

# Headlight



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

2017-2018 Issue

www.mhsheadlight.weebly.com

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## Hurricane History

Kristy Twaalfhoven, Junior  
Reporter

“Maria devastates Puerto Rico”; “Jose threatens the Northeast”; “Florida braces for Irma”; “St.Maarten in ruins”; “Harvey slams Houston.”

If you’ve been watching the news or listening to a weather station, you are likely mind blown by the strength of the Atlantic’s hurricane season so far. Storm after storm has thrown itself at the land in and around the Gulf of Mexico, and along the East Coast, destroying the land in their paths and impacting millions of people. So, if you’re curious like me, you may be wondering: Is this a typical hurricane season? Has the world witnessed worse weather? With these questions in mind, I undertook a brief investigation of hurricanes in history, and discovered some pretty fascinating facts.

It’s important to know about the intensity of hurricanes. Meteorologists look at factors like wind speed, storm surge, pressure and damage when classifying a hurricane. A category 1 hurricane demonstrates 74-95 mph winds, a storm surge of 4-5 feet, pressure above 979 millibars, and minimal damage. On the other end of the scale, a category 5 hurricane features wind gusts above 155 mph, storm surge over 18 feet, pressure below 920 millibars, and catastrophic damage. Hurricane Katrina - the storm that devastated the Southeast back in 2005 - was a category 5 hurricane. Katrina is the costliest Atlantic hurricane in history. Katrina is among the top five deadliest hurricanes to impact the U.S. The recent Hurricane Irma has joined this top group. The Great Hurricane of 1780 is the deadliest Atlantic hurricane to date. Based in the Caribbean, the Great Hurricane killed over 20,000 people. Wow.

So, there’s a brief rundown of some hurricanes in history, but undoubtedly the 2017 Atlantic hurricane season will be remembered in history for its power in such a short span of time.

## Should Sports be Counted as P.E. Credit?

Adri Ustick, Senior  
Reporter

According to the National Federation of State High School Associations (NFHS), almost 8 million high schoolers in North America participate in some academic sport. The recent number has reached an all time high from last year’s survey with a remarkable jump of 95,000. Every day kids spend approximately an hour and a half each day practicing their sport, sometimes even twice a day. They run drills, lift weights, and sprint laps--all to compete at their peak performance. Although these kids put in blood, sweat, and tears, somehow, for the state of Massachusetts, this is not enough.



The state of Massachusetts says that each and every kid in the public school system is required to maintain a P.E. credit through all four years of high school--along with any other sport they participate in. Each year they are required to take the FitnessGram to determine where their physical fitness is depending on the number of reps you can do for the exercise given--below average, average, good, and excellent. Yes, it even says that on the piece of paper you circle to determine your self worth to the public school system. Why do we need to depend our self worth on a bunch of numbers?

For Massachusetts schools, a student is required to take a physical education class each year, in addition to any other sport they choose to participate in. This is unfair to the athletes who are practicing about an hour and a half each day. They are pushing their bodies, increasing their stamina, and building their strength. They will burn double the calories in one practice than in the 45 minutes a P.E. class takes, yet the class that requires less effort is the one that is actually worth the credit.

For Texas high schools, (and junior high schools), a P.E. credit is deemed necessary, however, a P.E. class is not necessary. As a 7th grader, you have the options of taking either a P.E. class, tennis, or athletics for your physical education credit, and in 9th grade you have an additional option to be a part of Marching Band, which counts as a P.E. credit, along with a Fine Arts credit. If you choose tennis or athletics over P.E., you are able to drop the P.E. class entirely and substitute your class period with your chosen sport. If one does not want to participate in any sports, then the P.E. class will always be available, but for athletes, it is an ample opportunity to excel at their sport.

