



Gen Z is Rocking-Out to Retro Music

Caroline Johnson, Sophomore
Reporter

For today's teens, what's old is new. Generation Z has recently discovered the songs of the 70's and 80's. If you look on the average teenager's playlist, it's likely that you'll find songs by artists like ABBA, Queen, and Michael Jackson. Songs like Queen's "Bohemian Rhapsody" (1975) were on Billboard's Top 100 for the first time in decades, and others like Toto's "Africa" (1982) were among the most streamed songs of 2018. This past cross country season at MHS, we got hyped up to throwbacks like ABBA's "Dancing Queen" (1976), Queen's "Don't Stop Me Now" (1978), and Blue Swede's "Hooked on a Feeling" (1974) before every meet. But what's causing this phenomena? Why are teens all of a sudden choosing to listen to songs that came out thirty years before they were born?



First off, Generation Z kids are, for the most part, the children of Generation X, who grew up in the 70's and 80's. Many parents play their old favorites in the car and around the house, so teens grew up hearing retro songs. This is definitely true for my family, as one of our favorite radio stations to listen to in the car is 70's on 7.

However, probably the biggest reason teens have a new interest in older music is the production of movies featuring retro hits. *Guardians of the Galaxy* is about a group of unlikely heroes who save the galaxy from peril while jamming out to a playlist of 70's music dubbed Awesome Mix 1 and 2. The first movie in the franchise's soundtrack was #1 on Billboard's charts after being released and features artists like The Jackson Five, Marvin Gaye, Tammi Terrell, and David Bowie. The wildly popular *Mamma Mia!* movies are musicals that use only songs by the 70's supergroup ABBA. The second movie in the franchise grossed \$615.7 million. Last November, the smash hit film *Bohemian Rhapsody*, that told the story of the band Queen and their lead singer Freddie Mercury, grossed \$834.7 million and was universally loved by fans of all ages. Teens watching these and other movies with older songs have started downloading the soundtracks, leading them to discover songs made long before their birth.

The world has embraced young people's new enthusiasm for throwback songs, and old tunes are popping up everywhere. Just while I was writing this article, I heard a TV commercial for Silk Almond Milk that used Queen's "Don't Stop Me Now." Local youth theatre group North Shore Children's Theatre is putting on their own production of *Mamma Mia!* North Shore Idol, a performing arts summer camp for kids based in Salem, is having a session this summer where campers will only be singing songs by the band Queen.

How long will teens ride this retro "love train"? There's no way to know, but for now, we're "hooked on a feeling" and they "can't stop us now." At least there's no more fighting with parents over what to play in the car, because everyone's listening to the same thing!

Health, Happiness, and Sleep

Eva Nickolas, Freshman
Reporter

Who here knows someone that gets less than six hours of sleep a night, or has a tendency to pull all-nighters? At first thought, it seems fun to stay up late with your friends and watch movies until you see the sunrise. Maybe you're working late and have to get up at six o'clock the next morning. Chances are you'll be yawning at your desk. I'm sure that most of you are familiar with the common downsides to losing sleep: less energy, difficulty concentrating, irritable moods. While none of these side effects are pleasant, the risks that sleep deprivation causes stretch beyond sipping a coffee to feel awake.

While losing sleep the night before can impact your next day drastically, sleep deprivation can have greater costs down the road. Some effects include mental health issues, obesity, and heart problems. A person's mental health deserves to be valued and taken care of. Sleep is one factor of maintaining a healthy mind. Depression is a serious disorder that can be caused by various factors, including chronic lack of sleep. Harvard.edu explains that "A longitudinal study of about 1,000 adults ages 21 to 30 enrolled in a Michigan health maintenance organization found that, compared with normal sleepers, those who reported a history of insomnia during an interview in 1989 were four times as likely to develop major depression by the time of a second interview three years later." Interrupted sleep can lead to poor regulation of emotions and a negative well-being.

