

## Legalized Marijuana is legal for those aged 21+ in Mass. Will legalization across the U.S. be next?

By Kiefer Callewaert & Connor Kohan  
Staff Writers

The big question across the United States in high schools this year? Whether or not marijuana should be legalized for all uses.

Medical use of marijuana has been approved in 22 states, and recreational use has been approved in 10 states, including Massachusetts for those over 21. Now more than ever, the country is drifting closer and closer to fully legalizing weed.

"(Marijuana) has its perks. I'm not sure when it will be legalized, but I know we (the United States) are closer to accepting it than we have been in previous years," said junior Jeremy Duford.

According to *thirdway.org*, in 1996, California became the first state to legalize medical use of marijuana. Since then, thousands of supporters have stepped forward and pushed for marijuana to be legal in all states. Studies show that based off of marijuana legalization rates in America, it may be entirely legal on the federal level within the next two decades.

Triton Business teacher Mr. Brendan Stokes explained some of the facts behind the business and corporate aspects of legalizing marijuana.

"There will be taxes at the state level," said Stokes. "And I'm not sure what the amount is because it will all be new... The downside, at least what some of the con-

cerns are, is it going to increase criminal activity, which is a question soon to be answered."

Stokes explained how state taxes on marijuana would raise money for the government. However, that money would likely be spent paying for law enforcement due to the fact that the police will have to enforce stricter underage smoking laws.

"One of the other challenges from a business, or even a law enforcement perspective, is the difficulty in being able to detect the marijuana on someone's person, because you're still not allowed to drive in an impacted state."

If marijuana becomes entirely legal, the need to control and prohibit DUI would increase tenfold, ac-

According to the *Boston Globe*. Due to the fact that marijuana legalization will make smoking weed more common in the general populace, law enforcement will be forced to increase spending on DUI cases and issues.

Triton senior Alex Michals compared the legalization of marijuana to other drugs, such as heroin, in order to

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## Admins Declare War on Vaping

### Recent Spike in Vaping Serves as Last Straw for Triton Administration

By Alex Michals & Andrew Valianti  
Staff Writers

Over the past four years — for many Triton students — vaping has evolved from a fad into a lifestyle, introducing a new generation to the perils of addiction.

E-cigarettes, however, predate Triton's vaping outbreak by many years.

They were originally offered as a 'healthy' alternative to cigarettes and acted as a method to help smokers wind themselves off of nicotine.

The message that e-cigs were 'cleaner smoking' found its way into the minds of young people throughout the country and little by little, e-cigarettes, or as they are otherwise known 'vapes', entered high schools across America, and Triton was no different. As the vaping community evolved to encompass many high schoolers, vapes evolved with it, and many new flavors popped up such as vanilla creme or fruit salad, in place of the traditional tobacco or menthol.

Vaping, it appears, was not the temporary fad most believed it to be, as the vaping population has continued to grow. Many Americans have now labeled it an official epidemic, including Triton's Assistant Principal Mr. Scott Brennan.

Brennan has launched a war on vaping among the students of Triton. Posters and signs now cover the halls and bathrooms with sayings like, 'It's easier to wipe your butt than wipe your lungs' and 'Strangely enough, some kids come in here to put crap in their bodies'.

According to the Department of Public Health, over 40 percent of all high schoolers vape, and as much as 10 percent of all middle schoolers. We sat down with Brennan, as well as his trusted lieutenant in the war, School Adjustment Counselor Mr. Joe Celia, to discuss the new findings and the war as a whole.

"I'm not talking 30 percent or 40 percent, I'm more talking 75 to 80 percent have at least tried it. More Freshman than anyone," says Brennan.

"So if we really think 75 percent of the student body have tried it, that is really significant," said Celia. "We are also hearing that kids in Middle School are trying it. So to give you some context, my daughter is in eighth grade over at Amesbury Public Schools, and she comes and tells me, 'Dad, everyone is doing this.' And that's in middle school."

"I see kids who I know would never touch a cigarette, vaping," said Brennan, "And that scares me."

For an in depth look at the specific health risks of vaping, we sat down with School Nurse Mrs. Nadine Marcheterre.

"The full knowledge about the health risks are yet unknown because it's just so new," said Marcheterre. "We really don't know what's going to happen 10, 20 years down the line. We do know that there are many potential carcinogens (cancer causing substances) in the vape

liquids, such as acrolein."

"What we also know is that the lungs are not made for fluids to go into. They're not made for things to be inhaled other than specific medications. So anything you put into the tender tissues of the lungs are going to irritate them," says Marcheterre.

"Once they have teenagers addicted they have them as a customer for life," she says. "When a teenager gets addicted at such a young age it is highly unlikely that they will be able to quit. Less than 4 percent of teenagers who start will stop before they turn 21."



THS administrators including Mr. Scott Brennan (pictured) have declared war on vaping at THS (Valianti photo).

We sat down with a Triton student, who has asked to remain anonymous, to discuss the issue with someone close to the source.

