



- 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)



# RITON VOICE

Triton High School

Triton's Student-Produced Newspaper

February 15, 2019

## Loyalty, Hard Work, Sincerity: The Year of the Pig to bring these traits

*February 5th began the Chinese New Year: We take a deeper look into Chinese Zodiac and what it means for 2019*

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

This year, 2019, is the Year of the Pig, the 12th year of the 12-year cycle of the Chinese Zodiac Calendar. The first year of the Chinese calendar cycle begins with the rat, followed by the ox, tiger, rabbit, dragon, the serpent/snake, horse, the goat/sheep, the monkey, rooster, dog, and finally, the pig.

This year, according to the Chinese Horoscope, is supposed to bring out the studious, determined, and generous sides possessed by the pig. Though this differs for everyone depending on people's

animals, earth animals, such as the pig, are years that are said to be more progressive.

Last year was the year of the dog, whose element was also earth, and 2018 was supposed to bring loyalty, hard work, and sincerity.

Many people are familiar with the Greek astrological calendar, but many people don't know as much about the Chinese Zodiac. The *Triton Voice* decided to ask Triton staff and students about what they knew about Chinese Zodiac and their signs.

"I know that I'm the year of the dog," said Math teacher Joe Galante. "I just had Chinese like two days ago. I can't remember if it was the person I was with that could have been a racecar driver, or I could have been a racecar driver."

"I know that Chinese New Year begins on the 9th of the month February," said junior Naomi Bell. "It's commonly misconceived that my birth year 2002 is the year of the horse however, from January first to February Eight, it's actually the year of the serpent. I was informed this in the country of China where I originate from, so it's actually fact."

"I don't know, nothing actually," answered Triton junior Bailey Gardella. "[I'm a] Horse I think." She pulled out her phone to look up some popular traits of the Horse. "Well, I am very reliable, at least I think I am. I have a lot of guy friends, I am pretty sentimental, I can be very irritable. I am always ready to help others but sometimes it depends on the situation."

### What the year of the pig will bring to your sign

**Rat** (1948, 1960, 1972, 1984, 1996, 2008) - Fortune and luck are sure to come your way; unless the more relaxed vibe of the year is disturbed by too much volatility.

**Ox** (1949, 1961, 1973, 1985, 1997, 2009) - The year ahead will still have its ups and downs but despite the bad signs on the horizon, stability can be expected.

**Tiger** (1950, 1962, 1974, 1986, 1998, 2010) - This year will hold more productive potential than last year, but at the same time will be testing Tiger's patience. Though success will come, it might not feel as good as expected.

**Rabbit** (1951, 1963, 1975, 1987, 1999, 2011) - This year will prove to be much more successful, although it will have its share of downs as well. Be



The year 2019 is the year of the pig (photo courtesy Creative Commons).

ready to work hard, stay calm, and adapt to a new scenario as the Year of the Pig makes progress on your dreams.

**Dragon** (1952, 1964, 1976, 2000, 2012) - Dragons will surely entertain many opportunities this year as long as they stay focused and collected. Maintaining good deeds and charitable acts is equally important to ensure that your luck will last throughout the year.

**Serpent/Snake** (1953, 1965, 1977, 2001, 2013) - While 2018 proved to be a lucky year for Snakes, 2019 may present a few challenges. Although that doesn't necessarily equate to a bad year, you will need to work hard to stay positive during the Year of the Pig.

**Horse** (1954, 1966, 1978, 2002, 2014) - The Horse Horoscope for 2019 reveals that a bright star shall shine upon you and surround you with good vibrations. By all accounts, the Year of Pig 2019 will be an excellent year for Horses with fortune on the rise, romance blossoming in the background, and potential growth opportunities.

**Goat/Sheep** (1955, 1967, 1979, 2003, 2015) - This year, you are disorganized and should focus on your creative or artistic spirit.

**Monkey** (1956, 1968, 1980, 2004, 2016) - Risk taking is common for you. This year try to take less risks. The monkey and the pig are very different when it comes to experimenting. So, try to adapt to the pig characteristics.

**Rooster** (1957, 1969, 1981, 2005, 2017) - This year is meant to bring you much comfort and less stress. Although you may be less stressed, your luck is not going to be constant. Expect a mixture of good and bad luck throughout your year.

**Dog** (1958, 1970, 1982, 1994, 2006, 2018) - 2019 is supposed to be your year, showing much improvement from 2018.

**Pig** (1959, 1971, 1983, 2007, 2019) - Pigs may find luck in certain areas of their life. They may experience a variety of emotions which can lead to frustration. A mood for your year is "stick it out."

SOURCE: [Chinesenewyear.net](http://Chinesenewyear.net)

## ADD Everyday

How students cope with daily attention deficits

**By Sophia McLellan & Erin Power**  
*Staff Writers*

Millions of children and teens struggle with ADD (attention deficit disorder) and ADHD (attention deficit hyperactivity disorder) each day.

