

Headlight



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

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How to Avoid the Winter Blues, Part 1

Becky Twaalfhoven, Sophomore
Reporter in the Field

The coming of Halloween is often considered the beginning of “holiday season” in the United States, with Thanksgiving seemingly in sight and Christmas not long after. Although winter does not officially begin until December 21st, with snow in the forecast and temperatures dropping, it’s likely that many feel as though it’s already upon us. In New England, winter means snow, storms, and bone-chilling cold, not to mention darkness. All of these contribute to a bleak outlook on the long months ahead; it’s easy to see why winter is often associated with sadness or low energy. While it may seem inevitable that you’re hit by what’s known as the “winter blues,” it is possible to avoid this drop in spirits and maintain some of the happiness of summer. Here are some of my tips for how to stay happy and motivated for the upcoming wintertime.

1. Embrace the weather. No amount of reminiscing or wishful thinking will make the thermometer rise or the sun come out, so why bother? If you spend your days wishing it weren’t snowing, you’ll only be disappointed. Instead, gather up your courage and brave the great outdoors as often as possible. After all, although winter seems to last forever, soon enough you’ll be sitting in the sweltering heat wondering why you ever asked for sun. Make the most of the cold, and put all of that heavy weather gear to good use.

2. Get out of the house. It’s all too easy to spend an entire Sunday inside, especially when there’s a blizzard throwing ice everywhere and

temperatures below freezing. There are days when it’s not possible to go anywhere – for example, if snow is piled up against the front door, the car is completely snowed in, and everything in town is shut down. However, most of the time, there is a way to escape the house. Even if it’s something as simple as going to get coffee, leaving the comfort of your bed can completely alter your mindset and help keep up an optimistic outlook on the rest of the day. Do you ever feel constrained or frustrated in the winter without knowing exactly why? Chances are the cause is cabin fever, which is the result of not leaving your house for too long. So, find an excuse to walk out the front door.

3. Exercise. By now, everyone knows that exercise makes you feel better. So why don’t more people do it in the wintertime? If you’re a member of a gym, it’s simple: make a plan to hit the gym every other day (or every few days), and stick to it. If you can, find a workout partner to keep you motivated and force you to honor your commitment. If you don’t have access to a gym year-round, or it’s not easily accessible, being outside is the surest way to keep moving, because if you don’t, you’ll freeze. Even if you’re snowed in, it’s easy to use internet resources to find indoor exercises that keep blood flowing and your lungs working all season long. Countless studies have shown exercise to be one of the best mood-lifting activities, and I can guarantee you will feel better afterwards.

To be continued, so check back next week for some more tips!

Halloween Treats Trick Our Kids

Linda Fitzpatrick, Junior
Reporter

Remember that saying: “Don’t take candy from a stranger?” Well, it seems that on one night of the entire year, we all ignore that. Some open their houses to groups of strangers to entertain. Others trick or treat for hours. While this phenomenon is certainly a widely fun one that I love, it does make me think about how contradictory most Americans become every October 31st. I’ve witnessed a lot of children become greedy, ungrateful bears trying to save up for the winter on Halloween candy, which is unnatural because kids usually are raised hearing countless times to not take food from strangers. Strangers and food are built up in the minds of young ones as a big fat NO. Whether or not they really understand the problem or care to listen to their parents, adults say this over and over again. But when Halloween comes, it is acceptable and very much encouraged.

Don’t get me wrong, the problem I see isn’t trick or treating or kids having fun. It is the fact that it is so easy for Americans to ignore their own morals and beliefs. As our society has developed and problems have been growing, the news is filled with sto-

ries of missing people and obesity reports. Specifying a night to gorge on junk and let kids free to run around late at night seems to be asking for a lot of trouble.