"I've been vaping since seventh grade," says the student. "I think since then I've become an addict. There were points where I told myself 'I'm not addicted to this. I could stop anytime I want.' But I've come to the conclusion that I can't even go a day without it. With sports and stuff, my breaths have dimmed down to nothing and it feels bad to breathe, like it really hurts."

"Yes I really do," said the student when asked if they wanted to quit. "I've been trying to for the past few months, and I think with help I could. Not rehab or anything, just the people around me saying no when I ask for a rip."

We ended our interview by asking the student if they could go back and stop themselves from taking their first rip, would they? The student responded, saying, "Of course I would. I'd take healthy, clean lungs over this any day of the week"

Despite all the debate, one thing has become clear, vaping is not going to simply disappear in a cloud of smoke as many have hoped. Though war may not be the final solution, it is definitely a step in the right direction in the fight to make vaping a distant memory.

## Grinding the Morning Routine

### The Inside Scoop on our Triton Vikings' Wake-ups

By Sophia Agrella & Jeremy Duford  
Staff Writers

Are you the early bird up, ready to go at 5 in the morning? Or, are you the late bird scrambling to get out the door with both shoes on, 10 minutes before the bell rings?

Imagine a typical morning routine filled with a nice breakfast, a hot shower, and time to enjoy some coffee. Now, imagine waking up after hitting the snooze one too many times, realizing that your stay in bed lasted longer than it should have.

It's likely that both of these events have happened amongst our school's student body before. A number of Triton students thrive in each of these scenarios, making the most of their morning routines, or oppositely, pursuing the least.

"[I go to bed at] like 11:45," says Junior Andrew Maiuri, "so how long is that, like eight hours?" About seven hours, actually, if you're waking up around 7 a.m., but that is close to a normal amount of sleep for the average high school student. The driving force behind most morning routines is sleep deprivation.

According to *nationwidechildrens.org*, adolescents are notorious for not getting enough sleep. The average amount of sleep that teenagers get is roughly seven hours. However, they say that they need nine to nine 1/2 hours. The website explains that teenagers do not get enough sleep for a number of reasons, those including shifts in sleep schedules, early high school start times,



Senior Shane Rooney avoids getting out of bed in the morning for as long as he can. "I usually wake up between 6:30 and 7:10... 7:15 maybe," he says.

and school obligations.

Similarly, senior Shane Rooney wakes up late for his routine due to this reason. "[I feel] so \*\*\*\*, I just want to go to bed," says Rooney. "[I can tell you] my least favorite part: waking up. It sucks, I hate the morning."

The little amount of sleep Rooney gets is clearly reflected in his mood. Fatigue and crankiness are both common side effects of sleep deprivation. Many Triton  
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# Profile: Winter Guard

An Inside Look at the Award-Winning Ensemble



The Triton Winter Guard performs the feature hold in their 2018 show, *Hummingbird* (courtesy photo).

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

The Triton Winter Guard has won three NESBA championship titles, and it's time to find out what goes on at their practices.

The *Triton Voice* interviewed members of the team and the instructor to get their perspectives about how a practice is run, as well as what it takes to be a captain.

Senior Guard Captain Madi Butler was interviewed on what qualities are needed to take on this role and what responsibilities come with it.

"I get to make the playlist for the warm-ups, I get people to focus when they goof off and I get to help with picking for what we do for hair and makeup," said Butler when asked what her responsibilities as a captain were.

One of the biggest morals in the Triton Winter Guard is to be positive and keep moving forward. Members must always be able to progress and work towards getting better, and of course, a good attitude is expected to come along with it.

"No matter how sad you are or how tired you are, you always have to be ready to work," said Butler.

"No matter how bad you don't want to be at practice, [you] don't say a thing. You have to suck it up and do your job."

This was all new to sophomore Sammie Mariniello, who joined the guard this season.

"It was hard to adjust because I was so behind everyone else," said Mariniello.

But Mariniello said the instructors helped her a lot with the transition, and on top of that, she was already friends with most of the guard, which made it easy to jump in.

Practices are tedious, and run on a tight schedule. The guard practices Tuesdays and Fridays from 6 p.m. to 9 p.m., and then on Saturday for a more lengthy practice, which runs from 9 a.m. to 1 p.m.

"What's an average practice like? We do our warm-ups, we do across-the-floors, then we normally practice flag, and then sometimes do drill," said Mariniello.

Warm-ups alone take up nearly half of a practice. They run on average about an hour and a half.

Instructor Liz Butler is in charge of that part. Butler has been the instructor for the Triton guard for six years, and in the years prior, came to help out.

But, that is not nearly all of Butler's experience.

"I did it in high school and I did an independent winter guard, and then I started teaching right when I got out of high school," said Butler.

The guard changes every year, and you never know what to expect. This year, they have a few new people and a new show. There is also a different performance concept this year, as members have to act as if they are in a city, which differs from the usual concept, conveying emotions.

up. I get dressed, I do my makeup, I eat food, then I brush my teeth," says a motivated Tucker.

