



Winter Blues

Sophia Piper, Sophomore Reporter

Almost nobody appreciates autumn turning ever so quickly into winter. You can no longer wear your treasured Birkenstocks or Rainbow sandals. Sickness is in the air, which is considerably colder than it was a few weeks ago. Additionally, school has been in session long enough for it to lose the luster it had in the beginning of the month. There's no wonder why every one of us has had a case of the "winter blues." However, the change of seasons can have a stronger impact than you would think.

Seasonal affective disorder, or SAD (rather appropriately named), is a type of depression that occurs mostly during the change from summer into fall and winter. It is most likely triggered by a lack of sunlight influencing the brain's production of certain neurotransmitters and chemicals like serotonin and melatonin. These substances impact mood and sleep patterns, and when the wrong amount of them is produced, it can negatively alter your attitude and energy levels. The misproduction of these chemicals is what leads to many of the symptoms of this illness. There is a wide range of SAD indicators, including losing interest in activities, low energy, craving carbohydrates, difficulty concentrating, and feeling hopeless, along with a long list of others.

Once a diagnosis is confirmed, there are a few treatment options that your doctor can choose from. Light therapy (also known as phototherapy) is one of the methods for treating SAD. It consists of working or sitting near a "light box" that mimics sunlight. The bright light helps normalize the brain's production of melatonin and serotonin. Light boxes are one of the most popular and effective treatments for treating SAD. People with more severe symptoms may benefit from taking antidepressant medications, along with using a light box. Psychotherapy, also known as talk therapy, is another method used to deal with this illness. It allows the patient to get rid of negative thoughts that are making the symptoms worse and learn how to manage stress. Some preventative measures you can take include making your home environment brighter by opening blinds and windows, getting outside and into the sunlight in the morning, and exercising to relieve stress.

Although only a small percentage of people have severe winter depression; around 10-20% of people in the US have mild SAD. This is amplified in areas farther from the equator - people in Maine are much more likely to have it than people in Texas. It is also four times more likely to

Best for Breakfast

The Driftwood Restaurant is about as 'local' as a restaurant can be. Take a walk outside and you are standing looking out over the harbor. Opening at 5:30 in the morning, it is a beautiful place to dine and watch the sun rise over the water. Extraordinary service comes with experience as members of the amiable wait staff have been working there for over forty years. The food comes out hot and cooked to perfection; you cannot go wrong with anything you order. The signature fried dough is mouthwatering, and the french toast and pancakes are just scrumptious! The Driftwood is part of Marblehead tradition and is an essential part of every morning.

The Muffin Shop is one of the best quickie breakfast places on the North Shore. In addition to world-renowned muffins, they also sell breakfast sandwiches, omelets, pancakes, and french toast, all of which are out of this world. Located in old town, the Muffin Shop is the perfect place to stop in on a walk and grab a snack. With delicious food and great service, the Muffin Shop is a must for any tourist.

Best for Lunch

Shubie's Marketplace is a trendy shop located in downtown Marblehead, and it is the supreme spot to grab a healthy lunch on the go. Shubie's is a one-stop shop; they have desserts, snacks, jewelry made by local artisans, and delicious, healthy premade meals. Friendly employees and quick service make all the difference here. Although Shubie's is primarily a to-go store, they also have various tables overlooking the quaint shops of downtown Marblehead. The grilled cheese, salad, and California BLT are some of their most popular and most delicious lunches, making Shubie's a necessity for anyone looking for a healthy alternative.

Manhattan Sandwich Company may just be the best sandwich place in the entire state. The Mickey #7 and the Soho are two of their most popular sandwiches. The Mickey #7 has turkey, coleslaw, and melted swiss cheese, and it is covered in Russian dressing piled high on lightly toasted bread. The Soho is a toasted bulkie roll with spicy breaded chicken breast, ranch dressing, bacon, avocado, and pepper jack cheese. Manhattan Sandwich is the perfect place to grab a sandwich on the go, whether it be for going out on the boat or to the beach, before a game, or for a picnic.

Best for Dinner

Cafe Italia is the go to place for delicious Italian food in Marblehead. This classy restaurant is not only family friendly, but also the perfect spot for a date night. This restaurant, established over thirty years ago, has been in the Oliviero family ever since its grand opening. Cafe Italia creates the authentic Italian dining experience by using the freshest ingredients and serving the most delectable food.

Maddie's Sail Loft is the traditional sailing bar, a longtime server of excellent New England seafood. Located right off the State Street Pier, Maddie's is the perfect place to grab dinner after a day on the boat. Opening in 1946, it has been a hot spot for generations of sailors across the New England coast, and it was ranked among the top ten in the "Top Sailing Bars in the World." Maddie's is irreplaceable, and the fact that it serves delicious meals and has an amiable waitstaff makes Maddie's even better.

affect women than men, and younger people are more likely to be affected than older people. This clearly puts a lot of Marbleheaders at risk. It is important to contact your doctor if you think you might have SAD in order to effectively treat your symptoms and get back to enjoying life, even if it's a little too cold outside for comfort.



