



Stay home: *What to do if you get the flu*

By: Steven Goulart
Staff writer

Consciousness rushes back, eyes peel open through the crust, and as you awake, the miraculous dream of the night quickly vanishes from the ripples of your mind.

Although the eyes are open they seem to be as slow as melting icicles on a still crisp morn-

ahead.

But something is wrong. Oh no! Not now, not today! There was so much to do: tests, homework, practice... The list goes on. So the decision is made to go to school sick.

Big mistake!
The problem isn't whether or not getting through the day is possible; it is about making sure

wipe down often used areas," said Mrs. Mary Goldsmith, the school nurse here at Triton, when asked what precautions should be taken if someone were to contract a virus.

Everyone is talking about how much worse the flu is this year then it was in previous years. This is true but it isn't really what's been going around Triton this winter.

"(There has been) a lot of the stomach bug, upper respiratory, and common colds," said Mrs. Goldsmith. But she did say there have been a few cases of the flu at Triton.

There have been a few confirmed deaths from the flu in Massachusetts but they were all elderly, young, or had immune system problems. There have been 18 confirmed deaths in MA according to Patriotledger.com. They were all elderly except one who was young.

"When older people get the flu it is a lot more dangerous," said Mrs. Goldsmith.

So what should we do to prevent the flu? "I am a firm believer in the flu shot," said Mrs. Goldsmith, urging everyone to get one.

See FLU on page 2



Senior Anthony Ninthala shows flu symptoms (**Goulart photo**).

ing and must disband the veil of darkness from the center to the edges of your perception, burning a hole of reality in the dark emptiness. Then you are on two feet getting ready for the day

not to ruin anyone else's week by infecting them with whatever flu or sickness that had been going around.

"Stay home, wash hands and

Blizzards, Surf, Snow & Wind:

After slow start, 2013 proves to be a winter to remember

By: David Kwiatkowski
Staff writer

The winter of 2012-13 has been a sort of on-and-off winter; there has been some snow here and there, but as of last month, that snowless outlook changed into a snow-filled one.

If you love snow, then February and early March was what you were waiting for this whole winter. If you thought you wouldn't be trudging through almost two feet



Picture of snow covering the ground after 5th worst snow storm in New England in the past 10 years (**Kwiatkowski photo**).

of it at all this year, then you were forced to think again. If you feared that this winter was going to be the same green winter as last year, then you were assured that this winter was an extreme improvement.

There was never really tons of snow at one time throughout most of the winter. Before the so-called "Blizzard of 2013" or "Snowstorm Nemo," the highest amount of snowfall that Boston experienced this winter had been 3.2 inches on December 29. But when the bliz-



Road in Revere covered with snow (**Tarlow photo**).

zard hit, over two feet of snow fell in Boston. Then there was last week's snowstorm that dropped almost a foot in some areas. The average amount of snowfall for the Boston area is 43.8 inches in total, with about 22 days of snowfall.

The Nemo blizzard has now been ranked sixth in the list of all time record snowfalls for Boston. The greatest amount of snowfall on record for Boston is 107.6 inches during the winter of 1995-96. The largest one-day total of snowfall was 21 inches, on January 20, 1978. This year has been a big step-up from 2011, during which the amount of snow accumulation from the biggest snowstorm was 4.4 inches.

What did some students have to say about how much snow we have been getting? They did not think that this year has been anything special, and they did not predict that much more snow was going to be falling for the rest of winter. (The following two interviews were conducted prior to the prediction of this recent blizzard.)

See BLIZZARD on page 2

From living on the beach, to beach front property *Plum Island closed due to beach erosion during storm*

By: Maureen Moore
Staff writer

PLUM ISLAND — Four years ago, some wondered if this area of town would ever last another century. And as the community came together several times to try to fix the problem of beach erosion, news crews dashed in to be the first to report Plum Island falling in on itself.

On Thursday, December 27, a nor'easter found its way through Plum island, pounding the dunes, and giving islanders more beach front property than they ever

wanted. And earlier this month, astronomical high tides surged in and carried away even more beach, personal property and even some islanders' homes.

Kristen Kilty has been a Plum Island resident for the past seven years and remembers being able to see the ocean far off in the distance from her window.

"The dunes were so high and deep that the ocean only appeared on the horizon from the kitchen window," said Kilty. "Today I can see the wave's crash and curl from the same

vantage point."

Kilty did not anticipate the storms to have as powerful of an effect on the beach as they did.



Waves on Plum Island smash the dunes during the blizzard before the astronomical high tide (**Moore Photo**).

"I was frightened as I watched my neighborhood be evacuated by police and watched water pool onto my street and into my courtyard," said Kilty.

A few months ago, beach scraping was approved by the U.S. Army Corps of Engineers to help protect Plum Island families' homes from the eroding dunes. There were many different opinions about what the scraping actually did for Plum Island and if there were any benefits, but Kilty agreed that it was

helpful.

"It is only a Band Aid," said Kilty.

"It is not financially possible to keep up with the sand replacement needs that beach scraping is attempting to restore."

Mr. Thomas Nee has been a Plum Island resident for the past 39 years and was at his winter home in California when he got the call saying his house was in danger of going in, "I knew I had to get home," said Nee.

Before Nee came home, his house had a no trespassing sign on it and furnace companies were at his house for hours, taking out the heating fuel tank in case of the worst.

Nee has thought of this happening a few times in the last five years since a home fell in, in 2007.

"After the storm of 2010, winds were 93 mph and the waves came up on my second floor deck," said Nee. Nee said that Beach scraping in his opinion is the only reasonable tool we have compared to sand bags, which are about \$21,000 per home.

See EROSION, page 2

Voicing Our Ethics

Mission

Recognizing our duty to provide the Triton community with unbiased accounts of important events and issues pertaining to the school, we of the *Triton Voice* strive to seek the truth and report it. We will communicate effectively, aiming for thoroughness while equally attempting to establish clarity and brevity. In order to maintain journalistic integrity, we will accept responsibility for our articles and bestow upon our readers the utmost degree of respect. We are ultimately dedicated to practicing ethical behavior and we promise to abide by the following principles:

Truth:

We will avoid bias, omitting our own opinions and effectively representing each side of every story.

As the public is entitled to comprehensive news accounts, we will be thorough while refraining from incorporating inaccurate details or misquotes.

Independence:

We will uphold our integrity, denying any form of gifts or favored treatment.

We will be methodical in our article choice, avoiding any topics involving subjects about which we hold a strong opinion or personal connection.

Accountability & Responsibility:

Each individual reporter will accept responsibility for anything he or she composes and publishes.

We will recognize that we are accountable for what we publish and will correct any mistakes. In the event of a significant error, a mature apology will be issued to those affected.

Respect:

The *Triton Voice* will earn respect by giving respect.

We will minimize harm by avoiding offensiveness towards any groups or individual and respecting the privacy of those struck by tragedy or grief.

Conclusion:

We hereby promise to be truthful, respectful, accountable and independent. By practicing these honorable and ethical principles, we assume the voice of the Triton community. (*Inspired and adapted in part by Triton journalism students in March, 2012, from the Society of Professional Journalists Ethics Code, www.spj.org/ethicscode.asp*)

FLU from page 1

So just how many people were getting sick in our school? According to Mrs. Betsy Lambe, registrar of attendance, on Jan. 8 there were the most absences: a total of 67 absences and 26 dismissals. By Jan. 15, there were still 42 absent and 47 dismissals.

"Stay home, you can always make up work and tests," said Mrs. Lambe when asked about her opinion on kids coming to school sick.

So what exactly are the symptoms of the flu? The most common symptoms are: headache, weakness, muscle/body pain, sore throat, cough, stuffy nose and a high fever, usually between 100 and 104 degrees. Most people don't know but vomiting is very rarely associated with the flu.

"It felt like I had been hit by a train," said Desiree Daigle junior at Triton who contracted the flu. "It was very bad and not something you would be able to go to school with," said Daigle.

So hopefully everyone got the message stay home, do not risk contaminating others.

BLIZZARD from page 1

"It's sort of lackluster," says sophomore Neal Cox. "There's been a lot of snow, but it's all scattered about. There's never a substantial amount of snow."

Sophomore Jefferey Douglas did not have high hopes for the remainder of the winter, either.

"There's not going to be a whole lot left," said Douglas.

