



Marching For My Life

Kristy Twaalfhoven, Junior
Reporter

“Enough is enough!” “Vote them out!” “Not one more!” “Show me what Democracy looks like!”

These were among the phrases I chanted with my fellow marchers at the March For Our Lives in Boston this past Saturday. The main march took place in Washington D.C., while over 800 sibling marches took place around the globe, even outside the U.S., from London to Sydney.

My experience at the march began with a magic moment. Four friends and I drove around Boston side streets, completely lost and hurriedly searching for a parking spot at around 11 a.m., the step-off time of the march from Madison Park. Hoping that we were somewhere near the march route, we finally found a spot on a random little one way street, grabbed our signs, and rushed out of the car to walk towards what looked like a main road. As we turned the corner, a wall of thousands of people marched steadily towards us, only a few yards from where we stood. The image brought butterflies to my stomach as I turned to my friends and confirmed, “It was meant to be.”

In the sun and eventual rain, we marched the nearly 3 miles to Boston Common. All around us, spectators cheered from apartment windows, waving us on. When we arrived at the Common, voices turned raspy from chanting, organizers split up the group into students and adults. With the students I went left, marching down a wide path lined with thousands of adults applauding us, holding up signs, as we made our way to the stage at the center of the rally. I could not contain my smile as I raised my protest poster up high for the sidelines to see, shouting, “We want change, we want change, we want change!” This smile was soon to turn to tears as we listened to the emotion-filled speeches of the student-speakers on stage.

Looking back on the march, one aspect that stood out the most was the similar facial expression of every marcher in Boston, and undoubtedly of every March for Our Lives participant around the world. Yes, everyone was friendly and kind, their mouths shaped to smiles. But their eyes held a trace of something different from kindness: determination. In the eyes of each marcher was a certain indescribable spark. This little twinkle said it all: we want change and we want it now.

Why Do We Cry When We're Sad?

Alix Livermore, Junior
Reporter

I recently asked one of my science teachers this question and he did not know the answer. When you think about it from an evolutionary standpoint, there doesn't seem to be an immediate answer; so why do we cry? If you are feeling a strong emotional response and tears start rolling down your cheeks, what is their role aside from providing a sense of catharsis? Is it something in the tears that somehow calms you down? Is it an ancient instinct that somehow protected us in the era of the caveman? I did some research into why we cry and I was shocked to find that no one really knows! Most of the articles I found seemed to admit this firsthand and then proceed to discuss some of the competing theories. So, even though there was no definitive conclusion, I think some of the options are definitely worth hearing.

1) Tears are a signal to the people around us - according to the article, "Why Do We Cry?" by *Time Magazine*, emotional tears have a higher protein content than those that are typically triggered to lubricate the eyes. This makes them fall down your face slower, and give more time for them to attract attention, thereby allowing more time for others to pick up on your emotional plight and come help you.

2) Tears are a symbol of weakness - another article, also called "Why Do We Cry?", from *The Independent*, discussed the possibility that tears evolved as an indicator of submission to an attacker. Defusing the situation so as to avoid a physical or maybe emotional conflict.

3) Tears help soothe pain - *livescience.com* published an article also entitled "Why Do We Cry?", which briefly mentions the fact that emotional tears have been found to contain natural hormone painkillers. It was unclear where these numbing chemicals target in the body, but the sheer fact that they are present in tears indicates that they have to do with the feeling of release after crying.

I am definitely shocked that there hasn't been a clear cut answer to the question of why we cry. But the lack of knowledge in this area goes to show how much there is left to explore in the world of science! I'm sure that the correct answer lies somewhere in a mix of the possible options above, and I will be anxiously awaiting the day when we figure out why we have evolved to cry.

