

Meet and Greet: Get to know the new Triton Staff

**By Maureen Moore
Staff Writer**

Editors Note: This is the second in a series of articles detailing new staff members at work this year at Triton High.

You may know him from other parts of the school, but now he's changing his role this year.

Mr. John Flynn, a Triton alumni, from the class of 1986, has been working at Triton in the drama department for the past 17 years, but now he's taking on new things, becoming an instructional assistant (IA) at Triton.

"Teachers I knew said they were looking for an IA, so I applied," said Flynn, who was very excited on the first day of school and is looking forward to the new year.

Flynn earned his theater, acting and design degree from Slippery Rock University in Pennsylvania. "It's a real school," said Flynn, who worked in the Newburyport drama department for one year before coming to Triton.

Besides working with students,



New instructional assistant, Mr. John Flynn, doing his work (*Moore photo*)

Flynn is looking forward to the *Flat Stanley Musical* which he will be directing, along with Mrs. Deanna Hardy Dawson. "It's part of the 21st century program, which we will be casting with the high school and touring to the elementary schoolers before Christmas break," said Flynn.

Flynn wants his previous students to know that they should not be afraid to stop by and say "hello" to him in the halls.

Speaking two different languages is hard enough, but how about being a counselor too?

Mrs. Diane Demers is the new part-time French teacher at Triton who has served as a guidance counselor and French teacher at Manchester High School in New Hampshire. Demers graduated from

Keane State College with her BS in French and her M.E.D. in counseling at Notre Dame. For nine years she taught the French language and also served as a guidance counselor for 25 years.

Demers said that she was sur-

prised at how polite and enthusiastic the students were when she came to class on Sept. 4.

One thing Demers is looking forward to this year is to see the progress her students are making. "I can't wait to see their language skills develop and open their minds and hearts to a whole new culture," said Demers.

Demers is not just a French teacher. She has many different roles. "I married my high school sweetheart and we just celebrated our 39th anniversary, said Demers, who is a mother and proud grandmother of three granddaughters.

"I love spending time with my grandchildren, playing golf and traveling," said Demers.

Demers wants students to know that she loves working with teens and that high school is a time in your lives like no other. "We have to make the best of it," said Demers.

Ms. Meredith Dubs is a math teacher who came to Triton from her home town in Pennsylvania and is the replacement for Mrs. Lee Bernier, who retired last year.

Dubs graduated from the University of Pennsylvania, and during the 2011-2012 school year, she student taught in West Philadelphia at Penn Alexander School.

Dubs was very excited and anxious to start the new year. "I'm excited to get to know my students," said Dubs.

In high school, Dubs herself was a lacrosse and field hockey

player and is interested in letting her moves be shown on the field, "I am into all different kinds of sports and would love to coach," said Dubs.

For the past few springs, You might have seen this teacher coaching on the fields, but now she's back roaming the halls of Triton again.

Ms. Stacy Beaulieu, a Triton graduate of 1992, is a new instructional assistant at Triton. She graduated from Salem State and received her physical education degree.

Beaulieu used to work here at Triton three years ago as a study skills teacher and ran the student support center. "I'm excited to be back," said Beaulieu, who was not nervous at all on her first day back at Triton.

See TEACHERS on page 2



Ms. Stacey Beulieu is a new instructional assistant here at Triton High School. (*Moore photo*)

Team Sports Played, Family Bonds Made The Friendships Built in Sports

**By Shannon Lyons
Staff Writer**

Fifty pairs of dirty cleats, grass stained knees and distressed eyes stare back at Mrs. Donna Andersen as she begins to discuss last night's loss with her field hockey team.

Despite a rough start to the season, a strong bond remains between her athletes, one that refuses to be broken by a mere defeat.

Though disappointed by their loss, Andersen, who is also the Triton athletic director, believes that the bond they have is what's most essential for a successful team.

"Chemistry and a sense of team closeness is very important for my players," she said.

Not only does Mrs. Andersen seek to create that key connection between her players, but so too do Mr. Joe Colbert, Mr. Patrick Sheehan, and other coaches at the Triton High School.

"Students who belong to a team are immediately a part of a family," said Sheehan. "And like every family, there are many dynamics that a team has to benefit students for the rest of their lives. A commitment to that team, and the understanding

that your actions not only affect you, they affect an entire group is an idea that I love as a coach."

