

Autumn's Last Huzzah

Ginny Naughton, Sophomore
Reporter

It's early in the morning. The sun has barely come up, the birds (that are still here) have barely begun singing, and there isn't a car on the road. Crumpled candy wrappers litter the sidewalks, and fake skeletons, spiders, and ghosts still hang in windows, far less scary now with the coming day. The day is November 1st, the day after Halloween.

Somewhere on this hazy morning, people get up. They stumble to their kitchen, fumble to make a coffee, grab one of the few candy bars the trick or treaters didn't take, and fall onto their couch or armchair or some other kind of seat. They flick on their television to a mindless show and turn the volume down as they begin to eat their "breakfast." After a punchline and laugh track the person wasn't awake enough to get, the mindless show cuts to a commercial break. Immediately, the volume magically turns up ten notches: "FIND THE PERFECT HOLIDAY GIFT NOW! TIME IS RUNNING OUT!" The television screams, flashing green and red colors across the screen. A day after Halloween, it has begun. Everyone has decided overnight that it's almost winter! Where did fall go? I haven't even gotten a seasonal fall drink yet! Is the end really here? Don't panic! If you're not ready to switch to jingle bells and reindeer sweaters, there are still plenty of ways for you to enjoy autumn while it's still here. The end is far from night!

Take a walk! Throw on a medium weight coat, maybe a hat or scarf or knit gloves (how fall-ish!), and go out for a stroll with a friend or pet. The bike path and Seaside are notorious for having full and colorful foliage, but Steer Swamp and Old Burial Hill have beautiful vistas as well.

Treat yourself to a seasonal snack. This can be a fall-flavored coffee from Dunkin' Donuts or Starbucks, a pumpkin muffin, a glass of cider, candy corn, or something warm and comforting.

Some apple orchards like Cider Hill Farm and Highland Farm are still open. Strap on a warm coat and get the squad out there. How you like them apples!

Volunteer with My Brother's Table or the Marblehead Animal Shelter. Giving someone in need a warm meal, or an animal in need a warm hug, is a wonderful thing to do, and will set you in gear for Thanksgiving, too.

Fill two or three large bags with pretty fallen leaves, take the bags home, and decorate every surface you can find with the dead leaves. Staple, tack, tape, and glue as necessary for maximum autumn effect. If someone scolds or otherwise chides you for this, accuse them of being a fall Scrooge and lacking fall spirit.

Go out there, and live it up! Throw leaves in the air! We have months of snowy, dark winter ahead of us. Celebrate fall while Starbucks still has those gorgeously designed autumnal cups.

MHS Best Buddies Halloween Party October 29, 2015



How Students Can Prevent Discrimination at MHS

Abby Schalek, Junior
Reporter

Team Harmony is a club at the high school that has been around for many years now; however, many students do not know what it is. In Team Harmony students meet as a club to promote a harmonious school climate. As a club, we work against bullying and discrimination at Marblehead High School. In order to prevent discrimination and bullying in our school, it is first important to understand what these things are and why they happen.

An image that usually comes to mind when one hears the word 'bullying' might be of a student pushing a smaller classmate up against some lockers, or taking their lunch money. Although this is considered bullying, it's important for students and teachers to know that bullying behaviors can be much more complex than these stereotypes.

Although the definition of bullying varies from person to person, a universal rule to define bullying would be any behavior towards another that hurts, humiliates, or harms another person physically or emotionally. While the physical harm of another can be easier to spot around school, it is often the emotional harm through bullying that does the most damage to a person.

Unfortunately, even though bullying in schools throughout this country is not tolerated by federal law, many cases of bullying and discrimination slip through the cracks. This is why it is important to educate students on how to prevent discrimination and bullying at Marblehead High School.

Team Harmony works hard to diminish the amount of bullying in our school, and helps bring in powerful speakers to help further impact anti-discrimination beliefs in schools. For example, Calvin Terrell is a speaker, educator, and community builder who came to Marblehead High School this September and made a large impact on the students. It is important that the values that Calvin Terrell addressed continue throughout the year. Unfortunately, some of the students who were moved by Terrell have already gone back to their discriminatory habits.

This is why students should join Team Harmony, so that they can be reminded of how to prevent discrimination throughout the school year. If you are a student who would like to join Team Harmony, you can come to the club meetings on Thursdays at 7:15 a.m. in Room A103. For additional information, feel free to contact the Faculty Advisors Meredith Reardon, reardon.meredith@marbleheadschoools.org, and Candice Sliney, sliney.candice@marbleheadschoools.org.

