



## SPUR Fall Cleanup

Kristy Twaalfhoven, Senior Reporter

“Fall Go Green and Help Clean” was the mantra this past Sunday, as my dad and I participated in the annual SPUR cleanup. Organized by SPUR volunteer organization, this was a large scale effort to pick up trash and debris from selected beaches and open spaces in Marblehead, Salem, Nahant, and Swampscott to keep our open spaces clean and beautiful after a summer full of fun. The Marblehead locations include Chandler Hovey Park, Crocker Park, Devereux Beach Playground, and Grace Oliver’s. We spent over an hour wandering Grace Oliver’s, picking up bagfuls of debris and rubbish.

I’m writing about this because it was unexpectedly eye-opening. When I first arrived at the beach, it looked rather clean, and I thought we wouldn’t find much. But within only the first few minutes, as I began to walk amongst the rocks and seaweed, I found ropes, nets, bottles, cans, and other plastic waste. In many instances, we used a knife to cut ropes that were stuck and tangled under rocks. Though a lot of waste comes from everyday beach-dwellers in the summer, a huge portion of it washes ashore, thrown away by boats. The main takeaway for me is that boaters need to be more mindful with what they leave behind in the ocean, myself included. For example, there was a time when I was driving my boat at a high speed, and an empty water bottle flew off a chair and into the water. My first instinct is to leave; it’s only a bottle. Plus, it takes some effort to turn around, slow down, and try to scoop up the bottle. But this effort is extremely important and worth the few minutes. Sure, it may be one bottle, but if every boater lets that one bottle go, that amounts to a considerable amount of pollution. Cleaning up our beaches, oceans, and nice spaces needs to be a group effort if we want to make change. So, I encourage everyone to be more aware of their waste, both on and off the water.

## Halloween in Salem, MA

Molly Tapper, Freshman Reporter

There are plenty of things and places you can go during the Halloween season, but Salem is where it’s all happening. In Salem, you will experience a one-of-a-kind Halloween. There are many activities to do in Salem throughout the spooky month of October. Some things you can do in Salem is visit the Salem Witch Museum, go on a ghost tour, visit the Witch House, or visit one of the many haunted houses. Salem has many family friendly activities as well, including parades, crafts and of course trick-or-treating.

The Salem Witch Museum is a very popular tourist attraction in Salem. The tour goes into detail about the Witch Trials of 1692 through life-sized stage sets with narration. The second exhibit guides the visitors through the perceptions of witches and witchcraft. Do not miss the gift shop while you are there.

A ghost tour is a great way to get in the Halloween spirit. There are a few different ghost tours offered in Salem, but all are fun. The tour shows different sites in the spooky city of Salem. Tours can be done by foot, by trolley, and even by boat during the day or the night. Most last about an hour and a half; they are all informative and entertaining. Also, the tours are great for learning about the history of Salem and getting to know your way around the town.

The Salem Witch House is the only structure with ties to the Salem Witch trials of 1692. The house was bought by Judge Corwin in 1675. He lived there for more than forty years. The house is a great example of seventeenth century architecture. You can visit the house on tours. The house also stands out in the neighborhood, so when you drive by on Summer or Essex Streets, be sure to keep an eye out.

There are many haunted houses that you can visit including Frankenstein’s Castle, The Haunted Witch Village, and The Lost Museum. The Lost Museum is the newest, longest, and largest haunted house in Salem. This haunted house is even underground! You can go underground to discover haunted rooms, ghost, and monsters. The house is filled with scary effects that make you jump, as well as living portraits. The haunted house is located under Gallows Hill, where many people believe witches were hanged.

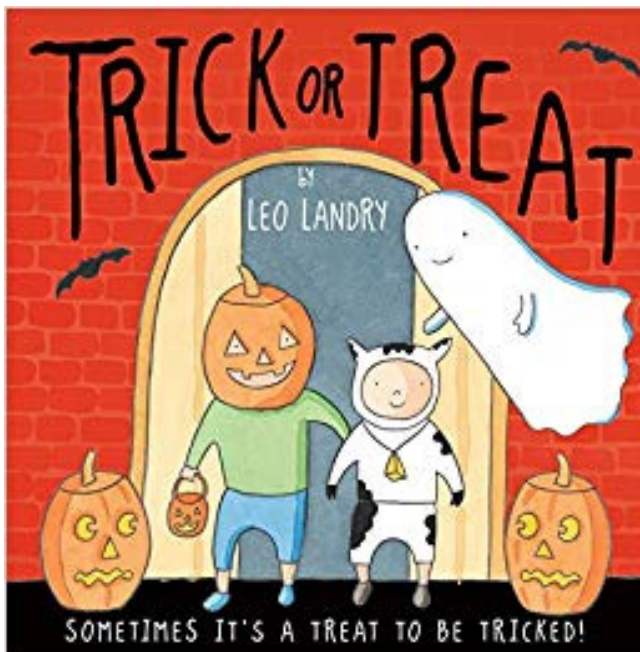
These are among the many highlights in Salem, Massachusetts that is a part of the Haunted Happening in the month of October, which is a fun month for every age. Salem has something different to offer to all, so, be sure to bring your friends and family to the Haunted Happenings in Salem. Even if you only walk around, you are sure to have a blast catching all the costumes and sites.



