



Finding Moderation

Eva Nickolas, Sophomore
REPORTER



lifewire.com

Living in moderation is an art that can take a lifetime to master. It is common for people to exist on the polar ends of something, struggling to maintain a happy medium. This medium, however, is a key to achieving wellness. The struggle to maintain balance is especially applicable to physical health, which includes food and exercise rituals.

Individuals often have an “all or nothing” attitude towards diet and exercise; it is common to find one individual who consistently gives in to his or her sugar cravings and has not worked out in years, and the next minute bump into a person who is on an extremely rigid diet and is at the gym every day. Neither of these attitudes is a healthy approach to physical wellness. While most are aware that they themselves do not have a healthy balance, changing one’s habits and mindset to exist in moderation is unfortunately not normalized in today’s society. For instance, when scrolling through YouTube trying to find healthy recipes to make, it is likely that more than one video of an extremely fit person doing a 10,000 calorie challenge will appear. Not only this, but commercials and advertisements for workout programs that only feature a certain type of body make individuals think that there is only one way to be fit, as they imply that there is no other way to be physically healthy. This, however, is an entirely faulty and inaccurate message. The normalization of this “all or nothing” approach to physical health is incredibly damaging to one’s mind and how a person perceives health, leading to a lifelong challenge concerning one’s relationship with food.

Oftentimes, one will put significant thought and energy into finding the so-called “perfect” diet. Whether it be sugar-free, low carb, or another way of eating marketed by the diet industry, this diet that appears to be “perfect” is likely too extreme to be mentally healthy. In an attempt to be healthy, one may cut out food groups or restrict themselves from eating certain foods. Contrary to the lies that the diet industry sells for the sole purpose of individual profit, this pattern of restriction is too mentally consuming to be sustainable. It is for this reason that people often build in “cheat-meals.” The issue with this is that people end up waiting the entire day or even week, depending on their specific diet, for this singular meal in which they get to satisfy their growing cravings. When this meal finally arrives, people feel a sense of freedom, often accompanied by a loss of control, as they dive into their favorite foods. It is the classic idea that people want so badly what they cannot have that makes this pattern dangerous. The more time people spend limiting their intake of food, the more they want it. When people sit down to eat their “cheat meal,” it is often incredibly challenging to control the amount that they consume. As opposed to having a small “something sweet” to satisfy a craving, a person is overcome by the desire to eat as much as possible, and regaining control becomes all the more difficult.

The result is overstuffing oneself with foods that ultimately are not beneficial. The shame that this session of “all in” eating brings leads to another round of extreme restriction. This cycle, often known as the diet-cycle, is a prime example of the negative results that come from living life to the extreme.

It is important to realize that if this is happening to you, you are not alone. There is nothing wrong with you for facing the challenge of moderation. In fact, it is quite human to do so. *Psychology Today* explains that, “We don’t naturally moderate ourselves, because in ancestral conditions we didn’t have to.” Resorting to the extremes is easier, it creates clarity—however false and dangerous that clarity may be. It eliminates the vague, grey areas of how to navigate physical health. Yet it is those areas that are so important and where our mindsets and actions should reside. Even so, it is the question of how to find moderation that so many of us struggle with. The journey to finding balance can be lifelong for some, and it is important to realize that however long it takes you, simply being mindful of the struggle and the process is a step forward on your journey. Balance is not something that can be achieved or conquered, for it is an everlasting practice. It takes continuous awareness and thought to create it in your life.

Zero Waste: An Experiment

Miranda Connolly and Olivia Spell, Sophomores
OPINION EDITOR & REPORTER

Plastic. It’s everywhere: in our phones, cars, water bottles, and food containers. It seems that you can’t go a day without seeing or using it. The United States produces about 38 million tons of plastic waste every year, and the average American tosses around six pounds of trash a day. Although some of this trash is recycled, most

forbes.com



of it winds up in landfills or in the ocean. The Great Pacific Garbage Patch is a direct result of dumping our trash into the ocean, and marine life is suffering because of it. Most people say something must be done, but at heart they are pessimistic. They secretly think there really is no solution: plastic will overwhelm us and the world will be destroyed by thoughtless humans. Few of them have offered any solutions, except for cutting out carbon emissions by not flying in planes and using public transportation instead of a car. Neither of these would do anything about plastic. But there are others who have offered a solution that changes the very core of our consumer lifestyle to make it more environmentally friendly. They eliminated all waste from their lives and joined the zero waste movement.