You can't blame them for not believing that a storm like the one that had just come was going to happen. Besides the fact that the groundhog did not see his shadow this year, which meant that spring was going to come early, the trend of snowfall so far this winter had been pretty meek up until the weekend of February 9.

How much more snow do students think will be falling in the remaining month or so of winter--after the experience of the recent snowstorm?

"I hope none," says junior Alessandra Greco. "We might get a couple more inches."

Sophomore Brett Greenberg predicts a much larger amount of snow, though:

"I think there'll be ... another foot," says Greenberg.

The storms that pounded the greater Triton area included rain, snow, wind and flooding. Some on the beaches of Salisbury and Plum Island even saw their houses ruined (Photos by *Triton Voice* staff).

EROSION from page 1

while sand scraping is \$600 per home.

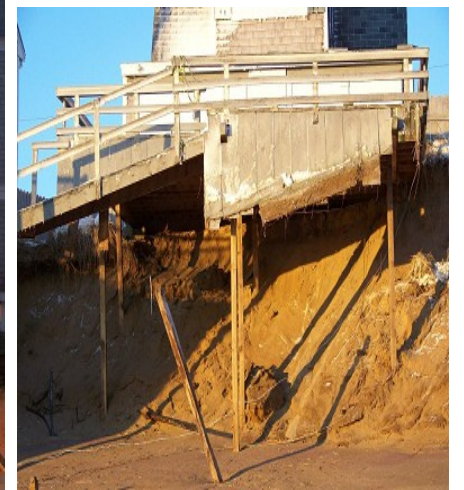
"We need hard structures to protect our homes: stones or concrete on sheet plates," said Nee, of how to protect properties in the future.

Nee is one who has seen thousands in damages done to his home, including the devaluation of the property. "If they don't connect the erosion problems, there will be serious repercussions from the storms' effects. It could affect our whole town on a tax rise," said Nee.

Senior Mikayla Werzanski has been a Plum Island resident for the past seven years and said it was a scary experience. "Some of my neighbors that were being evacuated were putting some of their beloved belongings in our house," said Werzanski, who watched one of her neighbor's tenants lose his bed to the ocean. "Our living room was filled with couches, chairs, skis, and other junk."

There has been a fundraiser held by the Plum Island Beach Coma, which gave 20 percent of all its earnings in one night to beach erosion, including all the money made on a raffle for sports tickets and other items. They raised almost \$20,000 in just about 12 hours.

While there are rumors that Plum Island will not last another century, or even decade, residents hope for improvements.



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Technology then and now

By: Amanda Tarlow

Staff writer

Electronics have become the center of American life over the past decade. But it hasn't always been like this.

"Cell phones were rare; only the richest kids had them," said Ms. Margaret Flaherty, talking about her years as a teenager. "Communication was standard and not digital."

Everything we do now seems to be somehow connected to the computer, TV, or cell phone.

And with Verizon's net worth at \$130 billion and its broadcast of thousands of TV channels, it doesn't look like it will be slowing down anytime soon.

According to a report from the Pew Internet and American Life Project, 90 percent of Americans own a computerized gadget. We've grown up in a world of technology, so it all seems normal to be constantly on our cell phone or instead of opening a book to do research, we go straight to the computer. Trying to imagine ourselves in a world without cell phones and laptops is strange.

Statistics from the Nielson Company show that children aged two to five now spend 32 hours a week in front of the TV. Children aged six to eleven watch 28 hours a week.

It's hard to think that the first iPod and Smartphone came out in just 2001. With technology moving so fast, it's hard to imagine where we'll be in the next ten years. We've grown up in a world of technology but what was it like for people living in a world without it?

Here's what some teachers had to say about students' obsession with technology, as well as what was different when they grew up:

What do you think about kids dependence on electronics?

"It's absurd. A lot of them are missing out on life. There is a lot more interesting stuff out there." –Mr. Jack Farley

"I worry for them, and it's honestly scary that kids struggle with not having it on them." –Ms. Margaret Flaherty

"I don't think it's a good thing. In some cases they can isolate themselves. They don't talk face to face and lose personal connection." –Mr. Fred McAskill

What were electronics like when you were a teenager?

"We didn't have computers, cell phones; we were experiencing the wonder of color TV." –Mr. Fred McAskill

What did you do when you were younger?

"I played sports, hung out with friends." –Mr. Jack Farley

What makes you angry about kids texting

in class?

"It's a reminder that I worry. It's the same thing as turning your back to me when I'm speaking. It's disrespectful." –Ms. Margaret Flaherty

Some students were asked what they thought about technology.

Do you consider yourself dependent on electronics?

"Somewhat. With school work you have to be able to use your computer and other electronics." –Julie McGrath, senior

"Yes, I use my cell phone to get in touch with people; I use my computer to stay in touch with friends, to do homework, for entertainment, and for shopping." –Olin Richter, senior

Could you live in a world without cell phones?

"If it wasn't something everyone had, I wouldn't miss them." –Julie McGrath, senior

"If I never had one I'd be able to. If I did I could still do it but it'd be tough in the beginning." –Olin Richter, senior

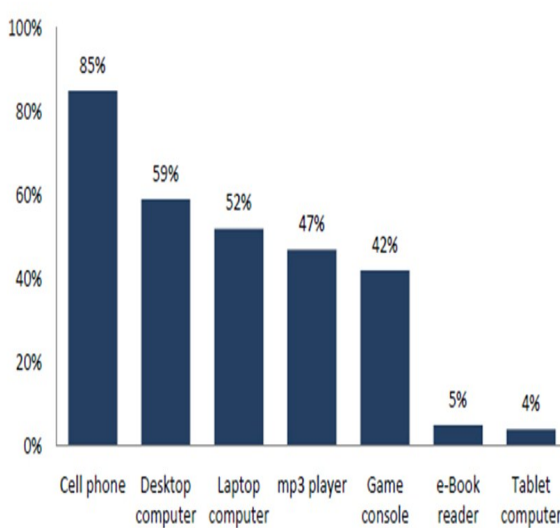
Do you think electronics do more bad than good?

"Some yes because a lot of it is used to occupy time. But other stuff is important when you're trying to do research or as a way of communication." –Julie McGrath, senior

"Electronics makes life easier and makes production easier and makes the quality of life better." –Olin Richter, senior

Gadget Ownership, 2010

% of American adults who own each device



Source: Wired.com

Four Tests, No Rest Quarterly Exams Coming to Triton

By: Erin Volpone

Staff writer

Since midterms ended on Friday, January 18, students have begun to relax a little more. Why not take a well deserved study break? Exams are over. Or are they?

A new type of exam, known as a quarterly assessment, is going to be starting next year. And in some cases, they have begun already. But what is a quarterly assessment exactly?

"Quarterly exams assess students' understanding of concepts learned in the preceding marking period only," principal, Ms. Kathryn Dawe explains. "It is given at the end of each quarter – approximately eight to nine weeks into the quarter." During the quarter teachers will not only be giving regular exams, but also exams on what was learned that marking period. After the second and final marking periods, there will still be a midterm and final, and no additional quarterly test.

Other school districts have begun using this system of examination as well, but it hasn't gotten far in the U.S. yet. And after speaking with French student, Mona Deltail, of Lycee Saint-Joseph la Roche, students in France take quarterly exams all year.

Quarterly exams are expected to start during the first quarter of next year, if not already from some teachers. Most of the math department has started them, but the rest of the departments are still waiting. Which begs the question, how are these going to work?

Ms. Dawe elaborated on this point: "Although the particulars of how these quarterlies will be administered is still under review, we do know that the quarterly tests will be given at the end of each quarter – approximately eight or nine weeks into the quarter. These exams will be given during a regularly scheduled class period. At this time, it is anticipated that students will still take mid-terms at the end of the first semester and finals at the end of the school year."

Drama teacher Mrs. Sharon Riordan, said that quarterlies in the arts will be hard, but do-able, because it isn't like all the other departments. Much like the drama department the music department never really does the same thing.

"It varies every day, it's never the same. So it should be interesting" Riordan said

It will be interesting to see how teachers and students respond to these new forms of testing, seeing what it will mean for the curriculum and grading processes.

Quarterlies are made to help the teachers see how each of their students are reacting to the lessons of each marking period, they're to help the teachers see what's working and what's not.

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Student Advisory: What is it?

