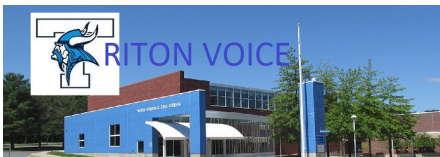


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# TRITON



# VOICE

Triton High School

Triton's Student-Produced Newspaper

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## Is Snapchat Replacing iMessage? Teens are ditching texting for Snapchat

**By Julia Boyle**  
*Staff Writer*

People may use Snapchat as much as or even more than iMessage on their phone, but which one is generally preferred out of the two? There are many different ways to socialize through the phone, aside from calling and texting, and a very popular app that people used to do so is Snapchat.

Snapchat is a multimedia messaging app where you add your friends and snap things back and forth

as a way to communicate with each other. A snap is a picture or video you send through the app to one or more of your friends. Snaps are deleted once they've been viewed by all recipients, unless you add them to your Story, in which case they disappear after 24 hours.

A student from the Triton Middle School was asked about her views regarding Snapchat and iMessage and which app she prefers.

"I feel like I started using Snapchat because literally everyone has it", said eighth grader Andrea Boyle.

"I use to be on it 24/7 because I constantly wanted to be talking to my friends and keep-



ing up to date. I think I like texting more though. When you think about it, sometimes I start to feel weird, because there are times I'm not even talking to the person I'm Snapchatting, we're just sending pictures of our faces with no words."

High schoolers of Triton have different thoughts on the idea of Snapchatting vs iMessaging.

"I think Snapchat is a just a different way to talk to people. It's more interesting", said junior Erin Gershuny.

"I use snapchat frequently, I snapchat people in the morning, throughout the day, when I'm bored, and basically just too much. It's different from just typing words on a screen because you can actually see their facial expressions in response to what you just said", said Gershuny.

"Even though it's more interesting, I prefer texting on iMessage because it's quicker and more straight forward if you really need a quick response from someone."

Junior Connor Kohan actually prefers Snapchat over iMessage.

"I like it because all of my friends have it and I know people won't screenshot my stuff, and it feels like I'm with my friends even though I'm not actually with them," said Kohan.

## Parents Just Don't Understand

Things that makes sense to kids that doesn't make sense to parents

**By Kaelyn Scalley & Andrew Maiuri**  
*Staff Writers*

Throughout the course of everyone's life, parents and adults have always had certain expectations that they want their children to achieve. Parents always want their children to do better and be better than they already are, which at times can be a little challenging for the average student.

When it comes to getting straight A's in high school, parents make it seem like it's such an easy task, but what they forget is that it's not all just about grades. There's friends, social life, sports, extracurriculars, family, college applications, work, along with many other things on a teenagers mind that seems to be forgotten when report cards come out.

Of course, there are some students who don't worry much about their grades because they know they are always trying their best and living up to their own standards. Due to this, they work hard for their grades and in return they get rewarded.

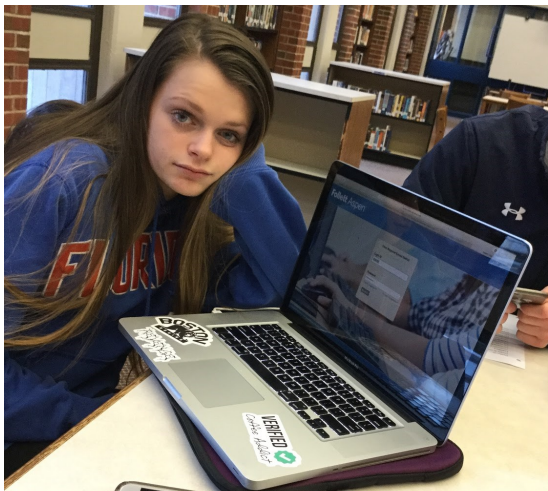
Senior Spiros Markopoulos is a hard working student who is planning on going to college in the fall. On top of applying to different schools and filling out scholarship applications, he still focuses on his high school work. When he was asked whether or not he gets nervous for his parents to see his report card, he quickly responded back, "I don't really get nervous at all because I do my best all the time and my parents know that. Through the grades I get, my parents can see how hard I work for my grades. It's definitely a good feeling knowing my hard work is paying off."

