

Headlight



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

2015-2016 Issue

www.mhsheadlight.weebly.com

December 17, 2015

Students vs. Sleep

Abby Schalck, Junior
Reporter

Everyone knows that people are supposed to get at least 8 hours of sleep every night, but growing teenagers need more than that. Teenagers need more than 9 hours every night in order to have proper growth and regenerate energy. However, things like school, sports, and extracurricular activities add up to prevent students from getting the sleep they need.

Most students wake up between 6 and 7 in the morning to get ready for school, depending on how long it takes them to get there. After school, almost all students have sports practices or clubs that they have to attend. The time that students spend in practice or in a club varies, but some can last up to several hours. Other students may have after school jobs that take up their time or siblings they have to look after. And with all students having at least five classes a day, with around 45 minutes of homework in each class, the number or hours of sleep dwindles away.

One study found that only 15% of teenagers reported getting enough sleep on school nights. Because of this lack of sleep, many suffer from sleep disorders, such as narcolepsy, insomnia, or sleep apnea. These can continue into adulthood and be detrimental to a person's growth and development. Not only do teenagers need more sleep than adults, but it is also scientifically proven that it takes longer for adolescents to fall asleep.

So what's the solution? People need to realize that teenagers can only take on so much work at once. Teachers have to realize that 6 hours of homework a night is too much for students. Parents need to realize that their children still need sleep to grow. And students need to realize that they can only take on so many responsibilities at once.

While being a straight-A student, a star athlete, or someone who's the best at their job is great, people don't have to do everything at once. Teenagers have to remind themselves that even though they are constantly being told that they have to act like adults, they are in fact still growing.

No one can be the best at everything, and while many students will try, they will run out of energy. Of course, students can be both athletes and get good grades, or be in tons of clubs and also have a part-time job. But the important thing for teenagers to do is to pace themselves. Because if they push themselves too hard and not give themselves enough time to sleep, they'll just crash and burn.

Brady and Belichick

Korey Cohan, Sophomore
Reporter

Overcoming adversity in life is no simple task. In life nothing will always go as planned, whether it's within your job, sports, or school. The New England Patriots, led by head coach Bill Belichick and quarterback Tom Brady, may be one of the best teams able to overcome adversity in NFL history. The Patriots follow a very simple motto, which is "next man up." This means when someone is unable to play, the next player at that position is expected to step up and be prepared. This is very rare throughout the NFL. Often it is common to see a key player get injured and the team will struggle without them. With the recent loss of Julian Edelman for a key part of the regular season, Danny Amendola has stepped up and filled the role as Tom Brady's go to receiver. This depth in their roster has allowed the Patriots to maintain a consistent winning record throughout the seasons. Under the helm of Bill Belichick and Tom Brady, the Patriots have made six Super Bowl appearances and won four of them. The most recent Super Bowl win came in 2014 against the Seattle Seahawks. The New England offense was the underdog to the number one ranked defense of Seattle. With some of the top ranked players, such as Richard Sherman and Cam Chancellor, it was hard to imagine that receivers like Julian Edelman and Brandon LaFell would have much of an impact. However, you can never count the Patriots out, and once again they were able to have key players step up and get the job done. The game ended with a unexpected interception from Malcolm Butler and many questions for the head coach of the Seahawks, Pete Carroll.

This season, the Patriots lost a key player in Darrelle Revis, who made his return to the New York Jets. Many New England fans were concerned about how our defense would play without his help. His replacement, Malcolm Butler, would now be responsible for covering the best receivers week in and week out. Just as expected, Malcolm followed the motto and is now making his name as a top cornerback in the league. The reason the Patriots are capable of this is still not completely understood. This year Tom Brady has continued to shock the world with his magnificent play, no matter what receivers surround him. For us New England fans, we continue to love and support the Patriots through all the issues they face, because we know with Belichick and Brady still out there, we will always have a chance.

Best Buddies Jingle Ball

The first ever North Shore Best Buddies Jingle Ball is **tonight** (Thursday, December 17) from 6-8 P.M. in the Marblehead High School cafeteria. A \$5 donation and/or a toy to contribute to Toys For Tots are welcome. Pizza and snacks will be served. Please see Best Buddies officers or Mr. Lavender to volunteer to help!