By David Kwiatkowski

Staff writer

If you are not a freshman, then you probably view student advisory as simply a miniature study that comes along in the morning every so often and takes up a portion of your second period class. This might be a chance to cram in any studying for a test that you just found out you had later that day.

To sophomores, juniors, and seniors, this so-called "student advisory" can come in handy in a pinch; if you are a freshman, however, student advisory serves a very different purpose.

During every student advisory, every single freshman at Triton High School goes to their home-room, similar to how every other student does. What is different is that instead of it being a time to sit at desks and finish homework that was never actually done at home, it is an "organized procedure of what to present to freshmen," as science teacher Mr. Brad Smith puts it, and it happens "every nine days."

During their time in advisory, freshmen talk about their academics, the activities they are in, speak with their advisor about common concerns or do team-building exercises.

"(Freshmen advisory) was organized by the ad-

ministration and recommended by the group that accredits our school, the (New England Association of Schools and Colleges, known as) NEASC," says Smith. "It helps freshmen be more acclimated."

Smith also said that there are nine to ten students per advisor, and they "try to establish a relationship between the students and the teachers."

"We as a school want to further personalize their experience," said Dr. Kristen Lazzaro, Director of Guidance, "so that an adult can work with a small group of students."

Lazzaro said that one hopeful result of student advisory is being able to plan topics for each advisory—"from setting goals to getting the group to know each other."

Other than using this time to "hand out report cards" at the end of each quarter, usually this short period—while it is used to help kids maintain their willingness to do well in school—is used so that freshmen can "have fun and sometimes even participate in activities," said Lazzaro.

Dream On, Dream On, Dream Until Your Dreams Come True

By: Shannon Lyons
Staff writer

One hundred flashing cameras blind my vision as I stroll down the red carpet. A thousand hands reach out with desperation, seeking just one touch of my infectious fame. Just as I flash a prize-winning smile to the crowd, the slam of a locker and the piercing sound of the bell bring reality launching back to me.

It's Monday morning at Triton High School and I have a geometry class waiting for me first period. Oh, the joy!

While it may seem like most of these so-called "daydreams" are just figments of our imagination, many students at Triton already are aspiring to what they want to be. Though not all of our ambitions include flashing cameras and strolls down the red carpet, every student has passion for something. Every student has an interest. With some luck and plenty of hard work, there are truly no limitations to what you can choose to become.

Freshman Rebecca Campbell said she's known what she's wanted to be since a young age. Unfortunately, it took something as tragic as her grandfather's death for her to realize exactly what that career was all about.

"In the future, I'd like to be a neurologist. My grandfather died of a neurological illness, and I'd like to help the cause for solving brain-related issues," said Campbell. "Prior to my grandfather's diagnosis, I had always wanted to be in the medical field. My grandfather's death ascertained where I wanted to be as a doctor."

Though Campbell is only a freshman, she seems pretty confident about her plans for the future. While time and life can often change the course that we've imagined, Campbell said that she intends to shape her education around her

own interests.

"I am planning on taking advanced science classes as they become applicable, and furthering my knowledge through independent study and summer classes," said Campbell.

I'd say that is pretty impressive.

Like-wise, sophomore, Sarah Collins said her dreams are a little out there compared to the norm, but she refuses to give up on them. With plans to become a dancer,

Sarah attends dance class nearly every day of the week. Her proclivity for hard work proves she is a true believer that "practice makes perfect."

"Since I was a little girl I've always wanted to be a dancer," said Collins. "I like traveling and either performing or teaching. I've always been inspired by other dancers at my studio and dance is just something that really makes me happy."

It is true that happiness is a key element in finding your job. Everybody dreams of something that makes them content and moreover, something that brings in the big

bucks. However, life doesn't always offer us the right opportunities at the right time. Paying the bills is a huge responsibility in and of itself. Add that to your management of three kids and a household, and reality starts sinking in a little. Nevertheless, I don't think that means

we should settle for less than we deserve or less than we can achieve. It just means putting in some serious effort. For Junior, Courtney Brown, that is something that comes easy.

"I want to be a high school math teacher

because as crazy as it sounds, I love high school and I have had amazing math teachers throughout my three years," said Brown. "I want to be like them and inspire other kids to like math."

Brown went on to say how, with time and the development of maturity, her aspirations have been swayed from childish fantasies to something that she actually sees herself doing.

"I wanted to go into the physics field since I was like 12 because I used to watch documentaries on the History Channel about the universe

and I thought it was so interesting," said Brown. "I switched over to math because I'm better at it than physics and it's my favorite subject."

While I wouldn't say that wanting to go into physics is very immature, you can see how high school and the realistic perspective that it offers can often make people change their mind about what they want to be.

Personally, I've wanted to be a writer for a long time. Regardless of that, I still went through that phase where I wasn't quite sure if I'd be better suited for a rock star, an astronaut or a possible super hero. It is natural for our childhood dreams to initially be larger than life itself. In an ideal world, we all could be rock stars, astronauts and superheroes, but with the declining economy as a constant factor, that may not be very practical.

Triton Guidance Counselor, Dr. Erik Champy, said that his dreams to be a teacher started long before he began his career. Like Brown, he said there was something about educating that he simply enjoyed.

"Since I was ten years old, I knew that I wanted to be an educator," said Champy. "I was thrilled to be a teacher in my early 20's; I gained a greater understanding of pedagogy and children. As I continued to embrace this profession, I became interested in helping students be successful in the classroom and beyond. I believe that being a counselor provides me the opportunity to assist children and families differently."

Champy's words give us hope that our goals truly can be reached with hard work- an idea that students often over see.

Junior at University of Arizona, Kelley Tyburski, said that up until college, she never really knew what was a big deal because she was

See DREAMS on page 9



Sophomore Sarah Collins Dancing (Collins photo)

How to balance work and school

By: Emily Hirtle
Staff writer

Junior Liz Willmonton knows the feeling of having to find a balance between keeping up with work, school, and a social life. While working and going to school may be challenging, it teaches students how to balance a schedule, experience the culture of a workplace, and also teaches acceptability and responsibility.

Checking the calendar she realizes she has a track meet, a meeting with her teacher after school as well as work later on in the night.

So how does she manage her time effectively, learn the benefits of working while in high school while still making sure she gets good grades and succeeds in your extracurricular activities?

"With working you just need to know how to manage your time," said Willmonton, who works at the Market Basket in Rowley. "Don't put yourself in stressful situations

where you have too much to handle. Working puts you in real life situations and teaches you how to react to things in the world after high school".

Some may find the pressures of working in high school to be challenging, which may be the reason there has been a decline in the number of students that work.

According to the National Center for Education Statistics, "the number of employed high school students is at the lowest level in twenty years." According to the same site, in 1990 nearly 30 percent of high school students were employed compared to now when only 16 percent of high school students are employed.

"Working and going to school at

the same time really helped me teach myself good time management skills," said junior Clare Delaney, who works at TJ Maxx in Rowley. "I also learned to value

money more because I now know how much time and effort it takes just to earn a certain amount of money."

While teens can get jobs legally at age fourteen, there are certain restrictions upon their jobs such as how many hours they can work, as well as how much

they can get paid.

While these restrictions can sometimes be challenging it can be seen in Clare's case that even though you may work only a few hours a week it can teach you valuable life lessons that will help you

"Working and going to school at the same time really helped me teach myself good time management skills" — junior Clare Delaney

to succeed later on in your personal and professional life.

In the case of junior Alexa Bryant, her summer job provides her with the skills of balancing time and maintaining responsibility but also prepares her for what she plans to study in college.

"In the summer, I work on a charter boat out of Newburyport and work for a program called Coastal Discoveries," said Bryant. "I want to go into marine biology, and my job is great because I get to spend all day out on the ocean."

In high school, some may find it's important to have a job not only to be able to afford gas for your car, a night out with your friends, food, or maybe that new pair of shoes you've been dying to get.

But having a job can also be important because it teaches you how to develop into a hardworking, focused individual who gained knowledge and information through their experience of having a high school job.

XC: From the old to the new

Old Town Hill becomes new cross country course this fall

By: Maureen Moore
Staff writer

Leaves cover the rocky trails that lead off in all directions, while marsh air blows in the breeze, and along a steep mountain runs a pathway to the flat dirt ground that can be seen in the distance. This is the scene of what will soon become Triton's new cross country course in the fall.

For the past 13 years, the Triton Cross Country team has wanted a new course along trails, instead of a course made-up of long open fields that gradually lead up to the roads and around more open grass areas.

