

Headlight



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

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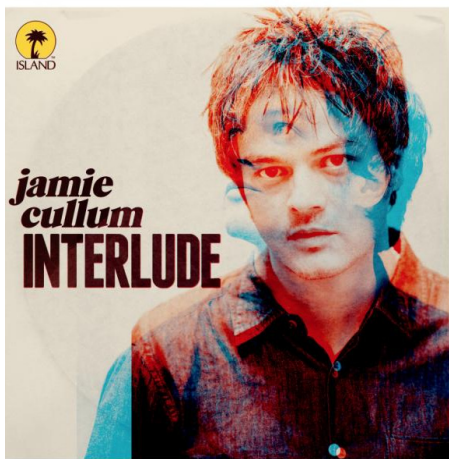
Why Do I Run?

Riley Sugarman, Senior
Reporter in the Field

There's a statistic that your feet only touch the ground approximately 19% of the time while running. So, quite literally, when I am running I am flying. This is why I run. I run to defy the odds, because if I can fly I can do anything. So if I can run, I can do anything. If you put in 110% effort every day there's nothing you can't accomplish. When that gun goes off I am free, free to accomplish my goals, or get a PR (personal record, runner talk).

While running is an "individual sport," we aren't running to hurt anyone; we are running to accomplish something for ourselves. We are a family of people who willingly put themselves through the agony of running. During a race I ask myself, "Do I feel good right now?" If the answer is "Yes," I push myself harder because no one should feel "good" during a race. We are a family (or cult, shall we say), of chocolate-milk-drinking-pasta-eating-sneaker-buying people who go out and run against the clock every day, and that's pretty damn cool.

There are the people who run to win—don't get me wrong, that's amazing—but there are the people who go out and run countless races just to prove something to themselves. There are the runners on the cross country team who know they won't score any points but work hard every single day. It's not something palpable like a game ball; it's for pride. It's for beating the clock you never thought you could. It's for watching those varsity girls come back with a huge trophy you never thought you could help win, and bringing one back two years later. It's to fly. So there, I tried to put running into words so you can understand what it means to be a runner, but that still doesn't do it justice. You don't need gear or equipment to start running; you just need some gym clothes, a pair of sneakers, water, and the will to succeed.



At left: Jamie Cullum's new album *Interlude*, which is highlighted in Drew Faria's review

An Underappreciated Musician

Drew Faria, Senior
Reporter in the Field

I survived the first four hours of my first plane trip to Europe, but there is only so much *Breaking Bad* one can watch before the eyes sting. I decided, "You know what? I should listen to some tunes right now." I plugged in my headphones and searched the plane's music library. I chose to listen to Jamie Cullum. I had heard of him, but I had never given him a real chance. To sum the experience up, it was difficult to confine my dancing and foot-tapping to the miniscule seating area.

I began to search his music on YouTube, buy his albums, and deepen my obsession with this insanely awesome musician. Tragically, most people have never heard his work. Jamie Cullum is a British jazz/pop pianist who produces incredible music loaded with endless creativity. I never found a song of his that I did not inspire me to run to an instrument and play along. He loves to take existing songs by various artists, from Rihanna to Radiohead, even Taylor Swift, and put new twists on them.

His new album, *Interlude*, takes a jump back to the roots of jazz and big band music. This retrospective album represents a new path in Cullum's innovative career. I felt disappointed at first; I missed the exhilarating soul power of his modern-styled music, and this album watered-down the excitement at first. However, I listened to the record for a few times, and, like all of his music, it began to grow on me.

Cullum revamps the music of the jazz and blues greats, like Dizzy Gillespie and Ray Charles, and makes them his own. He actually did not compose a single song on *Interlude*! Regardless, his signature mojo shines through whatever he plays. If I owned a coffee shop or a Sunday-morning-brunch-with-family-styled restaurant, I would replay this record to nausea, for it fits that atmosphere perfectly. It includes tunes that make one want to hit the ballroom dance floor with the swinging horns, and solo piano ballads that are almost too slow to have a beat at all! Bottom line: this album has music for everyone with an appreciation for a blues, jazz, or Motown vibe.

I intended for this article to not only briefly review *Interlude*, but to expose an infectious musician to an audience which *maybe* has heard one or two of his songs. Personally, I think Jamie Cullum is one of the world's most innovative musicians because he bridges several musical genres to create music that anyone can relate to. I turn on his music while I sleep, when my family hosts parties, and pretty much every day. A day does not pass when I do not want to listen to his work, and I hope that this article inspires people to listen and feel the same way.

