

Headlight



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

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A Fancy Brunch, Homemade

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Reporter-in-the-Field

Mother's Day is meant for showing appreciation for the mothers in our lives, and while a fancy brunch may be a tradition, going out can sometimes be more stressful than enjoyable, especially if a big family is involved. However, it's easy to recreate the culinary experience at home without paying extra or even changing out of your pajamas. And sometimes, that's exactly what a mother wants. In my personal experience, special doesn't have to mean complicated; oftentimes people prefer to have their meal catered to their tastes. So, with that in mind, here are some suggestions for creating a customizable and simple brunch at home.

Food:

- *Chocolate-dipped strawberries*: These are a staple of many restaurant brunches, and while they look and taste great, there is the added benefit of being incredibly easy to make.
- *Fruit, Yogurt, and Granola Parfaits*: Parfaits are simple to prepare and have the potential to look beautiful, if layered well. They are customizable to personal tastes, and can be as complex or standard as you like. In a tall wine glass, start with a layer of yogurt or custard, followed by granola, then any desired fruit(s); then repeat several times until the glass is full. If you're feeling ambitious, you could top the parfait with a layer of meringue, chopped nuts, or a sprig of mint.
- *Mini Quiches (without crust)*: The idea of quiche can be daunting, since it often requires a crust and a lot of eggs and cheese. However, if you cut the crust and try mini quiches, you might be surprised at how fun and easy this egg creation can be. If you have ever made scrambled eggs before, the idea is the same: whisk together several eggs and a small amount of milk; add in chopped cooked meat, raw and/or cooked veggies, and seasonings to the batter; spray a muffin pan with cooking spray, pour the batter into the pan, and bake at 350° for 30 minutes, or until firm. That's it!
- *Salad*: If the brunch is leaning more toward lunch than breakfast, salads are perfect as the main dish while leaving room for the real treats. Everyone knows what a salad is, so I'll keep the suggestions simple: toasted nuts, fruits like berries or clementines, soft cheeses, and a light dressing all pair well together as toppings on any greens.

Drinks:

There is nothing wrong with store-bought beverages, but I find that homemade drinks have the benefit of choosing ingredient proportions and sweeteners. Which ever route you choose, the key is presentation. Cold drinks, like the ones below, look best in clear glasses with ice cubes and a slice of citrus on the side. A trick to keep it cold and avoid melted ice is to make ice cubes out of the drink itself.

- *Iced Tea*: Make hot tea as usual, let cool, then add ice and lemon.
- *Iced Coffee*: I recommend consulting with whoever is drinking it for the best choice in this! Make hot coffee, let cool, add ice and milk/cream. If adding sugar, do it while the coffee is still hot, since the granules dissolve better in hot liquid.
- *Lemonade*: Homemade lemonade is fairly easy and generally tastes better than the powdered mix. I recommend referencing a recipe for proportions; however, the general idea is to simply combine lemon juice, water, and sugar until it tastes how you want it. If you want to be more creative, try adding flavors, like orange, ginger, raspberry, honey, or strawberry.

These suggestions are just a taste of the possibilities for creating a sophisticated brunch at home. In my personal experience, using recipes is extremely helpful in the preparation of food, since somebody else has already made mistakes so you don't have to! Another important thing to remember is that while the food may be the focus, decorations and location are important factors in the experience, so take the time to prepare those also. Whatever you choose to do for Mother's Day, make it special for the women you celebrate!

MHS Sailing Team Finds Success in First Weeks

Alex Kerai, Senior
Editor-in-Chief, Varsity Crew on MHS Sailing Team

A month ago, when the snow had not fully melted, the ice had not yet thawed and the temperatures were only creeping above forty degrees, the Marblehead High School sailing team began practicing on the water, running tactics and boat handling in preparation for their upcoming season. Their hard work paid off when the team beat St. John's Prep in a team race and then won the annual Maine Team Race Invitational in Marblehead. The next weekend, the team won the O'Day Qualifier at Pleon Yacht Club and traveled to Newport to race for the O'Day Trophy. The four events were great experiences for all members of the team and a fun way to start the season at home before traveling for a regional trophy.

Their first regatta was on Tuesday, April 7, against St. John's Prep who came down to team race. The conditions were fairly light, with breeze around 7 knots. Racing was a best of five match, with the team that got to three wins first winning the set. In team racing there are three boats sailing per team, for a total of six boats, and the goal is for your team's finishes to add up to less than ten; for a first place finish you receive one point, for second place two points, and so on. The Marblehead and St. John's varsity squads raced one set with Marblehead winning the set, 3-1.

