

# Headlight



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

2016-2017 Issue

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## Saluting A Beloved Coach

On Tuesday, February 14, Varsity Girls' Basketball Assistant Coach David Pliner presented Mrs. Claire Leary and her daughter with a memorial plaque honoring the legacy and career of their husband and father, Coach Ron Leary. The inscription on the award read:

"In Loving Memory of Coach Ron Leary, 2/15/1940 - 6/4/2016  
Coach, Teacher, Mentor, Friend

Presented on behalf of the hundreds of MHS student-athletes who were fortunate enough to be inspired by Coach Leary."

Coach Leary passed away on June 4, 2016, after a courageous battle with brain cancer. For well over a decade, he enthusiastically coached Girls' Basketball, Softball, and Soccer at Marblehead High School. Coach Leary was a stellar athlete himself at Salem State College, as well as a U.S. Army Veteran during the Vietnam era. He proudly served as an elementary school teacher for 35 years, primarily within the Lynn Public Schools system. In addition to coaching at Marblehead High School, Coach Leary also coached at Salem High School, Hamilton-Wenham High School, St. Mary's High School, and Bishop Fenwick High School.

Above all, Coach Leary influenced thousands of student-athletes with his kindness, his generosity, and his trademark sense of humor.

Before the Varsity Girls' game against Salem, Mrs. Leary presented the Coach Ron Leary Sportsmanship Award to one member of each team: Wildarys Correa of Salem, and Montana Joyce of Marblehead.

## Internet Safety with Amber Born

Amber Born, Senior  
Editor-in-Chief

You have to be careful online. The internet and social media have lots of wonderful uses, but there are just as many pitfalls to be aware of. I've been using the internet for most of my life (even if the first few years were 100% the PBS Kids website and Webkinz), and have so far avoided any major issues. So I thought I should share what I've learned with all of you.

### 1. Don't download anything illegally.

You know not to download movies and songs illegally. You've all seen the anti-piracy ads, but aside from the fact that it's legally and morally wrong to download things you're supposed to pay for, it's better for your device if you don't. Yes, you could download that answer key to your bio homework from homeworkscammer.virus, but it's not worth the weird things that are going to happen to your computer if you do. Maybe you don't care about your own integrity, but you should care about your computer's.

### 2. Don't rinsta your finsta.\*

Everyone knows this, and no one does it on purpose, but it happens. You take an angsty, low-quality selfie, write three paragraphs for a caption complaining about the homework you haven't done, and hit post. But wait! You didn't send it to your 37 finsta followers. You uploaded it to your rinsta, where 1,542 people will see it. Of course, your good friends should catch this immediately, commenting "rinsta" on it so you'll know to delete it (and make a finsta about how embarrassing that was). But it's better just to prevent the mistake entirely by double- and triple-checking to make sure that you're posting from the account you intend to.

### 3. Make everything private except for what you want colleges to see.

Let's be honest: the you that comes across in college applications is not exactly the you that your friends and family see every day. Sure, make your wholesome pictures public. Let everyone see your posts about community service and your red carpet prom photo. But keep your pictures from parties and your rants about your English teacher private. Stanford doesn't need to see those.

### 4. Choose foolproof passwords.

If you can easily remember your password, it isn't secure enough. I've been locked out of my Instagram account before because I couldn't guess my own password. If you can't hack it, no one can.

### 5. Google responsibly when logged into your school email.

Did you know that when you're logged into Gmail, all your searches are saved? You can turn off this setting, but I don't trust Big Google, so I'd still recommend searching with caution. Just in case anyone ever gains access to your search history and discovers that you've been online shopping during APUSH and averaging 23 hours a day on Facebook.

Those are the most useful things I've learned. I'll tweet any others (not during school hours, of course) as I think of them.

\*finsta is short for "fake Instagram" and rinsta is short for "real Instagram."

## Saving the World, One Step at a Time

Kyra Veprek, Senior  
Reporter in the Field

You would be hard-pressed to find an individual on the Massachusetts North Shore not enjoying the outdoors last week. The sunshine was therapeutic; young and old alike turned their faces to the sky, absorbing the golden rays as they stretched their winter-worn legs on their favorite walks for the first time of the season. I shared this sense of revitalization in the summer temperatures, driving past the beaches with my summer playlist bumping through my speakers. There was one feeling I had, however, that I feared was not shared by the other sunbathers: guilt. Yes, the golden warmth made me feel uneasy because I knew something was wrong, and I couldn't help but feel responsible. If you're on the fence about the existence of global warming, I would caution you to heed warnings of the record high February temperatures. If you're worried, don't fret; it's easy to help our planet. In fact, there are a number of daily choices you can make in an effort to preserve our planet.

