



Sustainability Fair Empowers Marblehead

Sophie Hauck, Sophomore
Assistant Editor

In 2018, adolescents have inspired dramatic change across the country. Sustainable Marblehead believes Marblehead High School students can create their own impact, this time on the environment. Just as the organization's name implies, this movement is here to stay.

The environment has consistently been an important issue to Marblehead residents. Marblehead Conservancy just reached their 17th year in providing stewardship for the town's open spaces, and since 2015, local businesses have no longer used plastic shopping bags. Of course, with so many properties nestled against the coastline, it only makes sense that Marbleheaders care about the environment; the ocean is practically the backyard of this town. In 2017, Sustainable Marblehead broke onto the ecology scene, only reaffirming this town's commitment towards conservation.

In its second year of existence, the organization has already made waves. On October 6, they'll be hosting their first annual Sustainability Fair. This community-wide event will educate individuals of all ages on methods of positive environmental impact. The fair features over 30 different speakers, activists, and vendors with a wide range of appeal. Interactive gardening demonstrations and fairy house building may interest families, while staff from Congressman Seth Moulton's office and Representative Lori Ehrlich may attract those of voting age (although Ehrlich will also be presenting awards for Earth Day posters created by Marblehead youth). After all, policy will support the environmental movement as it continues to progress. Sustainable Marblehead's co-founder, Judith Black, agrees. "Without policy that moves us from a fossil fuel based economy to renewable energy sources, protects our forests, water ways, lands, and respects the natural ecology of the planet, personal choices will not be enough."

While these sentiments empower voters, they can often be discouraging to those who are not yet of voting age. Only a small percentage of students at the high school will be able to vote in the upcoming elections. The rest of the school population will witness election results, knowing that this time around, they could not affect change. Black thinks otherwise, citing, "Actions, big and small [that] can be part of your daily life," to create the most effective change. The first step is questioning your lifestyle. "What is your family's carbon imprint and how can you cut back on it?" Black asks. "What can you and your family use instead of plastics for everyday tasks, from drinking water to wrapping food?" The Sustainability Fair explores simple solutions that can exponentially affect the environment.

Oftentimes these adjustments sound too good to be true. Yet viral campaigns, such as the boycott of plastic straws, create change almost instantaneously. As Black says, "Every plastic straw you reject is another plank in the bridge towards sustainable living." It is up to us to build that bridge with the decisions we make, and the lives we lead.

Efforts to protect the environment can feel overwhelming. Sustainable living is not like that. It is about making a conscious and continuous effort to support the natural world, a habit that should be fun to keep. The Sustainability Fair will maintain this movement's excitement, with electric vehicle viewing and test drives, surprising solar solutions, and food trucks on site.

So come to Marblehead Charter School on Saturday, October 6, from 10 am - 2 pm, to become passionate about the environment. After the fair, Sustainable Marblehead invites you to join one of its four action groups, whether on conservation, education, energy and public policy, or transportation. There will always be more we can do to protect our environment, but right now let's take this town's existing passion and turn it into action.

SUSTAINABILITY FAIR

MARBLEHEAD COMMUNITY CHARTER PUBLIC SCHOOL
17 LIME STREET

**SATURDAY
OCTOBER
6TH
10-2 PM**

PROTECTING EACH CHILD'S FUTURE BY GREENING TODAY'S WORLD.

SPEAKER SERIES
TOWN PANEL: LIGHT, HEALTH & WATER DEPARTMENTS
BRIAN HELMUTH, OCEAN ECOLOGY
REP. LORI EHRlich, CURRENT ENVIRONMENTAL LEGISLATION
JOHN LIVERMORE, "BRINGING YOUR HOME TO NET ZERO"

FAMILY FUN ACTIVITIES
• LEARN TO COMPOST
• BUILD A RAISED GARDEN BED WITH SPUR FOUNDER JOCELYN COOK
• FIGURE OUT YOUR FAMILY'S CARBON FOOTPRINT
• SEE WHAT KIDS ARE DOING TO PROTECT THE EARTH
• CREATE A FAIRY HOUSE
• SING RECYCLING AND EARTH SONGS WITH PAM ROBERTS

TEST DRIVE AN ELECTRIC VEHICLE
• LEARN ABOUT SOLAR ENERGY

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AMANDA NAPPEL, SINGER/SONGWRITER
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THANKS TO OUR VISIONARY PARTNERS
MARBLEHEAD COMMUNITY CHARTER PUBLIC SCHOOL
NATIONAL GRAND BANK
THE ROTARY CLUBS OF MARBLEHEAD AND MARBLEHEAD HARBOR
DR. JACK WELTNER
WHOLE FOODS

www.sustainablemarblehead.org

Visit Sustainable Marblehead's website at <https://www.sustainablemarblehead.org/about-the-fair> to learn more about the generous fair sponsors and the Sustainability Fair, to be held at the Marblehead Charter School at 17 Lime Street.

