

Fall edition 2021



THE TRIDENT



Monarchs

By Estrella Contreras

It's that time of the year! The time where we look out the window to be greeted by the marvelous site of monarch butterflies. Monarchs are a big part of Santa Cruz; they are what makes this town unique. Every October, these butterflies are expected, but how well do we know these wonders of nature?

Monarch Migration Cycle

The monarchs that have come to Santa Cruz this year are the great-great-grandchildren of the monarchs that came here last year. It takes four generations of monarchs to travel to the coast, which is a process that occurs over the course of a year. Generation 4 is the generation of monarchs that come to Santa Cruz, and they hatch in September and October in the Rocky Mountains. They migrate to Natural Bridges to avoid the temperature drop in the Rocky Mountains. After they have escaped the cold, the monarchs leave Santa Cruz in February and fly North and East in search of milkweed patches to lay their eggs, to repeat the cycle. The eggs that they have laid are known as the 1st generation, and they hatch in March and April in the Central Valley and the foothills of the Sierra Nevada. The 1st generation flies further North and East to look for new milkweed to lay the 2nd generation and die. The second generation hatches in May and June, and they repeat the same process in 2-6 weeks. The third generation hatches in July and August, and they spread out across the Pacific Northwest. The third generation seeks milkweed to lay the fourth generation in Southern Canada and the Rocky Mountains.

Population Decrease and its effect

Sadly, monarchs all over North America have been facing a steady decrease. For instance, the population of the Western monarchs has decreased by 99% since 1980. For the Eastern monarchs, their population has declined by more than 80% in the last two decades. This winter, fewer than 2,000 Western monarch butterflies were counted. Monarchs are seeing this decrease due to many things such as global warming, illegal logging of their overwintering habitat, and pesticides. Monarchs have lost about 165 million acres of their breeding habitat to herbicide spraying and urban development. The migration of the Western monarchs has also collapsed due to the planting of invasive tropical milkweed and because climate change has brought warmer winters. Herbicides heavily affect monarchs because they eliminate the only plants that caterpillars eat, milkweed.

Why should this be concerning? The population decline of monarch butterflies is not just specific to monarchs. It is reflective of the shrinking population of many pollinators. Monarchs share habitats with countless pollinators, meaning that if habitat loss is a problem that is negatively affecting them, then it is a problem for the other vital pollinators.

What can we do to help?

There is still hope in saving these monarchs that we have come to know and love. Little things like spreading awareness about this situation and what we can do to help, make a big difference. One of the ways that you can get involved within your community is by establishing pollinator gardens that contain native nectar and milkweed plants. On a bigger scale, we can push for agricultural companies to establish pollinator gardens so that cultivation can continue and pollinators don't have to suffer land loss. Many people

taking the step to reduce their carbon footprints and harmful waste can not only help monarchs but it can help reduce the progression of climate change, which affects everyone on Earth.

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BAKING SEGMENT

By Natalie Perry and Stella Guthrie

A new segment in the Santa Cruz High School Trident newspaper has arisen: Natalie Perry, a good baker and Stella Guthrie, a not-so-good baker, are coming together to provide Santa Cruz High with an exciting new section to read about all of the seasonal (and not) baking experiences we have during our Junior year.

I, Stella Guthrie, have had quite a few baking escapades recently. In mid-September, I attempted to make a vegan pumpkin pie, pumpkin snickerdoodles, and chai cookies. Out of these three attempts, my greatest feat was the chai cookies. The thought process behind these cookies went like this: I was sipping my Trader Joe's organic chai tea, pondering the idea of how a cookie would go great with my feelings- the idea was born. I tried to find recipes for this, but there was no recipe that really called out to me. Most of the time, I refuse to use recipes in which the creator tells their life-story before showing the steps and ingredients, which allows for very few available recipes. So, I decided to wing it.

Normally, I wouldn't trust myself with situations like this. I have attempted to bake without using a recipe, but rarely has it worked out in my favor. I threw together what I thought to be a good set of ingredients, added some "chai-y" spices, like allspice, cardamom, and nutmeg, and at the last minute, cut open a chai tea bag and dumped it in. The mistake that I consistently make in my cookie-making process is that I make the proportions of the dough way too large. Majority of the time, my cookies are hefty and heavy. Because of this, I can never bake them for the right amount of time, either. The time provided is never accurate for me- I end up leaving my thick cookies in the oven for around ten minutes past the suggested time, and they still dare uncooked, or, sometimes, they burn. I have never been able to really do it right. Except for this time.

The cookies came out perfect. I had rolled them in a cinnamon/sugar/chai mix before placing them on their sheets, using a tablespoon to size them out. I left my first batch in the oven for around 9 minutes or so. They were perfect.

Chewy in the middle and perfectly hard on the outside. I was elated and decided to bake the rest of the dough into my new, beautiful creation. I used my tablespoon for the dough, rolled them out, put them in my sugary mix, and placed them on the baking sheet. Immediately after they got in the oven, I went upstairs to talk to my mom. I did not put on a timer. I instantaneously forgot about them. It must have been about 30 minutes or so that I realized that the oven was still on and was crisping my beautiful chai cookies. Surprisingly, they did not burn! They just became very, very, crunchy. Moral of the story: not everything you do will always be glorious and incredible! Though some things definitely will be. Trial and error processes are your friend. Diverge from the recipe sometimes, both in baking and in life. It may get you places you never assumed you'd be able to get to. I made good, edible cookies!