Blow Away the Winter Blues

Kyra Veprek, Sophomore
Reporter

It's an epidemic that sweeps high schoolers and adults alike every winter. It's a flu that thrives off those subject to the completion of mid-year exams, a drowning feeling when thinking about workload and the crippling thought they've barely completed the first half of their school year. Symptoms of this "Mid-Year Slump" may include (but are not limited to): spending more time surfing Netflix than studying for a test, skipping your workout because "walking up and down the stairs was enough," or considering yourself one with your couch. Although a couch may be a comfortable home, there are ways to fight the Mid-Year Slump and continue your mission to better yourself. You're sure to beat the sluggish Winter Blues by following these four simple steps:

1. Sign up for something random. Think of something you have never had the time to do. Maybe you're curious about how you would be at Yoga, boxing, or even oil-painting. Signing up for a group class will give you an engaging (yet non-stressful) opportunity to find your hidden talent! Throwing yourself into something you've never tried is scary, but thrilling. Signing up for a random class will keep your week interesting and give you something to look forward to throughout the week.

2. Incorporate your friends with work. Motivating yourself is 100x easier when you have a few friends working towards the same goal. For exercise, plan workouts with friends who have common goals and use that feeling of mutual suffering to motivate you! For school work, plan study sessions and make contacts with someone in each of your classes. When you need it most, your friends will be there to push you onwards and upwards.

3. Register in a local event. Whether you're into sports, art, or scholastics, there will always be a group event that suits your interest. Signing up for a large scale event will keep you eagerly looking toward the future and may lead to setting goals. Some events to look into include: running in a road race (5k, 5 mile, 10k, can be fun for beginners), attending a concert, volunteering at a local fundraiser, or seeing a theater production.

4. Keep physical records of your favorite memories. Every day, I write down my favorite moment of the day on a sticky note and keep it in a jar. I find having documentation of my brightest moments (pictures, writing, etc.) motivates me to live in the present and appreciate all my experiences. By recording all your accomplishments and "LOL" moments, you'll create a small bank of motivation to drive you during the lethargic times we all know too well.

The Mid-Year slump will inevitably try to take you prisoner, but you have a choice of how to deal with it. So I challenge you to take this winter into your own hands, and make it something great.

My First Midterm Experience

Kathleen Alexandrou, Freshman
Reporter

As I write this, I'm sitting in my Latin classroom after turning in the last of my first set of high school midterms. For months, my teachers have been talking about how important midterms are and now they are finally over. At least, they're over until next year. Being a freshmen, I don't have past mid-terms as a comparison so it is hard to say if these were easy or hard. I do know that the anticipation of a week of testing was excruciating. Going into midterms week, I was so nervous my stomach hurt and I had a headache for an entire weekend before. Of course, it didn't help that my very first test was in biology, my worst subject. The week leading up to midterms week, I dropped everything to study. All of my after school activities, my social life, and even checking my email got tossed in the closet until the afternoon of January 23rd. I didn't know what to expect, so I prepared for the worst.

At least, I started out that way. A day or so into my first week of studying, I stopped actually taking in information and started just staring at the pages of the textbook, hoping I would absorb the information. I stayed that way until Saturday night. It wasn't until then that I really panicked and began to cram. When I walked into school Tuesday morning, my eyes hurt from reading the textbook over and over, and my hands were shaking from the fear of failing the biology midterm. An hour and a half later, though my stress levels hadn't decreased, I had finished my first midterm. Three days later, and my stress levels have just barely started to go down. The tests are all finished, but from now until the grades are all up, the agonizing fear of "I failed everything" will remain.

My fear partially stems from the emphasis that both teachers and students have placed on these tests. From what I had heard about them, midterms seemed to truly be a matter of life and death. If I hadn't been told that getting a low score on midterms was just a step above repeating freshmen year, I might have saved

myself a headache. At the same time though, being so worried about midterms was one of the major reasons I studied - or tried to study- so much. Everyone I talked to made a huge deal out of midterms, only adding to my anxiety about them. Each person I talked to had a different opinion about what to focus on as well.

There were perks to the arduous week of midterms, with the relaxed schedule being one of the biggest. For the first time in my life, I was allowed to arrive and leave school whenever I chose, so long as I was in my classroom in time for the tests themselves. There were bagels for sale each morning as well, solving the daily issue: Do I have time for breakfast? Each day we had two exam blocks, with a forty minute prep block in between. The prep block gave me a much needed break from the academics, and I was able to talk to my friends and enjoy myself. Though I certainly won't miss the stress of the midterm exams themselves, I already miss the freedom we received along with them. If you do miss the testing for any reason, don't worry because finals are in less than five months!

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