

WHAT'S UP?

STFA LKKC English Newspaper

Getting to Know More about Thanksgiving by Chan Yan Ki Joanna

The whole family sits around a huge dining table, different cuisines are prepared, a large roasted turkey is placed in the middle of the tableHave you ever seen this scene in movies or drama shows? Yes, this is people celebrating *Thanksgiving*.



Facts you may not know about Thanksgiving

1.Origin of Thanksgiving Day

Thanksgiving in North America actually came from Britain. In 1620, a group of British Puritans emigrated to America, which had just been discovered. However, they were not used to the weather and environment there. Many of them suffered from starvation and the freezing cold in winter. Many people died because of illnesses. Upon seeing the situation, the native Indians decided to teach the British how to hunt and farm so that they could survive in America. The new immigrants had a plenteous harvest in the following year. They invited the Indians to celebrate together and express their thanks to God, which was the start of *Thanksgiving*.

Before 1941, there was no fixed date for *Thanksgiving* in the United States. Each state had their own Thanksgiving date. Later in 1941, the government established *Thanksgiving Day* on the fourth Thursday of November each year and it became a national holiday.

2. Black Friday

Black Friday does not only mean Fridays on the 13th, but also refers to the first Friday after Thanksgiving. Black Friday represents the beginning of the Christmas shopping period. People will start buying different groceries for Christmas and it will be the busiest day for retailers in the United States. Merchants use different colors of ink to keep accounts. As red ink represents losses and black ink represents profits, the day was named "Black Friday". Merchants hope that they can turn losses into profits. In the United States, most merchants will launch different offers on Black Friday, such as discounts or limited edition items to attract customers.

On Black Friday of 2017, about 70% of the United States population, and more than 160 million people in the country went out or shopped online.

3. Eating Turkey

Turkey is a traditional food for *Thanksgiving*. Every family in the United States eats turkey on that day. It is estimated that Americans eat 46 million turkeys on each Thanksgiving Day. Since many other cuisines are also prepared for Thanksgiving, the average amount of calories consumed on Thanksgiving per capita is 4,500.

After immigrating to the Americas, the British people were influenced by the local Indians. In the UK, they used to eat geese to celebrate the harvest, but because they did not raise geese in the Americas, they replaced them with turkeys. The new immigrants found that turkeys were more delicious than geese. From that time on, turkey was used as a traditional food to celebrate Thanksgiving.

4. Pardon of Turkey

Even though the Americans like to eat turkey on Thanksgiving Day, there is always one turkey that receives a pardon from the US President outside the White House every year. That turkey will be taken care of until it dies naturally and no one is allowed to kill it. This tradition originated from 1989. After Bush, the U.S. President back then, received a turkey as a Thanksgiving gift, he publicly announced, 'This turkey has now been pardoned by the President and allowed to live on a farm near the White House for the rest of its life.' Since then, American presidents pardon a turkey outside the White House on Thanksgiving Day every year.

It is said that the pardoned turkeys have been chosen since their birth. They listen to music every day and they are also fed by high quality provender. They are trained to be used to the flash light and noise of the camera, so that they can remain calm in the pardoning ceremony.

Tips for remote learning during COVID-19 by Chan Po Ching

Due to worsening conditions of the pandemic, the Education Bureau announced school suspension until the end of the Christmas holiday. Thanks to our government, school is suspended but learning is not suspended, especially for senior form students who are preparing for the DSE. But what is so worrying about remote learning?

As we no longer need to go to school, we are less bound by the school's timetable and we have more time flexibility—we can sleep more; have a longer lunch break; scroll our phones during recesses...Sounds quite harmless right? Well, for some of us who lack self-discipline, this might be a disaster. Some forget about time and continue with what they're doing at recess after the start of the lessons. Some wake up late to find it's already the end of the first lesson as they go to bed late at night. Some are late for roll calls and claim that the alarm clocks don't go off. And then there's the endless distractions we have at home—pets, siblings, parents and snacks. Even a slight sound from afar can have us sidetracked. How are we supposed to be focused during lessons? Here are a few tips for our deeply troubled schoolmates.

1. Set more than one alarm

Yes, the good old alarm method. Set more than one alarm. For example, one on the clock and one on your phone. In case one doesn't go off, the other still can wake you up. (And don't turn it off if you wake up earlier. Just let it ring okay?) Asking family members to kindly wake you up is another method. You may as well have morning calls with your friends so that you can check on each other.