Each year, for over two decades, the MHS sailing team has hosted George Stevens Academy (GSA) and Mount Desert Island (MDI), both of Maine, for a weekend of team racing. Referred to as the Maine Invitational Team Race, the regatta has also served as the first time on the water for the Maine teams in some cold years. This year we were lucky to have gorgeous, warm weather for both days of racing. Saturday was a windy day, with breeze steady around 12-15 knots and gusting upwards of twenty in the Harbor. The racing was done in a round robin style, with MHS racing MDI first. After a set (best two out of three races), MHS raced GSA, and finally the two Maine teams raced each other. Marblehead won both of their sets in two races, effectively sweeping the regatta on the first day. For the majority of the races sailed, Marblehead also placed in first through third, shutting out their competition! Fleet racing (essentially every boat for herself) made up Sunday's racing. Team members who did not get to sail the day before got to race in the lighter 5-10 knot breeze. To prepare for college sailing, there was also a women's race, where each team put out at least two boats of female skipper and crew combos. Marblehead won that set with their powerful female sailors, a combination of under- and upper-classmen. By late afternoon Sunday, the Maine teams were departing for home, excited to race the Fishwagons again in May when we travel up to Maine for the Downeast Regatta.

The final weekend of April vacation, the sailing team hosted the qualifier for the George O'Day Trophy, which itself was a qualifier for the Interscholastic Sailing Association High School Doublehanded Championship (a.k.a. the Mallory Trophy or Nationals). Both the O'Day Trophy and Mallory Trophy are sailed as fleet races, which is in the style of normal racing with every boat and team for herself. Last year, the team suffered a disappointing defeat in the O'Day Qualifier, losing by a few points and missing out on the chance to compete for the O'Day Trophy. The Fishwagons coach, Parker Dwyer, left those results up for the rest of the season as motivation for the team. This year, the team sailed their best fleet race regatta of the season and won the O'Day Qualifier. In the process, the team secured a spot for the next day in Newport and the chance to compete for the O'Day Trophy. The wind on Sunday was fairly light in Newport, with shifting conditions and breeze that built slightly during the day. There were some incredible teams from the New England region racing, and it was a great day of sailing. Sadly, the MHS sailing team did not qualify for Nationals, but it was great qualifying for the O'Day and we hope to be back there next year!

The racing continues this weekend as female members of the team travel to Greenwich, CT for the qualifying round of the Rebecca Herreshoff Trophy, also known as the NESSA Women's Championship. The season is coming along nicely and the team has more regattas lined up for the coming weeks. They will be practicing Tuesday through Thursday after school out of Pleon, so grab your shades this afternoon and come watch the sailing from any spot in the harbor!

Netflix Mind Control

Jack Krivit, Sophomore
Reporter

Wouldn't it be great if there were a way to pick from a large variety of hit movies and TV shows to watch upon a whim? Wouldn't it be even better if this application could be brought with you to basically any location you desire, completely distracting you from accomplishing your work, and also preventing you from getting the right amount of sleep? Actually, something like that does exist and plays the role as one of the largest forms of procrastination for students everywhere. Netflix is not just a simple and entertaining distraction, but it becomes a new world that sucks you in and becomes an addiction of sorts. With the newest advances in technology, Netflix has been able to spread from the television to the computer, and even to portable music players and phones, so there is essentially no escaping its awesome grip. In fact, it has become so serious in the lives of students that when thinking of doing nothing for a weekend, Netflix is quite often referenced due to the function it accomplishes, which is essentially to waste time.

When I was first choosing the apps to put on my new iPod touch, I was very hesitant to place the time-waster among what I hoped to be limited to listening to music and

reading the news. In a very short time, Netflix had become the most popular application on my iPod, mainly due to my own lack of self-control. Not only this, but the news apps that I had intended on utilizing on a daily basis were quickly deleted in order to make more space for other procrastination sources including games and Youtube.

Whereas I would have once fallen asleep with a book resting on my chest, my nights have recently been held lying on my side, staring dully at a dimly lit screen, scrolling through the episodes of my favorite shows. In fact, there are so many exciting choices to pick from on the site that a large part of the time spent on Netflix is used for finding the best thing to watch, when, as equally awful as it is to say, this time could be used to actually watch the program and allow the viewer to go to sleep sooner.

The main reason Netflix is so harmful is that it is not only used as a way to fall asleep or recover from a long week of hard work. Since it can now be brought around on a portable electronic device, Netflix is a source of distraction from the tedious everyday tasks an average student has to accomplish. This is what makes me so sad. Rather than actually accomplishing anything, it is so much easier to become distracted by the plethora of entertainment options due to the unrelenting temptation to relax. If you are going to find ways to procrastinate, they might as well have a purpose. Unless you are being inspired by the movies you watch to create your own ideas, watching Netflix is only useful to distract you when you are stressed, and even then, there are better ways to cope with this. So press the power button on your iPod, unplug your computer, turn off your television, and only then will you be able to rebel against the powerful control Netflix has on your life.

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