The Perks of Thrifting

Eva Nickolas, Freshman
Reporter

Most people have heard of second-hand shopping, more commonly known as thrifting, but how many have actually done it? It is a common belief that thrift shopping is "only for poor people," or that wearing clothes that once belonged to someone else is uncomfortable. I am here to tell you that there are several perks to thrift shopping, including obtaining a larger variety of clothes for less money, improving human rights, and helping the environment. If you have been raised to believe thrifting is only for certain types of people, then let this article persuade you otherwise.

Second-hand shopping provides a wide range of clothing options for low costs. Thrift stores are not exclusive to certain brands or styles, but rather they have anything from a basic, white tee-shirt to the most colorful and unique dress. It is not uncommon to walk into a second-hand store and find clothes from the 90s, or even the 80s. If you are modeling your style after Rachel Green from the well-known TV series "Friends," then stores like the Garment District in Cambridge will have exactly what you are looking for. That is not to say there aren't more recent items as well. Second-hand stores are always packed with a unique variety of products. Not only that, but the prices are amazing. The same shirt that you find at Urban Outfitters for \$35, you can purchase at a thrift store for only \$4. Who wouldn't want that deal? More often than not, that \$4 shirt is in as good condition as when it was first purchased.

In addition to great prices, thrift shopping improves human rights. Often times when people venture off to the mall, they are not thinking about how the clothes in their shopping bag landed there. It is likely that an impoverished group of women and children were forced to make those clothes for low pay and long hours. Industrialized shopping contributes to the suffering that the people who make these clothes are challenged with. Clothing industries work their employees under conditions so harsh that they most likely violate human rights. Second-hand clothes were at one point mass produced. However, by thrift shopping, you are not contributing to the cruel circumstances under which individuals all over the globe work.

Second-hand shopping is one step closer to saving the environment. From making clothes to shipping them off to stores, unnecessary amounts of natural resources are used. Industries like this are constantly adding to global pollution. Most Americans throw away 81 pounds of clothes every year. These clothes are then sent to landfills and further add to Earth's pollution. Why should stores use so many resources when individuals are going to throw their clothes out anyway? Thrift shopping is merely a synonym for recycling. By secondhand shopping, you are doing your part to help prevent this vicious cycle from continuing.

Thrifting allows you to experiment with unique clothes for low costs. More importantly, however, it is essential for human rights. Finally, this way of shopping helps to maintain a livable environment.

Should School Start Later?

Olivia Gardner, Freshman
Reporter

About 80 percent of schools in the United States start their school day before eight in the morning, including many schools here in Marblehead, but teachers and students alike agree that this is much too early. A school should open its doors no earlier than 8:30 am, according to the American Academy of Sleep Medicine, the American Academy of Pediatrics, and the Centers for Disease Control and Prevention, due to the risks of sleep deprivation in students.

On average, a typical teen should be getting at least eight hours of sleep each night, but many of us get much less than that, on the order of five or six hours a night. This drastic lack of sleep causes many traffic accidents, sports injuries, poor attendance rates, and poor exam scores around the globe. According to Start School Later, "kids who are tired can't learn at their best, and sleep deprivation impairs learning, memory, and attention as much as it impairs health and overall well-being." So why do we start as early as we do? Many argue that the early start is preparing middle and high schoolers for the real world where they will have to wake up at early hours of the morning and get to work, no matter what. The problem is, there isn't a uniform start time for all jobs, and adults overall need much less sleep than adolescents. We also tend to blame teens themselves for their lack of sleep, mentioning that they could always go to bed earlier, but this is not an option for many teens with after school activities and sports that can go to late hours of the night. This all happens even before kids can do their homework, therefore pushing sleep back even further. This doesn't even account for the fact that adolescents have a natural sleep schedule going from about 11 at night to eight or nine in the morning, meaning that teens end up getting much less sleep than is necessary for them to function properly and feel good in day-to-day life.

Most students and teachers agree that the school day should not start as early as it does. Starting before eight in the morning has been linked with sleep deprivation and, therefore, poor attitudes, poor academic achievement, low attendance rates, and injury. This is why school should absolutely start later.

Collection for Marblehead Food Pantry at MHS Football Game

Please bring items for the Marblehead Food Pantry to the game this Friday evening. There will be collection boxes located at each entrance. Items to donate: any non-perishable food items that are in good condition, unopened, and within the marked expiration dates. Items donated will be used for the MHS Day of Service Project.

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