After a lot of searching and many meetings, Old Town Hill in Newbury has finally been approved as the new cross country course area.

Cross Country Coach Mr. Joseph Colbert, has been coaching the running team for the past ten seasons and thinks that this course is exactly what cross country should be.

"It's beautiful, with scenic trails through the woods and along a marsh," said Colbert.

Cross Country is meant to be run on trails, with hills. With the "old" Triton course, other teams had an advantage, calling the course easy. "It is flat and boring," said Colbert.

Colbert hopes to go down to the new course at least once a week next year to go for runs. The only concern comes down to parking. With little space and three to four buses during meets, Colbert said spectators and parents will have to park on the street and walk to the course.

There have been many places that have been looked upon to put the course over the years, including the Governor's Academy trails connecting to Triton. This is an option that may still come to fruition one day and would keep runners off the roads, preventing them from dangers. But there is one thing in the way: the homes right up the street

woods and it really lacks the whole cross country spirit."

Wilmington is hoping for a winning season this fall, "We always have issues with injuries and numbers, but I have a good feeling about this season," said Wilmington, who wants her senior year to be the best year she has had.

Right now, Hamilton Wenham's course is the toughest in the Cape Ann league and Wilmington said she is ready for the tough competition when they reach Triton's hill. "I'm ready for a battle," said Wilmington. Many cross country members are going to miss the old course but are looking forward to a challenge.

Two years ago, the team took some of their home meets and ran at Governors course in the woods but timing wise, it just has not worked out since.

Junior Curran Callewart is also going on his second season of cross country this fall and feels mixed emotions about the "old" home course. "I like the fact that it is flat and clear-cut, but I dislike it for the same reason because it's not challenging to other teams," said Callewart.

Callewart said that he is looking forward to this change. "I want to have a course with a hill that we can be familiar with and maybe use to our advantage," said Callewart.

"It will be nice to have a course that trips up the other teams," said Callewart, who is looking forward to the new season and seeing the performances of all the underclassman.



Boys XC team before meet (Team website photo).

called Caldwell Farms.

"Caldwell Farms, will not allow it," said Colbert, who has been fighting for the trails for more than a year now.

Girls Cross Country Captain for the 2013 season, Junior Lizzie Wilmington, is very excited for this change. "This course will be tough, it will have the hardest hills in the Cape Ann League and it will be ours to train on all summer long," said Wilmington.

Wilmington said that she loved one thing about the old course, "its simple," said Wilmington.

"We knew how to run it perfectly but it is so bland- no hills or

Instagram: The Latest Photo Fad

The favored photo sharing app has become a hit among young fans

By: Emily Hirtle
Staff writer

In today's day and age it seems as though you can't go anywhere without seeing someone pull out their Smartphone to capture a moment in time.

You take your photo and load it onto your app, selecting the right edit and filter for the photo before hitting share for the whole world to see.

The photo-sharing and mobile social network Instagram has many of these special "moments" and cool pictures added to its site every day. And for its ability to take an ordinary photo and make it appear as though it was professionally done, it's becoming a gargantuan hit around the globe.

Instagram, a photo sharing and mobile social network that is growing in its mainstream popularity, has become very popular among people all around the world, as well as to the students who attend Triton. The company and web application has been making exponential growth in the past few years. The *Los Angeles Times* reported that, "the photo-sharing mobile social

network saw its weekly visits go from 56,360 last year to more than 12 million last month".

"I check Instagram probably more then I should", said junior Kandace Demers recently. "What I like about Instagram is the fact that you can literally see exactly what a

person is doing with their day. Sometimes I feel like it is a competition though to see who is doing the



A student's phone is open to the interesting and colorful Instagram feed (Hirtle, Photo).

'coolest' thing."

The application allows you to feel connected with celebrities, people from other countries, companies and brands, relatives, and people who you may even see on a daily basis.

When logging into Instagram, you're presented with a feed of photos from the users that you follow

Allowed on both Apple and Android devices, Instagram has a certain visually appealing creativity

that makes a user want to constantly log on and see what people are up to.

"I like using Instagram because a picture is worth a thousand words. It also allows me to see what other people are doing," said junior Jacqueline L'Heureux.

To discover why this app was such a big fad this reporter decided to make an account for herself and see what it was like. At first I found it to be a bit confusing, but after some time I found it to be very fun and an addicting app to use. I was able to upload, edit and share my pictures with ease, with the photos looking professional and taking little to no time to share.

Junior Michaela Dunn also loves to use Instagram. "I love Instagram because I think that the things that you can do to change pictures are really unique and fun. I also think that it is a very cool way to communicate with pictures instead of words."

This up and coming web application is unique, easy and an attractive way to interact with people all over. If you haven't given the app a try, the other four million registered and active Instagram users, and I would encourage students to sign up and give it a go.

Triton DECA

Successful at States

By: Monica Hurley
Staff writer

Triton DECA brought home several awards from the Massachusetts DECA State Career Development Conference, including highest percentage increase to chapter membership after increasing by 168%. Additionally, three Triton DECA members qualified for the international conference; Madison Estes, 1st place in Professional Selling; Monica Hurley, 1st place in Principles of Business Management; and Henryk Jankowski, 2nd place in Business Financial Services, as well as qualifying from his placement in the DECA Stock Market Game held last fall. All members who attended SCDC received achievement awards from Massachusetts DECA for their achievements at the district event that qualified them for SCDC.

The State Career Development Conference was held March 14-16 at Marriott Copley Square in Boston. 12 of Triton's 14 state qualifiers competed with the hopes of qualifying for the International Career Development Conference in Anaheim, California at the end of next month.

DECA, led by advisors Frank D'Aloisio, Richard Fisher, and Karla Causer, is a national organization that builds and prepares students for leadership and entrepreneurship in the business fields of finance, management, marketing, and hospitality through a comprehensive learning program. Triton DECA is in its second year, having been started last year with seven members. This year, Triton DECA has 27 members.

DECA has many perks to membership, ranging from business skill development to employment opportunities. Additionally, over \$300,000 in scholarships were awarded to DECA members nationwide last year.

"I thought this would look good on college applications," junior Jacqueline L'Heureux said. This is her first year in DECA, and she will be competing in the Accounting Applications event at the state competition.

Henryk Jankowski, senior, also joined for the college benefits. Last year, as a junior, Henryk was considering his options for higher education. With a dream of working as a financial analyst on Wall Street, he was interested in business-oriented colleges, including Bentley University in Waltham.

"Bentley University is an official sponsor of DECA. They regard applicants who participate in DECA very highly," he explained.

At the district tournament held in Danvers on January 10, Triton students competed in events ranging from marketing to fashion merchandising. Members prepared for the competition by practicing role plays of common business situations, studying marketing and management skills, and working both individually and together as a group after school every few weeks to prepare for their events. Of the 27 members who competed, 14 placed and advanced to the state tournament; Amanda Bagley, Alfred Boucher, Chelsea Castaneda, Madison Estes, Monica Hurley, Henryk Jankowski, Jacqueline L'Heureux, Evan Pan, Megan Paquette, Ariana Particelli, Sarah Pawlick, Brianna Ramirez, Patrick Seward, and Rebecca Stevens.

"Districts was a fantastic success," advisor Frank said, "it's not just the success of these 14 students. In my eyes, and the eyes of our entire team, we had 27 qualifiers. We hope the energy continues to build for our chapter to grow next year."

Babysitting Horror Stories

The one time you wish you could forget

By: Anastasia Small
Staff writer

We all remember our first babysitting experience, walking in and seeing either the sweet smiling angels or the mischievous, obnoxious spawns of Satan that we would be watching for the next 6-8 hours.

I clearly remember going to my babysitting job with my mother singing the song "She Works Hard for the Money," in the front seat while knowing that the children I normally watched were closer to the sickle of the devil than the halo of an angel.

I clearly remember having to watch a certain whale movie about twenty times one night, because it was the only thing that would put one child to sleep. However the other child would still be up and ready to go until around 12:30 when the parents came home. It was a rare occasion if I could get both of the children to fall asleep.

My worst memory was when the kids were upstairs in their enormous playroom, playing action heroes or something of that caliber. I was downstairs making them food when

I heard a piercing wail come from the upstairs room. I ran up the stairs taking two at a time, to see the girl crying and screaming at the top of her lungs with her younger brother standing helplessly next to her. The little drama queen then decided that rolling around on the floor would be a better idea to get my attention.