The Driftwood Restaurant, 63 Front Street, Marblehead MA

Secrets of Salem

Kristy Twaalfhoven, Senior Reporter

In the past few months, I've been spending quite a bit of time in Salem. My friends and I like to hang out in Salem on the weekends, because there is so much to do and always a funky event happening! As Halloween approaches, venturing into Salem becomes increasingly time-consuming due to the Halloween traffic. But, it's also the best time of year to go, since the city is more alive and rockin' than ever. Inspired by a newfound appreciation for being so close to such a great little city, I made a list of my top three favorite special spots in Salem. They are Salem's best-kept secrets; many people have yet to discover them!

#1 Goodnight Fatty: This adorable cookie popup shop is open every Friday and Saturday night, from 7 pm until 11 pm. Each weekend, there is a new variety of "Fatties" (cookies), served fresh and warm out of the oven, with batch after batch being made as the night goes on. The three flavors per weekend are always creative, unique, and mouth-watering, such as Coffee Oreo or Birthday Cake. And don't worry - they sell milk to have with your cookies! So, if you've just had dinner in Salem and need something sweet, or you want to take a dessert trip but it's too cold for ice cream, head to Goodnight Fatty!

#2 Jaho Coffee Roaster & Wine Bar: If you're looking for somewhere to sit and relax, read the paper, chat with friends, or maybe get some work done, Jaho is the place. Aside from having a delicious variety of teas, coffees, sandwiches and baked goods, Jaho has a cozy and relaxing atmosphere. Another plus: it's open until 11 pm! I love to head to Jaho for a late night homework session and tea with study buddies. The cafe is located right next to the Salem National Maritime Historic Site, where the famous Friendship boat is docked, so take a stroll down the street for some history, too!

#3 Life Alive: If you haven't been to Life Alive, you haven't lived. Well okay, maybe that's an exaggeration. But really, this restaurant is my all-time favorite spot in Salem. The vibe at Life Alive is full-on hippy! Beautiful art and quotes cover the walls, even in the bathrooms. The majority of the staff wear bandanas, have dyed hair, and have at least one facial piercing. And the star of the show is the food, their mission statement being "to renew your energy and connection to life by soulfully serving you the most fantastic, vibrant, organic, therapeutic, whole food you could ever imagine in an inspiring environment that honors local artisans, the community, and our global ecology." Since takeout is available here as well, my family eats Life Alive at least once per week! My favorites: the Swami bowl and the Adventurer bowl.

Though there are many more special places in Salem, these are definitely my top three favorites. So, if you're looking for a fun outing opportunity this weekend, pick one (or all three)!

The Freshman Transition

Lucy New, Freshman Reporter

High school is an unfamiliar world for incoming freshmen, making the transition from the eighth to ninth grade frightening for some students. Marblehead High School offers new challenges and new privileges for incoming freshman, which could certainly get overwhelming. For myself, the transition from the Veterans Middle School to the Marblehead High School was not difficult because of the abundant amount of preparation that students were given prior to attending the high school. Students had the opportunities to attend an Activity Fair, a Step-up Day, and a day of freshman orientation. All incoming freshmen were given student mentors who helped freshmen with any personal questions about the high school and, in most cases, gave one-on-one tours.

On the first day of the school year, ninth grade students had an orientation program before the upper grades arrived at the school. This allowed the freshmen to be settled in before other students arrived. The student mentor program gave each incoming 9th grader an individual chance to tour the school and ask any questions. With all of this preparation, it's hard to imagine that anyone would be too unready for the high school.

There are countless differences between the middle school and the high school. For starters, the high school is much larger in physical size and in population than most middle schools that freshmen were coming from.

Navigating crowded hallways and stairwells in between classes can surely be intimidating at the start. After having a better understanding of the high school's layout, transitioning between classes became much less of a challenge. In most middle schools, students only have classes with students from their grades. In high school, it is common that students have studies, electives, or possibly other classes with students from other grades. High school lunches vary from middle school lunches because there are three lunch periods a day for all four grades to share. Although some changes from the middle school to high school are nerve-wracking, I, and many of my freshmen peers, have had an easy transition because of the welcoming environment and previous assistance we were given.

The class of 2022 has practically finished their transition from being middle schoolers to high schoolers. High school brings new obstacles. Because of all the tools that incoming freshmen are given, the transition from middle school to high school is not too stressful or difficult. The leap from middle school to high school occurs differently for each individual, but for the most part, the school year seems to be off to a great start.

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