Sophomore Madi Landry, who's a part of the soccer team and track team for both winter and spring, and plays on an indoor soccer league during the off season, is always busy and running around. Due to this, getting her school work done correctly and on time can be difficult at times.

"My grades are really important to me, but I have so many other things going on," says Landry. "Whenever my parents get on my back about my grades, it annoys me so much because they act like an A+ is something I can just receive without trying. I have a lot of other things going on that sometimes a bad grade just happens and I hate how much a number on aspen impacts so much of my life and determines my capability of being able to have a certain job in the future."

There are many things today that there wasn't when adults were younger that impact how kids are today. For example, we have phones and better technology that makes it easier to do things that adults couldn't do when they were our ages. Because of this, students procrastinate since we know that we will be able to get the work done in a quick manner.

"My phone definitely distracts me from doing my work sometimes," says junior Anthony Ostrander, "but on the other hand it can also be a useful tool since teachers post our homework on Google Classroom, which is something my parents don't get. I understand why they think my phone is an issue, but it's also helpful."



Junior Abbie Magee nervous to check her Aspen (Scalley Photo).

## New Beginnings for THS Basketball

*New coach Ted Shruender  
shoots for a breakout season*

**By Anthony Ostrander & Abbie Magee**  
*Staff Writers*

Ted Schruender has been working his ways through the ranks of the basketball coaching staff here at Triton. He has now reached the status of head coach where he accepts the responsibility and any burden of the team's performance.

The team is currently competing in all of their games, with many of them coming down to the wire.

Junior Mason Ferrick is a first time varsity starter this season after years of playing the game of basketball. He had positive words to say about Coach Schruender.

"Coach Schruender has brought a lot to the table, it is good to have a new coach, change is always good. He knows the team, he knows the game of basketball and he knows how each of us play. He really works that in our team chemistry," said Ferrick.

So far, Schruender has seemed to have positive impacts on the team this season, players said.

Senior captain Jack Tummino, who has made a major impact on the season for the Vikings agrees that Schruender has changed the program for the better and has made a positive impact.

"I think that Coach Schruender has really changed this culture for the better. I think he has really made it more of a tight community and he has really reached out to each one of the players, he is not keen on just varsity and I really think it's good for our future," said Tummino.

Sophomore Kyle Odoy, who started on varsity as a freshman last year, has made a big impact on the varsity team this year and said he believes that Schruender has made a big impact on the team this season.

"I couldn't say enough good things about him. I've had a lot of best mentors in my life and he is definitely up there with the top of them" said Odoy.

Team chemistry is an essential piece of a great sports team, and the Triton basketball squad definitely built up the chemistry this year.

"Team's chemistry is great. We have been playing with each other for a long time now, we pick each other up when we are down, and it feels like a real brotherhood" said Tummino.

As the Vikings head into the second half of the basketball season, we look forward to seeing how the team continues to develop in the future under coach Schruender and watch the basketball program develop.



Senior Max Mackenzie goes for a jump ball (Magee photo).



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# REWIRED

## How our brains react to technology

By **Jacqueline Downs**  
*Staff Writer*

Technology has become an integral part of our modern world, so in some ways it comes as no surprise that our brains, like our environment, are continually being molded by our exposure to technology.

With MRI scans and other observational research, it has been shown that our brains are actively maturing from birth through young adulthood, but exposure to smartphones, computers, and tv is beginning to change the way the latest generation develops their most important muscle. Joseph Colbert, an English teacher and track coach at Triton, sees this in his classroom.

