

Headlight



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

2017-2018 Issue

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Shalane Comes to Town

Kristy Twaalfhoven, Junior
Reporter

“Run more.”

When I asked Shalane Flanagan what her number one piece of advice is to achieve my 5K time goal, she confidently gave me this simple answer: to run more.

This past Thanksgiving weekend, Marblehead native Shalane Flanagan came home for the fourth annual Back the Track 5K road race, which continues to raise funds towards the upkeep of the new Redfield Track at the Village School. Flanagan is a four-time Olympian, silver medalist, 2017 New York City Marathon champion, American record holder, and co-author of the best-seller cookbook *Run Fast Eat Slow*. It is no surprise that this year, 775 runners (and hundreds more spectators) came out to participate in the race with Shalane.

On Friday the 24th, Shalane talked to high school, middle school, and elementary school runners at our local Community Center. As a member of Marblehead cross country and track teams, I was lucky enough to attend the event and meet Shalane. She passed around her NYC marathon medal as she described her recent marathon victory (she was the first American woman to win this marathon in 40 years). Shalane has been my role model since I first began running, over 10 years ago. So, when it came time for the group to ask questions, I was the first to raise my hand.

First, I asked, “How do you deal with the feeling of being disappointed after a bad race, when you don’t meet your own expectations?” Shalane explained that the key to dealing with these bad feelings is her support system. She has a great support system of coaches, family, and sponsorship (Nike). When her performance doesn’t go her way, Shalane relies on her support system to help her make a plan of attack, for how to come back after a disappointing race.

Next, I asked, “Do you have any phrases or ‘mantras’ that you repeat to yourself to stay mentally tough during races?” In response, Shalane described her focus on confidence as she ran the NYC marathon. As she ran, she repeated to herself to “run confidently.” She needed to look confident and strong to show the other runners that she was not scared.

I was also eager to know about her next cookbook, *Run Fast Cook Fast Eat Slow*. Using Shalane’s first cookbook, my family has been cooking up a storm of nutritious recipes, made from whole foods, to fuel our active lives. So, after her little lecture, I talked with Shalane about her next cookbook, which will be released in August of 2018. She explained that the second cookbook features quicker, easier recipes than those featured in the first, because (as my Mom knows) the recipes from the first cookbook take quite a bit of effort to make - it is always worth it, though!

After running Saturday’s road race, I was able to talk with Shalane even more! First, she presented me with my age group medal, and she asked me how the race went, to which I nervously responded, “It’s a beautiful day for a race!” Then, she signed my racing bib. That is when I asked her about how to achieve my 5K race time goal. And when she told me to run even more... I dropped my medal in my Dad’s hands and went for another run.

What We Look for in our Local Businesses

Sophie Hauck, Freshman
Reporter

After ten years of serving caffeine-craving Marbleheaders, the classic coffee shop Atomic Cafe has officially shut its doors. The last year has been tough on the cafe, between a drainage project that shut down Pleasant Street, the road allowing access to Atomic, and a pipe-break that led to water damage. However, Marbleheaders wanted the business to pull through, as shown by the loyal push to show support for the business during the drainage project. Through the years, it was rare for the cafe to be empty, but lack of business was not what led to the end of Atomic in Marblehead. The business founders, Andrew and John Mahoney, closed the cafe in order to explore new business opportunities in Florida.

Many wonder who will take over the 14 School Street location, and Blue Canoe Cafe is here to answer the town’s questions. Blue Canoe, a business owned by the sister-in-law of the Mahoney brothers, is a new coffee shop that plans to feed Marbleheaders healthy snacks and sandwiches. As this new business enters town, let’s pose the question, what do Marbleheaders look for in their local businesses?

Many teens look for a place to grab a snack after school. Atomic was a store that kids could depend on to provide a quick, delicious treat, and many hope Blue Canoe will do the same. Additionally, Marblehead needs a place where teens can hang out after school. In TV shows, teens will hang out at their local, casual restaurant, but no Marblehead business has risen to the challenge of being the clear teen hangout. Perhaps Blue Canoe will change that.

As for adults, reasonable prices are key. In a small town like Marblehead, it is easy for businesses to mark-up their prices and get away with it, but consumers need to trust that their purchases are fairly priced.

Additionally, parents want a family-friendly business. Although Atomic was a coffee shop, kids could still find something on the menu to please their needs. Adults also look for ample seating, though considering how small the location is, Blue Canoe cannot do much about that. But what Blue Canoe can do, just like Atomic or any other successful Marblehead venture, is to provide excellent service with a friendly staff. The workers at Atomic were known for their friendly and welcoming demeanor, something that is vital to the success of any small town business.

Though the presence of Atomic will be missed, Marbleheaders look forward to seeing what Blue Canoe Cafe has to offer. If it is anything like Atomic Cafe, the town should be in for a treat.