Trying to relieve myself of the giant headache I was now acquiring I picked up the little girl in one arm and her little brother in the other. Walking down the steps felt like a balancing act on a tight-rope as I tried to make sure neither one of them was dropped. When we got down to the bottom of the stair I managed to keep my calm and ask the little girl what was hurt. As she lifted her arm I saw that not only was there no cut, there was not even a slight bruise mark. Regardless I left for home that night with two aching arms and a massive headache.

I decided to interview some of our fellow students here at Triton High School and have them tell me about their babysitting horror stories.

"I Lost Your Dog!"
— **Junior Mary Sedler**

"I was babysitting my one year old cousin and had just put her to bed. My uncle and aunt had a dog that was hard of hearing. I had to let her out to use the bathroom. Just as

I opened the door to let her out, the neighbors started to set off fireworks. She got spooked because the fireworks were loud enough for her to hear. She bolted out of the yard as I screamed her name. She couldn't hear me and was way too fast for me to try and catch her. I ran inside to check on

the baby and call my uncle and aunt. The baby was fine and fast asleep despite all of the noise.

I went to call just as they pulled into the driveway. I was horrified. My aunt came inside and I frantically told her what had happened. I was on the verge of tears; she was comforting me just as my uncle walked in holding the dog by the collar.

They had seen the dog booking it down the street and had coaxed her into the car and brought her home. They understood that she had gotten spooked because she had

always been afraid of fireworks. They thanked me for taking such good care of their daughter and said that they would tell the neighbors not to set off the fireworks again. They thought

the whole situation was hilarious and love to tell the story to embarrass me still to this day."

"Cap'n Crunch Dinner!"
— **Junior Casey Ross**

"We were babysitting for the youngest kids on our ski team who were six years old and had lots of energy. It was me and my friend Jill babysitting at least seven of the children and we were in a ski condo with all of them.

The young girls decided that they wanted to leave and go to a different condo, so we ended up being stuck with at least eight little boys who decided that for dinner they wanted Captain

Crunch. After they finished their "dinner" they decided to run about the entire house and try to sit on top of the TV hutch. One of us had to guard the TV while the other one had to hold all of the boys back for the rest of the night. It was horrible."

I heard a piercing wail come from the upstairs room. I ran up the stairs taking two at a time, to see the girl crying and screaming at the top of her lungs with her younger brother standing helplessly next to her...

When the youngest boy I babysat, Ryan, felt neglected, he had a wonderful idea to get my attention. He took my physics lab and tore it to pieces!

After they finished their "dinner" they decided to run about the entire house and try to sit on top of the TV hutch.

13 Facts and superstitions about the number 13

Why many see the number as bad luck



The calendars read 2013, so will this be the year of bad luck and mishaps? **(Hirtle, Photo)**

By: Emily Hirtle
Staff writer

For some, Friday the thirteenth leaves people wanting to stay at home to avoid mishaps and accidents that are known to potentially come up during this unlucky day.

Fears about the number thirteen seemed to arise during the very early centuries. But where did the superstition originate?

The Christian religion believes that Friday was unlucky because there were 13 people who sat at the Last Supper, which was the final time meal of Jesus before he died. Judas who betrayed Jesus was said to be the 13th guest, and that was when it began that the number thirteen was seen to be unlucky.

Here are thirteen facts and superstitions about the number thirteen, and after reading, you can decide for yourself if you'll be staying at home the next Friday the thirteenth and if this will be an unlucky year for us all.

Facts and superstitions;

- The fear of the number 13 is called "triskaidekaphobia".
- Friday the 13th is the most widespread superstition.
- In the Tarot card language, the number thirteen is read as being a death card
- It was proposed that if thirteen people sat down for dinner on Friday the thirteenth, one of the guests would die within a year
- Some people refuse to work or go out on Friday the thirteenth
- Hospital beds, operating rooms, and maternity rooms have avoided numbering rooms with the number thirteen
- Most buildings do not have a thirteenth floor
- According to superstition anyone who has thirteen letters in their name is known to have "awful luck"

- Years with thirteen full moons have been deemed unlucky
- It's not unusual to find auditorium and stadium seats where seat number thirteen is missing
- Apollo Thirteen was the only unsuccessful moon mission
- Country superstar Taylor Swift considers the number thirteen to actually be her lucky number
- Friday the thirteenth will occur two times this year (September and December).

Triton Student Reactions

When students at Triton were asked about Friday the thirteenth and superstitions surrounding the number, students for the most part had a similar consensus.

Junior Jess Beal said, "I actually don't believe in any of the superstitions surrounding Friday the Thirteenth. Actually, one time on Friday the Thirteenth I had a better day than usual".

Another junior, Alexa Reilly, had a pretty similar feeling when asked about the superstitions surrounding Friday the Thirteenth.

"I don't think that the day is any different than all the rest. I honestly believe it's just another day; people shouldn't get so worked up about it."

When senior Sammi MacDonald was asked about the number thirteen, she had a differing opinion. "I actually hate the number thirteen; I don't like odd numbers in general. I also am somewhat superstitious so some of the weird beliefs I actually think could happen".

Whether you believe in all of the opinions and beliefs surrounding the number thirteen or not, what you make of this year is your choice. Just make sure to avoid dinner parties, flying in airplanes and buildings with a thirteenth floor.

"He tore up my homework"

— **Junior Jacqueline L'Heureaux**

"I was trying to finish cleaning up the dinner disaster zone, cleaning dishes, sweeping the floor, the usual. The youngest boy I babysat, Ryan, felt neglected. He had a wonderful idea to get my attention. He took my physics lab and tore it to pieces!

When I realized what he had done, he got my full attention. I was so upset, but Ryan just laughed away. I had no idea what to do and still to this day I don't bring homework in their house."

"A Slip and Fall"

— **Junior Rose Gaffigan**

"I was trying to get the two girls I babysit upstairs for bed. Kayla, the youngest was hopping up and down the stairs, making me nervous that she was going to fall. Of course she slipped while two stairs ahead of me, and as she fell back towards me, she twisted in the air and got her entire arm stuck down my shirt, pulling it almost completely down, but stopping her fall.

The only thing that was harmed was my dignity. They talked about my polka-dot bra for a good month."

There's an app for that: Students rate the top apps of 2012

By Anthony Ninthala
Staff Writer

It's the middle of class. You're constantly staring at the clock, hoping class will end soon. In hopes of making the time pass, you reach for your new iPhone to relieve you from boredom. You go to the app store, browsing what to purchase. Should you download a game to pass the time? Maybe you should download an app to update your status. Looking at the selection presented, you find it hard to find the best app to download.

Here's some help.

In high school, students play, purchase, update, even take pictures with apps they have on their mobile device. This year, the apps listed below have allowed students to pass time during or after class.

Twitter – Everyone seems to have a Twitter, whether it's a person, an event, a celebrity, a band, a brand, etc., Twitter has consumed how we respond to many things in our lives. It's quickly challenging Facebook for the number one social media spot due to the fact that its influence has expanded.

Senior Erin MacIsaac, she said she views her Twitter, "to see the new tweets and statuses and also to see if any of my friends messaged me."

Ruzzle– A combination of a social networking and game site, Ruzzle became popular in a short amount of time. It's just like Boggle with a twist. Connect each letter with another to make a word to receive points.

"It's kind of a time waster in the

way words with friends or Draw Something was," said junior Michael Woodbury. The amount of points you get and the way you challenge your friends, whether it's on Facebook or Twitter has kept students keeping an eye on their phones to check their scores with this addictive game. But like most things trendy, they don't remain remain that way for long. Said Woodbury: "I see it getting very old very quickly."



Instagram– Sort of like Facebook, but with pictures, this app allows users to take a picture with a mobile device and post it like a status for others to see.

Not only you can upload the photos on your Instagram account but you can also post it on Facebook and Twitter.

When asked about their opinions on Instagram, students viewed this app very differently.

Some find Instagram addicting such as sophomore Cam Atherton, who said, "Instagram is addicting depending on how many people you follow and how many people follow you. For instance, my brother Ryan, he follows close to 700 or 800 people, so he is on it pretty frequently. I only follow 26 people so there is less activity so I don't use it as much."

