



Inventing Anna: 21st Century Con

Miranda Connolly, Senior
EDITOR-IN-CHIEF

Anna Delvey was in the spotlight of New York. She was a rising socialite with dreams of starting her own social club, the Anna Delvy Foundation. All she needed was a small loan of 40 million dollars. However, Anna Delvey doesn't exist. Instead, there is Anna Sorokin, who was born in Russia, grew up in Germany, and is currently being held in upstate New York's Immigration and Customs Enforcement. But how could someone trick the New York elite into thinking she was one of their own? How could someone possibly live in New York for free and party with the (insert famous family names here)? These are exactly the questions Netflix's *Inventing Anna* tries to answer.

Inventing Anna follows Vivian Kent, a reporter from the *Manhattan Magazine*. In an attempt to restore her reputation in the journalism world, Kent wants a story that will propel her back into the limelight. While searching for the new breakout story, Kent stumbles upon an article from the *The Post*, which details the arrest of a New York socialite Anna Delvey. This sparks Kent's interest, and she decides Anna Delvey is the story that will restore her reputation. Although Kent is told that she cannot write an article

about Delvey, the future of her career drives her forward, and Kent is able to secure an interview with Anna, and begin her investigation of how so many people fell for Anna's tricks.

Kent follows Anna Delvey's cookie trail all over New York City - and the world, trying to find out what her motivations were. The story brings a range of characters, which mostly fit into one dimensional archetypes that can be seen in any other fashion-oriented show. Although the story that is being followed is interesting, it feels like I've seen the show somewhere else.

Inventing Anna has a lot to offer. A mix of *The Devil Wears Prada* and *Catch Me if You Can* stored neatly into one Chanel bag, surely there is something that everyone can find entertaining. The true star of the show is Anna Delvey, who captivates the audience, just as she was able to with the New York socialites. Anna Delvey is so fascinating because she was elusive, a mystery from Europe, completely confident in herself. Ultimately, Anna Sorokin is the perfect con.

Inventing Anna is an ideal show for the weekend due to its fun storytelling that is rewardingly distracting; it will keep you hooked and wanting more until the very end.



Emily Dickinson - A Biography

Katie Jenkins, Junior

Born December 10, in 1830, Emily Dickinson was the middle child and oldest daughter of Lavinia Norcross Dickinson and Edward Dickinson. She is known to many as the greatest American poet, with many of her poems well known to all.

She was born in the house known as "The Homestead" but was raised predominantly at a house on what is now North Pleasant Street in Amherst. Her family bought this house after Dickinson's grandparents moved to Ohio after running into some financial troubles. The Dickinson family remained as tenants in the house after it was sold out of the family, making the decision to move in 1840. After spending the majority of her childhood in the house on North Pleasant Street, the family purchased the Homestead back and returned there in 1855.

Dickinson attended the Amherst district Academy for a period of time before attending the Mount Holyoke Female Seminary School in 1947. Her time at Mount Holyoke was the longest time she spent away from home.

Dickinson's creativity expanded during the Civil War. The period of 1855-1865 is known as her "Writing Years." This time was also marked by the family's return to their ancestral home and the marriage of her older brother, Austin Dickinson, to her friend Susan Gilbert, with whom she shared many of her poems.

Her poetry focused on such themes as the wonders of nature, the identity of the self, death and immortality, and love.

Dickinson is often known for her reclusiveness, rarely even leaving her home towards the end of her life. This pattern of reclusivity became notable in 1865, when she returned home from Boston, after receiving treatment for an eye condition called iritis. This trip to Boston was the last time she left her home until her death in May of 1886, at age 55.

Over the course of her life, Dickinson wrote 1800 poems, which were found after her death by her sister Lavinia, and published by Lavinia, Susan, and some close friends of the family.

SLS Undergoing Final Test Before Launch

Michael Piper, Junior

Starting on April 1st, NASA's SLS, or Space Launch System, began its final and biggest test before it launches the Artemis 1 mission. This test, called the Wet Dress Rehearsal, is the final checkout of a fully integrated rocket and all the systems that enable a launch - including the ground crew. The test simulates a full launch procedure from 45 hours prior to T-0, but stops short of igniting the four main engines or the two solid rocket boosters.

The mission control team were summoned to their stations at 5 PM on April 1, 45 hours before a simulated T-0. The water tank for the sound suppression system was filled shortly after, and the Orion spacecraft and core stage were powered up over the next few hours.

The next day, final checkouts of the main engines were completed and flame defectors were moved into launch positions. That night, four lightning strikes hit the launch complex, but caused no damage thanks to the three massive lightning towers arranged around the launch pad.

April 3 marked the day for T-0. At L-12 hours the second stage was powered up

and the launch complex was evacuated. The launch team then reviewed the weather and polled on whether to begin filling the propellant tanks. Before tanking preparations could begin, however, the launch team was unable to pressurize the mobile launcher and scrubbed for the day.

On April 4, the team resolved the pressurization issue and conducted propellant line chilldown, cooling down the oxygen and hydrogen transfer lines to prevent damage from sudden contact with the cryogenic fluids during fuelling. Shortly after oxygen began to flow into the rocket, the team encountered an issue with an oxygen temperature sensor, but were able to fix the issue and continue tanking. They managed to fill the oxygen tank around halfway, at which point hydrogen was supposed to begin filling its own tank. However, a hand-operated valve in the hydrogen fill system had accidentally been left closed, and tanking was aborted.

At this time, the wet dress rehearsal has been delayed to after SpaceX's Axiom-I launch, which will launch the first all-private space station crew this Friday.



The Benefits of Walking

Sofia Bottari, Freshman

Walking is on track to being the most effective "wonder drug" we have. Former director of the Centers for Disease Control and Prevention, Dr. Thomas Frieden is confident that walking is a reliable medicine. While walking increases weight loss and fitness, it decreases depression and anxiety as well. Through this simple activity, anyone can access a healthier lifestyle step by step.

For starters, walking reduces the amount of sick days during cold and flu season. While strolling in cold weather may be easy to resist, those who walk at least 20 minutes, at least 5 days a week had nearly 50% fewer sick days than those who exercised roughly once a week. In this study, those who walked regularly experienced much milder symptoms while sick than those who had minimal exercise. Another major advantage of walking is a reduced risk of having breast cancer. Women at higher risk for breast cancer, such as being overweight, can benefit from walking. Walking for thirty minutes daily lowers women's risk by 3% than those who aren't active. This substitute for intense exercise encourages a healthy weight to be maintained.

Mental health benefits can also result from walking outside. Similar to the positive endorphins released after a workout, walking is mood boosting, for it reduces stress, fatigue, and anxiety, and improves sleep quality. Getting regular physical activity

increases one's self esteem and lowers the risk of depression by 30%. For those currently struggling with their mental health, healthcare professionals often suggest walking as a remedy.

Aside from the physical and mental benefits walking brings, spending time in nature has its own benefits. Yes, the simple task of going outside lowers blood pressure, stress, and depression. Additionally, improved brain function and vision occur by being outside. Catching a glance of the trees, sun, and ocean naturally brings us joy! The next time you have the chance, consider strolling around the school hallways, your neighborhood, and beyond.



THE BENEFITS OF WALKING

- Control Weight
- Increase self-esteem
- Lower anxiety and stress
- Build bone and muscle mass
- Lower cholesterol

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