

# Paw Prints

## Too Much Sugar

TODAY'S  
THOUGHTS FROM  
TOMORROW'S  
LEADERS

By Diamin Nicole Torres

Each November, communities across the country observe National Diabetes Awareness Month to bring attention to diabetes and its impact on millions of Americans. Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes, meaning more than 30 million people have it. These changes include: eating healthy, getting more physical activity, and losing weight.

Diabetes can lead to severe complications such as heart disease, stroke, and kidney failure. It's also a significant risk factor for developing glaucoma. Living with diabetes can be challenging to manage every day. However, this month gives people proof that they aren't alone.

## 11:11 MAKE AN ARMISTICE

By Antoni Gonzalez

Veteran's Day is a time to honor all those who have served our nation and risked their lives for a better tomorrow.

November 11th is known as Veteran's Day because a temporary armistice, or *ceasefire*, was called eleven months before the end of World War I.

In November 1919, President Woodrow Wilson declared November 11th 'Armistice Day' as remembrance for who gave their lives to protect their country during World War I. After World War II, however, President Eisenhower had the name changed to 'Veteran's Day,' to honor American veterans of past, present, and future.

Veteran's Day continues to be celebrated every November 11th as a small way to give back to those who fight for our freedom.

Diabetes Awareness Month can be used to raise awareness about diabetes risk factors and encourage people to make healthy changes. It's purpose is to also encourage people to make small changes like eating healthy, getting more physical activity, losing weight (like taking the stairs instead of the elevator), talk to people in your community about getting regular checkups (they can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk), and to ask doctors and nurses to speak about the importance of healthy eating and physical activity.

More ways to raise diabetes awareness include Making Social Noise with JDRF's "Thunderclap" Campaign for Charity. You can also participate in the #DiabetesDoesntStopMe contest on Instagram to show your friends, family, and the public you can live well with this disease and chase your dreams. You can even take the Big Blue Test by testing your blood sugar, doing 14-20 minutes of exercise of your choice, testing again, and sharing your results online. Your results over the next month triggers a \$1 donation on your behalf to nonprofit groups that are providing life-saving supplies, services, and education to people with diabetes in need.

For more information, visit: [www.jdrf.org/t1dlooklikeme/](http://www.jdrf.org/t1dlooklikeme/)

# Opening Doors to Our Youth

By Yerlin Montoya Gomez

New York, since its early ages, has been a golden child to the world. Many call this place home. Here lies a special kind of home to a group of people that spread all across the globe. For the past 40 years, the city has been home to Covenant House, a refuge for children who have been displaced by means of trafficking, homelessness, and running away—and their doors aren't about to close.

Sister Mary Rose McGeady founded the house to provide shelter, food, counseling, protection, and prayers to young people in need. Many seek out Covenant House on their own, looking for a place safe to stay. The staff as well go looking in dark alleys and under bridges, seeking anyone who needs may need help.

Just last week 1,908 teens were housed and given a bed to sleep on. Most who stay at Covenant House come from abusive and neglectful environments: parents who are drug addicts, human trafficking, neglected foster homes.

Aside from daily comforts, they also provide

opportunities to finish educational programs and find jobs. Millions of kids come in scared, alone, cold, and hoping to find a place they can rest easy. Rose, a young woman currently housed, is slowly making a recovery from a past, where she was forced

**"The young people  
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to help them"**

into prostitution where they deprived her from food and medicine. Daniel was in an abusive household that led him out of school into the streets and witnessed the murder of his best friend. Throughout his life he felt worthless, but currently he is with people who are reminding him of who he truly is.

Although Covenant House has spread throughout the globe in 31 cities in 6 countries, the team's' mission is the same everywhere. There are volunteers in the Faith Community program who are college graduates that for a

year willingly help the shelter. Some of the kids who were housed in the Covenant even stay after they've found stability elsewhere to help out.

To keep going in their mission going, a popular fundraiser is Sleep Out America. For one night, fundraisers sleep outside in an effort to raise awareness and funding. On November 16, 2017 there were a total of 1,312 participants who raised \$103,145.50. Not only that, but anyone can donate at any time.

Ivon Campuzano, who has been helping the shelter, sat down with me to help me understand more about what Covenant House is all about. Campuzano first learned about Covenant after reading a book full of some of the children's stories. "The young people are our future, it's up to us, the adults, to help them. Specifically those in need," Campuzano says, "I see my niece and nephew in their faces. I want to protect them very much."

To donate or find more information visit them at: [covenanthouse.org](http://covenanthouse.org).



**SHORT STACKS  
FOR A  
TALL CAUSE**

*Join the North Bergen National Honor Society for a pancake breakfast to support hurricane relief in Puerto Rico.*

**When:** December 10th,  
8-10 AM

**Where:** Applebee's  
2100 88th Street  
North Bergen, NJ 07047

**Tickets:** \$10

## Let's Talk Turkey

By Ashley Mejia

In 1621, 50 Plymouth colonists and 90 Wampanoag Indians shared an autumn harvest feast that lasted for three days and is known to be one of the first Thanksgiving celebrations in the colonies.