ADD and ADHD are common disorders affecting about 6.1 million children in the US, according for the Centers for Disease Control.

The *Triton Voice* interviewed students from Triton High School about these disorders to find out how it affected their everyday lives.

People with ADHD often experience symptoms of hyperactivity, excessive talking, a tendency to interrupt, and constant fidgeting, according to [additudemag.com](http://additudemag.com).

Junior Bridget Tucker, a student who copes with ADHD, told us the struggles she faces.

"I have crippling ADHD," said Tucker. "I was diagnosed my sophomore year, which is weird because my personality just screams ADHD. On a daily basis, I have to take pills every morning... basically, it's mellowed

me out, and it definitely helps me with my school work. My only sign that I still have of my ADHD is my twitchiness. I constantly have to be playing with something."

The *Triton Voice* asked Tucker how she found out there was something wrong and how she discovered she had ADHD.

"When I realized I was not going to get into college" is when she began to question her attentiveness, said Tucker. "My GPA was really bad. And I'm not trying to toot my own horn here, but I used to be one of the smarter kids in elementary school. I used to be in some of the highest reading groups and stuff like that, but when sixth grade rolled around, and I didn't know why, I figured I just wasn't smart anymore and my grades kept getting worse and worse. My teachers kept saying, 'Bridget you don't shut up in class, please shut up.' That's when I told my mom, 'Mom, I think I have ADHD, I think we need to get me tested.'"

"I don't shut up, I can't focus. That's why I've been annoying my whole life, cause I didn't know I had ADHD."

ADD can cause symptoms such as forgetfulness, poor organization, difficulty focusing, getting easily distracted, and difficulty listening.

Two additional Triton students with ADD also appear to have difficulties overcoming these symptoms.

Junior Ava Ford explained to us her struggles with ADD:

"Before I started taking my medicine for my ADD, it would make me very tired throughout the day," said Ford, "and I wouldn't be able to focus, and it was very hard to get a lot of my schoolwork done and even everyday activities because of the ADD and not being able to understand or focus on the things I really needed to."

"I used to fall asleep a lot because I wouldn't be in the mindset to do much."

Ford now has ways to cope with this lifestyle.

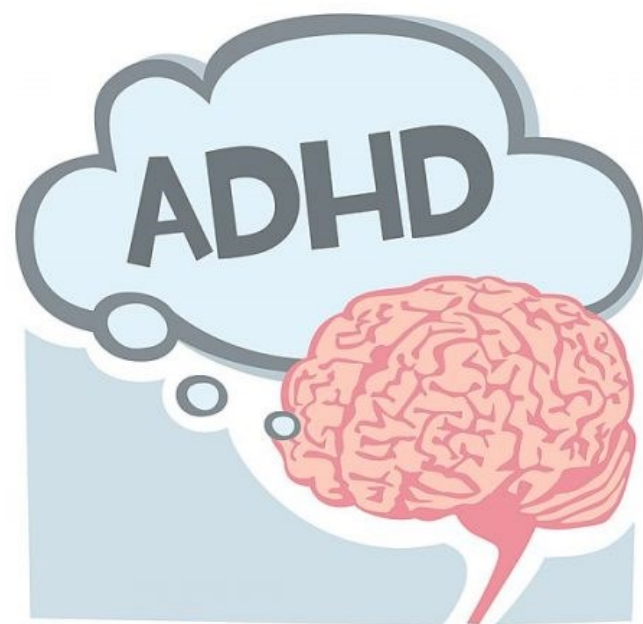
"I take my medicine and I also try to plan a schedule for myself to help me get things done."

Ford realized she had ADD only a little earlier than Tucker did.

"It was freshman year and I had two concussions. Apparently when you get concussions, it can bring out symptoms or things wrong with you that you didn't really know you had before, and it made my focusing even worse and I realized it was a problem, so I went to the doctor and they said I had ADD."

The final student we interviewed struggles with ADD, but wishes to stay anonymous.

**See ADD on page 2**



The affects of ADHD on students in school is difficult to measure but varies between those affected (photo courtesy Creative Commons).

# The Most Interesting Events In History

*A look into what students think is the most interesting historical event to learn about.*

**By Robert Maggiacomo**  
*Staff Writer*

Students at Triton often end up falling into two groups: One group finds history boring and is more interested in another subject. Another group loves history and is less interested in other subjects.

But even so, just because one is not interested in history as a whole does not necessarily mean that there aren't certain events or eras that students find interesting or enjoy learning about.

Such is the case with juniors Brendan Atherton and Michael Farago. Both were asked what they thought was the most interesting event in history they had learned about.

"I think it was the Roaring Twenties because it was very interesting to see how the U.S. reacted to WWI," said Farago. "And it was like pre-Depression, so it was, like, happy," added Atherton.