Though records reveal that Triton's sports teams may not be the most competitive in the state, there



The field hockey team comes together for team support (*Lyons photo*)

is a quality of togetherness that is clear in both the players and the coaches.

In addition to the team benefits, playing sports allows students to grow a sense of determination, commitment, discipline, endurance and perseverance as they venture

into the real world and face the many trials life has to offer.

"Playing sports will benefit you in everything from the workplace to family," said Andersen. "If something doesn't go right, do you just

walk out the door? No, because you are committed"

While Andersen blows her whistle to start warm ups and Sheehan calls out the first play, Colbert is busy coaching his own team on the track. Though cross country calls for a very different

type of athlete, the team priorities and individual goals for the runners are similar to that of Andersen and Sheehan's players.

"The biggest goal for any of my teams, bigger than winning, is to learn to set goals and be disciplined enough to work towards them, while still having fun," said Colbert.

"It doesn't matter what the goal is, as long as it's to keep getting better. Maybe when you start you can run for a minute without stopping, or maybe you can already run a marathon - it doesn't matter, as long as each day you work towards getting a little better."

In addition to working together on the field, many of the friendships built in sports, are formed outside of the game.

Whether the field hockey captains are hosting another team sleepover, or the football players are gathering in the cafeteria to feast upon pasta again, it seems that there is always an opportunity to get to know your teammates and build connections.

Furthermore, it is often those
See TEAMS on page 2

TEAMS from page 1

Connections formed early on, during the crucial years of high school, that influence, shape and impact the character we become.

“Generally speaking, the teams I coach are very close-knit and we have a family atmosphere, so I do think they will continue to be close together,” said Colbert.

“They’ll be in great shape for whatever they’re doing for the rest of the year, and hopefully they’ll be satisfied that their work paid off and they met their goals.”

It’s not just winning and being the best that these teams are reaching for. It’s working toward everyday goals, facing the small challenges- beating their mile times, getting their slap shots down or catching their passes more smoothly.

These are the things that bring the kids together, the stuff they can share and laugh about and work toward getting better. That being said, there are also many common goals among a team. For Triton, rebuilding the stadium is one of them.

With each athlete responsible of selling 20 gold cards to raise money, teams learn how to work together for something and how effort can pay off. And when the stadium is redone, perfected and ready to use,

there will be a sense of accomplishment among the players that will only bring the teams closer together.

“Generally speaking, the teams I coach are very close-knit and we have a family atmosphere, so I do think they will continue to be close together,”
— Cross Country coach Joe Colbert

“Every single day, the staff at Triton works as a team to ensure that every student can realize his or her individual potentials,” said Sheehan. “While I may not get along with every member of the Triton ‘staff team,’ we know that we must work for the ultimate

goal. Personal feelings and differences must be put aside in order to accomplish this.”

According to the coaches at Triton, the two key words in what Sheehan said is “ultimate goal.” This is what they said

the teams at Triton require to be successful — something that they can share a challenge in and something that motivates them to endure

through that challenge, to create something beneficial.

What coaches Andersen,

Sheehan and Colbert value in this, is the strong bonds that the athletes form while facing these challenges.

They said they seem to always walk out of a season

with something they didn’t have before.

“When an athlete plays football at Triton, it is not the coach they are playing for, it is their teammates. They are playing for each other,” said Sheehan.

If the athletes at Triton High School gain anything from their season, the coaches said it will be the understanding of what it means to be on a team.

“They will know how to persevere and keep pushing through when life gets tough,” said Sheehan

According to Andersen, the family bonds in which have formed on these teams, will be something that will both support and guide the athletes, as they set out onto the road of adulthood that lies ahead.



Field hockey team cheers on girls on the field (Lyons photo)



Field hockey team watches team mates and cheers them on, waiting to play (Lyons photo)

TEACHERS from page 1

Beaulieu said she is looking forward to be working with friends that she has enjoyed working with in the past. “It is different to see people you haven’t seen in a while,” said Beaulieu.

Beaulieu is a true athlete and sports fan. As well as being the lacrosse coach here at Triton, she coached field hockey and was the assistant coach of basketball for eight years.

