

Headlight



Written by the students of Marblehead High School for our school and community

2015-2016 Issue

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The Bachelor: Rooted in Its Ways

Linda Fitzpatrick, Senior
Editor-in-Chief

This season of *The Bachelor* marks the shows 20th on air, including its sister show, *The Bachelorette*. Every season, we gather before our televisions as a few dozen single men and women compete to win the heart of the Bachelor or Bachelorette. In light of such a milestone, I think it is clear that this show is here to stay, just the way we like it.

And we do like it. Something about watching a dozen women fight over one man is too entertaining not to enjoy. No matter what is happening in our lives, we can turn our TV's on every Monday and experience beautiful, yet unrealistic, dates and more than a handful of catfights that always make us grateful we've got good friends and good food. We also like the predictability of the series we've come to know. We love that everything that happens during those two hours is very unlikely to happen in our day-to-day lives. I'm both jealous and relieved I'll never go on a group date in which I'll have to do something absolutely insane (like swim with giant pigs in the Bahamas). But after twenty seasons of this reality show, I've stopped to wonder: will we be seeing any changes in the future? My guess is that we will not, considering the success *The Bachelor* has enjoyed thus far and after experiencing last year's Bachelorette.

Last season, ABC executives challenged the traditional "plotline" of *The Bachelorette*. During the first episode, there were two Bachelorettes and the men decided who stayed on for the duration of the season. It was weird to say the least. Kaitlyn and Britt were extraordinarily awkward around one another — and why shouldn't they have been when they were competing to be the star of the same reality TV show? Once Kaitlyn was voted the official Bachelorette, we all thought the show would return to normal, but it never quite did. Just when we were getting comfortable, Britt and her very staged relationship — with an ex-bachelorette contestant who left the competition once Kaitlyn was voted in — reappeared sporadically throughout the show. I assume this was to please viewers who preferred Britt over Kaitlyn, but the votes should have defined who got screen time, not a ploy to maintain high ratings. The fact that *The Bachelor* has returned to its traditional "script" is proof that the series is comfortable and more successful with its traditional ways. While some series strive for change, *The Bachelor* does not.

With that said, there is one aspect of the series that has always been criticized: the diversity...or lack thereof. It's true the show lacks a variety of people (appearance, race, and other such characteristics), but I've come to realize that much of this has to do with the qualities the Bachelors are looking for in a partner. People tend to have a type they are attracted to, which is why we often see a trend in appearance among the final contestants. So, if the show really wants to diversify itself, which I think it should desire, the best bet would be to pick a non-white Bachelor. Such a change would not alter the show we love; it may just give the series a larger audience, which would ensure many more years to come for *The Bachelor*.

I think it's safe to say our hearts won't be crushed in years to come, because our guilty pleasure is perfect the way it is. So grab your snacks and get comfortable. We've got a lot of drama to watch.

An Alligator at Wendy's

Matthew Messinger, Sophomore
Reporter

Last October Joshua James decided to throw a three and a half foot alligator through a window at a Wendy's drive through just east of Palm Beach, Florida. James ordered a large beverage and, after paying for it, he pulled the alligator out of the back of his car and threw it into the store. The alligator survived and no employees were injured but James is facing more problems than he most likely expected. Police officers arrested James at his home and he is being charged with second degree petty theft, possession and injury of an alligator, and aggravated assault with a deadly weapon without the intent to kill. His bond is set at \$3,000. James was arrested on February eighth for his actions and was in court the morning of February ninth. Despite his mother's efforts in protecting her son by saying he is a prankster and he thought this would be funny, 23 year old Joshua James is heading to prison, and only James knows the true motive of why he sent a dangerous 20 pound creature into a delicious Wendy's.

What's Happening at MHS

Super Tuesday Mock Primary for student voting will be held during all three lunches on Monday, 2/29, and Tuesday, 3/1. Students, make sure you stop by and vote!

Every Monday, the Career Center will be in Guidance from 10:00 A.M. to 10:30 A.M. to help with resumes, getting a part-time job, and more!

Sign-ups for the annual Jefferson Forum Dodgeball Tournament start on Tuesday, 3/1, during all 3 lunches. The tournament will take place on March 17 from 3 P.M. to 5 P.M. Teams must have 6 people; the cost is \$7 per player and the proceeds will go to the Boys and Girls Club of Greater Salem.

