 50 years and tragically remains one of the sole examples of harmony between European colonists and Native Americans.

In November 1621, after the Pilgrims' first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the fledgling colony's Native American allies, including the Wampanoag chief Massasoit. Now remembered as American's "first Thanksgiving"—although the Pilgrims themselves may not have used the term at the time—the festival lasted for three days.

Thanksgiving Traditions

In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90 percent of Americans eat the bird—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

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Gobble, Gobble cont.

Thanksgiving Controversies

For some scholars, the jury is still out on whether the feast at Plymouth really constituted the first Thanksgiving in the United States. Indeed, historians have recorded other ceremonies of thanks among European settlers in North America that predate the Pilgrims' celebration. In 1565, for instance, the Spanish explorer Pedro Menéndez de Avilé invited members of the local Timucua tribe to a dinner in St. Augustine, Florida, after holding a mass to thank God for his crew's safe arrival.

On December 4, 1619, when 38 British settlers reached a site known as Berkeley Hundred on the banks of Virginia's James River, they read a proclamation designating the date as "a day of thanksgiving to Almighty God."

Some Native Americans and others take issue with how the Thanksgiving story is presented to the American public, and especially to schoolchildren. In their view, the traditional narrative paints a deceptively sunny portrait of relations between the Pilgrims and the Wampanoag people, masking the long and bloody history of conflict between Native Americans and European settlers that resulted in the deaths of tens of thousands. Since 1970, protesters have gathered on the day designated as Thanksgiving at the top of Cole's Hill, which overlooks Plymouth Rock, to commemorate a "National Day of Mourning." Similar events are held in other parts of the country.

History.com Editors. "Thanksgiving 2019." History.com, A&E Television Networks, 27 Oct. 2009, <https://www.history.com/topics/thanksgiving/history-of-thanksgiving>.

We are thankful....

Gabrielle C.

I am thankful for good health, my family, my friends, my freedom, and a roof over my head

Alberto H.

I am thankful for my family, the sport I play and all of the things God has blessed me with

Zavian K.

I am thankful for my health I am thankful for my family

Nathan F.

I'm thankful for the school year moving so fast. So I hurry up and go on Christmas Break .

Samir R.

I'm thankful for the small and free pleasures life gives us

Mawulolo B.

I'm thankful for my parents and my sisters for always pushing me to be greater than I am and to strive for something that seems impossible.

Maneet B.

I'm thankful for my parents, my siblings, my best friends, and my cousins. They've all helped so much throughout my life.

Dabria S.

I am thankful for my parents, who do all these wonderful things for me I am also thankful for my friends who put me in a good mood everyday.

10 Christmas Facts

1. Each year, 30-35 million real Christmas trees are sold in the United States alone. There are 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.

2. Today, in the Greek and Russian orthodox churches, Christmas is celebrated 13 to 14 days after the 25th. This is because Western churches use the Gregorian Calendar, while Eastern Churches use the Julian Calendar.

3. In the Middle Ages, Christmas celebrations were rowdy and raucous—a lot like today's Mardi Gras parties.

4. When Christmas was cancelled: From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.

5. Christmas was declared a federal holiday in the United States on June 26, 1870.

6. The first eggnog made in the United States was consumed in Captain John Smith's 1607 Jamestown settlement.

7. Poinsettia plants are named after Joel R. Poinsett, an American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.

8. The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.

9. Rudolph, "the most famous reindeer of all," was the product of Robert L. May's imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store.

10. Construction workers started the Rockefeller Center Christmas tree tradition in 1931.



Happy New Year.....2020

In the spirit of the impending holiday and the on-coming New Year I have often wondered about the tradition of eating black-eyed peas and collard greens. Following is an account of where it originated from and its meaning.

Why Southerners Eat Black-Eyed Peas on New Year's Day

AMANDA GALIANO

Do you know why it's good luck to eat black-eyed peas on New Year's Day? As with most superstitions, there are several answers to the question.

Most Southerners will tell you that this culinary custom dates back to the Civil War. Black-eyed peas were considered animal food. The peas were not deemed worthy of serving to General Sherman's Union troops. When Union soldiers raided the Confederates' food supplies, legend says they took everything except the peas and salted pork. The Confederates considered themselves lucky to be left with those meager supplies, and survived the winter. Peas then became symbolic of luck.

Black-eyed peas were also given to enslaved people, as were most other traditional southern New Year's foods and evolved through the years to be considered "soul food." One variation of the superstition says that black-eyed peas were all the enslaved people in the South had to celebrate with on the first day of January 1863. What were they celebrating? That was the day when the Emancipation Proclamation went into effect. From then on, black-eyed peas were always eaten on the first day of January.

Others say that since farming has always been important in the South, black-eyed peas are available and are a good food to celebrate in the winter. Not many crops grow this time of the year, but black-eyed peas stored well, were cheap, and it all just made sense.

How Do You Eat the Peas?

There are many traditions related to serving and eating black-eyed peas. Some people believe you should cook them with a new dime or penny, or add a coin to the pot before serving. The person who receives the coin in their portion will be extra lucky.

Some say you should eat exactly 365 peas on New Year's Day. If you eat fewer, you'll only be lucky for that many days (perhaps on leap years, you need to eat an extra one). However, if you eat any more than 365 peas, it turns those extra days into bad luck.

Others say you should leave one pea on your plate, to share your luck with someone else (more of the humbleness that peas seem to represent). Yet others say if you don't eat every pea on your plate, your luck will be bad.