"It's more fun to look at pictures," said senior Alyssa Lacey. However junior Rose Gaffigan had a view on the app. "I'm not really a fan of it," said Gaffigan. "Lately everyone with a camera and editing options thinks that they're a photographer. Instagram is almost degrad-

ing to real photographers and photography in general, because everyone does it now with such ease. It's not art anymore, it's just pictures of weird things with an interesting edit scheme."

Temple Run 2 – A relatively new game that seems to have exceeded the original Temple Run, Temple Run 2 follows the same concept of its predecessor: Run, jump, and dodge in different levels in the game. The more you run, the more distance you cover which leads to gaining a high score.

"I can find myself wasting time," said sophomore Ryan Kent of the app. Temple Run 2 is the app that is usually used when someone has their iPhone or iPod out while in a study, waiting for their parents to pick them up from practice, or during their spare time,

Facebook – We all know the wildly popular Facebook. Status updates, games, uploading photos, posting videos, creating pages, poking, liking, the list goes on. Facebook is the most popular social network. It connects people from different places and helps users keep



track of social events. It also allows users to make plans, message a best friend who has moved, but lately the popularity of Facebook has decreased among the Triton student population. "The Facebook app is

useful, but it's incredibly slow. If you don't have time to wait for every page to load, then it's not worth bothering with," said senior Drew Collins. Facebook has always provided media and news that keeps us informed. But can it really keep up with the social networks that are presented to us today?

Pandora– Great for those who need to find the music they want to listen to, Pandora is basically an app that streams music and plays it for entertainment (much like Spotify) in the moment. Users can search songs, artists, genres, and other people's playlists as well.

"I like Pandora because it allows you to find a song that hasn't been on the radio," said senior David Manning.

Most people who have this app just open the Pandora app and listen to music on it. However it's better to have the app when you have a mobile device that has internet capabilities.

Snap chat– This app takes pictures and sends them to friends and is basically a camera with a social networking feature. This app promises to send then quickly delete the file and has often been used inappropriately by students this year (see related article below).

"Snap chat seems to mostly just be used for screwing with your friends," said Collins. Using Snap chat is more pointed toward taking a quick photo of something funny, surprising, or interesting to your friend. However, the feature that deletes your photo can also be annoying.

See APPS on page 9



Snap Chat: How private is privacy?

By Neil Hanlon
Staff writer

While you're taking a picture of your latté at Starbucks to Snapchat to your best friend, there's a man sitting across the room, intercepting the picture you're sending. But you don't know that. You think you're safe and secure going about your business, sending your picture across the internet, because Snapchat says your data is secure.

It's not secure. Not by a long shot. While Snapchat's service does exactly what it claims to do by deleting image data after a set amount of time, there's no way to account for third-party intervention. The privacy of everyone is threatened by the misuse of technology, and by the delusion of the privacy and security of Snapchat and similar applications.

Aaron Bartholomew, a Web & Software Developer for Sony Online Entertainment and a security specialist, says that no matter how safe you think something is, there are always ways around security precautions.

"We've raised a generation of people who take everything for granted," said Bartholomew. "They're spoon-fed everything, and they don't think about the future. They live too much in the moment, and don't think about the repercussions of their actions."

In an online discussion, Bartholomew explained how there are numerous ways an individual can use a process called "packet sniffing" and "ARP (Address Resolution Protocol) spoofing" to intercept data before sending it off to its destination, allowing any person to have another individual's data. He also notes the dangers of using any application to send inappropriate/nude pictures or messages ("sexting"), saying that "It's just really immature and dangerous."

A security audit performed by a contributor to the Triton Voice discovered that Snapchat does in fact encrypt the image data before it is sent using AES (Advanced Encryption Standard) over SSL (Secure Socket Layer). The audit also showed that the keys used to en-

crypt and decrypt the data are stored in clear text within the application's code, and they can be used to easily decrypt the encrypted image data. The audit successfully intercepted the applications packets and was able to reverse-engineer the data and reconstruct the image in a matter of minutes.

Snapchat's service provides a unique way of sending and receiving pictures and videos from users of iOS and Android devices. Messages that are sent can be captioned, and set to expire a few seconds after the recipient opens the "snap." While the company claims the message data is deleted securely, and that users will be notified if someone takes a screenshot of the picture, it's not 100 percent true. According to Snapchat's Terms of Service:

"When you send or receive messages using the Snapchat services, we temporarily process and store your images and videos in order to provide our services. Although we attempt to delete image data as soon as possible after the message is

transmitted, **we cannot guarantee that the message contents will be deleted** in every case. For example, users may take a picture of the message contents with another imaging device or capture a screenshot of the message contents on the device screen. Consequently, **we are not able to guarantee that your messaging data will be deleted** in all instances. Messages, therefore, are sent at the risk of the user."

(Emphasis mine)

It's safe to say that most students at Triton probably use Snapchat everyday, and many of them will never worry about whether their image was deleted or not, since they don't use the application for anything inappropriate or illegal. Unfortunately, the application has been touted for months as a "safe sexting" app," according to Sophos.com's Naked Security, a computer security news site.

People using Snapchat as a "safe" way to "sext" and sharing naked pictures should be worried and thinking twice about hitting the send button. Numerous "how-to" See SNAPCHAT on page 9

What's Your Style? A look into some of the best dressed teachers in the school

By: Anastasia Small
Staff writer

Walking down the hallway one can see the different ways students express themselves by the clothes they wear, whether it is the latest sweatshirt from Abercrombie and Fitch or a pair of bright neon orange pants.

However most of us seem to forget that the majority of teachers here at Triton seem to have their own unique sense of style as well.

From an eclectic, casual vibe to one that is more preppy, teachers express themselves through the clothing choices they wear. I chose to interview some of those teachers that were voted to be among the best dressed.

Ms. Lisa Herzl

How would you describe your personal style? - Business Casual Eclectic

What are some of your favorite stores and why? - I love thrift stores. You can find some great, unique clothing at good prices. It's also greener to shop at thrift stores. I also like to make my own clothes. When I do shop at the mall, I like Ann Taylor, JCrew, and H&M.

Do you have a style icon, if so whom? - My mom and grandma.

How has your style evolved through the years? - When I was in high school I pretty much wore a t-shirt, sweatshirt and jeans every day. When I first started teaching I used to wear dress pants, a t-shirt and a cardigan every day, basically an adult version of my student clothes. After a while that got pretty boring, so I tried to incorporate different types of clothing and accessories into my wardrobe.

Ms. Jennifer Scott

How would you describe your personal style? - I usually go for more color than just black or grey. I like one piece to stand out and am not afraid to wear something bright or sequined. I do love dressing up but I also like to be comfortable so at this point in my life I try to find a

nice balance between the two.

What are some of your favorite stores and why? - I love store like TJMaxx and Marshall's because they offer a nice variety of styles at decent prices. They have shoes, jewelry and other accessories so it is a one stop place which makes it convenient. They are usually separate from the mall which I like as well. At the mall my favorite store is Ann Taylor Loft. Their clothing is perfect for teachers... they even have something called "Loft Loves Teachers" that offers a 15 percent discount which is great!

Do you have a style icon, if so whom? - I don't really have one style icon but I do get a lot of ideas from fashion shows... I love watching the Style Network. I also get ideas from my sister, who is also a teacher, and from girlfriends... it's fun to go shopping with them.

How has your style evolved through the years? - I think my style has evolved slightly over the years. I try to be more practical in that I don't wear high heels as much because I am on my feet a lot. I've also learned that sometimes less (accessories, detail) is more... it is possible to have too much going on. After college it was important to consider dressing professionally and appropriately for a work environment as well.

Dr. Eric Champy

How would you describe your personal style? - I attempt to dress professionally on a daily basis. I like to explore new colors that will complement my style.

What are some of your favorite stores and why? - I enjoy shopping in a variety of stores. Mostly, I love finding great sales in high-end Boston retail departments.

Do you have a style icon, if so whom? - I look for professional attire to suit a gentleman of my years.

How has your style evolved through the years? - In my twenties, my casual attire consisted of jeans and t-shirts at home. Today, I do not own a pair of jeans!



One of the most fashionable teachers, Dr. Eric Champy smiles for the camera

Mr. Ian McBee

How would you describe your personal style? - Utilitarian with the occasional divergence into flamboyance.

What are some of your favorite stores and why? - Any place that recognizes the existence of people over six feet tall (surprisingly few).