League of Women Voters Forum

1. Monday, April 2: "Truth in Media Panel"

-- at 7 p.m. and held in the MHS Library

Women's History is Everyone's History

Shelby Casimir, Senior
Reporter

WOMEN

beings who create beauty

WOMEN

protectors of society

WOMEN

sophisticated simplicity

WOMEN

holders of unconditional

love

WOMEN

enlightened from above

WOMEN

backbone of mankind

WOMEN

lovers of all kinds

WOMEN

creators of the world

WOMEN

a combination of fragility

and confidence swirled

WOMEN

cultivated caretakers who

break barriers

WOMEN

Trustworthy carriers

WOMEN

overcomers of suppression

WOMEN

leaders towards a new

direction

WOMEN

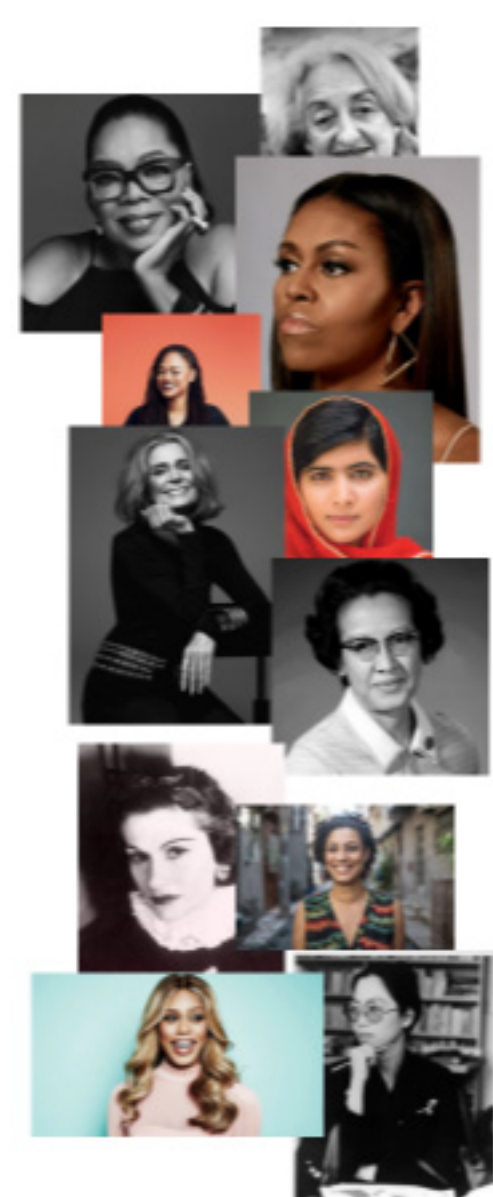
defying false perception

WOMEN

visionaries who can conquer all

WOMEN

you will never see them fall



The Town is Alive for the MHS Spring Musical!

Come see *The Sound of Music!*

Performances: Friday and Saturday, April 6th and 7th, at 7 p.m. and Sunday, April 8, at 2 p.m.

Venue: Marblehead Veterans Middle School P.A.C.

Online Tickets: www.ticketstage.com/T/MHSCHOOLS

Marblehead Dollars for Scholars

High School Seniors: The application deadline for **Marblehead Dollars for Scholars** is **Sunday, April 15**. Seniors who demonstrate financial need are encouraged to apply for a scholarship by visiting the following website and creating their on-line profile:

www.marblehead.dollarsforscholars.org

Please email marblehead@dollarsforscholars.org to receive step-by-step instructions on how to create a profile and activate a student application for consideration.

Headlight Staff 2017-2018

EDITORS-IN-CHIEF: Sophie Mae Berman, Emma Szalewicz, Lilly Tapper

REPORTERS IN THE FIELD: Peyton Applegate, Shelby Casimir, Aidan Collins, Sophie Hauck, Paul Heffernan, Jillian Lederman, Alix Livermore, Kate Lothrop, Kimberly McLean, Clara Rapoport, Adam Sherf, Michael Simmons, Kristy Twaalfhoven, Adri Ustick

FACULTY ADVISOR: Thomas Higgins