As a high school senior who recently moved here from Texas, I haven’t taken P.E. class since sixth grade. It baffles me that high schoolers are still required to take P.E. class. While many people agree, there are others who say that P.E. remains an important part of a high school experience. P.E. teacher Michael Cecere argues that if an athlete gets a waiver counting sports as credit, then “he/she will not be exposed to the wide variety of activities” offered in P.E. While this is true about P.E., students have had 7 years to experience this wide variety of activities.

High school is the time to make your mark and to think about your future. Colleges are out looking for the next best thing, so showcasing your talent and dedication is much more important than spending time on KanJam and spike ball. Private schools in Massachusetts have started to count sports as credit, and now is the time that public schools follow suit. It is time for hard work to be rewarded.

## Why You Should Try To Take Some Cold Showers

Alix Livermore, Junior  
Reporter

I recently watched a video by BuzzFeed where two people tried taking cold showers every day for 30 days. Naturally, I was a little confused why they would do this to themselves, but after watching the video, I learned that cold showers are an amazing, healthful tool! According to Medical Daily, cold showers “increase alertness,” “improve circulation,” “refine hair and skin,” “ease stress,” “speed up muscle soreness and recovery,” as well as decrease some of the symptoms of depression. If this information isn’t enough to make you try one for yourself, you’re in luck because I tested out cold showers and can give you the scoop on what they were like.

Cold Shower #1: The first cold shower was the most eye-opening. I initially made the water very cold so that the second I stepped in I was emerged in its icy glory, however, this proved too much to handle and I instinctively turned the handle to hot. After a quick period thawing out, I decided to alternate hot and cold water periodically throughout the shower. I hesitantly turned the knob back to the left, and as the water slowly lost its warmth, I was completely shocked to find that it did not feel bad at all a second time around. In fact, the water felt super refreshing and very comfortable. I then proceeded to enjoy the rest of my chilly shower before stepping out and feeling highly accomplished.

My conclusion after the first shower, and the others that I tried out during the past couple weeks, has been that they can be very nice if you allot yourself a little bit of warm water time before switching to cold. My dad brought up the good point that this is probably because by raising your body temperature a couple of degrees before switching to cold, your body has a little bit of a buffer before losing its natural warmth. Something else that I’ve realized through this testing process is that you really do have to keep taking them consistently to see the aforementioned effects. I found myself looking in the mirror tentatively to see if my hair was any shinier and testing my legs to see if they were any less sore after workouts, but it definitely requires a lot of consistency before results are evident. In any case, I highly recommend that everyone tries at least one cold shower to experience first hand the crazy jolt of energy that it sends throughout your body, not to mention, to see that cold showers are very good at testing your willpower and have proved to be an exciting feat of mental strength that you can work into your daily schedule.

## Tiny House For Sale!



The Tiny House was designed and built by Marblehead High School students under the close supervision of contractors, architects, and engineers; it was originally funded by a grant from the Friends of Marblehead Public Schools. It is for sale for a minimum bid of \$26,700 that will directly fund this year’s Tiny House and STEAM program at MHS.

The Tiny House is approximately 165 sq. ft., including the sleeping loft, and it is built on a new 18’ Tumbleweed trailer. The exterior is mist gray LP Smartside with tempered Andersen Silver Line windows and a forest green Max-Rib standing seam metal roof. The interior: has exposed fir beams, knotty pine tongue & groove paneling, and 5” wide pine floors; includes a kitchen consisting of four cabinets, a large butcher block counter, refrigerator, and butcher block island with breakfast bar; is electric powered through a 240 volt 50 amp RV power connection; has a water system for 3 season use with 26 gallon potable water tank and pump; and a bathroom with sliding barn door, shower, pump toilet, & sink connections. There is a sleeping loft of approximately 48 sq. ft. located above the kitchen and a small storage loft located above the bathroom; loft floors are complete with tongue and groove wood.

There are a few classes offered at the High School that are involved in constructing the Tiny House, including Tiny House Architecture, Science, and Building. You can contact MHS teacher Cathy Landergan if you would like to view this Tiny House.

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