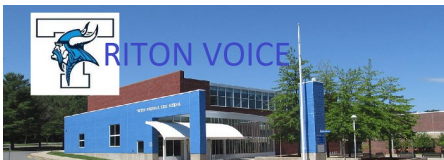


- Many more stories online at [tritonvoice.co](http://tritonvoice.co)
- Follow us on *Twitter*, *Facebook* & *Instagram* **TritonVoice**
- Read the print version online at [tritonschools.org/high](http://tritonschools.org/high)



# TRITON



# VOICE

Triton High School

Triton's Student-Produced Newspaper

December 14, 2018

## Taking Holiday Traditions to the Next Level

The lesser-known Christmas traditions of Triton High School

By **Amanda Bowman & Karoline Jacobs**  
*Staff Writers*

The students and teachers of Triton have several strange Christmas traditions that many might find surprising, from eating fish to decorating a moose.

Kaylyn Pesaturo, a junior follows the Italian tradition called The Feast of the Seven Fishes.

"On Christmas Eve every year my family buys seven different types of fish, and it's called the Vigilia," said Pesaturo. "It's to get my Italian roots back."

Students and teachers have their own Christmas traditions, whether it be as simple as going to a certain family member's house, or something more peculiar that dates back ages. The *Triton Voice* interviewed students and teachers to see what interesting traditions were around.

According to *eataly.com*, Pesaturo's family tradition of eating fish on Christmas Eve "dates from the Roman Catholic custom of abstinence from meat and dairy products on the eve of certain holidays, including Christmas. The number seven is rooted back in ancient times and it can be connected to multiple Catholic symbols: in fact, the seven seems repeated more than 700 times in the Bible. Also, according to the Roman Catholic Church, seven are the sacraments, the days of the Creation, as well as the deadly sins."

Spanish teacher, Mrs. Olivia Cornell, has some Christmas traditions of her own.

"On Christmas Day, we always have to have lasagna," said Cornell. "It's called Christmas Lasagna, which is really weird."

However, having lasagna isn't the only tradi-

tion Cornell follows. "My cousin plays the piano, and we all sing Christmas carols together, which is like something cheesy, but fun," said Cornell

Not all of Triton's traditions revolve around food. Junior Natalie Wooldridge does something a little bit different.

"We have a Christmas moose," said Wooldridge. "My uncle got it for us a few years ago. We put it up every year and decorate it. My



dad refuses to take it down."

The Wooldridge family covers the moose in lights, and as a finishing touch, adds a Santa hat.

Kendale Sicard, a senior, also does something out of the ordinary.

"In our family, my mom and my uncle pass a sweater back and forth every Christmas," said  
**See HOLIDAY on page 2**

## Holiday Stay-cation

How to get the most and travel the least during the winter break

By **Glory Trefla**  
*Staff Writer*

Not everyone can travel to a tropical paradise for the holidays. Some stay local and hit the slopes while others just want to sleep in past noon. Others know how to make the most of a school break with their families and friends. And some have no idea what's out there for winter activities.

Ms. Jennifer Scott, Spanish teacher here, stated one of her priorities for a successful vacation: "I would love to just have a spa day," said Scott, "It's a fun way to de-stress and relax a little."

Scott also said that she will be seeing some performances in Boston including the play "Cinderella" at the Emerson Colonial Theatre. Some other popular plays taking place locally this winter include "The Nutcracker" at the Boston Opera House, "How the Grinch Stole Christmas" at the Wang Theatre, and "A Christmas Carol" at the North Shore Music Theatre.

History teachers Ms. Lisa Herzl and Mr. Christopher Gette said they prefer to spend their vacations with their family and friends. They said they love the quality time with their loved ones.

"Some things I like to do with my family during the break are snowshoeing and sledding," said Herzl, "I also like to ski and am hoping to get my son to try out skiing this year or next."

Herzl stated that one of her favorite places to ski is Sunday River in Newry, Maine. According to [sundayriver.com](http://sundayriver.com), its vertical drop of 2,340 feet is second largest in Maine and the sixth largest in the



Ms. Jennifer Scott said she is very excited for the upcoming holiday season (**Glory Trefla photo**).

United States. Some other ski resorts popular with students here include Ski Bradford located in Haverhill, Massachusetts; Gunstock Mountain Resort in Gilford, New Hampshire; and Nashoba Valley Ski Area located in Westford, Massachusetts.

Gette stated that the holidays are all about his kids and spending time with close family and friends. He said that, depending on the weather, he and his two young daughters love to go sled-  
**See STAYCATION on page 2**

## "There are kids you'd never expect to be addicted who are"

The FDA moves to ban Juuls, but will that solve the vaping problem?