Many historians actually believe that only five women were at the feast because many settlers didn't survive the first harsh winter. For more than two centuries, Thanksgiving was celebrated by individual colonies and states. In 1863, in the midst of the Civil War, President Abraham Lincoln announced a national Thanksgiving Day to be held each November. Sarah Josepha Hale, the woman who wrote the song "Mary Had a Little Lamb," convinced President Abraham Lincoln in 1863 to make Thanksgiving a national holiday. It took her 17 years worth of letters. President Lincoln said Thanksgiving would be the fourth Thursday in November, but in 1939 President Roosevelt moved it up a week hoping it would help the shopping season during the Depression era. It never caught on and it was changed back two years later. Historians are actually saying that turkey wasn't apart of the first Thanksgiving. Their menu probably included venison, ducks, geese, 9 oysters, lobster, eel and fish.

Nowadays, many families include turkey, stuffing, gravy, sweet potatoes, cornbread, mashed potatoes, and cranberry sauce in their meal. They also serve pie for dessert. Some families choose to serve vegetarian dinners, such as turkey

made out of tofu, instead of a stuffed turkey. Others prefer to eat squash, salads, or other fruit and vegetable dishes.

Many families include breaking the turkey's wishbone as part of their celebration. After the meat has been removed and the wishbone has had a chance to become dry, two people each take one end of the bone, make a wish, and pull. Whoever ends up with the bigger piece is granted with their wish.

Most families actually use Thanksgiving as an opportunity to help the less fortunate. Some people volunteer to serve food at homeless shelters on Thanksgiving Day and others donate to shelters or participate in canned food drives. After their meal, families often do additional activities. Some like to take walks after eating such a large meal, some people take naps, and others sit down together to watch TV or play board games together to relax the day away.

## Tasty Thanksgiving Recipes

By Daibelis Acevedo

Cooking with family on Thanksgiving is one of the many traditions most Americans follow.

Making desserts, food, and appetizers for your guests is a part of Thanksgiving. A full table of tasty, and delicious creations is what a lot of people will be looking forward to on November 23rd. Here are a few simple ideas of what you can make at home for your guests arriving on Thanksgiving!



## Ingredients:

- 15 ounce can of pumpkin
- 14 oz condensed milk
- 2 large eggs
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp ground nutmeg
- ½ tsp salt
- 9" unbaked pie crust

## Directions:

1. Preheat oven to 425°F.
2. Whisk pumpkin, condensed milk, eggs, spices, and salt in a medium bowl until smooth.
3. Pour mixture into pie crust and bake for 15 minutes.
4. Leave pie in oven and reduce the heat to 325°F. Continue baking for 35-40 minutes.
5. Remove from oven and let cool. Store leftovers in a covered container in the refrigerator.

# Pumpkin Pie



# Leftover Turkey & Waffle Sandwiches

## For the Waffles:

- 2 eggs
- 2 cups all purpose flour
- ¾ cup milk
- ½ cup vegetable oil
- 1 Tbsp sugar
- 4 tsp baking powder
- ¼ tsp salt
- ½ tsp vanilla extract

## Directions:

1. Preheat waffle iron. Beat eggs in large bowl with hand beater until fluffy. Mix in remaining ingredients until smooth.
2. Spray waffle iron with non-stick cooking spray. Pour mixture onto waffle iron.
3. Cook until golden brown.
4. Heat up leftover turkey, cranberry sauce, and stuffing. Use the waffles to create a sandwich. Serve hot.





# To Stuff or Not to Stuff

By Genesis Martinez

According to a survey conducted by the National Restaurant Association, 43% of Americans use restaurant-prepared takeout food to stuff their Thanksgiving turkey. But why use dry, pre-made stuffing for your Thanksgiving turkey when you can make your own?

Turkey stuffing often consists of cornbread or dried bread in the form of croutons, fruit, meat, onion, celery, salt, pepper, and other spices and herbs such as rosemary and sage.

If you decide to cook your stuffing *in* the turkey, follow these simple steps to prepare and cook it properly:

- ▶ Prepare your stuffing using only cooked ingredients like sautéed vegetables, cooked meats or seafood. If you plan on using eggs, make sure they are pasteurized egg products.
- ▶ Make sure the turkey is completely thawed.
- ▶ Just before roasting, stuff both the neck and body cavities, allowing  $\frac{1}{2}$  cup to  $\frac{3}{4}$  cup of stuffing per pound
  - ▶ Don't pack stuffing too tightly, as it may cause uneven cooking.
- ▶ Stuffing should be 165°F in the center when done.