Of her experience of being a Triton graduate, Beaulieu said that students are different now than they were 20 years ago.

“We have more technology and different education,” said Beaulieu.

Showing her Viking pride on stage singing to the Triton Song, this teacher is not afraid of anything that comes her way.

Ms. Rebecca Fish, a former graduate of Triton, in 1999, is the new school adjustment counselor here at Triton and was very excited to be at school on the first day. “I was elated to give back to my fellow Vikings,” said Fish.

Fish graduated from Cambridge College, where she earned her M.Ed. in school adjustment counseling and is licensed as a mental health counselor.

Fish also worked as a school adjustment counselor for five years at Coastal Academy.

“I am excited to give back to Triton as much as it has given to me,” said Fish, who added that she would not be the same person she is now if it wasn’t for all the amazing staff here.

Fish is an animal lover, who has horses, goats and dogs. “I used to be a professional horseback rider instructor,” said Fish, who now just loves to ride for fun and show her horses all over New England.

Fish is very proud of all of her animals and has many pictures of all of them. “Feel free to stop by room H132 to see some pictures,” said Fish.

Ms. Sue Ciaccio may be a “kid” at heart, but she plays a big role here at Triton for many special needs students.

Ciaccio is the new TLC (Triton Learning Center) program teacher, who has taken over for Mr. Tom Walsh, the former TLC room teacher. Ciaccio has had many jobs in the past and graduated with two degrees from two different universities. “My first one is in Industrial arts education for grades k-12 in Oswego New York at the University of Oswego,” said Ciaccio, “my second is in Intensive special education grades k-12 from Fitchburg University.”

Ciaccio taught industrial arts in Western Massachusetts, at Gateway Regional School District for nine years, servicing grades 5-8 as her first job, where she ran the middle school industrial arts department.

“I enjoyed meeting my students in fifth grade and watching them grow and mature over the years,” said Ciaccio

After her nine years, she went back to school to get her master’s degree in intensive Special education, and became an Inclusive Specialist in Westford, working with integrated students, where she taught for 14 years.

For the past three years, Ciaccio has worked in Haverhill for the TEACH program and is now very excited to have found Triton.

“I am most excited about making a difference in the lives of my students and hoping they come away with the skills that will help them find success in their lives,” said Ciaccio, who was very enthusiastic the first day of school and could not wait to meet her students.

Ciaccio is a very busy woman, but she always has time to bring out the “kid” inside her. “I have two motorcycles that I love riding, I like to snowboard, and play golf,” said Ciaccio, implying that she stinks at golf but likes to play with her friends.

“We like to make up our own rules as we go along,” said Ciaccio, “It’s so much fun that way, not taking the game seriously, but enjoying our friendship and the time outdoors.”

Ciaccio is looking forward to working with all the staff and students here at school. “I am excited to have been given this opportunity and Triton,” said Ciaccio.

Next Week’s Events

October 16

College Fair 8am-9am

October 17

Gradventure Meeting

October 19

French Exchange Students arrive at Triton

October 23

College Fair 8am-9am

October 27

Stadium Kickoff Project and Haunted Triton Events

Fall Sports Sched.

10/18 – 10/25

Varsity Football

Fri. 10/19 Amesbury 7:00pm

JV Football

Sat. 10/20 Amesbury 9:30am

Freshman Football

Thurs. 10/18 Amesbury 3:30pm

Thurs. 10/25 Newburyport 3:30pm

V&JV Field Hockey

Thurs. 10/18 Pentucket 7:00pm

Mon. 10/22 Masconomet 3:45pm

Wed. 10/24 No. Reading 3:45pm

Boys’ & Girls’ Cross Country

Thurs. 10/18 Pentucket 3:45pm

V&JV Boys’ Soccer

Fri. 10/19 Pentucket 3:45pm

Tues. 10/23 Masconomet 3:45pm

Thurs. 10/25 No. Reading 3:45pm

V&JV Girls’ Soccer

Thurs. 10/19 Pentucket 3:45pm

Mon. 10/23 Masconomet 3:45pm

Wed. 10/25 at No. Reading 3:45pm

Golf

Thurs. 10/18 CAL Open 9:00am



New school adjustment counselor, Ms. Rebecca Fish, stands with a student (Moore photo).