“Kids today do not have the attention span that they had not all that long ago, 10 years ago,” said Colbert. “Everybody wants everything, you know, visual, everybody wants everything really fast. It’s just that the attention span is lacking and you need a strong attention span to read, so it definitely impacts what they’re do-

hardwired pathway in their brain. Triton’s own biology teacher Dr. Ellen Moore had similar things to say about this time in brain development. “I can say that the brain develops dramatically over time and some of the most important changes, the most significant changes, take place during adolescence, starting at age 12 through age 25, you have a lot of neuronal reorganization; there’s a massive reorganization of the neurons,” said Moore. Looking beyond this generation of teens, the article “Surprising Ways Smartphones Affect Our Brains” by Lynne Peeples from *NBC News* mentions that Americans touch their phone on average 2,600 times a day, evidence that we, of all ages, may very well may be addicted to our phones. But, how is the addiction affecting us and as many say ‘rewiring’ our brains? “I think that our behavior has changed because of cell phones and changes in behavior can lead to changes in neurotransmitters in our heads, so the research that I’ve done, me reading dif-



Accessibility has allowed us to have screen time all throughout the day - even right before when our brains should be resting (photo by Jacqueline Downs).

ing in the classroom.” Even out of the classroom, involvement in programs such as music and sports create certain pathways in the brain and allow students to develop valuable skills, ones which are beginning to be hindered by the presence of their phones. “I’ve been teaching here at Triton for 26 years,” said Phys Ed. teacher Ms. Donna Andersen. “It’s all about, not only about the physical aspect of a healthy brain but is one that gets energy from exercise. I also think that interacting with other students in a competitive manner, physically also with a game that has a number of different dynamics going on at one time, It stimulates the brain in a different way than just sitting and reading a book.” As a gym teacher, has she noticed that kids have started to change in how they act in gym class or how they perform in gym class since phones have become popular? “Well, its funny, they’ve changed in that they can only run three steps and then the cell phone falls out of their shorts,” said Anderson. “I think for me it’s frustrating because it would be nice for them to do exactly what phys ed is supposed to do and that is that break from the classroom, that break from now social media, just to get out and play During the teenage years, being involved with things outside of just your phone is extremely important due to the brain development that is occurring throughout this period and beyond. Sarah Spinks, author of *PBS*’s article “Adolescent Brains are Works in Progress,” describes as the “use it or lose” period of brain development as the pathways used through whatever someone is doing - sports, music, theater, studying, and of course, phone use, will create a

ferent articles and papers, has shown that there is, there’s certainly addictive behaviors that come along with using cell-phones,” said Moore. “You look at people, they’re more antisocial now, because they’ve got their phone to turn to and they’re obsessed with looking at it so they’re interacting with each other less and they’re really not going to have the social skills to be able to maybe work out conflict with other people and express themselves,” said Moore. “We’re not going to know what major effects they have on the body until later but I think we are starting to see signs of it with these studies,” said Moore. While we have only started to see the adverse effects of technology, there are still many positives that come from interaction with our phones and accessibility to them. The real question: how can we balance our real lives with our virtual ones? “There are some benefits to it right, so you can track your physical activity, so there are some benefits if we are looking at fitness or looking at being active. There’s some benefits to that. So, I don’t want to say that it is 100 percent negative,” said Andersen. There is definitely benefits to cell phone use, with communication and safety and many students with learning challenges and so there’s a lot of pluses to it. I think it’s just a matter of, with anything that can be addictive, controlling it,” said Moore. Smartphones and other technology are not going away. With Alexa and Google home, technology becoming more ingrained in our lives. The true hurdle to overcome is not how to do away with technology, but how to balance it in a healthy way so that we can still remain human.

# Fine Fast Food

By **Connor Beevers**  
*Staff Writer* McDonald’s, Wendy’s, and Burger King. Personally, I am a fan of all three, but I tend to make frequent trips to McDonald’s with friends. I am here today to break down some statistics between the three, as well as break down some opinions on their burgers.

With me on a recent day were a few of my friends, Shane Hill, Nathan Cornoni, and Sam Ren-nick. Shane, Nate, and I enjoy making frequent trips to McDonald’s, Sam is mostly just here because he said he likes Burger King.