Because our planet cannot hold all of the trash that we produce, we have two solutions: to move to another planet, or stop producing trash. While moving may sound like an adventurous and easy way to deal with our problems, reducing our waste is a much simpler way out of this sticky situation that we have managed to create. What is zero waste and how do you manage to live that lifestyle? Going zero

waste is a lifestyle that has become popular over the last few years. It is a lifestyle where the participant produces no trash by reducing the number of non-recyclable items they use and by

replacing single-use items with multi-purpose reusable items. It is a common misconception that recyclable plastic and cardboard

are all right to use. According to an article by Livia Albeck-Ripka in *The New York Times*, there are now nearly 6,000 tons of recycled plastic and cardboard piling up in the Harvey and Sons recycling facility in Westborough, Massachusetts. This 80,000-square-foot facility is half-full of recycling, and we have limited options as to what we can do when this space runs out. This is why it is so important to reduce our trash.

Our mission: We plan to go about our normal lives for one week, collect data on the amount of trash we produce, and find out what makes up that trash. The following week, we will attempt to go zero waste and produce as little trash as possible. Again, we will take notes, collect any of the trash that we produce, and compare our data from the last two weeks to see what happened. Once we are finished we will report back to you. You can join us if you’d like, and we can go on this zero waste journey together.

Sources:

<https://www.titlemax.com/discovery-center/lifestyle/trash-one-person-produces-year/>
<https://www.thestreet.com/world/countries-most-plastic-waste-14878534>
<https://www.ecowatch.com/plastics-history-ecological-crisis-2560978473.html>

The Chiefs Take the Super Bowl

Jared Lederman, Freshman
REPORTER

Last Sunday, February 2nd, the 54th Super Bowl and the celebration of the 100th anniversary of the NFL happened. After a hard fought battle, the Kansas City Chiefs dominated the San Francisco 49ers with a final score of 31-20. Throughout the regular season, the 49ers had been successful at preventing opposing teams from coming back from a losing position. However, during Super Bowl LIV, the Chiefs did just that. Entering the fourth and final quarter of the game, the Chiefs

were losing 20-10, but with the help of Super Bowl MVP-winner Patrick Mahomes, the Chiefs scored 3 touchdowns during the final 6 minutes and raised their score to 31.

While certainly not as extreme, this Super Bowl was very similar to Super Bowl LI, during which the Patriots came back from a 28-3 score in the 4th quarter to win the game. Despite having fumbled two touchdowns during the first half of the game, Mahomes was awarded Super Bowl MVP for his

performance during the final quarter. This decision has sparked controversy on social media, as many Chiefs and 49ers fans alike believe that there were more deserving players of this award. It has become common for the quarterback of the winning team to receive this award, and statistically, Mahomes did deserve this award over his counterpart Damien Williams. Mahomes threw for 286 yards and completed 3 touchdowns (two passing, one rushing), while Williams threw for 133 yards and completed 2 touchdowns (both passing).

Mahomes may have had the most influential night of his career. As a second year quarterback, it is already



New York Post

impressive to play in the Super Bowl, much less outshine his older and more experienced counterparts. It will be interesting to see where Mahomes’ career takes him, but it is certain that many top teams have their eyes on him.

Headlight Staff 2019-2020

EDITOR-IN-CHIEF: Jillian Lederman

ASSISTANT EDITOR: Sophie Hauck

OPINION EDITOR(S): Madison Morris, Miranda Connolly, Kate Gardner NEWS EDITOR: Lily Morgan, Sophia Piper
FEATURES EDITOR: Alexis Earp PHOTO MANAGERS: Julia Greenway, Jared Lederman

REPORTERS: Anabel Anderson, Paulina Arcos-Marquez, Nora Bekkai, Alison Buxbaum, Katherine Cronin, Siya Curtis, Christopher English, Olivia Gardner, Zoe Gast, Martha Heffner, Katherine Jenkins, Caroline Johnson, Jeffrey Lederman, Sean McLean, Eva Nickolas, Eliot Piper, Magdalena Rieper, Max Schapiro, Jamie Schurman, Talia Schwartz, Olivia Spell, Evelina Thibodeaux

FACULTY ADVISOR: Thomas Higgins