



## From One Day to Everyday

Muriel Owen, Sophomore  
Reporter

Wednesday, May 1st was National Walk/Bike to School Day. The whole day was supported by members of Bike Marblehead and the Sustainable Marblehead's Education Action Group. They encouraged members of the community to support their children in walking or riding their bike to school by joining them, cheering them on, or just sending them on their way. Bike Marblehead was also sure to mention that, if possible, Marblehead citizens should avoid driving during school arrival hours to ensure that "the focus be on the bikes and pedestrians." Since May is National Bike Month, National Walk/Bike to School days are happening across the nation throughout the entire month.

The benefits of walking and biking to school are endless. From the positive environmental effects to building character and independence, walking or biking to school or work will impact your life for the better. Getting to school by either walking or biking allows children to incorporate regular physical activity into their daily routine, building healthy habits from a young age. With the U.S. Department of Health and Human Service recommending that children and adolescents get at least an hour of physical activity each day, how one gets to and from school can make the goal of an hour of activity easily attainable. Study upon study has only continued to prove that children who are active are more likely to also be physically active adults, as it becomes a habit that is built early on. In the busy lives of adults, physical activity can be difficult to build in with work and other commitments, but incorporating simple exercise into one's commute kills two birds with one stone.

Aside from the health benefits are the environmental factors. According to the Union of Concerned Scientists, "collectively, cars and trucks account for nearly one-fifth of all US emissions, emitting around 24 pounds of carbon dioxide and other global-warming gases for every gallon of gas." As most schools are within a two-mile radius for most Marblehead citizens, the time that it takes for one to get in the car and wait from light to light could be better spent walking or biking to school.

Also, not only does the individual directly benefit from walking or biking, but the community does, too. With more people out and about and fewer on the roads, less traffic congestion is sure to result, which, in turn, improves conditions of travel for both vehicles and pedestrians/bicyclists. As stated by Bike Marblehead, supporting people to bike and walk helps create unity and a "cycling culture" as the community supports "safe and accessible bicycling and walking" all across town. With this newfound support and unity comes safer routes and improved accessibility as people search to find ways to improve their current biking/walking systems to better benefit their community. There truly is not a single negative that can result from encouraging people to bike and walk more and replace their commute with a healthier and more environmentally conscious alternative. Thank you to all of those who participated in National Walk/Bike to School Day, and please do not allow it to simply become an annual event. Make the lifestyle change to positively impact your own life and the lives of your community.

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## A Spoiler-Free Review of *Avengers: Endgame* (From Two Viewpoints)

Just a forewarning - if you want to go into the movie pure as Peter Parker, I suggest you refrain from reading this article. Now: a review from a casual viewer and one from an actual fan.

Riley Bowen, Sophomore

Unless you've been disintegrated by the deadly snap of Thanos, you'll have heard news of *Avengers: Endgame*. Now, as a casual watcher with no real investment in the Marvel Universe, I'm sure my experience during the film was quite different from Sophia's, an avid Marvel fan. Honestly, I probably wouldn't have cared all that much if I'd heard a spoiler or two. I didn't even bother to watch the trailer.

Despite being a few minutes late, the opening picked up right where we'd left off from *Avengers: Infinity War*. I worried that the quality of the opening scene would not carry throughout the rest of the movie and that I'd get bored and end up taking a few 'bathroom breaks.' What I got was not what I had expected. Instead, I completely fell into the storyline of the movie, and the 3 hours and 2 minutes flew by. The biggest achievement of *Endgame* was the way the movie was able to balance humor with the gravity of the Avengers' situation. My one complaint was the lack of screen-time and development for certain characters. But, I suppose I can't complain too much about this, because the ending scenes included quite a few appearances by characters I couldn't name.

Speaking of my inexperience in the Marvel Cinematic Universe, I would say that very little background information is needed to understand, much less enjoy, the film. Many a scene did I gasp with surprise or lean forward in anticipation. And, of course, there were a few scenes where snuffles could be heard by surrounding viewers. As much as I am tempted to reveal spoilers, I know not even Steve Rogers could save me should I give away the smallest crumb of information. All in all, as long as you know the basic plot of *Infinity War* and the names of the biggest Avengers, you can follow *Endgame* with ease.

Speaking of *Infinity War*, the difference in quality between *Infinity War* and *Endgame* was drastic. *Endgame* left me feeling not only satisfied, but also in awe of the utter craftsmanship of the movie and how smoothly the plot was carried out. Whereas its predecessor honestly lacked in quite a few departments in comparison, *Endgame* has double the energy and flow of *Infinity War*. *Endgame* truly deserves its 96 percent rating on Rotten Tomatoes. So, without further ado... *Avengers: Endgame*, I love you 3000.

Sophia Piper, Sophomore

(Ok, actual fan here.) At the Warwick, *Endgame* actually came out on Thursday (4/25), and I was dying to see it then; having to wait until Sunday was excruciating. I didn't dare peek at comment sections on YouTube videos or Instagram for fear of spoilers, although I did end up seeing one that luckily was not crucial to the plot. Before seeing *Endgame*, I binge-watched as many Marvel movies as possible on my plane ride back from Munich. I guess you could say I was prepared, although walking into the cinema, I did not feel that way. Also, I still haven't watched *Captain Marvel* but still managed to stay in the loop, so don't be worried if you haven't either.

Alright, actual review time. I sadly missed the first three minutes, but I was told that they weren't especially important. I decided to go without refreshments to avoid a bathroom break for the next three hours. Even from my "highly-desirable" seat at the end of the front row (buy your tickets early, people! Don't be like me), I could tell that the graphics and CGI were top-notch, as I expected. The dialogue was classic Marvel: lots of jokes, some cheesy bits; I must say that the comedic element was much better than previous Avengers movies. In terms of plot, which I can't say too much about, there was almost no dilly-dallying: the Avengers were more productive than me the study block before a science test. Even though the movie was three hours long, which is longer than any movie I'd seen before, I never once felt a lull, which is a big improvement from *Infinity War*.

I got everything I wanted out of *Endgame*, plus a lot more. There were a few scenes where my jaw was on the floor (No, really - I need some of those frames laser-engraved onto my tombstone). From the trailers, I thought it was going to be a sequel to *Infinity War*, but it was a good five times better, if I'm being honest. And *Infinity War* was my favorite Marvel film until tonight (ok, besides *Thor: Ragnarok*).

I seriously cannot think of a better way Marvel could have wrapped up the Avengers series. I left the theater with a sense of contentment that I have never experienced from a movie. It was like watching a child that you had cared for since birth finally graduate from high school as valedictorian (a.k.a. tears of pride mixed with tears of grief). *Endgame* took the audience on a scenic and nostalgia-inducing tour of the past 10 years and 22 Marvel movies and succeeded in ending it perfectly.

I'll probably write a follow-up article that actually goes into the plot once more people have watched *Endgame*, but for now: hold on to your tacos and study your quantum physics, because I guarantee that the trailers did not even begin to show how amazing *Avengers: Endgame* actually is.



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