

by Ailene Roque

The popularly known show, *Outer Banks*, made its first release to the public via the Netflix streaming service on April 15th, 2020. Since then, the dedicated viewers of *Outer Banks* have become fully immersed into the action filled paradise on earth portrayed in the series.

For those unfamiliar with the show, the storyline follows a group of deviant teens who hope to strike-it rich in finding the lost gold from the shipwreck known as the Royal Merchant. The storyline is filled with secrets, mystery, and murder, all connected to the lost treasure.

While the series is filled with a gripping plot, it is impossible to ignore the captivating scenery present in every episode. The same can be said by fellow student, Amie Ramirez (12), who describes the *Outer Banks* scenery as “beachy” and much to the point it makes you “want to live there.”

For geographical context, *Outer Banks* is the regional name for the islands located off the coast of North Carolina and Southeastern Virginia. The islands are compromised by water and enhanced by the rich blue skies and warm climate.

The show does an exceptional job in portraying the islands as a summer feel vacation spot, while also characterizing the islands with a deep-rooted history, and only flawed by its disastrous storms. Except now comes into question: how accurate is the fictional portrayal of the islands in the show to the real-life *Outer Banks*?

One of the biggest misconceptions of the show critically noticed by viewers of the North Carolina region is that there is no such thing as a ferry system between Chapel Hill, North Carolina and the *Outer Banks*, as portrayed in Season 1, Episode 4. This may come as surprising for many, but the *Outer Banks* show—though based on the real-life islands—was filmed in Charleston, South Carolina, which may explain any geographical inaccuracies and the need to fictionalize any transportation routes.

Contradictory to the aforementioned warm weather of the *Outer Banks* islands, we get

a glimpse into the aftermath of a storm in the show and see locals dealing with a devastating outcome. These storms happen to be just as common in the real-life *Outer Banks* and have played a significant role in the formation of the islands. In fact, *Outer Banks* is home to one of the worst storms of the 20th century, known as the Ash Wednesday Storm of 1962. To this day, the remaining homes that survived the storm are a common tourist attraction.

On a lighter note, the ensuing information may come as more enlightening. Dedicated watcher, Ramirez, expressed being “extremely curious about the Denmark Tanny [and] royal merchant plot” and as to whether these plots were based on any historical truth.

As it turns out, the Royal Merchant shipwreck from the show is based on a real-life ship called the Merchant Royal. This ship reportedly sank in 1641 on the southern coast of England with \$1.5 billion in silver and gold that remains undiscovered today.

For viewers of the show, this may sound strikingly familiar. The shipwreck in the show sank in the 1800s near the coast of North Carolina, with \$400 million worth of gold. We could notably see the similarities drawn from the historical Merchant Royal shipwreck to create the backstory of the shipwreck we know of in the show.

Even more interesting, *Outer Banks* happens to be popularly known as the Graveyard of the Atlantic, due to the many shipwrecks in the Atlantic waters. In fact, it is estimated that more than 2,000 shipwrecks reside in the Atlantic Ocean.

At last, we will dive into the character, Demark Tanny, who is a vital character to the *Outer Banks* storyline (spoilers ahead). Denmark Tanny—who was a slave—happened to be the only sole survivor of the Royal Merchant shipwreck and was able to claim all the gold on board. Tanny used some of the gold to buy his freedom, however, he ran into conflict when buying the freedom of his wife and daughter, later resulting in his death.

What is the historical correlation you may wonder? Denmark Tanny is loosely inspired by Denmark Vesey, who was also a slave, but unlike Tanny, was able to buy his freedom after winning a \$1500 lottery ticket. Vesey was known to be an anti-slavery advocate and was condemned to death after being convicted of plotting a slave revolt.

It is enlightening to realize *Outer Banks* is only one of many shows illuminated by both geographical and historical events.

You heard it here first: do not be surprised when you realize your next favorite show may be rooted in more historical truth than expected.



## Opinion **BEACH** and **RELAXATION**

by Krystal Calderon

Whenever you go to the beach, do you see people sleeping or reading books? That’s because researchers say the beach is where many people go to release stress. During the summer, the beach is the most common place where people hang out. The sun cooking your skin, the sound of the waves crashing, and the feel of the warm sand around you.

The beach can release stress. The beach has many benefits to humans, like vitamin D that will help you in the future. The sand is also beneficial for you to exfoliate your skin, when the sun opens your pores, the salt water will cleanse them, and the iodine in the water will kill any germs in your skin that can create blemishes. Just remember to wear sunscreen to protect yourself from too much sun.

The beach can also help boost your mental health, spending time at the beach will make your senses increase because of relaxation. Focusing on your senses is one way you can meditate; you can lay in the sand and close your eyes. By doing that makes you focus on the sounds and smells and helps your mind and clear your head from problems. It is beneficial to your mental health to be exposed to the sun and ocean air. Surf therapy has been found to improve your mood. Getting in the water and moving about helps you to be more conscious while also getting some exercise. It also lifts your mood by making you feel much more calm, happier, and isolated as when you walk along the shoreline.

Anxiety, sadness, heightened stress, and other mental health disorders can all benefit from going to the beach. Even a 20-minute walk along the beach might improve your attitude. Booking a vacation to a beach or just being there for a day when you’re feeling depressed or burnt out will be a quick solution for your mental state.

Going to the beach will not solve your other mental health problems but it is a start. According to one study, persons who are already thrilled about going to the beach are more likely to have positive moods and mental health consequences.