By **Bridget Tucker**  
*Staff Writer*

A Triton sophomore takes a long rip of their e-cigarette.

"There really is nothing like a fresh mint pod," they say, smiling to themselves. "Well, maybe not being addicted to nicotine would be better, but you get the picture."

The sophomore, who asked the Triton Voice not to use their name, reveals their device. It's a JUUL, the most commonly distributed vape or e-cigarette on the market today. The JUUL can be purchased as part of a starter pack, including four pods, the JUUL device and a JUUL charger for \$49.99, or the device kit including the JUUL and charger can be bought for \$34.99.

"The best days to go are Monday, Wednesday, Friday, and Saturday," says a Triton sophomore of when it is best to buy the vaping pods for the popular Juul.

"Those are the days Ricky's working. He never cards. Never go Tuesday or Thursday; that's the day Marsha's working. She went to Triton, so she knows a lot of faces" (names have been changed to protect some identities).

Each cartridge or 'pod' contains approximately 200 puffs, which account for about the same amount of nicotine as a pack of cigarettes. Traditional cigarette packs sell anywhere from \$8.99 or \$12.99. One attraction is that the JUUL is the cheaper option. But it is also the one that is easier to conceal.

"That's the beauty of it: no one can tell if I have been ripping my JUUL," says the Triton sophomore. "There's no telltale signs and it never leaves a smell."

The days of smoking under the bleachers are over. The JUUL has a sleek build, similar to that of a flash drive, and in addition to the fact they do sell cheaper than cigarettes, kids are able to use their JUULs all day without the fear of getting caught by teachers, parents, or other adults. Due to the accessibility of the nicotine, kids are also inclined to use it more, leading to stronger addictions.

"I probably go through a pod every two or three days," says the same Triton sophomore. "That's not half-bad compared to my friends. I know people who go through two or three pods a day. Over the summer, during Yankee [Homecoming], I met a kid who went through five pods in one day. That's an entire pack of pods and more..."

According to the Centers for Disease Control and Prevention, the average adult smoker goes through two packs of cigarettes a week. By that logic, a person going through five pods a day is smoking the equivalent of 35 packs of cigarettes a week, spending nearly \$15 per day.

"It's not the money thing that bothers me," the Triton sophomore says. "I'm okay spending my money on pods. I still have enough money to get through my week and add to my bank account. Besides, I like the way my JUUL makes me feel, it's worth the money.... JUUL at the end of the day, is still the healthiest way to consume nicotine."

**See JUUL on page 2**



An image from JUUL shows the vaping device in its parts, including different flavors in different colors (**JUUL image**).



OPINIONS: JUULing is a hyper-modern addiction

It’s time for JUUL to face stronger FDA regulations

Report on JUUL adds to confusion, mistrust, and anger

**By Sophia Agrella**

A young adult may appreciate the buzz and relaxation following the rip of a Juul. A concerned parent may fear for their child's health upon reading the atrocious rumors regarding the company. A cigarette smoker might find herself dumbfounded in choosing the right path to quit.

“We believe that vaping can have a positive impact when used by smokers, and can have a negative impact when used by nonsmokers,” reads a statement on JUUL’s official website. “Our goal is to maximize the positive and reduce the negative.”

Publicly, Juul argues that it was never intended for use by minors. Critics, however, say that Juul may have intentionally marketed to teenagers to increase its profits.

As the highly successful company promises that their intentions are nothing but good, a number of medical professionals are beginning to sound the alarm, saying that the long term effects of Juuls on teenagers could be extremely harmful.

Publicly, Juul argues that it was never intended for use by minors. They say that their aim was to help cigarette smokers shift away from tobacco by using the much safer version of the vaping device. Critics however, say that Juul may have intentionally marketed to teenagers to increase its profits. Looking at Juul advertising, they feature models who appear to be very young and appeal to a younger audience. Some argue too that the vape itself has a modern look to it, almost like a flashdrive, which might also attract a younger and more tech-savvy

teenage customer base. Finally, the product itself appeals to the tastes of a younger audience with flavors like mango, fruit medley, and cucumber. Whether intentionally or inadvertently, the use of Juuls has become considerably cool amongst young adults.

Medical experts are concerned as recent studies indicate that Juul delivers higher concentrations of nicotine than other e-cigarettes. Not only is nicotine highly addictive, but it is additionally extremely toxic to fetuses and is known to impair brain and lung development if used during adolescence. The amount of nicotine in one Juul pod has shown to be equivalent to one pack of cigarettes. As studies show that teens sometimes use multiple pods in one sitting, they are able to unknowingly become exposed to dangerous levels of nicotine that can have immediate and long-term health consequences.