When preparing a whole turkey for the oven (*if you are stuffing a turkey breast you can skip these steps*):

- ▶ Return the legs to the original tucked position (*if they were un-tucked for stuffing*).
- ▶ Turn the wings back to hold the neck skin in place. Tucking the wings helps to stabilize the turkey in the pan and while carving.

Now that you know how to stuff a turkey, here's a quick and easy stuffing recipe to try this Thanksgiving!

## Cranberry Apple Stuffing

### Ingredients:

- 1/2 cup (1 stick) butter
- 2 cups celery, chopped
- 1 cup onion, chopped
- 2 medium tart red apples, cored and chopped
- 6 oz. dried cranberries
- 1 tsp. dried parsley
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- 6 cups dry, unseasoned croutons or cubes of bread
- 14 oz. chicken broth
- 1 cup apple juice

### Directions:

1. Preheat oven to 325°F.
2. Melt butter in large skillet on medium heat. Add celery and onion. Cook and stir 5 minutes or until softened.
3. Stir in thyme, parsley, rosemary, cranberries and apples.
4. Remove from stove and let cool.
5. Place bread cubes in a large bowl. Add apple juice, celery mixture, and broth. Toss gently until well mixed.
6. Spoon into lightly greased 13x9-inch baking dish. Cover with foil and bake for 15 minutes.
7. Remove foil and bake for an additional 20 minutes or lightly browned.

# Giving Back to Those in Need



By MaryAnn Mella

November is not just a month for self-indulgence, but a month to share your appreciation to others. #GivingTuesday, a proclaimed "global giving movement," aims to aid charities during this commercial season by spread awareness through social media.

Created in 2012, #GivingTuesday is celebrated on November 28th as a way to raise awareness and money for those less fortunate than ourselves. "One of the best ways to get involved is in your own community," the organization says.

The movement urges people to get involved in any way they can, from spreading the message by using the hashtag #GivingTuesday on their social media posts to sharing their own stories as inspiration for others in a competition called #MyGivingStory.

Last year the contest reportedly received over 600 entries, "all incredibly moving stories about what inspires people to give." Winning submissions have the potential to earn up to \$10,000 for a non-profit organization of their choice.

As of this article's publication, the movement has raised \$177,000,000 in over 98 countries and is still going strong. For more information and to find charities and organizations near you, visit: [www.givingtuesday.org](http://www.givingtuesday.org). To enter the #MyGivingStory, or to enter one of your own, visit: [mygivingstory.givingtuesday.org](http://mygivingstory.givingtuesday.org).

**16 Days of Activism**  
Join us in telling the world that  
**#GirlsAreValuable.**

16 Days of Activism against gender-based violence 2015 is running from 25th November – 10th December. Join us.

The graphic features a central orange speech bubble with white text. The background is light gray with faint, handwritten-style text in various languages, including "Yo soy valiosa", "I am valuable", and "J'AI LA VALEUR". There are also white arrows pointing in different directions.

## #ORANGETHEWORLD

By Alberto Melendez

One in three women around the world will experience some sort of violence in their lifetime. While gender-based violence isn't unavoidable, we can prevent it from continuously happening by raising awareness.

In 2008, the United Nations (UN) launched the UNiTE to End Violence Against Woman campaign in hopes to educate and eliminate gender-based violence across the globe.

This year the UN is emphasizing the campaign with a fundraiser called Orange the World. The fundraiser runs for 16 days, from November 25th to December 10th. Money raised from the event will be used to improve resources for those providing services for mistreated women and girls.



# Winter Comes Early for NB

By Kevin Mena

From spending time with your family and friends to meeting neighbors you never knew before, Winterfest is a time-honored community tradition for all.

Winterfest was held on November 30th this year on Bergenline from 86th Street to 76th Street. Many were in attendance, thanks to the warmer weather, including Mayor Nicholas J. Sacco and many members of the North Bergen Police Department.

With lights sparkling everywhere, the 15th annual Winterfest was filled with the sound of laughter. Some children ran around, playing in bouncy houses or on the rock climbing wall, while others waited impatiently in line to take a picture with Santa Claus and his two elves.

Walking around you could smell all of the delicious food from the stalls that lined the streets, from pizza and hotdogs to zeppole and cotton candy. North Bergen High School students helped out in whichever ways they could, some even volunteering to dress up as characters from popular movies like *Frozen* and *How the Grinch Stole Christmas*.

Midway through the celebration, the grammar school choirs began singing Christmas carols to close out another successful Winterfest!



Photo Courtesy of Mayor Nicholas J. Sacco

November 2017

## CALENDAR

December 4  
Parent's Night, 7 AM

December 6-7  
ASVAB Testing

December 13  
Winter Concert, 7 PM

December 15  
Pep Rally, Period 3

December 22  
Single Session Day

December 25-  
January 2  
Schools Closed -- Winter Recess

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To suggest story ideas, report corrections, or contact staff members, email us at [PawPrintsNBHS@gmail.com](mailto:PawPrintsNBHS@gmail.com).