"If I have some time, I like to go for a 10 minute jog to wake myself up because I don't do caffeine. Then I do any extra homework I have to do before my dad decides to drive me to school."

Tucker, like a few other Triton students, takes advantage of an early morning, and is said to be determined to make the most out of it. Having an organized morning routine has many long term advantages. It teaches self-discipline, which is associated with the simple act of waking up early and getting out of bed.

It teaches proper time management as well, allowing you to apply these skills to other time-dependent activities in everyday life. Lastly, and arguably most important to high school students, pursuing an uncluttered, unrushed morning routine helps prevent stress. Stress is confirmed to be a roadblock for every high school student, and a stressful morning has the ability to be the frosting on the cupcake for any busy school day.

After reading this, think, is it time for you to make any broad changes in your morning routine?



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Students are familiar with these early morning feelings. "I usually wake up between 6:30 and 7:10... 7:15 maybe," says Rooney. "The first thing I do is look at my phone."

Scrolling through one's cell phone is a common morning activity amongst high school students. An article on medium.com by Cayla Vidmar specifically talks about the effects your phone has on your morning routine, as well as your mood throughout the day.

Vidmar explains that starting your morning by scrolling through social media exposes a student to tons of people's opinions and agendas, which without knowing, triggers one's emotional reactions as well as their ego. "When your ego gets going, uninhibited, it ends up writing the script for how your day and your reactions are going to go," says the author.

Waking up late for school can have other negative effects on teens. Both Maiuri and Rooney, like a number of other teenagers, say they don't have time in the morning for breakfast, skipping "the most important meal of the day." Skipping morning meals is known to increase risks of heart disease, low energy levels, weight gain, disrupted cognitive functioning, and more. Breakfast provides nutrients that teens need to get through a morning efficiently, and spending the first half of a school day on an empty stomach is detrimental to students' health.

On the other end of the spectrum, junior Bridget Tucker is the face of a more productive, profitable morning.

"So I used to sleep in really late, but then I told myself: Junior year is gonna be the year that I'm on my grind. So, every morning I set an alarm for around 5:45 to 6:15 and then I wake

# Triton Gives Back

Girls Varsity Basketball pairs with Special Olympians for memorable day



Photo courtesy of the Triton Girls Hoop Twitter: [@tritongirlshoop](https://twitter.com/tritongirlshoop)

**By Caitlin White**  
Staff Writer

"My favorite part was seeing the smiles on the faces of the Special olympians when we were playing with them because they do not get a lot of opportunities like this to play with unified players," said junior, Emily Colby.

The Triton Girls Varsity basketball team volunteered to run a clinic for the Haverhill Stars, a special olympic basketball team, in December of last year.

"When I was in college at Holy Cross the women's coach there always had his players go out and give back to the community. This was something that had been in the works for two or three years now, and we finally were able to figure out a day to make it happen. I think it is really important for you all as players to realize the value of giving back to the game that's given

you so much," said Coach Daniel Boyle.

At the clinic, the girls ran stations with each station focusing on a different skill in the game of basketball.

"I was surprised at how good some of them were," said senior captain Bridget Sheehan.

The drills and stations were just a warm-up because a dribbling relay race followed and then finally it was game time.

"The best part was watching Erin Power working with and dribbling the ball with one of the special olympians on the floor. Just watching her be patient and they were the only two people on the floor, it was as if they were the only two people on the planet at that moment. It was something special," said coach Boyle.

The first game was a typical friendly scrimmage between the two teams. After that game was over the varsity team and the players were mixed together for a unified game.

"It felt really good and fulfilling to help them out, and it made me open up my eyes more to see that even though some of the people around us may have a disability they can still be good at sports. Also that they are just like us even if they have a physical or mental disability," said Colby.

The moments shared on that Tuesday night will stay with the Haverhill Stars, the girls, and the coaches for as long as they will remember. Everyone was expressing so much gratitude towards the program and explaining how much fun they had that Coach Boyle says he will make plans to go back at the end of the season and for years to come.

"Anytime you get to watch your players coach other people it is one of the greatest experiences that there is because you know that the lessons you've taught your players are the lesson they are teaching other players and giving back to the game that as coaches we love so much. It is truly is one of the most rewarding experiences there is as a coach to watch your players give back to other people," said Coach Boyle.

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emphasize how legalization can benefit users.

"I think you could potentially save lives, if you did it (legalize marijuana), even though you might have more people do it," said Michals. "(And) I don't think if heroin was legalized the next day, I don't think any one of these people, in this room, out of these 20-25 kids, would go and do it. Of course, would there probably be more people doing it, yes. But, once again, you're going to know what's in it, and it's not going to be diced because there is going to be heavy, heavy regulation. And also you can get tax money from it."

People all over the world have different stances on the legalization of marijuana. The few people we talked to voiced their opinion shedding some light on the ideas of what it would be like if we did end up legalizing it. Their ideas and opinions revealed some of the benefits and consequences of the ongoing Reverse-Prohibition act in America.

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