The ever-growing usage among teenagers has now reached near-epidemic proportions. It is time for the government to pass the same restrictive measures on JUUL and e-cigarettes as they have done with traditional tobacco products, such as where it can be sold, how the product is advertised, etc. . It’s only with these aggressive preventative measures that we may be able to stem the tide of addiction, and the potential long term health effects that face the youth of America.

**By Andrew Valianti**

Over the past year, a strawberry scented wave has washed over the halls of high schools across America and it is all thanks to the new trend of Juuling. The e-cigarette Juul has come under fire in recent weeks after a report by the FDA linked them to cancer, causing a large outcry as the vape had found it’s way into the hands of teenagers.

According to an article by *CNN* , a recent report by the US Center for Disease Control & Prevention states that 11.3 percent of American high schoolers admit to owning a Juul, or, roughly 1 in 10. This has been a wake-up call, depicting how substantial the problem has grown while America turned a blind eye.

The shock became anger as many began claiming that Juul was directly targeting kids by advertising flavors like vanilla creme and fruit medley. This forced Juul to launch a new campaign stating the health risks of the e-cigarette and banning many of their more childish flavors. An article by *The New York Times* states, “The decision by the company is the most significant sign of retrenchment by an industry that set out to offer devices to help smokers quit but now shoulders blame for a new public health problem: nicotine addiction among nonsmoking teens.”

Kids are getting addicted to the nicotine inside the Juuls, giving them the same deadly dependency as a cigarette smoker.

The danger does not stop there however. An article by the National Center for Health and Research states, “The impact on the developing brain is of great concern. Brain imaging studies of adolescents who began smoking at a young age had markedly reduced activity in the area critical for a person’s cognitive behavior and decision making.”

This proves once and for all that it’s time for Juul Labs to close their doors for good.

That said, one cannot ignore the fact

Kids are getting addicted to the nicotine inside the Juuls, giving them the same deadly dependency as a cigarette smoker. The danger does not stop there however.

that Juul’s do serve as one of the best ways to help smokers quit cigarettes. Juul’s don’t have tobacco which is main component of cigarettes and one of its most deadly factors, and they do have different levels of nicotine content to regulate intake, but here, the bad simply outweighs the good.

Children are getting exposed to nicotine too young and it’s wreaking havoc on their brains, leaving them desperate for their next Juul rip. They are buying Juul’s to fit in without realizing what they’re really putting in their body and what it really means for them in the long-run.

Kids are slowly poisoning themselves with cool mint and berry blast and it’s officially time to ask, how long are we going to wait before we finally put the Juuling epidemic to rest?

What is inside an e-cigarette vapor?

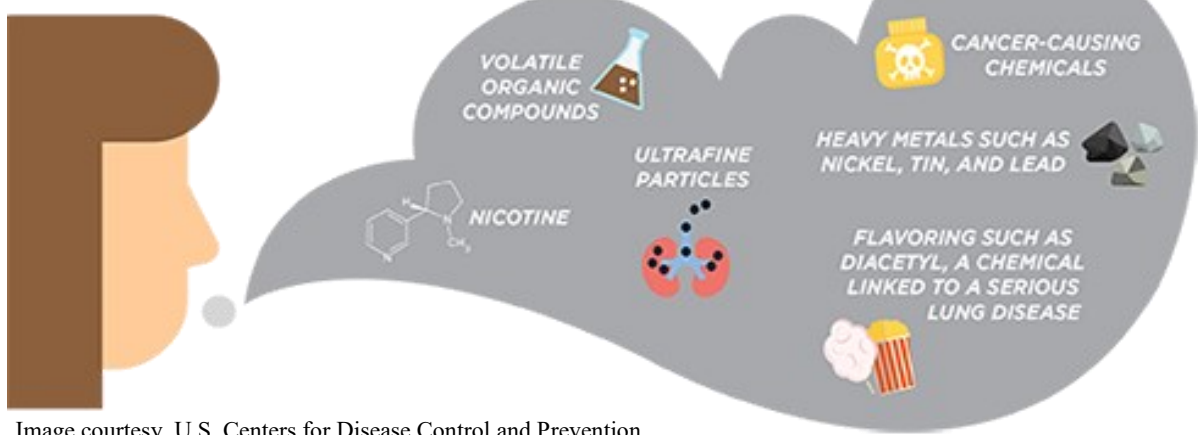


Image courtesy U.S. Centers for Disease Control and Prevention

**JUUL from page 1**

However, experts are still not sure of the JUUL’s long-term effects. “For now, science says that JUULing is healthier than smoking,” according to ASAP Science. “The popularity of JUULing amongst young people means fewer are smoking cigarettes, which some epidemiologists think is a good thing.” The technology and five ingredients of the JUUL were designed to keep out all the carcinogens and cancer-causing chemicals of a cigarette while delivering nicotine rapidly.