### 1. Shut off the lights before you leave a room.

A good starting challenge is to shut off the lights every time you leave a room. It takes basically no effort, but has environmental and financial benefits. For the average American, lighting accounts for around 15% of the energy bill, giving you the opportunity to easily significantly reduce what you're paying monthly! The most laborious part of this simple action is remembering to follow through; I would suggest leaving post-its next to bedroom light switches, or posting a reminder on your fridge.

### 2. Only use reusable packaging and bags.

One of the greatest problems of the human race is waste production. Humans are destroying wildlife as they throw out their surplus packaging, which may make its way into important ecosystems instead of landfills. I challenge you to keep track of the amount of packaging you throw away daily; this could be done in the Notes section of your phone, or with paper and pen. You will begin to notice that an unnecessarily large number of things end up in the trash, and notice the opportunities to use reusable packaging or avoid packaging altogether. My first step to that end was getting rid of my plastic lunch baggies to make my daily lunches waste free.

### 3. Buy less stuff.

It sounds kind of silly, but remember that every time you buy a shirt that you sort-of-kind-of like, or you purchase that cool gadget that will end up sitting in your closet for six years, it will probably end up in a landfill. Try to limit your purchasing of new items, unless you need it or love it. If you're just in the mood to shop, I recommend shopping secondhand at a consignment or thrift store, because you will actually be recycling. I recommend the SoWa Vintage Market or the Buffalo Exchange Consignment Shop in Boston for anyone looking for alternative clothing.

### 4. Reuse towels and dishes.

No, I'm not asking you to stop washing your towels or drink from dirty cups; however, it's important to be aware of the large amount of energy spent on laundry and dishwashing machines. If you're just using a towel to dry off shower water, maybe hang it to dry and wait to put it into your washing machine. If you're just drinking from a cup, consider using that one cup as your water glass and waiting to put it through the dishwasher. Our overuse of these luxuries is harmful to our environment and our wallets, and everyone can benefit from efforts to lesson our dependence on them.

### 5. Follow the 1-Mile Rule.

The 1-Mile Rule states that if you have a destination that is within one mile of your house, you are required to walk to it (weather permitting). Marblehead is a conveniently small town, so most stores and banks are within one mile of many people's homes. The 1-Mile Rule is a good way to decrease your dependence on your car, thereby lessening your carbon footprint. The 1-Mile Rule is also an opportunity to get exercise and interact with members of your community. This is my personal favorite because it makes me feel great physically and morally, as I walk to make a difference. I also highly suggest the 2-Mile Rule, in which you bike to any destination within two miles.

Making small, eco-friendly life choices is good for your wallet, your community, and your earth. We're only given one planet, and it's our responsibility to take care of it. It's true that if you're not part of the solution, you're part of the problem; however, we're lucky that it's so easy to be an active member of the solution.

## Don't Raise the Driving Age

Adam Sherf, Sophomore  
Reporter in the Field

Across the country, the legal age to drive varies widely. Some states, like South Dakota, require the individual to be just 14 years and 6 months old; others, like New Jersey, require the driver to be at least 17 years old. With such a large discrepancy, there has recently been great debate surrounding the topic. Many representatives and authorities are currently seeking to increase the age at which an individual can receive a learner's permit to at least 16 years old, a rule which would apply nationwide. Furthermore, several states, including Massachusetts, are considering the possibility of increasing the driving age to at least 18 years.

In my opinion, increasing the legal driving age seems quite unnecessary. By the age of 16, teenagers should begin to take on greater responsibilities and prepare for their futures. Driving is a big part of that process, as many teenagers are able to assist their parents by running errands or transporting siblings. Permitting teen drivers yields clear benefits and opens up a new world of freedom. So, while states with age requirements lower than 16 may want to consider changes, states that already enforce an age restriction of 16 years, such as Massachusetts, should not.

Headlight Staff

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