

Headlight

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

www.mhsheadlight.weebly.com

A Late End

Meredith Piela
Reporter, Sophomore

So this is it. My last Headlight article of the year, and as an underclassman. As sad as I am about Headlight being over for the year, I'm excited to finally become an upperclassman next year. Although junior year is extremely difficult (so I've heard), it's more challenging academically, rather than socially. Even though things like SATs, ACTs, and college searches usually happen during 11th grade, it is all over in about a year. As difficult as the last two years of high school can be, there are still exciting events such as the Powderpuff football game and prom. Before that can happen, you have to make it through the tough first two years of high school.

As a freshmen, you are literally "fresh men", since you are new to high school, and all that comes with it. As soon as you walk through the doors on the first day, all traces of middle school are gone. There is no talk about things like going downtown to

Starbucks on a Friday afternoon. Also, all of your expectations about high school being this cool, independent place where cell phones and chewing gum are allowed in class are not met. Instead, you still have to deal with difficult classes, huge workloads, and annoying teachers. You also have to deal with being pushed around by upperclassmen, and not being at the top of the social pyramid until you've become at least a junior. On the plus side, once you've realized that you might not become that close with anyone in the grades above you, you have an opportunity to bond with your grade even more at the Freshman Picnic, which is unfortunately, your only big social event for your grade.

After you've made it through your freshman year of high school and you think you know what you're doing, sophomore year comes along. As a sophomore, you are no longer the youngest bunch in the school, but you still aren't an upperclassman yet. In tenth grade, you realize that it's no use trying to annoy the freshmen, because you're still an

underclassman. Sophomore year has its perks, though. In sophomore year you have more high school experience than the freshmen, you take MCAS for the last time, and you have the Sophomore Semiformal. As difficult as the first two years of high school can be, they do have their benefits.

When I take my final exams on the 27th, they will mark my last exams of my sophomore year, second-to-last finals of high school, and my last final exams as an underclassman. When school gets out for the year, it will be such a feeling of relief to know that I have made it through my underclassmen years of high school. So when September 3rd arrives and it's my first day of my junior year and my first year as an upperclassman, I really hope it's a great day and a great year. It would be a shame if after all of my excitement about becoming an upperclassman at last, my last two years of high school were terrible. But I'll hope for the best, and try my hardest to have my last two years of high school the best years yet.

Seabiscuit

Michael Simmons, Junior
Student Submission

Seabiscuit was a champion racehorse that was born on November 1, 1938 in Kentucky. He is most well-known for winning a race at Pimlico Race Track in Maryland against a Triple Crown winning horse named War Admiral. I am especially interested in this famous racehorse because he raced during the Great Depression, a tragic time in America. The win by Seabiscuit made most people feel good during this tough time.

Seabiscuit was a very small horse; no one thought that he had much of a chance at beating a much bigger and stronger champion like War Admiral. He also ran with a bad knee. Seabiscuit was a long shot to win the race. When he won, people were very excited.

This story about Seabiscuit teaches us that even when no one expects someone to win that it can happen. The Bruins recent Game 7 victory over Toronto is a good example of a team that overcame great odds. The Bruins scored three goals in the final four minutes of the game to tie it up and force overtime. They then won the game and the series in overtime. This victory helped Boston feel better and happier after having experienced the tragic Boston Marathon bombing just a month ago.

Gluten Intolerance Part 1

Sarah Oliver
Reporter, Freshman

Vegan! Organic! All Natural! Low Fat! Heart Healthy! Since when did grocery shopping become so complicated? Fruits and vegetables that were once found growing in the backyard are now limited to produce aisles and commercial farms. In order to support an exponentially-growing population of 7 billion hungry people, more and more houses and stores are replacing backyard gardens. Work, school, and other commitments have become society's top priorities, leaving no time for gardening or cooking.

The lack of space and time means grocery stores are constantly chalk full of consumers looking for "ready-to-eat" packaged foods. Despite the booming business the food industry is always trying to increase sales and maximize profit. An easy way to do so is to replace more expensive ingredients with less expensive "food-like substances."

