

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



TRITON VOICE

Triton High School

Triton's Student-Produced Newspaper

December 21, 2018

Triton's True Vikings

A day in the life of what this reporter thinks is the toughest Triton sport

By **Jeremy Duford**
Staff Writer

Editor's Note: This is part one of a two-part series on the Triton wrestling team. To read part two, visit tritonvoice.co and see "Sports & Games."

The Triton team that has not had a losing season in the past 23 years. The Triton team that has won two CAL titles in the past three years. The Triton team that has produced 3 state champions in the past three years. Triton's wrestling team brings plenty of prestige to Triton's athletics.

Rostering thirty-one students as of December, Triton's wrestling team is working to defend its CAL Champ title in the 2018-19 season. Adding more than 10 wrestlers to the roster, the wrestling team is pretty young, but still maintains the morals that has carried the team to be such a success.

Practicing five days a week, Monday - Friday from 2:45 to 4:45, the wrestling team started pre-season captain practices in early October. The first week after Thanksgiving was when the regular season started. Each practice is started by a recurring battle; who is going to mop the mat? Once that is decided, the mat is cleaned and the pre-workout begins.

"I always get sick mopping, but someone's gotta do it," says freshman Alex Montes.

The team jogs in a circle around the mat, warming up with exercises like bear crawls, skips, and high knees. Once the blood gets flowing, the team forms a circle around the mat and does jumping jacks, crunches, and pushups together. Then comes the gymnastics. Wrestlers do rolls, cartwheels, roundoffs, and walk on their hands, to practice agility and dexterity. Next, carries begin. Wrestlers partner up, carrying each other, using fireman carries, body drags, and sometimes even baby carries, around the mat room. Occasionally after carries, strength training is done between partners too. Starting with partner squats, wrestlers use their partners as weights, and squat them. Partner push ups and sit-ups are also done, still using partners as equipment. Next comes conditioning, the most brutal part of practice. Three to five sets of spins, skis, and shoot-under hoppers will always push one to his or her limits. The sets for conditioning usually start at 45 seconds, but progressively increase throughout the season. Spins are when one wrestler literally spins on top of another, using all of his energy to propel himself like a top. The wrestler

See VIKINGS on page 2

PGS renovation on schedule despite fire

Nov. 30 blaze kept outside main building
By **Makayla Sprague & Ethan Tougas**
Staff Writers

A fire on the roof of the south wing of Pine Grove Elementary School was sparked Friday, Nov. 20 while welding work was being done before the school day began.

The building itself was not damaged by the fire, as it was only the temporary insulation which caught fire.

Ipswich, Newbury, and Georgetown fire departments responded to the call; however, the fire was contained by the detail firefighter who was on site when the fire ignited.

"This is a perfect example of why it is so important to have fire details at construction sites where welding or use of an open flame is being done," Chief James Broderick said. "Our detail firefighter was able to quickly alert the department that the fire was ongoing and helped to contain the flames while we were on our way to the school."

A coordinated effort of the contractor and the firefighter on scene knocked down the blaze with two two pressurized water extinguishers and two dry chemical extinguishers.

"Once the fire department arrived on scene the fire was quickly extinguished," said Broderick. It took 26 minutes from the time the call came in to the station to the time the fire was extinguished, he said.

After the fire was put out, safety precautions were followed to ensure that the building was cleared. All of the classrooms were checked and deemed to have no evidence of smoke or damage.

When students arrived on their buses, they were kept on board the buses in the parking lot of St. Mary's Church.

"The kids were so well adapted, they went back to the regular routine, didn't ask any questions, didn't mess up their routine. It really didn't affect them at all, it was pretty amazing that they just went with the flow," said first grade teacher, Lisa Manganello.

Everybody who was in the school at the time of the fire were able to properly exit when the fire alarm went off. The only individual who it affected was the construction worker who experienced smoke inhalation, but was taken care of by the Action Ambulance EMT.

"When the fire alarm went off, the kids weren't there yet, so we had to evacuate the building. About twenty minutes into it, that's when the kids arrived on the bus and they were told to go to St. Mary's," said Manganello.

The school was later reopened at the 9:45 a.m. after being cleared by the firemen on the scene.

Following the end of the school day, students who could not go home right away attended Kid's Club where they would be watched over by teachers and 18-year-old Amanda Manganello, daughter of Lisa Manganello, who works part-time at Pine Grove Elementary.

"The kids were surprisingly well behaved considering what had happened in the morning. I didn't really know all the details when I arrived for work, but if the teachers hadn't informed me I would have had no clue," said Amanda Manganello.

Due to the nature of the fire, there was no damage to the actual building.

"When you do a project like this, a \$39 million project, which costs a lot of money, you make sure that the contractors are licensed and insured. Even if there was massive damage, that would not be covered by our insurance, but by the insurance of the company which is doing the work," said Superintendent Brian Forget.

Forget spoke about the aftermath of the event: "We do not anticipate any further disruption because of this event, but will be in touch if any details do change. The safety of our students and staff are a top priority so I thank you for your patience and understanding."