## Library Hosts First Spooky Story Walk

Sophie Hauck, Sophomore

Halloween may be just around the corner, but Abbot Public Library has been celebrating all month long. Whimsical book displays live in every department, and thematic events appeal to a wide range of audiences. Teen room librarian Heather Waddell steals the show with her handcrafted book arrangement based on potions, and a Hitchcock Movie Marathon for October 31. The most noteworthy event from her Halloween agenda: the library’s first Spooky Story Walk, held on Monday, October 22. Through decorating a room to follow a book’s plot and setting, story walks allow young readers to quite literally enter a story, in turn better engaging with the text. For Abbot’s own story walk, Waddell partnered with the Children’s Department to choose **Trick or Treat**, a picture book about the Halloween party of one friendly ghost. In the weeks prior to the event, Abbot’s Teen Advisory Group created props and backdrops that mimicked the story’s setting, keeping in mind how the book would transition off of the page and into real life. Their hard work paid off, as the event was a great success, sparking interest from kids and parents alike. Abbot Public Library has always engaged with this community, and by implementing new educational tactics, the library continues to connect to the town of Marblehead.



Visit [abbotlibrary.org](http://abbotlibrary.org) to find upcoming events that interest you.

## The Mental Game

Muriel Owen, Sophomore Reporter

Every sport, in one way or another, involves a mental element. No athlete’s performance is based purely on one’s physical capabilities, and no team’s success is simply a result of players who are in the best shape to perform. While athletics are by the literal definition, “physical sports and games of any kind,” any athlete or athletics enthusiast is well aware that it isn’t just physical. The mental hurdle is often times the more difficult aspect to overcome.

I have always been aware of this mental element over my many seasons of a variety of sports, but cross country has been the sport where my performance is most heavily impacted by my mentality. Cross country’s objective is quite simple: run the course in the least amount of time. There are no hoops, goals, balls, sticks, or helmets. It is purely the athlete and his/her sneakers. While the overall sport is easy to comprehend, once you’re involved it is clear that it is much more than simply running. When you ask most high school athletes what their least favorite part of practice is the number one response is always running in some shape or form, whether it be a few miles or suicides.

The word running always results in an eruption of complaints and grunts of disapproval. Now, with this in mind, cross country is running, not once or twice a week, running comprises the whole practice. Don’t get me wrong, I love running, and if I didn’t I obviously wouldn’t be doing it, but mentally this sport is demanding. Some days my legs feel fresh, and I am excited for whatever is in store for practice; other days the mental game arrives and I need to decide how to play it. When one is in the midst of a several mile, fast-paced run, in the cold, with a slight bit of knee pain, pushing down the mental block that is telling oneself to settle, slow down, and yearning to be home in bed with a nice hot cup of tea, is no simple task. Turning around a pessimistic attitude that lacks enthusiasm for the workout is no simple task. Completing a meet in the constant state of wanting to just give up the sport altogether is no simple task. I can’t speak for every sport or every athlete, but in terms of the mental impact on one’s athletic performance and success, I believe cross country takes one of the top spots.

## Quotation of the Week

*For, while the tale of how we suffer, and how we are delighted, and how we may triumph is never new, it always must be heard. There isn't any other tale to tell, it's the only light we've got in all this darkness.*

~ James Baldwin

## Headlight Staff 2018-2019

EDITOR-IN-CHIEF: Jillian Lederman

ASSISTANT EDITOR: Sophie Hauck

REPORTERS: Eva Nickolas, Ally Genis, Muriel Owen, Reece Sherf, Alix Livermore, Molly Tapper, Lucy New, Olivia Gardner, Julia Greenway, Crystal Aguero, Sophia Piper, Kristy Twaalfhoven, Claire Taylor, Lily Morgan, Tess Whalen

FACULTY ADVISOR: Thomas Higgins