Not long ago, high fructose corn syrup was blamed for being the culprit behind the obesity epidemic, since its increased use in place of sugar in processed foods paralleled population weight gain. High fructose corn syrup (HFCS) is a corn syrup that has undergone enzymatic processing to convert some of its glucose to fructose in order to achieve the desired sweetness. This chemically altered syrup is far cheaper than sugar, resulting in its widespread use in breads, cereals, snacks, lunch meats, yogurt, soup and condiments. When this horrifying fact was revealed to the public, consumers reacted by avoiding HFCS at all costs.

As HFCS went out of style in the eyes of the general population, the food indus-

try reacted by gallantly acting according to the peoples' wishes. They removed HFCS from many of their products (or simply advertised products that never have HFCS in the first place.) But the health-craze hasn't stopped with the shun of chemically-altered sweeteners. Consumers are now demanding healthier, real foods. From the outside, the food industry appears to be going along with what the people want, which is why labels such as "organic" or "all natural" bombard shoppers in every aisle.

A relatively new label that's quickly gaining popularity is the "gluten-free" certification. Men and women alike are experimenting with a gluten-free diet in the hope they will shed pounds quickly and easily. The food industry only fuels this new obsession by advertising foods as "gluten-free" whenever they can, as if it equates to "healthy." Yet many people have no idea what gluten even is!

To start, gluten is a protein found in many grass-related grains, made of two sub-proteins, gliadin and glutenin. Gluten is what gives dough its elasticity, helps it rise, maintain its shape, and often provides that "chewy" texture in baked goods. Those with Celiac Disease have an abnormal immune response to the gliadin in gluten. In addition to bread, crackers, and other obvious gluten-containing foods, Celiacs must beware of soy sauce, creamy soups, ice cream, beer, and prescription medications, all of which could be hiding gluten. Even products labeled "wheat-free" aren't necessarily safe. Rye and barley are not wheat, but they do contain gluten.

A Musical Review

Liam Reilly
Entertainment Editor,
Sophomore

As the school year begins to wind down, we look back on the year that is about to come to a close. In my eyes, each year of school is like a movie, each with a unique script, new characters, and an awesome soundtrack. Here is the soundtrack of the 2012/13 school year.

1. "It's Time" by Imagine Dragons

Sung beautifully at this year's graduation, this song reached its height in the fall/winter of this year. In my eyes, It's Time sums up what any school year hopes to be, a vehicle for change as well as an opportunity to look back on great achievements.

2. "Gangnam Style" by PSY

This song was everywhere for the majority of this school year. No matter where you hear this song, there is a subconscious obligation to dance like an idiot for three minutes and thirty-nine seconds.

3. "I Will Wait" by Mumford & Sons

Although I personally am not a fan of this group, there is something about

that banjo work that made this song the marquee track of the Album of the Year at the Grammys this February.

4. "The A Team" by Ed Sheeran

Not everyone can claim that they knew about Ed Sheeran before he was on the radio. However, we all can agree that this song shows the sensitive and acoustic side of this generation's British Pop Invasion, everything that One Direction is not.

5. "Thrift Shop (feat. Wanz)" by Macklemore

If this song did nothing else, it provided local secondhand stores with incredible business over the school year.

6. "Welcome to the Jungle" by Guns'n'Roses

School Committee meetings.

7. "Suit and Tie (feat. Jay-Z)" Justin Timberlake

Justin Timberlake returned to music with a bang this spring with this track, reminding us all that it is fun to dress up every now and then.

8. "As Long As You Love Me" by Justin Bieber

Personally, I am not one for the Beebs, but you can't deny that this song is catchy. One of the more frequently played songs on

the radio this year, Bieber played this song rather well acoustically on the Saturday Night Live stage.

9. "Harlem Shake" by Baauer

Everybody and their mother has made a Harlem Shake video, or at least seen them on YouTube over the last few months. About 30 sophomores, myself included, hastily made one such video while stranded at the Salem Waterfront Hotel after the semiformal.

10. "We Are Never Ever Getting Back Together" by Taylor Swift

Like, ever. What would a school year soundtrack be without a Taylor Swift song? It seems that there is always a new Taylor Swift song on the radio, each one given infinite airtime on just about every radio station.

I am sure that I have missed numerous songs that were equally enjoyed over the last nine months. I apologize for omitting them. Now it's time for summer, and time to find new and exciting music to share with friends next fall. I hope everyone has a great summer, and I look forward to writing for Headlight again next year.

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