Mental Health at Marblehead High School

Abby Schalck, Junior
Reporter

Before going off into the real world, it is obviously important that students have a basic knowledge of science, English, math, etc. However, it is equally, if not more, important for students to have the skills to deal with mental health issues as young adults. It is important for schools to keep in mind that not everyone in the world is going to become a physicist, but at some point in their lives everyone will have to deal with mental health issues. The school system does a good job of teaching standard classes like math and history, but I believe that a little more time and effort should be put into teaching students about mental health.

It is great that health class is a required course at our school, and that the health teachers do their best to teach students to make healthy decisions. However, I don't think that they have enough time to really teach students everything that they need to know. At Marblehead High School, students have to take four full years of math, science, history, and English, but they only have to take twelve weeks each year of health class. During those twelve weeks, the teachers have to cover nutrition, drugs and alcohol, stress and anxiety, and many other topics. In order for students to fully understand mental health, there needs to be more time dedicated to teaching them the skills to recognize mental health issues.

In addition to needing more time to cover mental health issues, I believe that the school needs to go into more depth with the students on how to cope with issues that they may be going through. One of the main mental health issues that the school tries to cover is stress and anxiety. While the techniques that the school teaches might work for some students, not everyone can resolve their stress in the same cookie-cutter ways that schools teach. A student that has an anxiety disorder cannot make their stress go away by keeping their work organized and not procrastinating. A student with depression cannot just make it through the day with a positive attitude. A student with social anxiety cannot always turn to a friend for help. Facing mental health issues is not just as simple as giving students advice and expecting them to figure it out on their own.

As a whole, Marblehead High School performs well academically, but scores and statistics are not the only thing that the school should focus on. Even if a student has the potential to become one of the greatest minds of the century, they aren't going to go far if depression or anxiety is keeping them from facing the world each day. Sugar-coating student anxiety or depression with high SAT scores or great GPAs is not going to benefit the students in the long run. Simply by adding more time and going into more depth with the mental health program at MHS, students will be able to thrive as young adults.

Seeing is Deceiving

Becky Twaalfhoven, Junior
Editor-in-Chief

My parents always told me not to compare myself to other people because I have no idea what is behind their looks and achievements. As the second youngest of seven children, I can personally attest that this is true. I have witnessed the exhaustion of medical school while outsiders see only accomplishment and commitment; I have felt the stress of buying a house and getting married and having children, even though these are supposed to be milestones of success. Others may be jealous and wish these successes for themselves without knowing the stress and exhaustion and emotion poured into it all. Jealousy can be motivating, but it can also be deceiving. Admiring an athlete for his or her physical fitness can kick start a healthier exercise regimen, which is usually a positive influence; but admiration can turn into unhealthy obsession.

One particularly dangerous area is "fitspiration," a combination of fitness inspiration that (theoretically) involves gaining body and exercise inspiration by viewing other people's appearances and habits. However, especially in terms of online sources, what you see is a select, perfected version of the subject. Greatist.com, a health and well-being site, recently published an article detailing the extreme methods fitness models employ to prepare for a photo shoot. According to the article, models manipulate their carbohydrate and water intake to extreme levels in the days leading up to the shoot in order to maximize muscle definition and skin dryness. The effects of such manipulation are ironic: the energetic and strong athlete who epitomizes health in a photo most likely felt lethargic, weak, and dizzy during the shoot.

"Jealousy can be motivating, but it can also be deceiving."

The purpose of this example is to show the unspoken behind-the-scenes behind appearances. The same holds true for personal encounters with unfamiliar peers or even strangers. To be jealous of classmates for academic achievement is pointless; it is impossible to know every factor that played into those results. Comparing scores on an exam, for example, is often not simply a reflection of intelligence. It's possible that one student with a lower score had to work or study for another test, or may have been sick or exhausted. The constant competition that is high school has no time or space for reasons, so we have come to judge based on appearance.

An open mind and a healthy dose of perspective are essential for self-confidence, because recognizing other people's individual traits and their backgrounds will give you confidence in yours. Remember that body type depends on heredity, metabolism, exercise, diet, sleep, and stress, among other factors; remember that academic performance depends on commitment and organization, but also a host of uncontrollable factors like test dates, work schedules, emergencies, and illnesses. Work for the purpose of self-improvement is the most satisfying kind of work, and it does not involve comparison with any other person's appearance of success.

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