Triton's 2018 CAL title-winning wrestling team (photo courtesy Kim Duford).

Top 10 Albums of 2018

How the most popular albums match up with the most streamed songs at Triton

By **Bridget Tucker & Kaylyn Pesaturo**
Staff Writers

With 2018 wrapping up, it's the time of year streaming websites begin doing their Top 10 best albums, artists, or songs of the year. Apple Music recently published their Top 100 most streamed albums of 2018, and for that *Triton Voice* decided to cover the list.

Some of the albums on Apple Music's Top 10 of 2018 may come as a surprise to some, whereas others may be left out. Triton Voice is taking a deeper look into students and staffs opinions and reactions, especially as the Grammy Awards quickly approach.

"Here, I'm gonna go down the list" says junior Kiefer Callewaert, "Garbage, okay, garbage, not bad, garbage, pretty good, garbage, garbage, garbage. Where's *Till Death Call Me?* YoungBoy had the album of the year."

"Well, Kanye came out with something new recently," Triton music teacher, Sue Densmore said, as she took a guess about which albums would make it on the list. "I'm betting Drake was one, um, I wanna say Cardi B 's name has come up a lot. I don't understand this song" she says laughing as she reads off the lyrics.

Some students were unsurprised by the list, while others felt underwhelmed. "That's a pretty solid list. My favorite album off that is *Astroworld* because I love Travis Scott," says Triton junior Sophia McLellan. "My favorite song off of the album is *Can't Say* because it slaps."

"Normally I'd say *Scorpion* is overrated, because it's a Drake album, but I actually kinda forgot about it," explains Triton junior Andrew Valianti. "I think Drake is probably a good dude but

See ALBUMS on page 2

Top 10 Most Streamed Albums on iTunes

10. *Goodbye & Good Riddance* by Juice WRLD
9. *Harder than Ever* by Lil Baby
8. *Black Panther* (Soundtrack) by Kendrick Lamar & Various Artists
7. *KOD* by J Cole
6. *?* by XXXTENTACION
5. *ASTROWORLD* by Travis Scott
4. *Culture II* by Migos
3. *Invasion of Privacy* by Cardi B
2. *beerbongs & bentleys* by Post Malone
1. *Scorpion* by Drake



A ladder truck is raised to the roof of Pine Grove Elementary School in Rowley after a fire was put out on the roof of the building (Photo credit: Fox25 News Boston).

Triton Regional School District is committed to maintaining a learning environment free from discrimination on the basis of race, color, sex, gender identity, religion, national origin, sexual orientation, age, political affiliation, disability, or any other factor as defined and required by state and federal laws.

CHECK OUT THE TRITON VOICE Editorials:

Our Take: Opinions on Student Rights

www.tritonvoice.co/category/student-rights

Finding out the Truth

Students' tales of Santa Discoveries

Editor's Note: This article contains some spoilers about Santa Claus. Parents beware!

Remember the times as kids when we had such big hearts in believing in the one and only Santa Claus? But as we got older we all had different awakenings to Mr. Claus. Maybe not being as real as we expected him to be.

The Triton Voice spoke with 20 Triton students to get the most interesting stories about when students here found out Mr. Claus wasn't who they expected. Parents of young children, take note as to how not to give away the secret.

Growing up with technology and cameras can give kids a lot of answers to things they weren't necessarily seeking. Junior Kaia Cohen took advantage of her technology to catch Mr. Claus on camera.

"I grew up thinking Santa was very real, but this one time I took a video camera and filmed my parents setting up the presents and my dad was putting them out and drank the milk and ate the cookies," Cohen said. "They were stomping on all of the reindeer food I put out for the reindeers to eat. I was nine years old at the time."

Finding out about a false Santa doesn't always end in positivity. For senior Kelley Frithsen it ended in tears.

"When I was in sixth grade, I was in denial and sad he wasn't real. But I found 'fairy dust' in my cabinet along with notes I had written to Santa that I had found. I went straight to my mom and questioned her. She cried, and I cried because I was lied to and looked like a fool."

Sometimes friends have to give us a brief taste of reality, which is what happened to senior Morgan Monroe, a close friend of Frithsen's. After Frithsen's negative experience about Santa himself, she decided to spill the word on Mr. Claus to a once big believer.

"I found out in sixth grade because Kelley Frithsen flat out told me that Santa wasn't real," said Monroe.

Parents over time often ponder when they should spill the beans on Santa Claus. Luc Daniels' mom decided to just come right out with it.

"When I was like 7 or 8," he said, "my mom was like, 'yeah sorry for the socks and chocolates, Santa doesn't exist.'"

Aidan Lowry experienced the saddening discovery when the sweet treat he was looking forward to turned into the cold hard truth, quite literally. "In fourth grade, me and my friend went downstairs in his basement to get ice cream from his bottom freezer," said Lowry. "When we got down there, the freezer was turned off, and when we opened it up, it was full of presents that said 'From Santa.'"