The Ridiculous 6 Movie Review

Jacob Keller, Junior
Reporter

Let me preface this review by saying this: there is only a select group of people who could possibly enjoy the movie *The Ridiculous 6*. Moreover, this movie was a low-brow monstrosity, a failed attempt to parody western-themed movies. Adam Sandler's career as a comedy-man has been seeing its decline in the past few years, and this movie by no means deviates from this theme.

People might expect more out of a movie with such names as Taylor Lautner, Rob Schneider, Steve Buscemi, Terry Crews, Nick Nolte, Danny Trejo, and David Spade, but they will be sadly disappointed. The movie's overview, "when his outlaw dad is kidnapped, Tommy 'White Knife' Stockburn sets off across the West on a rescue mission with five brothers he never knew he had" promises something entertaining. Do not be fooled!

Sandler, the movie's star and co-writer, plays adopted Apache Indian White Knife, who in the opening scene travels with his Apache fiancée, Smoking Fox, to the store of a racist owner named Clem. He enters the store alone and exits to the sound of his fiancée's screams. Here is where the chaos begins. Sandler's character moves with lightning speed, traveling on his fingers to kick a gunman off his feet. The other four gunmen ask to see his kick again and he repeats. Now only three gunmen remain. They become angry and begin to reach for their pistols, but White Knife bursts a sack of flour over their heads and follows to hang them onto wooden signs with his knives. The store owner runs out, angry at White Knife for fooling him (the store owner believed that White Knife was a white man, not an "Injun"), and begins to try to shoot Sandler. Sandler proceeds to throw a carrot at the man, which sticks into his leg. Roll the movie title.

Not into farcical comedy? Do not consider this movie. Into farcical comedy? Do not consider this movie. The scenes that follow are a badly linked series of skits that go beyond the typical "horseplay" included in farce. Explosive diarrhea, the removal of eyeballs, decapitation, urine, and countless sex jokes add up to be a crude mess.

The movie has nothing going for it. Its characters are static stereotypes. Its plot is predictable through foreshadowing, and is only a vehicle for the comedy. The comedy is, to put it bluntly, terrible. Taylor Lautner pretending to be flying while being hung in a public execution is not the kind of scene that induces laughter. Nor is having a character lead John Wilkes Booth to Abe Lincoln in Ford's Theatre.

The Ridiculous 6 was infested with issues that pertained to all levels of the movie. The only lens that one could consider the movie in is farce, and it failed to be a remotely good farce. Although I shouldn't have expected much going into the movie, I did not expect something so bad. When even Adam Sandler seems to be falling asleep throughout the movie, I think it's time to reconsider watching.

This Week's Headlight Bulletin Board

Current Events

Women have been elected to municipal councils in Saudi Arabia for the first time after a ban on women taking part in elections was lifted. At least four women were elected, the state-run Saudi Press Agency (SPA) reported. Other news agencies put the number between nine and seventeen. Women were elected in Mecca, Jawf and Tabuk, SPA said. The vote is being seen as a landmark in the conservative kingdom. However, the councils have limited powers.

Women also won in several other regions in the country, including Jeddah and Qatif, other reports suggested. Saudi women still face many curbs in public life, including driving. A total of 978 women registered as candidates, alongside 5,938 men. Officials said about 130,000 women had registered to vote in Saturday's poll, compared with 1.35 million men. The disparity was attributed to bureaucratic obstacles and a lack of transport for female voters, the AFP news agency says. Female candidates were also not allowed to address male voters directly during campaigning.

Turnout was high, state media reported. Salma bint Hizab al-Oteibi was named as Saudi Arabia's first elected female politician, after winning a seat on the council in Madrasah in Mecca province. She was running against seven men and two women, the electoral authorities said.

Elections of any kind are rare in the Saudi kingdom - Saturday was only the third time in history that Saudis had gone to the polls. There were no elections in the 40 years between 1965 and 2005. The decision to allow women to take part was taken by the late King Abdullah and is seen as a key part of his legacy.

Source: BBC World News

Quote of the Week:

"The greatest way to live with honor in this world is to be what we pretend to be."

-Socrates

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