

# Headlight



Written by the students of Marblehead High School for our school and community

2016-2017 Issue

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## Artist to Watch: Khalid

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Entertainment Editor

At just barely nineteen years old, Khalid is a star on the rise. The young El Paso, Texas native made his grand entrance into the music world in August with the release of his first single "Location." More recently, last month he released his debut album, *American Teen*. The fifteen-track work, released on March third, combines R&B and Soul with an added contemporary flavor. Khalid has caught listeners' attention with his calming soulful voice and has won over young listeners in particular with his lyrical thematic focus on the teenage experience. Album highlights include "8TEEN," "Saved," and, of course, the single that everyone seems to be talking about: "Location." That said, there isn't a dud among the fifteen songs.

Khalid has only been on the music scene for a little while now, yet he's already received his first musical award. On March sixteenth, at the MTV Woodie Awards, Khalid took home the title for "Woodie to Watch." Not only has the teenage musician already seen award show success, but has also been successful on the charts. Earlier this year, "Location" reached No. 10 on the Billboard Hot R&B chart, and *American Teen* currently holds the number two spot on iTunes under the R&B/Soul albums category.

Raised by a single mother in the military, Khalid cites his mom as his biggest inspiration. He also credits other artists, including Kendrick Lamar, A\$AP Rocky, Frank Ocean, and Chance the Rapper, with influencing his music and sound. Earlier this year, Khalid completed his first tour in both the U.S. and Europe, which sold out at every venue.

So, what's next for the *American Teen* artist? He will likely have another tour, this time featuring the full album. Hopefully, he is planning to bring out more music in the near future. There's no doubt Khalid is on an upward path, and at this rate, the sky's the limit.



## A Concept That Makes Me Sick

Jack Krivit, Senior  
Editor-in-Chief

A runny nose, equally wet eyes, a violent hacking cough, and an inability to actually get any needed rest are all symptoms of a high school sickness. In middle school, running up an abnormally high fever and being excused from the lessons of the day was the most enticing alternative to actually going. But now, with the ever-increasing burden of keeping up with my classmates weighing on me, being forcibly bed-stricken for the day is a huge setback in my progress. Ironically enough, most of this sickness usually comes from the exhaustion of balancing hours of homework with extracurriculars. The pride of accomplishing everything after one exceptionally stressful week only makes a high school student think that it is okay to miss parts of the next, when in reality, these mindsets only create a cycle of stress.

Sick days always start out the same. You wake up at the same time you always do, but for some reason it just feels like so much earlier, so as you pull yourself from your bed and beg your equally groggy mother to let you go back to sleep, it seems like the day will be endless and without consequences. That is the first mistake made. Although it may seem like you have all the time you need to take the AP Government notes you were assigned last class, time seems to slip away as you carelessly watch *Bob's Burgers* on an iPod screen. Trust me, I've been there.

Before you know it, it is 2:30 and school has already been released. While all of your friends and classmates are each one day wiser, you have accomplished nothing besides getting an extra hour of some still-much-needed rest, and perhaps learning how many Justices currently make up the U.S. Supreme Court. Perhaps. At this point in the day, as you look back at how little you actually accomplished, you start to realize that maybe missing school was not worth it.

Although it may seem tedious and unnecessary, one of the most important things to do after missing school is to get in touch with your teachers. They might not all respond, but by letting them know that you care about what you missed, it shows your appreciation of what they do. So now, you not only have to make up the work you were planning on doing that day, but also everything new that was assigned. It is not impossible to do, but it can certainly be strenuous. Because although you might think it only takes one day to recover from missing school, it is never that simple. Before you know it, there will be so much piled on top of you that you begin to feel overworked. Then, severely exhausted. And finally, pushed to the extent of being under the weather, until you have entered an incessant, yet extremely ironic cycle.

## The Importance of Family Dinners

Lilly Tapper, Junior  
Reporter in the Field

Eating dinner together is a way for families to carve time out of their busy schedule to talk to one another. In my family, it is unusual to not have a family dinner; however, I have heard that it is not a common routine in other households. I thought that family meals were a typical practice in all families, but I was wrong. After doing some research, I learned that nearly 60% of American families eat dinner together at least five times a week. In 1998, that percentage was 47%. Though the number has increased, in my opinion that percentage is still too low.

All members of a family, especially children, benefit from participating in family dinners at least five times a week. Kids who eat family meals decrease their chances of becoming depressed, thinking about suicide, or developing eating disorders. If a child is developing an eating disorder, the problem can be recognized early on, because the family is eating together and talking together. Children also learn and expand their vocabulary by listening to adults at the dinner table. A study discovered that children learned 1,000 rare words during family dinners. In comparison, children learned only 143 new words from listening to their parents read them books. A larger and more varied vocabulary helps kids learn to read earlier and with less difficulty.

Family dinners can also benefit older children. The chance of risky teen actions, including drinking, smoking, and drug use, is lessened; research has shown that teens who sit at fewer than three family dinners per week are almost four times more likely to abuse prescription drugs and use illegal drugs. Family meals also impact grades. Research proves that only nine percent of teens who sit with their family for dinner do poorly academically ("poorly" define as consistent C's or lower). In contrast, 20% of teens who dine with their family fewer than three times a week receive these grades. In addition, children and teens have been seen to bounce back more easily from cyberbullying.

Eating together can improve health as well. A 2000 survey researched 9 to 14 year olds who ate dinner with their families, and discovered that the children ate healthier foods, such as fruits and vegetables, and less junk food, including soda and fried foods. These kids also had higher levels of calcium, iron, and fiber from their diets. Finally, research has proved that the tension and strain from working moms spending long hours at the office is largely reduced by sitting down with their family for a meal.

Family dinners can have a positive effect on every member of a family. In my research, I could only find positive facts about having family meals. However, children and adults can not experience the full benefits unless they eat together five times a week or more. People who ate together three times or less saw few of the advantages, which is why I recommend that every family make eating together a goal each day, just like my family does. This is a great opportunity to relax after a long, stressful day, and maybe you could learn something new about each other.

I encourage readers to take a look at the following articles and resources:

The Washington Post: "The Death of the American Family Dinner"; "The Most Important Thing You Can Do with Your Kids? Eat Dinner with Them."

Health.com: "8 Reasons to Make Time for Family Dinner"

The Family Dinner Project

## A Busy Weekend for MHS

Friday, April 7, is a busy day for Marblehead High School students, who will be involved as participants and supporters for the following three events:

### The Relay for Life

MHS Cancer Awareness Club is walking in its second annual Relay for Life, an overnight walk-a-thon to raise money for the American Cancer Society. This year, the event is indoors at Salem State; team captains Katie Pearce, Ashley Stiles, Mairead Bresnahan, and Becky Twaalfhoven will be leading the club as they walk through the night to support the fight against cancer. The club is also hosting MHS Cancer Awareness Day on Friday, and has been selling temporary tattoos to students and faculty to wear in solidarity for the cause.

### The NAHS Art Auction

The National Art Honor Society is hosting its annual auction of student work at Zimman's Fabric Store in Lynn. Proceeds from the event will go towards scholarships for seniors planning on studying art next year. Tickets are sold by members of NAHS.

### Acappelloza

Seniors Stephen Girard and Ilana DeAngelo will be hosting this year's annual Acappelloza, an a capella concert featuring four MHS groups and special guests, the Nor'easters from Northeastern University. Tickets are on sale during school lunches, and will be for sale at the door. The event will be held at the Performing Arts Center at the Veterans Middle School; the show begins at 7 P.M.

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