2. Minimise phone usage during school time

In our usual routine, we should be having lessons at school from 8:10am to 12:40pm, and from 1:50 til the end of school. After the whole thing is moved from school to home, we do not have to abide by the classroom rules so strictly. However, mobile phones and social media are still a major source of distractions. Limiting phone use during recesses and lessons is needed to maintain our concentration. If possible, do everything in lessons on the computer and switch off notifications from your phone. If you have to use your phone, please restrict yourself from replying to your WhatsApp messages and viewing IG content...etc. By doing so, your time spent on lessons can be more effective.

3. Prioritise

Complete tasks according to the urgency. It's best if you can finish homework on the day it's given. However most of the time this is not the case. An alternative is to do that as soon as possible—when you have the mood for homework, handle those you have to submit in the shortest amount of time first. Try not to drag them on as you will probably lose motivation for that homework once the deadline is reached (especially when there is no homework counselling class now).

4. Tidy up working space

Regardless of sizes, everyone has a personal work space, right? It's important to create a boundary between home life and work life. Only work when you are sitting in there, so as to make sure you can shift into a productive mindset when you start studying. Putting away

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irrelevant stuff that might distract you also helps you concentrate while working and having online lessons.

5. Maintain your well-being

Sleep is very important for effective learning, be it in school or at home. If your learning efficiency is lowered by lack of sleep, you probably need to sleep more.

Exercising helps enhance sleeping quality. If you have problems falling asleep at night, you may use some amount of exercise. If you aren't sporty, 10 to 15 minutes of aerobic exercise daily is suggested. Why not help your family with the housework? Exercising also increases happiness and contributes to emotional well-being.

We all know it's not easy keeping up with the learning process during COVID-19. Distraction seems inevitable and we have to adjust our own expectations on ourselves. If you find yourself busier than before, it might be because of your lack of time management, or you have been putting off some work that you should have taken care of before.

A Film Review on Tenet

by Cheung Cheuk Hin

'You have to start looking at the world in a new way.' This is from the latest hot film Tenet. This does not only summarize the gist of the whole film, but also seems to be the key to Nolan's great success in the film industry. Tenet is a recent science fiction written and directed by Christopher Nolan, a brilliant director who is famous for his imagination and creativity. Just as predicted, Nolan has again successfully created a blockbuster that follows Inception and Interstellar.

Despite being launched amid the pandemic, the film still drew a lot of attention and went viral immediately in the first broadcast. Throughout the film, elements of 'time inversion' are combined in many aspects. From cars moving backwards to soldiers combating bullets that shoot reversely, we can see how Nolan makes good use of sound and visual effects to immerse the audience in the film.

You may refuse to watch the film as Nolan's films are usually hard to follow, but this is a film that you definitely do not want to miss! The whole film is related to the idea of 'time inversion' and the plot is intense. The film starts with a CIA agent, the 'Protagonist', participating in an undercover operation at the Kyiv opera house. The operation doesn't go as planned. He is captured and tortured by mercenaries and he chooses to take a cyanide capsule, as he is ordered to do in training. He awakens later to find that the cyanide is a test of his loyalty. The Protagonist is then employed by a secret organization called 'Tenet' and is taught to use weapons with 'inverted' entropy that is able to move backward through time. He and his teammate Neil are given a mission to avoid World War III by destroying a weapon that can wipe out the past.

However, things do not go smoothly as they are stopped by a gang monitored by Sator. One of their partners, Kat, is even shot by an 'inverted bullet', which is going to cause irreversible damage to her if they do not travel in the same timeline as the bullet's.

(Spoiler part here - DO NOT read this paragraph if you want to find out how it ends yourself) In spite of the difficulties, they manage to complete their mission eventually. Through time travelling, the Protagonist finally realises that he is the future mastermind behind Tenet and Neil is actually a member of Tenet that travels back in time from the future so as to save his life.

I would use the word 'inspiring' to describe this film. Admit it or not, we all have at least once thought of travelling back in time to change the past. Even physicists have been putting in lots of effort to understand the idea of time and achieve this goal. However, is it really that important? Nolan has turned the impossible into 'reality' through his films. Disagreeing with our perception of time travelling, characters who travel back to the past cannot actually change anything. They can only experience things that are going to happen in advance. It is obvious that Nolan wants to remind us of the importance of living in the moment and not to take what we have now as granted. The desire to change past events usually comes from the regrets today. Therefore, let's seize the moment and do what we think is meaningful before it is too late!

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