

# Headlight



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

www.mhsheadlight.weebly.com

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## Winter Concert

Linda Fitzpatrick  
Freshman, Reporter

On January ninth, a Thursday night, at seven o'clock the high school filled with excited parents, friends, and students to watch the musical groups of Marblehead High School shine on stage. With performances by the orchestra, treble choir, mixed choir, and strings, the night filled the ears of the audience members with music of a variety of styles, such as love ballads from Treble Choir, upbeat and lively songs from the Concert Band, two a cappella performances, and impressive songs played by the strings, including this year's new String Quartet, and the Orchestra. The Winter Concert was a beautiful representation of what each musical group at the high school is capable of producing.

To start the night off by demonstrating the rich quality of music that was to come, Treble Choir sang two ballads. Mixed Choir followed with challenging pieces of music that were sung beautifully, clearly showing the audience how capable the musicians were. The Concert Band brought the stage to life when they played two songs that lifted the energy in the auditorium and captured the audience's attention, especially in "Instant Concert" in which ears were on the look out to hear snip-its of songs they were familiar with. A beautiful, calming song was played by the String Quartet. Next came Luminescence and Jewel Tones to delight the audience with one song each. Both groups showed off their immense talents through their songs. The Orchestra then filled the auditorium with a symphony of melodies that brought their musical pieces to life.

For those of you who may not have been in attendance this year, the greatest change in the program was the finale of the concert - a performance that included every music group. The singing of "Dry Your Tears

Afrika" was a highlight of the show. Since this was the very first year this combination of bands and choirs have performed together, there was a level of skepticism from us musicians - would it work? Seeing as we hadn't had much practice time together as one large group, we honestly were left with doubts. But during the actual performance, those concerns disappeared as the piece of music came together. There has been talk of continuing this type of performance in future concerts because of the great reviews.

Being a member of Treble Choir myself, I was aware that heading into the concert many musicians were feeling unsure of how the night would play out. Due to two snow days which extended the winter break, there was less than expected rehearsal time the week prior to the show. Hearing the buzz of enjoyment outside of the theater after the show, it is safe to say everyone in attendance loved, "Dry Your Tears Afrika," as well as the rest of the performances. The musicians were even delighted to receive a resounding standing ovation.

It is rewarding to see the outstanding music program at the high school. Many arts programs in schools around the country are being taken out of the curriculum due to lack of funding. However, here in Marblehead, the program surely allows students to participate in activities that allow them to reach to new heights and let them grow to be that much better in their musical activity. The Winter Concert was one opportunity, out of many, to witness the talented students in this community blossom on stage.

## Breakfast is Best

Becky Twaalfhoven  
Freshman, Editor's Assistant

From an early age, the saying "breakfast is the most important meal of the day" has been drilled into our heads. Parents constantly remind their children to eat breakfast; health and wellness classes spend significant time dedicated to its importance. Why, then, do a third of the nation's children and teens skip it?

According to a study conducted in 2008 at the University of Minnesota, up to a third of schoolchildren in the country forgo breakfast before school, a statistic that only increases as the children progress through high school. As a freshman in high school myself, I'm beginning to understand why. Every minute of my morning routine is precious, and it seems as though there is never enough time to do everything. The five minutes it takes to eat could easily become five extra minutes in the shower, or searching for a matching sock. Slept late? No chance. Didn't finish all of your homework? Forget breakfast. And why not? For most teens, hunger takes second place to the multitude of small crises taking place in their lives, especially with the school day starting earlier and retribution for lateness becoming ever stricter. The countless reprimands from parents are a small price to pay compared to showing up with incomplete homework, or getting detention. So when there simply is not enough time in a day to eat, what is the solution? It's simple: make time.

You might be thinking, "Easier said than done." You would be right. It is much easier to press

"snooze" and turn over than to muster the willpower to rip off the blankets and step into the frigid reality of a Monday morning in January. Trust me, though, it's worth it. Those five "extra" minutes of sleep are not going to help you much anyways if you skip breakfast. I'm sure everyone has heard it before: countless studies have indicated that children who eat breakfast perform at a higher level in school than their peers who don't eat in the mornings. Skipping breakfast could mean the difference between passing and failing that first-block test, even if you managed to catch a few minutes of sleep (which is unlikely with a test first block). Another prominent factor in the issue is the stigma surrounding weight loss. To the average person, it sounds perfectly logical that skipping a meal, and thus instantly reducing calorie intake, can aid weight loss. While in the short-term you are reducing calories, the long-term effects of skipping breakfast actually have the opposite effect. Research strongly suggests that in skipping breakfast, one is actually setting themselves up for snacking and bigger meals later in the day.

Of course, the question still remains of how to make time to eat. My advice? First, consider setting the alarm five minutes earlier. I know it seems like a huge sacrifice, but it certainly pays off. If you're really pressed for time, try making the meal ahead of time. It is much easier to prepare food the night before than the morning of, when it seems that the clock speeds up and the school day looms closer. During the winter time, I find that eating a warm breakfast wakes me up and sets up my body and mind to

deal with the cold. Also, I recommend eating something you like. Losing time out of your morning routine is much easier to bear when the result is good food that energizes you. Of course, nutrition is a key factor in starting the day off right, and it can be difficult to find a quick breakfast that keeps you energized without overloading on sugar.

As a final helpful tip, I have included some creative suggestions for healthy make-ahead breakfast meals. You may be surprised to find cookies and even a pizza in the mix, but don't be fooled - all of the recipes are low in calories and packed with nutrients to kick-start your day. Enjoy!

1. Mediterranean Breakfast Sandwich
2. Strawberries and Cream Cheese Waffle Sandwiches
3. Overnight Blueberry Coffee Cake
4. Maple Corn Muffin and Sausage Sandwiches
5. Fruit, Nut, and Rice Fritters
6. Baked French toast Strips (with Apricot Sauce)
7. Greens and Bacon Omelet Wrap
8. Cranberry-Granola Bread
9. Eggs and Canadian bacon Pita
10. Banana-Oat Breakfast Cookie
11. Breakfast Pizza
12. Banana Millet Muffins
13. Spinach and Feta Omelet
14. Pomegranate Smoothie (Source: Better Homes and Gardens)

## Teacher in the Headlights

Michael Simmons  
Senior, Reporter

Teacher: Rachel Brahmam  
Subject: Art  
Other Activities: Senior Project

**1. What college(s) did you go to?**  
"Went to the Columbus College of Art and Design, Ohio State University, and the Rhode Island School of Design."

**2. What town did you grow up in?**  
"I grew up in a town called Rochester."

**3. I heard that you are an artist; what type of art did you do when you were younger?**  
"I used to draw comics and paint."

**4. What art did you teach before coming to teach here?**  
"2D and 3D Art and middle school and high school Art."

**5. Why did you accept the responsibility of managing Senior Project?**  
"I thought it would be a great idea and a great experience for students."

**6. What expectations do you**

**have for Senior Project?**  
"I hope for every senior to do a Senior Project and have a meaningful experience."

**7. How will two jobs affect your leadership of Senior Project?**  
"I will have to balance my time."

**8. Could you provide the guidelines of Senior Project?**  
"The students propose an idea that involves working; they should be knowledgeable of what they are interested in. They write an essay, and then a panel of teachers will decide if they get to move forward."

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