Do you have a style icon, if so whom? - Not really, but if I had to pick, the hypothetical offspring of Johnny Cash and Sly Stone.



Mr. Ian McBee looks casual in all black

How has your style evolved through the years? - Very little change, though I have grown more comfortable making my own choices and setting aside judgment of others.

Mr. Darren Bridgewater

How would you describe your personal style? - I personally do not believe that I have a sense of style, even when I was back in school I never moved towards a type of

clothing. I wore jeans, shirts, dress pants, shoes, and vans. I went through an "alternative" phase at one point as well (spiked/dyed hair and all). Also not my proudest admission but I still have many of the clothes I had in high school in my wardrobe, they still fit and I still wear them.

What are some of your favorite stores and why? - My favorite stores are probably Gap, Express, H&M (that one is a holdover from the UK), mostly because they have clothes that actually fit me, most are too large/baggy. I normally buy clothes that I like the look of; I have no time for labels because to me they don't matter. I've been known to buy jeans for a pound (\$1.50) and wear them until they fall apart or spend hundreds on a jacket that I liked the look of, (eight years and counting).

Do you have a style icon, if so whom? - I could barely give you the name of a celebrity let alone

name anyone who might be considered fashionable and as sacrilegious as it may be to the fashion conscious I can't find anything admirable about being famous for your looks/clothing. I'm afraid, anything you see is because I happen to think they look good together (my wife swears I'm legally fashion colorblind so some things are hit and miss I guess).

How has your style evolved through the

years? - I don't think that my style has changed at all over the years. I still have hoodies I had as a high schooler (also some jeans and tee shirts now that I think of it). I think that the time has changed me, I like to think that one year I might be retro and the next year I'm cutting edge but really I just wear what I feel like. Without it bothering me about what other people think of it or me.

For Health or Ethics: The Reasoning behind a Meat-Free Diet

By: Dylan McDougall
Staff writer

"I was just shocked by how much animal cruelty goes on," Mariah Longacre, a senior at Amesbury High School said as she prepared a meatless breakfast.

"No bacon. No sausage. Just organics," the nine-year vegetarian explained as she topped-off her animal-free breakfast of eggs and veggie sausage with a glass of orange juice for added nutrition.

"I do have to double-check that I get the proper levels of protein and vitamins, but becoming vegetarian didn't exactly raise any 'health concerns'."

As the populating trend spreads, vegetarianism is widening the minds of omnivores around the world. The herbivorous community continues to grow whether it be for dietary benefits, a compassion for non-violence towards animals, or religious and ecological concerns. However, the reasons behind a green diet vary depending on the



Fried egg is good for protein consumption (McDougall photo)

individual.

According to the Vegetarian Resource Group, many vegetarians make the switch "often for one reason... and later adopt some of the other reasons as well."

While piles of skepticism stack all around the subject, vegetarianism can be a nourishing and hearty dietary habit. From pastas to whole grains to greens, meatless nightly dinner possibilities are far from handicapped.

See MEAT on page 9

Vegetarianism, By Dylan McDougall

I get speechless for meatless speeches.
I get excited by the thought,
that if you go as far as your mind reaches,
Even if it doesn't make a difference,
well at least it's a start.

If you let us eat our lettuce,
I'll let you do your thing.
But I thought about how long this earth has fed us,
realized how many animals have gone headless.
Shot between the eyes,
and added to the death-lists.
I guess I'm just surprised how some people will let this
happen.

I feel like I'm flapping
my hands in the air.
Not denying that I'm trying
to make a few more people finally care.

So if life gets you excited, then you're invited
to keep meat off your plate.
This is the story of how two vegetarians decided
to put limits on what they ate.

SNAPCHAT from page 7

guides for how to subvert the application to get around the screenshot alert are circulating the Internet.

Triton Senior Victor Ramirez said he's very surprised to hear that you can circumvent Snapchat's security measures.

"That's kinda scary ... [Snapchat] should make some tweaks to try to fix that. ... [I] don't use the app to do anything dumb, I know that there's a risk, so I don't send anything too personal."

Ramirez says he "gets a kick out of the app," which is why he uses it, and that he also uses it to "catch embarrassing pictures of my friends."

Conversely, senior Stephen Levesque doesn't use Snapchat, but he knows people use it for "sexting" and to send inappropriate pictures. He echoes Ramirez saying that it's scary that anyone could be seeing pictures sent in confidence to another person. "It's really freaky ... doesn't make you feel safe."

Levesque also says he feels safe doing things online, and that priva-

MEAT from page 8

In substitution to the protein found in the deli-department, vegetarians are able to mix protein-packed seeds and powders into any (and every) meal they eat. But even with alternative solutions to maintain sufficient nutrient levels, there is still a pocketful of nay-sayers with concerns about vegetarian health.

"First of all," Longacre explains, "several research studies have shown that eating a mainly plant-based diet can actually protect you from various illnesses and chronic diseases."

So long as fruits, vegetables, whole grains, and protein substitutes are present, vegetarians may be less subject to certain risks such as heart disease, according to *webmd.com*. If vegetarians aren't careful, however, vegetarianism can have a poor effect on both their physical and mental health. Longacre suggests considering vitamins that aid in immune system support such as Vitamin C; and biotin for hair and skin health.

"Nowadays, going vegetarian is not as difficult as many would think. Since it has become more common of a lifestyle, veggie-food is not hard to find and it's as rich in taste as it is in nutrients," said Longacre.

Although the benefits vary based on the individual's body type, vegetarianism can be the secret to a healthy heart. In fact, studies have confirmed that a vegetarian diet is the most efficient way of slowing coronary artery disease or avoiding it completely according to *veg-source.com*.

Mr. Josh Andrews, art teacher at Triton High School and 17-year vegetarian, described his health as many vegetarians would - excellent cholesterol levels and perfect blood pressure. Taking alfalfa supplements and mixing protein powder

isn't really a major concern to him. He knows not to put things that are too personal in a place that everyone can see, or could possibly see. He says people should be more careful with what they put online, and that by not being cautious, "you're basically just posting random pictures to anyone who wants to see them."

Ramirez sees the issue with people "sexting" and being "dumb" about what they post online, "[I] Don't use [Snapchat] to send personal things, like some people do, which I bet will be a problem in the future."

Bartholomew recommends that people, especially teenagers, be careful about what they put on the Internet.

Nothing you put online is ever truly gone--not a lot of people understand that. It's always going to be there, sitting cached on a server, waiting for someone to find it." He advises that everyone think twice about their online activities, and that they don't make bad decisions about their privacy.

into his orange juice, Andrews builds his diet around soy protein, peanut butter and jelly, and soy milk.

"I do it because it's a good health choice...It came to the point where my body just didn't want meat anymore," said Andrews. However, the healthiness of soy protein is not what convinced him. Andrews approached vegetarianism asking himself what he wanted to support with the money he was spending on food. Amplifying his motives, Andrews explains that he is a big believer in consumerism and the act of being painstaking about what he eats and where it comes from. As the father of two young boys-Riley, 7 and Chris, 4 (both with herbivorous eating habits) - he looks to make an impression on them about the importance of being "conscientious consumers about what they eat".

"I don't believe in supporting unethical processes and behavior," Andrews said, emphasizing his distaste for the disrespect that food industries treat their animals with.

"Everything they do is just insane." As to the techniques certain food industries use, the cruelty includes unethically packing pregnant pigs into cramped gestation crates from the moment their reproductive organs are developed, until the day the animal dies. Such industries have in recent years been the meat-suppliers for companies like Burger King.

"It's [become] an environmental problem. Eating meat consumes more vegetation," Andrews pointed out, explaining how in order to feed the cows that feed the people, farms must produce the food which feeds an increase of energy and money spent.

Andrews said, illustrating the fact that a vegetarian diet is both

DREAMS from page 4

she wanted to be. She went on to say how freshman year at college introduced to so many new courses that led her to develop some unexpected interests.

"I am currently taking business and psychology courses," said Tyburski. "My business courses are currently focusing on entrepreneurship, which has sparked my interest in starting my own company in the future. The psychology courses that I am taking are really helping me understand people and different personalities which I believe will be helpful when working in a business such as human resources. When hiring new employees and overseeing interviews it will be important to know what will be best for the company and be able to understand how people work."