For my lemon bars, I used a recipe from Martha Stewart's cookbook, *Martha Stewart's Cookies: The Very Best Treats to Bake and to Share*. I have made this recipe before (I've actually had this cookbook for years and use it frequently) and I think they turned out better than ever. In previous attempts, the bars have turned out too liquidy, and while they still tasted quite good, in my opinion, the texture was perfect in this case.

I first received this cookbook when I was in elementary school, back when my dream career was to be a baker. Out of all of the recipes I have tried from this book, this is definitely one of my favorites and pretty easy too. The first step is to make the crust. To do this, you have to grate a stick and a half of butter, which is definitely a pain. It is best to do this with butter from straight out of the freezer, or else it starts to melt as you grate it, and turns into a messy disaster. After you finish the crust, you are supposed

to put it in the freezer and wait for fifteen minutes before baking the crust by itself. I used this time to squeeze the lemons, because it always takes longer and more lemons than I expect it to.

Once the frozen crust was put in the oven, I started on the filling. It was at this point that I realized I did not have any milk, which is a key ingredient for the filling. Luckily, I found some strange evaporated milk that my parents bought a year and a half ago at the beginning of the COVID shutdown. It had no effect on the taste in the end, but definitely a source of stress during my baking experience. Finally, I poured the filling over the crust and put the whole thing back in the oven. Now, my oven at home is a bit testy,



(Picture of the baking duo, Nat (right) and Stella (left))

sometimes overcooking things very quickly and sometimes taking forever, so I checked every few minutes to see if it was ready. It ended up finishing at around 20 minutes, a little over the recipe. When I took the bars out of the oven, I accidentally squished the side of them, but I just ate that point. I used these lemon bars for a bake sale with the Volunteer Club, and they were a hit! I would definitely recommend this recipe, because they were tasty, fast and easy.



(Nat's Lemon Bars)

Thanksgiving Editorial

By Otto Redlien

Millions of Americans celebrate Thanksgiving, an official federal holiday commemorating the harvest and feast shared between the Plymouth colonists and the Native-American people. To some, Thanksgiving is a time for gratitude, yet, we can not ignore the history of the people who mourn and protest during this holiday. As more people get educated, the

concerns facing Thanksgiving are further openly discussed. What should be done to make Thanksgiving respectful and supportive of Native Americans?

Before I can commence, I must acknowledge my part in racial injustice. The fact of the matter is, I am a White American. Although I am speaking up against racial discrimination, my voice should not talk over People of Color but be used to help shine a light on their voices. This is the response others, like myself, should bring; Although we don't have diversity, We can use our privilege to support it. With this principle in mind, educating, understanding, and respecting is what can be done to help stop the harmful connotations Thanksgiving wreaks.

It's important to analyze the historical relevance of Thanksgiving. During the pilgrim's first year in America, they faced a harsh winter. They only survived because of the Wampanoag tribe, whose guidance on harvesting saved the colonists from starvation. In gratitude, they held a three-day feast, inviting members of the Wampanoag tribe—commonly referred to as the first Thanksgiving. However, this story is only a single narrative. The genuine relationship between the Native Americans and the Pilgrims is gruesome, detailed with massacre, plague, and genocide. For many, Thanksgiving commemorates the colonists' arrival in America, ensuing centuries of violence and oppression.

While some argue that this holiday has evolved and separated itself from its past, and others completely ignore the circumstances, it's safe to say those people have the privilege to choose to forget. This can't be undermined by everyone, as by many, it is about their ancestors' survival. To overlook this history would be the erasure of a genocide.

Thanksgiving perpetuates stereotypes through cultural misinformation and appropriation. This disinformation is widespread. It is taught in our schools, shown in our entertainment and history books. I grew up in a country that would rather hide and forget its disreputable history than bring up why it was wrong. For this reason, if we as a country own up to our abhorrent history we can clear up these misconceptions and discriminatory values. If we were to express Thanksgiving similarly to Indigenous People's day, then the holiday would be more about togetherness.

Book Recommendations:

Gideon Falls

A Comic Book Recommendation by Sebastian Lazarus

Gideon Falls is a horror comic book series, it also has elements of mystery and delves into fantasy. I don't want to spoil it but I definitely recommend it. The story picks up with Father Wilfred driving into a town called Gideon falls, this is intercut with flashbacks of him talking with the shadowy figure of the bishop. Back to Gideon falls, Gideon falls is an old-timey rural town where everyone knows one another, or is it a modern city where you can walk along the streets and not know anyone walking next to you. After a brief introduction of father Fred we meet a man named Norton Sinclair who is talking with a psychiatrist, during this talk we get one of the two page spreads that show up a lot in this series. As this is a comic book series there is artwork, and stunning artwork at that. The font the words are written in and the way Gideon falls is presented makes you think like there is something terribly wrong with this

this town/city. The two page spreads make you gush or scream depending on which type it is. One can look at these pages and see a new detail each time they do so. The first time I was really scared was when the dead father wakes up father Fred and he leads him to the Black Barn. The Black Barn is one of the creepiest things in this series, right up there with the smiling man. Every time the smiling man comes onto the scene it is the stuff of nightmares. If this was a movie with a good soundtrack it would have even the most hardened horror fan screaming when we get the first two page spread of the smiling man. New information comes to light about every character through the series and even about the site known as Gideon Falls. The series is filled with stunning artwork, a great story, compelling characters, and a sincerely spooky atmosphere. I only got the first volume because I thought it was passably interesting but when I read it I was hooked. I highly recommend this series to comic book fans, horror fans, and everyone in between.

About the Trident

We are a group of students that admire literature, and writing, As well as members of the literary society club, meeting Thursdays at lunch.

If you are interested in joining us, please contact Otto at oredlien56@sccs-stu.net or Veronica at veronicazaleha@sccs.net.