We took the time to compare a cheeseburger from McDonald’s, a Dave’s single burger from Wendy’s, and a cheeseburger from Burger King. Here is our conversation:

**Shane:** I’m a big Wendy’s guy, but I like to eat at McDonald’s a lot more. On average I go probably four times a week. My favorite meal is McDonald’s bacon McDouble. I only go to Burger King when my girlfriend makes me.

**Nate:** My name is Nathan. I love Wendy’s Baconator, or McDonald’s bacon McDouble. I go to McDonald’s a lot with Shane and Con, but I always ask my mom to pick me up Wendy’s on her way home from work. Of the three fast food joints, I like McDonald’s the most. Me and the boys go there a lot in the week and eat inside, great building.

**Sam:** I’m Sam, a senior at Triton. Even though the others don’t like Burger King, I still appreciate it. But the inside of the building is nothing like McDonald’s. McDonald’s in Seabrook has kiosks where you can order your food on a touch screen, and they also have really friendly workers. I usually go with my best buddy Connor, we go to McDonald’s for him but I sometimes make him take me to Burger King after. I don’t get fast food too much, mostly just when I’m hungry, but too lazy to cook myself.

**Connor:** Each of you has agreed to talk about a burger from each place. We will have Shane talk about McDonald’s, Nathan for Wendy’s, and Sam for Burger King because he is the only one who wanted to do it.

**Shane:** McDonald’s cheeseburger is a classic. It’s topped with pickles, chopped onion, ketchup, mustard, and a slice of American cheese. I enjoy eating at McDonald’s so much because of how cheap it is. I can get a full meal including a burger, fries, and a drink

for only like \$5. Most of the time I’ll get the bacon McDouble. I muck those. **Nate:** Wendy’s constantly talks about their fresh, never frozen beef. The weird part about the burgers is that they’re square instead of round. Their Dave’s Single is their basic cheeseburger, stacked with lettuce, tomato, cheese, pickles, ketchup, mayo, and



Triton students have their favorites when it comes to hamburgers. For the students from this article, different fast food joints are preferred over others (Wikimedia photo).

onions. It can get messy, but it tastes amazing. My favorite thing to get at Wendy’s is the Baconator. When me, Con, and Shane go I usually get that with a medium fry. **Sam:** A cheeseburger from Burger King is a basic choice, only being topped with ketchup, a slice of American cheese, crinkle cut pickles, and yellow mustard. Personally I think Burger King gets slept on. Some of my friends say they hate it there, but I like it. Their food is just as good as McDonald’s.

**Connor:** All three of these burgers may be good, but their nutrition could be a big factor on which you would want to eat. McDonald’s burger is the least total calories with 300 (BK with 381, Wendy’s with 580) Wendy’s Burger is so unhealthy due to the immense amounts of fat in them. There’s a total of 33 grams of fat, which contributes 297 calories of the 580. Although it may be a lot of fat, the Dave’s single also has the most protein at 31 grams, compared to 19 grams from a Burger King burger, and 15 grams from a McDonald’s burger.

**Shane:** I love McDonald’s a lot, but one of the problems is that your stomach might be a little upset after a bit. That feeling is one hundred percent worth it though. McDanks’ burgers are the best.

As a company, McDonald’s is also the best. Since 1955 when it was made, it’s been growing more and more. McDonald’s crushes both Burger King and Wendy’s for net worth,;with about \$141.45 billion compared to \$3.5 billion for Burger King, and \$4.03 billion for Wendy’s.

**Connor:** Not only does McDonald’s make the most cash, but there’s also more McDonald’s locations around the world. According to an article by worldatlas.com, McDonald’s is the second largest food chain. There are over 36,000 buildings in over 101 countries. Burger King has only 15,000, while Wendy’s falls down at 6,500 restaurants.

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TRITON VOICE

NEWS BRIEFS

Recent Sports Scores

Wednesday, January 30  
Wrestling  
Triton High School 45 - Marblehead-5

Photo of the Day

Winter wonderland in the side lot  
January 31, 2019