In addition to poor mental health, obesity is a risk factor of lack of sleep. Sleep affects one's metabolism and helps to regulate hormones. One with limited sleep is likely to have a lower metabolism rate than a well-rested individual. Additionally, those running on four hours of sleep are more likely to search the cupboards often than someone running on more sleep. The food that this four-hour sleeper eats is likely high in calories and carbohydrates. This can lead to obesity, a life-threatening disease.

Having a healthy heart is crucial to survival. Scientists have linked heart troubles with chronic sleep deficiency. Sleepfoundation.org says that "without long, deep periods of rest, certain chemicals are activated that keep the body from achieving extended periods in which heart rate and blood pressure are lowered." The calming of one's heart rate is an essential part of the sleep cycle, and without obtaining it, individuals are likely to develop heart issues. This includes heart attacks, strokes, high blood pressure, and various other heart diseases.

Achieving a long night's sleep is crucial to one's health and happiness. So, if you are that friend who too frequently pulls all-nighters, rethink your patterns and priorities. Your health is important, and coffee will not make up for a lack of sleep.



Psychology of Scary Movies

Riley Bowen, Freshman
Reporter

Halloween has come and gone. Rewatching classics like *Poltergeist* or *A Nightmare on Elm Street* is but a distant memory. Nonetheless, scary movies remain. Browsing through Netflix last night, I found myself binging *The Haunting of Hill House*. I've always been drawn to the adrenaline of watching terror-inducing entertainment, but many feel the opposite. Personally, I find slasher movies that seem to lack in plot distasteful, but thriller, or suspense-driven movies, get high marks from me. Curious about what creates the divide between fright-fanatics and the dread-despisers, I researched what makes horror enthusiasts tick.

There have always been strong parallels between enjoying scary films and thrilling endeavors, such as skydiving and riding roller coasters. This may be due to what is known as Marvin Zuckerman's sensation-seeking theory: a basic personality trait that is the pursuit of intense sensations and experiences for the sake of it. According to this theory, sensation-seekers tend to be drawn to scary movies because of the adrenaline rush gained from the film. On the other hand, people who are prone to over-stimulation would be more likely to experience an aversion to horror. The wiring of a person's brain attributes to their feelings toward the horror genre.

Another reason you may be attracted to gore and terror is the way your body manages stress. Margee Kerr, a sociologist, states that watching scary movies or shows boosts your heart rate, raises adrenaline, and makes your body want to release energy. The way we react to this experience is what sets people apart. Some feel that this is a grounding experience that 'makes them feel alive.' I would fall into this category; the rush after a good scare is almost calming, tuning out any other stressors I may be facing. On the flip side, many experience this reaction like a panic attack and feel a loss of control over their body. Surprisingly enough, a lot of people with anxiety find that scary movies are somewhat therapeutic for them. Dr. Mathias Clasen says that "Exposure to horror films can be gratifying when the negative emotions caused by the film are manageable...The genre allows us to voluntarily—and under controlled circumstances—get experience with negative emotion."

Scientists and psychologists have many theories on the appeal of scary movies. In fact, people spend their whole lives researching it. I wanted to hear the reasoning for dislike of horror movies from people I know in real life. MHS student and fellow reporter Sophia Piper is a staunch loather of anything horror. Piper says, "I tend to turn the events in the movies into irrational fears and I hate getting jumpscared." I can't say I experience this, but I understand the point. One comment Piper made that I sadly must agree with is that most scary movies are terribly executed. Although this is true, I enjoy them nonetheless. Currently, we don't know that much about the science of our reactions to horror. Many incomplete theories surround the topic, but it intrigues me greatly to discover the facts behind our preferences. Hopefully, more research on this topic will be produced in years to come. Until then, watch at your own risk.

Happy Valentine's Day

from the writers of
MHS Headlight!



"To understand the
language of love and peace,
listen to the silence."

- Debasish Mridha

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