It is clear that Tyburski is a junior in college because she sounds very educated and decisive in terms of her career. Furthermore, I believe she seems ready to enter the real world and the crazy economy that awaits us all. Despite her confident vibe, Tyburski said she's still not entirely sure what she wants to do and she's taking her time to figure it out.

"I'm still not positive what specific career I would like to pursue, but as time goes by I have slowly been able to narrow down my interests from jobs and courses I have taken," said Tyburski. "I also plan to do internships in different businesses to figure out what kind of environment I would like to work in."

Tyburski's position is one in which many of Triton's upperclassmen will soon be in. While that position may get tough at times, I believe it is important to stay calm when choosing a career, so you can continue to pursue your passions and interests. In my opinion, life is a matter of choice. We can choose to accept just any job, or we can persist reaching for what we want to do. Life may lead you down a different path than you had hoped for, but it's never too late to turn around.

So, the next time your teacher tells you to snap out of it and get your head out of the clouds, you can smile and say with all due respect, "I'm just trying to aspire to my hopes and dreams." Now, that's something you can't argue with!

"cheaper than meat" and "less likely to [give off] food toxins", that because "there are more vegetables than there are animals," a meat-free diet isn't as inconvenient as some may think. As a vegetarian, if vegetable-based meals don't hold you over, you are able to enjoy eggs, or take the advice from Mr. Andrews and try some organic *smoked Tofurky* meat substitute.

With a pocketful of reasons supporting both causes, vegetarianism impacts the lives of not only the individual and the lives of others within the household, but also of the lives not lost to animal cruelty.

While a fraction of the more carnivorous side write vegetarianism off as a habit far too difficult to commit to, many vegetarians express similar feelings about returning to meat. After learning the facts, it becomes nearly impossible to go back, as Andrews verified with a bucket of pride: "You should never say never, but I can't imagine it."

APPS from page 7

What's the word? - A puzzle type game that requires mass amount of thought, What's the Word gives users clues to figure out the word that is in common with the rest.

"It was fun at first but like most other apps it got boring after like a

week," said senior Will Anderson.

Because challenge of figuring out



"I bought a hairy costume for my whale. I like how you get to pretend you're a hairy whale and fly through the air eating bubbles."

— Junior John Didinato

what the word is gets frustrating, eventually some people just give up.

Clash of Clans – Combining social networking and a strategy where players are able to make their own clan and defend it with the help of other clans or



by themselves, Clash of Clans is gaining popularity. Users can conquer and create buildings to increase the expansion of their clan, or gain allies by accessing your Game Center account.

"It's kind of like Farmville for your phone," said Manning. "But I think it's going to get old quick."

This app is only fun if you have Wi-Fi or 4G capabilities due to loading speed.

Whale Trail– This is a new game on the rise that's pretty similar to Tiny Wings. With the simple control of touching the screen, users basically become a whale that flies through the clouds.

Not only users can sail through the sky as a



whale but they can receive upgrades for characters.

"I bought a hairy costume for my whale," said Junior John Didonato. "I like how you get to pretend you're a hairy whale and fly through the air eating bubbles."

All images courtesy of their respective web sites.

Triton Cribs: Who Has the Best Rooms?

**By: Anastasia Small
Staff Writer**

Many teenagers nowadays are familiar with the TV network known as MTV. Known for portraying over-the-top lifestyles and moments of insane hilarity, MTV has made an impact on the way people around the world act and what they choose to consume in media. Taking inspiration from one of MTV's popular television segments known as *Teen Cribs*, the *Triton Voice* decided to embark on a journey to find some of the coolest cribs of the Triton community.

After reviewing the photos that were sent in for the Triton Teen Cribs segment, there were some photographs of rooms that caught our eye and have been considered "teen crib worthy."

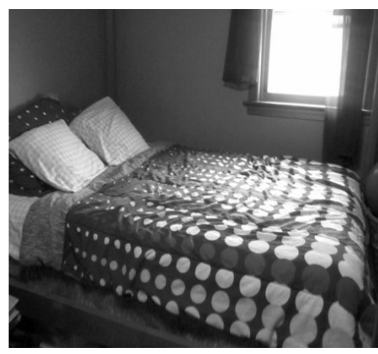
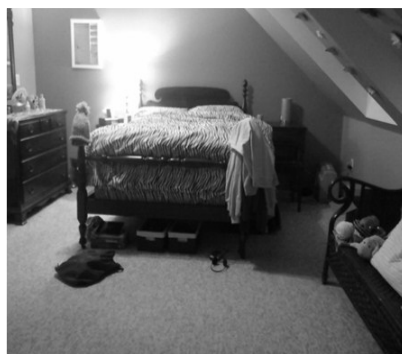
Junior Alexa Reilly's movie theatre basement was definitely the winner when it came down to the basement/game room category. With the big comfy seats and large movie screen, Reilly said that, "my entire family and I love to spend time down here; it's also really nice for when I have friends over."

Junior Zoe Heckman's room was definitely the most unique space out of the bedrooms that were sent in for this article. With the open sky-light window and the unique patterns and lights that were strung around the bed, her room has a very indie-chic feel. Heckman said that she, "really enjoys spending time in her room." Who wouldn't with such a creative looking bedroom like that?

Overall many submissions had a unique, individual approach to how their rooms were decorated. Even though we picked our favorites to highlight, everyone's room should be considered a Triton Teen Crib as well. Next time if you want your room to be in an issue of Triton Teen Cribs, be sure to send it in or



Both of these pictures are from the home of Junior Alexa Reilly. In her basement there is a movie theatre setup, including comfy movie chairs, a giant screen, movie posters and a whole snack setup. We think that's Triton Teen Cribs worthy.



The bedroom on the left belongs to Sophomore Laurel White and the bedroom on the right belongs to Junior Laura Frackiewicz. Both girls seem to share a similar love for the color turquoise and have made their rooms unique to their tastes.



These are pictures of Junior Zoe Heckman's creative bedroom. She has made her room into a unique artsy space where she can hang out with friends or just spend time by herself.



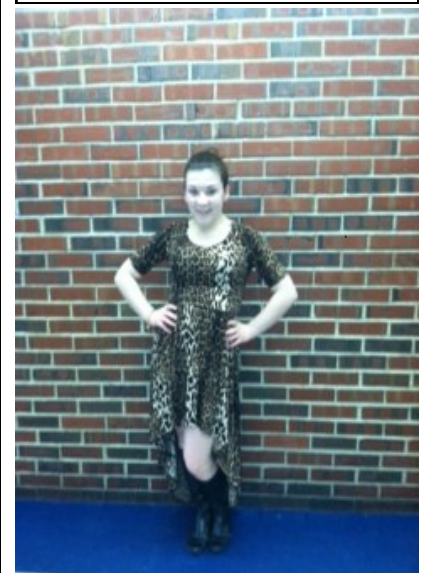
At left, this picture is from the home of Senior Lizzie Proctor. Her downstairs room is a game/hangout room.



Heard and Seen in the Hallways
The top fashion and commentary that caught our attention this month



Madison Williams, Junior, 14' & Sarah Foster, Senior, 13' - These two friends looked stylish while walking the halls. Madison wore a deep red shirt with small panels of lightweight material on the sides, with a pair of light-wash skinny jeans, tan boots and intricate gold earrings. Sarah wore a blue peplum like top, paired with leggings and a pair of vans. For jewelry she wore mixed bracelets and various rings.



Haley Crowley, Senior 13' - Haley brings a new level of fierceness to her outfit by donning a high low cheetah printed dress. We loved how she finished the look off with simple black boots and her hair in a top knot bun.

Want to be part of Triton Cribs or Seen and Heard in the Halls?

Submit your photos to the *Triton Voice* by seeing any of our reporters (see page 2), Mr. Allen in Room H203, or our fashion reporter, Anastasia Small.



Hunter Scanlon, Senior 13' - With a plaid button down shirt and a navy blue cable knit sweater on top, Hunter paired his outfit with a pair of khakis and tan suede shoes on his feet. Hunter really steps up the style for boys here at Triton.



Jessica Fiers, Senior 13' - Looking awfully professional, senior Jessica Fiers wears a black pencil skirt and blazer with a pop of teal underneath. She even coordinated wearing matching teal high heeled pumps. We love this outfit!



Shannon Lyons, Freshmen 16' - Sporting a preppy yet casual outfit, freshman Shannon paired a baby doll pink lace shirt with a faded denim jacket and kept it casual with boots and leggings on the bottom.