Yet scientists are still researching the long-term effects that JUUL, including that its nicotine has shown adverse effects on adolescents’ brain development Some vape companies use the ingredient diacetyl for flavoring, a dangerous chemical causing lung inflammation but JUUL makes a point not to use this chemical. However, because so little information is available on the product, many, including the CDC, FDA, and doctors groups say to stay away.

“I’ve heard about the FDA investigating JUUL,” says the Triton sophomore. “I hear they want to ban JUUL, or

whatever. My question is why? That’s not going to stop kids from being addicted. They get rid of JUULs, I guarantee all these kids including myself would go to cigarettes.”

The sophomore takes a final rip of their JUUL. “Banning JUUL isn’t the answer. I couldn’t tell you what is. I just know that’s gonna make everything worse. But if I had to give you an answer, to deal with this nicotine epidemic, which is less of a health one and more of a financial problem, I’d say ban cigarettes first. And then, maybe, instead of punishing kids for their physical addiction, maybe try to nurture them and tell them it is possible to quit.

“There are kids you’d never expect to be addicted who are. I get it’s illegal, but we’re teens. We’re minors. Charging us \$100 isn’t going to help anybody, and I know that’s beyond the school’s control but still.

“These adults say it’s a huge problem but don’t give a [care] about the kids who are already addicted. I say help them. Keep JUUL out of their hands, but don’t let underage users take the chance of quitting cigarettes away from adults.”

**STAYCATION from page 1**

ding or walking through the woods and the Boston Commons.

“[Winter break] gives me a chance to do things I might might not have an opportunity to do or the time to do,” said Gette, “I always try to get into the city, go to Boston museums with my kids, try new things. I love doing things I wouldn’t normally do or eating things I wouldn’t normally eat and it’s the perfect time for it.”

Some of the major museums in Boston include those that Gette calls his favorites: the Museum of Natural History, the Museum of Fine Arts, and the Museum of Science.

There are a lot of different forms of entertainment for this upcoming winter if traveling far is out of the question. It’s just a matter of finding which one fits best with a busy holiday schedule.

**HOLIDAY from page 1**

Sicard. “Before you gift it back to the next person, you have to add something to it to make it even uglier.”

The tradition doesn’t stop there.

“The rule is that you have to wear it for a full work day, and have photo evidence you did it,” said Sicard.

Ethan Tougas celebrates Christmas in an even more unique way.

“Every year we go to my great aunt's house for dinner, and after we eat dinner we pass around this shower curtain rod with ribbons on it and we celebrate Festivus. Whoever has the pole can air their grievances and otherwise just complain about the world around them,” said Tougas.

Tougas’ family has done this since he was very young, and actually got the tradition from the hit TV show, *Seinfeld*.

Festivus is celebrated on December 23, and is a way to escape the traditional commercial Christmas. The tradition

was made popular after writer Dan O’Keefe introduced it on an episode of the show.

“My family has a Christmas snake,” said drama teacher Sha Riordan. “When my brothers were in third grade, we had a church bazaar where kids could go and buy Christmas gifts. One brother went and bought a five-foot long stuffed snake, and he gave it to my sister for Christmas.”

The snake disappeared for years, but has since made a reappearance in the Riordan family.

“[My sister] decided to give the snake back to my brother for Christmas one year,” said Riordan. “And since then, you never know who’s going to get the snake. The person who receives it has to decide who to give it to the following year.”

“Every Christmas, my family and I have this big huge Christmas dinner that my mom makes and she gets up at five in the morning to make all the food,” said junior Bonnie-Rose Durante. “Then everybody comes over at two and

we all eat it. And then after we’re all done eating, nobody touches the dessert until we walk around my neighborhood and then come back and then we’re allowed to eat dessert.”

“We do Saint Nicholas Day,” said Marcella Hubbard-Brucher. “You put your boots outside of your bedroom door, and in the middle of the night Saint Nicholas comes and he leaves candy in your boots. I mean, it’s really just my parents.”

According to *timeanddate.com*, “St. Nicholas Day is a popular occasion for children in many parts of Europe because children usually receive gifts on this day...In the days leading up to December 6, children throughout Europe put their shoes or a special St. Nicholas boot in front of the fireplace or the front door at night to find them filled with small presents the next morning.”