Through the Hoops of MathXL

Kyra Veprek, Junior
Reporter

Being a 2000s kid, technology and I have grown up together, hand-in-hand. I was born in 1999, just two years before Apple released the first iPod, which would become the most popular mp3 player to date. I was only five years old during the birth of Facebook and merely eight when Apple released the iPhone, revolutionizing standards for cellular technology. With this simultaneous growth, there has also been an increase in the incorporation of technology in daily lives. Today you can instantly contact your family, check the weather, and even do your math homework with the click of a button. Increasingly, teachers are introducing homework and testing alternatives online in attempt to keep up with the pace of modern technology.

With this trend, my peers and I were not surprised to learn we would no longer be turning in hard copies of homework this year for math, but rather be managing homework and practice work on an online program called "MathXL." Being relatively tech-savvy, I found the idea of MathXL to be non-threatening due to the simple format and commands. It also featured immediate feedback which allowed one to view the scores for homework immediately, allowing him or her to quickly identify the problem in their math and pinpoint where he or she lacked understanding. Although the welcoming format and features shouted "easy A," many of my peers and I have found complete disappointment in the students we become as we develop a reliance on MathXL. First, MathXL directly enforces a tendency to cheat. One of the many tools that the website offers is a chance to view a sample problem with answers along with each question asked. Although they are intended to help students pick out the faults in their work, the sample problems allow students to copy the format of an answer rather than taking the time to grind through the steps to reaching a solution. Secondly, algebra concepts are ones that come easily to few and boggle the minds of many others. Many of the questions asked in homeworks are multiple choice questions that include a single plausible answer with three other absurd answers, leading towards the habit of using "guess and check" methods to answer questions rather than using math to homeworks often leads to frustration in the face of confusion. Since both the teacher and student see a score of value turned in, more often than not, students focus on the grade as opposed to the learning. I have found it typical for students to overwork a problem for the sole purpose of receiving a 100% on their homework, as opposed to working through homework to solidify an understanding of the concepts taught in class.

As technology progressively becomes part of the American life, it is natural for schools to feel the need to align curriculum and teaching standards with new technology; however, no piece of technology or new learning program will ever replace the benefits of teacher-student interactions in and outside of class. I have found that with a heavier reliance on new learning technologies, teachers are hasty to blame students' gaps in knowledge on their lack of use of said programs. Although students may be more inclined to work with computer and internet programs, it is unfair for teachers to work through the screen of the program, rather than directly with a student. Many schools race to have the most advanced online teaching tools, but a teacher's job is not to demonstrate how to use the tools on different websites, it is to work hand-in-hand, face-to-face with students to make sure no knowledge is left behind.

Recipe: Twice Baked Sweet Potatoes with Brown Sugar, Pecans, & Marshmallows

If you're looking for a sweet treat or a warm snack as the days get cooler, check out this healthier alternative to sweet potato pie. The toasted marshmallows and crumbly pecan streusel topping provide a nice crunch atop a tender sweet potato. Packed with vitamin A and natural sweetness, this treat will surely tide you over until Thanksgiving!

Ingredients:

- 5 sweet potatoes
- 1 egg, lightly beaten
- 1/3 cup brown sugar
- pinch of salt

For the topping:

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| 2 tablespoons unsalted butter, melted | 1/3 cup chopped pecans |
| 1/4 cup brown sugar | 1 tablespoon cinnamon |
| 2 teaspoons cinnamon | 2 tablespoons flour |
| pinch of salt | 1/8 teaspoon salt |
| 3 tablespoons butter, cubed | 1 1/2 cups mini marshmallows |

Instructions:

Preheat the oven to 375 degrees F.
For the topping, combine all of the ingredients (except the marshmallows) in a small bowl.

Mix with a fork until the mixture is well combined and resembles sand. Set aside.
Poke 3 or 4 holes in each sweet potato with a fork or pairing knife.

Microwave them until the flesh is soft, about 5 minutes. Turn the potatoes halfway through cooking.

When the potatoes are cool enough, cut them in half lengthwise.
Scoop out the flesh, leaving enough next to the skin to support the filling later on. Collect the flesh in a medium bowl and set aside.

Place the skins on a baking sheet and bake until the edges are browned and slightly crisp, about 15-20 minutes.

While the skins are cooking, combine the sweet potato flesh with the egg, brown sugar and salt. Mash with a potato masher or fork until well combined and fluffy. Do not overwork the mixture.

Remove the skins from the oven and scoop the filling, dividing it evenly.
Return the potatoes to the oven and bake for another 20 minutes until the topping is melty and bubbly.

Remove from the oven and top each potato with marshmallows.
Return to the oven and bake until the marshmallows are golden brown, 3-5 minutes. Keep a close eye on them in this stage so the marshmallows don't burn.

Serve immediately.
Source: *Set the Table*

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