There are many stories and tales of Christmas legends. For Rylie Carter she got a little mixed up between a donkey and Santa and found out the cold hard truth.

"I was in third grade and someone told me about a Christmas donkey," said Carter. "I got really confused and went to my mom to talk about said Christmas donkey, and she just told me he wasn't real."

Even though many students find out about the harsh reality of Santa Claus, Santa made their childhoods better by always having had something to look forward to during the holidays.



Santa Claus drawing by Lydia Crowley

Our Take: Opinions on Student Rights

Spanking in School
December 14, 2018
In 18 U.S. states, corporal punishment -- spanking and hitting students -- remains legal and has been allowed under Supreme Court law. Our take is unanimous: it needs to stop.

Spanking at Home
December 14, 2018
Perhaps the most widely-known student free speech case, the landmark Tinker case is studied in middle and high schools across America. Its significance and importance should...

Where Modern Student Rights Began
December 14, 2018

Adult Court, Kid on Trial
December 14, 2018
Under *Kent v. United States*, the Supreme Court has ruled that people under age 18 can still be tried as adults. But is that the way it should remain? Our Views

Local volunteerism a central theme to Triton girls basketball

The Girls Varsity Basketball team traveled to Consentino Middle School in Haverhill on Tuesday, Dec. 4, to work with a group of talented Special Olympians.

The Triton girls, led by Coach Dan Boyle, put on a clinic for the Haverhill Stars for an hour, including a technical shooting station run by players Emily Colby and Izzy Cambece, a fast-paced passing station run by Emily Karveliis and Jamie Bell, hard-working defensive station run by Mia Berardino and Kerry Power, and Erin Power glowed by helping the athletes complete a relay race.

The group finished the night off with multiple scrimmages, including one game of Stars versus Vikings, instigated by Triton's own Brett Johnson, and the Vikings struggled to score against the Stars' shot-blockers.

The athletes were saddened to see the night

end and eagerly await future collaboration. But the love of serving the community doesn't stop there.

The girls also traveled to Newbury Elementary School on Saturday, Dec. 8, to help out at the Holiday Bazaar where Santa's Elf, (Paige Volpone) provided outstanding help while the professional pancake flipping was done by Olivia Ritchie and Bridget Sheehan.

The Vikings then traveled to Lynn Classical for 16 hard-fought minutes of basketball against Medford, where an end-of-game run was initiated by Colleen McCarthy and finished by Caitlin White, who tied the game on a made free throw with 1.6 seconds remaining.

Come check out your local heroes in their 2018-2019 season, which opens at home against Pentucket on Friday, January 11, 2019.



Fifteen students inducted into NHS

Fifteen juniors and seniors were inducted into Triton's chapter of the National Honor Society during a ceremony held Tuesday night, Dec. 11.

Members inducted included: Jaimeson Bell, Samuel Bell, Eric Buczala, Sarah Burd, Adrianna Deeb, Sophia Dixon, Linda Freeman, Tyler Godfrey, Ivy Huang, Tirth Patel, Samantha Protopapas, Keegan Ritchie, Nicholas Ritchie, Olivia Ritchie, and Abigail Wing.



Above: Guest Speaker, James Allen; NHS Officers from left, Lily Fullford, Anna Behringer, Juliana Orlandi, and Isabella Lesinski. (photos courtesy Kathy Norton).

ALBUMS from page 1

definitely not worthy of artist of the year. My question is where's Tha Carter V?"

Valianti is not the only one to feel as though certain artists were left out before. "I guess I'm a little surprised to not hear names that have sort of been around for a long time," Densmore also added. "You know, like Taylor Swift, and Katy Perry, and Lady Gaga. To be fair, the only genre I'd know is maybe the country genre because The Highway, the channel on SiriusXM 56 is what's on in my car if I'm listening to the radio."

VIKINGS from page 1

being spun on is in the traditional wrestling referee position, and lets the other spin on his back. It may sound easy, but spins are by far the most draining exercise during a wrestling practice.

Shoot-under hop-overs is similar to leapfrog, except one partner repeats the motion, shooting through the legs, and leaping over the back. For skis, one partner lays down and the other jumps

side to side, over the others back. Once three sets in, sprints start to take place, which is when the team pushes each other to the limits, using the last of their energy for 15-second bursts. Finally, after sprints finish around 3:40, the fun begins.

"Sixty second spins, have fun. You just get dizzy and fatigued and feel like you're gonna throw up," said senior captain, Jon Rolfe.

The team is split up into two groups,

usually by size, sending one group to run, and the other to practice wrestling form and technique. Running is self explanatory, the group runs for between 15 - 20 minutes. Form and technique teaches different ways to wrestle. Taught by Coach Brandon Hayes, Triton Wrestlers learn moves like halves, cradles, shots, arm bars, throws, and headlocks.

"Drilling is my favorite part of practice," said junior, Jack O'Keefe.

To read Part II of this article, visit tritonvoice.co and see "Sports & Games."