



Mental Health Awareness Month

Julia Greenway, Freshman
Reporter

Health isn't just not being sick or exercising; it's so much more than that. May is Mental Health Awareness month, and it's important to know that taking care of your mental health is okay. If you had any physical ailment, you would do whatever you could to make it feel better. You should do the same thing for your mental health; just because you can't see any pain doesn't mean it isn't there. Here are a few things you can do to take care of your mental health:

1. Talk to someone; it doesn't have to be a professional, just talk to a friend about anything that has been happening in your life.
2. Make some time to do things you enjoy. You may already do some sort of regular activity you like, but try doing something you haven't done in a while that you used to like. Maybe do some reading or drawing.
3. Clean your room. A clean and organized space can keep you calm and focused.
4. Try to spend less time on social media. Instagram and Snapchat can be really fun to spend time on, but they can consume so much time and be addictive even when you don't realize it.
5. Spend some time outdoors and take a break from dealing with the business of life. Or spend some time with a pet; anything to get away from your daily routine.



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You should try to do some of these things over the next month. It's also important to be available if a friend needs to talk about something. You can't tell if someone is struggling just by looking at them. Being supportive is essential to helping others deal with their mental health. Make sure you spread the word that mental health is important and try to fight the stigma around mental illness.

Snapshots from RYLA 2019!

The Rotary Youth Leadership Conference is a weekend-long leadership training experience attended by students who wish to develop their skills as leaders, as well as make connections with other members of their community. This past weekend, several MHS students attended RYLA 2019. Check out pictures from their experience below!



Cultural Spring

Sophie Hauck, Sophomore
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It is faster to download a song than it is to purchase a CD, simpler to read an article online than to buy a magazine, and easier to rent a digital movie than to check out a hard copy disc. The internet, in the simplest terms possible, makes pop culture consumption faster.

As media is posted online so constantly, we digest all that is new at an unprecedented rate, to the point at which public reception can no longer be so intense. When was the last time fans camped outside of the mall to purchase the most highly anticipated album or bought every copy of a magazine because their favorite actor was on the cover? There will even be less anticipation towards the release of a new song, for example, because the process to hear this song becomes easier and requires less planning. When Taylor Swift released her most recent single, "ME!", most fans did not sit around the radio, waiting impatiently for the new hit to play. Instead, at 12:00 a.m. Eastern Standard Time, people all over the world watched the music video on YouTube free of charge and were already listening through streaming services such as Spotify and Apple Music. To build anticipation anywhere near the levels of years past, Swift had to start promoting the song almost 13 days before its release, posting daily reminders on her social media pages. Keep in mind, this was all just for one single. In the digital age, when new content comes out by the second, even Swift, one of the most popular celebrities on the planet, must put her all into these extended marketing tactics in order to stand out and be remembered.

Public memory is waning. Public interest is waning. As media comes out faster, we are constantly expectant. We demand that innovation lie around the corner, so we are always running around the bend to find something new. Still, there are awkward periods of the year such as the peak of summer, when industry executives understand people to be too busy to consume anything more, so nothing is put out to consume. Everything is released before the summer in the middle of spring, when we apparently do have the time to watch eight of those hour-long *Game of Thrones* episodes or listen to albums featuring sometimes more than 20 songs. Suddenly, so much is put out, with little reprieve and huge promises. Every song is fated to be the song of summer. Every movie intends to be the summer blockbuster. In the months of April and May, entertainment exists solely to invoke pleasure for the future. Until then, we must welcome these new things into our lives, with the hope of them becoming mainstays in the coming months.

It's obvious that these two cultural patterns don't add up. As a society, we cycle through pieces of pop culture so quickly, so why are we expected to latch onto these releases months before they're supposed to matter? In many ways, this cultural spring is exciting: every singer puts out a new album, every star appears in a new film. Still, it would be nice to prolong this crush of pop culture, so that by the time June rolls around, we're not already sick of the self-proclaimed song of summer. With even more things to be released in the coming weeks though, it looks like we'll be stuck with the products of this cultural spring all summer long.

It's easy to feel overwhelmed by all the new releases this time of year!

Here are three projects that are actually worth checking out:

Met Gala - From the good, to the bad, to the ugly, the biggest names in fashion were wearing it at this year's Met Gala. The opening party for the Met's annual fashion exhibit celebrated "camp" this year, a self-indulgent and over-the-top style that embraces the fun in fashion. If you're in for a good laugh, check out the highlights of this year's most outlandish looks.



Jared Leto's outfit at Met Gala 2019

Billie Eilish - This 17-year-old breakout star just released her long-awaited LP debut, *WHEN WE ALL FALL ASLEEP, WHERE DO WE GO?*, an album that has had fans pressing replay all month long. No matter what your thoughts are on the ever-changing color of her hair, her oversized clothing, or the music itself, Eilish is undoubtedly making waves in the industry, disrupting the mainstream pop sound in favor of something with a little more edge.

Booksmart - No school year is complete without at least one coming-of-age film. *Booksmart*, the story of two overachieving best friends who decide to cut loose come graduation, features everything that a teenage hit should: underdog leads, laugh-out-loud comedy, and actors who may be at least ten years out of high school but who do a decent job convincing you otherwise.

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