It's also said that if you eat only peas, and skip the pork, collard greens, and the accompaniments, the luck won't stick. They all work together or not at all.

Hog Jowl on New Year's Day

You may be wondering what hog jowl is as some have never heard of this cut of pork. It's the "cheek" of the hog. It tastes and cooks similar to thick-cut bacon. It's a tough cut that is typically smoked and cured. Hog jowl is used to season beans and peas, or fried and eaten like bacon.

On New Year's Day, hog jowls are traditionally eaten in the South to ensure health, prosperity, and progress.

Hogs and pigs have long been a symbol of prosperity and gluttony. It's why someone who takes more than their share is "being a pig." Some cultures believe that the bigger pig you eat on New Year's, the bigger your wallet will be in the coming year. So, the "fatter" the pig, the "fatter" your wallet. Spit and pit-roasted pigs are popular New Year's meals.

In the South and some other areas, pigs were considered symbolic of both health and wealth, because families could eat for the entire winter on the fatty meat one pig produced. Having pork could mean the difference between life and death in a really cold winter.

Pigs have also long symbolized progress. A pig can't turn his head to look back without turning completely around, so it's believed that pigs are always looking to the future. They fit in perfectly with other New Year's celebrations.

Why hog jowls? They're a cured meat product that stores well for long periods of time. Before refrigeration, cured beef and pork would be very popular in the winter. The tradition of eating the cured hog jowls has persisted and become a part of a New Year's feast. Plus, pork goes well with black-eyed peas and collard greens.

Collard Greens on New Year's Day

Want to get rich? In the south, collard greens and cornbread eaten on New Year's Day ensure that money will be in your future.

Galiano, Amanda. "Black-Eyed Peas on New Year's Day-A Southern Tradition." TripSavvy, TripSavvy, 28 Nov. 2019, <https://www.tripsavvy.com/blackeyed-peas-on-new-years-day-2212478>.

Southern Black Eyed Peas

By Divas Can Cook



INGREDIENTS

- 4-5 green onions, chopped (or 1 medium white onion, chopped)
- 3 cloves of garlic, chopped
- 1 (16 oz) bag of dry black eyed peas
- Smoked Turkey (as much as you desire. I used half of a fully cooked, smoked turkey leg. Just chopped the meat up into bits. You can leave it whole if you do not like meat in your black eyed peas but like the flavor)
- 6-8 cups of chicken broth (or enough to cover the beans)
- Red pepper flakes,
- black pepper (optional)

INSTRUCTIONS

1. Sort & wash the black eyed peas. Set aside.
2. Chop onions & garlic.
3. In a large pot, add in 2 Tablespoons of olive oil and saute the onions and garlic until tender.
4. Add in the chopped meat, black eye peas, & chicken broth
5. Cover and bring to a boil. Reduce heat and simmer for 1 hour or until black eyed peas are tender.
6. Remove from heat and let sit covered for about 10-15 minutes.
7. Season with red pepper & black pepper if desired.

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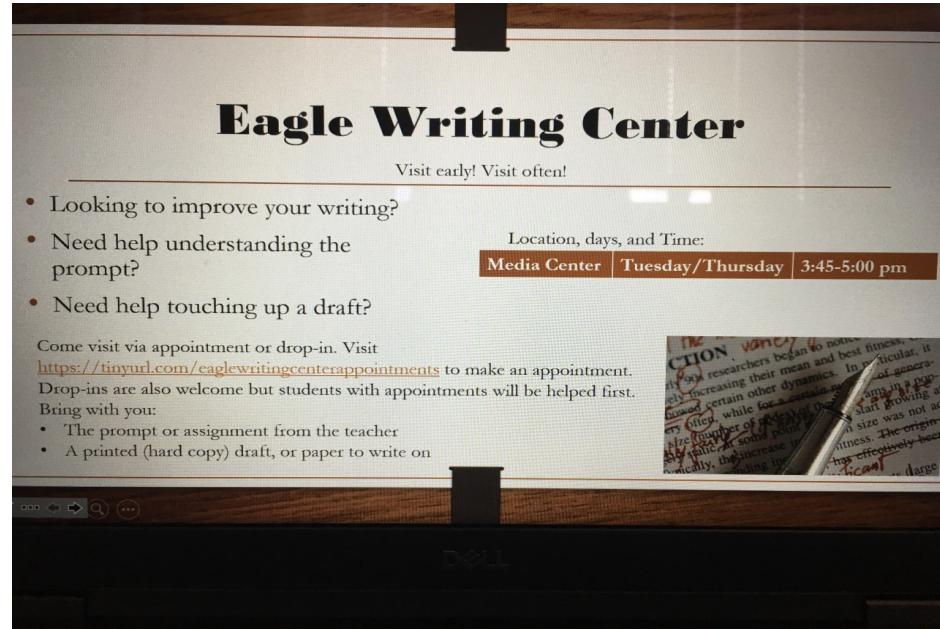
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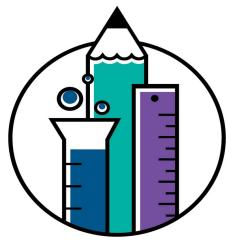
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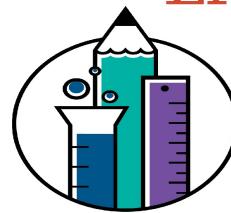
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