There are a lot of alternatives for these issues; one is the Switch Witch. In case this is unfamiliar to you, the Switch Witch is a new way to get rid of candy by having kids leave out their candy for the Switch Witch to replace with a gift the next morning. The more candy they leave, the better the gift. Another solution to the dangers of Halloween night for kids is going around with a large group of people in well known areas, but still reports of kids getting hurt appear on the news after Halloween. Right now, a Revere firefighter has been accused of assaulting a child on Halloween night. According to reports, the firefighter allegedly had an altercation with teenage trick or treaters, including an eleven year old. Though this report may be the only one that has hit the media currently, it shows how easy it is to hurt and be hurt on Halloween night.

The only thing I can think of to help stop American’s contradictory actions on Halloween is a change in the parenting of children, or at least the attitude they use to approach the holiday. There are kids who are very polite and seem to understand that

getting candy isn’t guaranteed. However, for the ones who assume that they can take two handfuls of candy, not say thank you, and still get more candy, they should be taught that Halloween is about having fun and not being so greedy.

To tackle the obesity problem in America, parents should make a strong effort to teach their children to moderate their candy intake; an entire bag’s worth of trick or treat candy doesn’t need to be eaten in a single night. Spreading the treats along a longer period of time, or sharing with others (ex. soldiers, elderly, etc.), would even allow for a greater amount of joy. With these actions taken, I believe that Halloween will become less contradictory to American teachings.

"Halloween is about having fun and not being so greedy..."

An American Experience

Meredith Piela, Senior
Editor in Chief

Just two weeks ago, I was standing with my French class in the Arrivals area of Logan Airport, eagerly awaiting our pen pals from the Lycée Alexis de Tocqueville. When the students from Grasse, France, finally came into view, it was hard to contain our excitement. Here were the students we had been talking to for a year, through letters, Facebook, and Snapchat, right before our eyes. As I greeted my pen pal, Angélique, I thought about how much fun it was going to be giving her an American experience.

In these past two weeks, the French pen pals, or “Frenchies,” as we like to call them, have been to just about every famous Massachusetts place. As a class, the Frenchies have visited Salem (some even went back on Halloween to take part in the festivities there), Plymouth Plantation, Boston, and, of course, an historical tour of Marblehead. They also shadowed us in school and saw what we do every day at Marblehead High School. Outside of school, the Frenchies have taken part in our busy daily lives and activities. For me and Angélique, this includes a cross country practice and my last meet, Powderpuff practices, football games (I’m in the band), and a Headlight meeting.

One of my favorite moments with Angélique was on the first Sunday she was here. While other students in the class were out shopping with their pen pals, I took Angélique for a walk around Old Town Marblehead. She and I visited Redd’s Pond and Old Burial Hill, where I showed her Wilmot Redd’s famous grave, then got lunch at the Muffin Shop and went to my favorite spot, Crocker Park. A quick stop into Chet’s Video on the way home rounded out our walk. For Angélique, a memorable moment on her trip was playing *Just Dance* and doing karaoke with some of the other

Americans and Frenchies on Saturday night. I talked to Olivia Sahovey, a member of the French class at MHS and asked what she was most looking forward to when we go to France in April. Sahovey replied, “I’m looking forward to practicing my French. I’m also excited to learn more about French culture, because I’ve heard a lot about it, but I haven’t personally experienced it myself.”

Although every MHS student did something different with his or her pen pal, we were able to have a few class get togethers. The first weekend, right before Halloween, we had a pumpkin carving event. The following Saturday night, we arranged a dinner at Bertucci’s to celebrate a memorable visit. The next day, all the MHS students and their families had a goodbye brunch for the pen pals, which concluded with a slide show put together by our teacher, Madame Francois, with our pictures from the exchange.

These two weeks with the “Frenchies” have been incredible, and this whole exchange would not be possible without Madame Francois, who took part in the same exchange when she attended MHS. She was able to bring it back this year because she had learned a lot from her experience and loved it so much. When I spoke with Madame Francois about the exchange, she said, “the main goal was to create relationships between the French and American students on a personal level and continue these relationships when we are in France. I am excited for the American students to have as great of a French experience as the American experience that the French students had here.”

As depressing as it will be having to say goodbye to the pen pals tomorrow, it will be nice to know we will see them again in April, when we will get to have our French experience.

À plus tard (see you soon) Frenchies!

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