Teacher Interviews Part I: Have You Met Ms. Jones?

Clara Rapoport and Peyton Applegate, Sophomores
Reporters

As sophomores, the next few years of our lives will be the years of planning as we have to decide on a good college and, hopefully, our career choice. So, we wanted to interview adults in our lives to understand how to go about that process. We decided to interview four teachers at the high school: Ms. Jones, Mrs. Scott, Mr. Herrick, and Ms. Huller-White. From these interviews, we also learned how they made their own big life decisions and how they continue to have fun in their careers.

The interviews of Mrs. Scott, Mr. Herrick, and Ms. Huller-White will be in the upcoming issues.

S: Student
T: Teacher

MS. JONES

We chose to interview Ms. Jones first. Although Ms. Jones had a stable job, she knew that her work was not entertaining to her and chose to leave her profession for teaching, showing us that life should not always be focused on money and success in other’s eyes, but on personal fulfillment and enjoyment.

S: So why did you get into this profession?

T: I was working as a professional writer for Harold Media in Boston and I realized that I did not find my work to be, in any way, fulfilling and decided that I needed to make a change and find something that made me happier as a person. And I found my way into teaching. And thus it has been a decision where I’ve never looked back.

S: What’s your favorite teaching memory?

T: My favorite teaching memory... I, unfortunately, say that I have many favorite memories. I think that they sort of crystalize into moments where you see students who have been struggling and all of a sudden they get something and it’s such a great moment. Or, they come back and visit you and-

S: *laughs* Like my sister

T: Yeah, they come back and visit and they tell you how much what we’ve done has helped, or something we did in class helped them figure something out. And I think those are the moments where you feel very validated, and all of the effort and the long hours and the time was worth it, because now this other person has this thing in their life that will make them happier and better and help them be successful in whatever it is they want to do. So, I don’t really have a moment, it’s just those little snapshots, those little flickers of success where it’s like, “Yes!” and it keeps you rolling onward and upward.

S: Do you have a funniest teaching memory?

T: *mutters* Oh my g-d. Well, I have lots of kids do very funny things in class, some of them are not appropriate and should not be published. Or stuff you just pretend is very serious at the time, but on the inside you’re dying laughing, but you have to take it very seriously at that specific moment. I would say one of my favorite moments was when I had an AP class a few years ago and they all decided, at the end of the year, to dress up as symbols from our works of literature. They spent the entire class wearing these bizarre outfits, talking about literature, dressed up as various symbolic images from our work. That was a pretty fabulous moment. And it was entirely spontaneous! I did not create that. That was them thinking, “We should do this!” and then they all came in wearing symbols from our literature. It was pretty funny. That was a good moment.

S: You went to ----- High School, right?

T: I did.

S: Do you have a favorite memory from there? Or any interesting things that happened in your high school?

T: ----- High School... My high school was not the greatest high school that’s ever been created, and I would say that our high school population was not particularly... I think the word is sophisticated. I know that part of this is because of the time. You know people in the late 90s-early 2000s were not as accepting of people if they’re not traditionally dating the “right” person or their gender was something different. I think that is societal. But I think also that ----- High was not a particularly cosmopolitan or diverse place. I think that really bothered me about my whole high school experience, and I never really felt like I fit in, but I was very fortunate to have a really great group of friends, some of whom I’m still close with today. I mean, I married my high school boyfriend so, obviously, that worked out, but the gift that ----- High School gave me, interestingly, was that I had a lot of really bad teachers in my high school career. They were not particularly inspiring or compassionate. And I think that, interestingly, that is the thing that I hold on to and remember what never to be as a teacher. I never want to be my own AP English teacher. If I can get through my career not being like her, then I will feel successful.

S: Was there ever a moment where you learned from a student?

T: Oh my gosh, I learn from my students all the time! I think, if you don’t, then you’re in the wrong profession. I get student perspectives on works of literature that I read yearly, and every year I’ll get a student that asks me a question or something that makes me stop and think why I believe what I believe. I have students that constantly amaze me with their art or their ability to do certain things or their use of language. I think all of those things are inspiring, and I think that’s one of the best parts of teaching, every year you get a new crop of students and you have a new group of people to remind you of your own education and that there are times you should stop and let them teach you. I have students who are into all sorts of things. I don’t know anything about gaming and so many things. I knew nothing about K-Pop! I now know a tiny bit about K-Pop, but that’s great; you should learn from your students. There are whole parts of the world that I know nothing about. I think it’s good for the relationship. It’s not like, “Well, I stand here from on high and tell you things and you will learn from me.” There’s a good give and take. I think that’s healthy in a relationship of any kind.

S: And that’s all folks!

T: *clapping* Awesome!

Headlight Staff 2017-2018

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