The Twenties was a time of great pleasure for most Americans. During most of the decade citizens were enjoying a time of peace and irresponsibility. But the policies of the Twenties led the Twenties from a great boom to a great

bust. The happiness seen in the Twenties is what makes it more interesting to students as well as the modernization of America. This appears to make it more relatable to modern students as they are able to see figures and people who look more like a modern American.

But what does someone who's already graduated from Triton think? Triton grad Sarah Maggiacomo is currently attending Savannah College of Art and Design in Georgia.

"One of the most interesting things I ever learned about in US history was an incident that happened in the 1920s where the US government poisoned alcohol that ended up killing about 10,000 people," said Maggiacomo. "It took place during Prohibition and some people wanted to drink alcohol so badly they resorted to drinking industrial alcohol, which is the kind used to disinfect wounds and the U.S. government was so fed up with people stealing it that they just poisoned their own supply and people still drink it anyway and they got poisoned."

Maggiacomo also seemed to have learned something about the 20's that she found the interesting and that stuck with her to this day. It seems the 1920's is a time students enjoy learning about very much.



Photo courtesy Robert Maggiacomo

# Non Stop Softball

Softball Pitching Star Katherine Quigley Stays on Her Game



Junior Katherine Quigley stays on her game year-round by practicing indoor and outdoor (courtesy photo).

**By Kelly Sharkey**  
*Staff Writer*

Playing sports and going to school can be quite a challenge for some to handle, and Triton's Katherine Quigley is no stranger to this fact.

Quigley is a star pitcher for the Triton Vikings, playing softball year round to get better and with the hope of getting a softball scholarship. Quigley made varsity her freshman year. With her dedication and work ethic to train during the off season, she has big plans in store for this season for the Triton Vikings as their season is slowly approaching. We sat down with the pitcher and discussed what it takes to play year-round.

What teams do you play for during the off season while you get ready for the upcoming season?

"I play for the U18 elite Salem Hurricanes out of Salem, New Hampshire," said Quigley.

It's hard to believe a student can juggle playing a sport year round and still have time to manage school work, other activities and clubs. However, Katherine has been playing softball since the fourth grade and she loves it so much that she decided to play year round.

"I use my study periods wisely," she said. "I think this will be our best season out of my four years of high school, and I feel like we will be CAL champs

this year and grow as a team."

While Katherine is working hard during the off season to become a better pitcher, she meets with her pitching coach every week, normally just being one day a week. She also spends her time in the tunnels at training facilities.

What's interesting about Katherine's routine in the off-season is that she meets with her coach once a week in addition to going to a training facility. But each new month, she adds on an extra day to meet with her coach and an extra day at the training facility, until tryouts start for the regular season.

"I meet with my pitching coach once a week," said Quigley, "but that's not including the times I spend in the tunnels at the training facilities because in December is when I come back and I do it once a week, once with my pitching coach and once at the training facilities."

"And then each month I add on another day so January I do twice a week plus the lesson then three times then fourth until it's tryout and then I stop."

It's common to see students playing sports year round, but how do they do it? How do they use their time wisely in addition to manage sports and school can be quite a chore.

It's easy for Quigley, she gets to play the sport she loves year round and train herself to become better each year in hope of playing college softball.

## ADD from page 1

"I was actually diagnosed with ADD only two months ago."

To help with this student's ADD, medicine is also taken to help get through the day. "Every morning, I take medicine. I have a really hard time paying attention, so it helps wake me up and it helps me pay attention and stay on track. I've been actually doing my homework and my procrastination has gotten so much better."

"Before I started taking my medicine, I couldn't pay attention at all. It was really hard for me to get through a school day because of how tired I was," said the anonymous student. "It was bad. I would

go home from school everyday and nap for five to six hours and I would forget to do my homework. I would also get distracted so easily and I would move on from task to task, forgetting what I was doing before the last one."

"I realized that I needed help after my freshman and sophomore year and the first quarter of junior year. My grades were so bad and I had no motivation to study for tests or do my homework. After starting off the second quarter off really badly, I was confused as to why I was like this. My mom and friends also thought I was super lazy because all I wanted to do was sleep. My mom was fed up with it and took me to the doctor and it turned out I had ADD."

# In Search of a Nurturing Daycare

Many high school students care for younger children. Do large daycares provide what kids need?

**By Makayla Sprague & Rachel Miller**  
*Staff Writers*

As kids of all ages roam their daycare classrooms and play with their peers, some parents are seriously questioning if their vulnerable children are receiving the attention and care they need to be safe.

"It all depends on the day, but usually every time I pick up my 7-month old infant, he just seems like he doesn't get enough attention and is just always crying when I pick him up and seems unhappy," said Gabriela Santamaria, a mother of two children in child care.

Some parents may feel as if their children are not cared for enough in child care. However, what parents may forget is that the one-on-one ratio is not the same at daycare as it is at home.

At most child care centers, ratios are formed to ensure that the children are with a proper amount of caregivers at all times in order to make sure the children get their everyday needs met. At Kinder-care Learning Center, the ratios are as follows: for infants and infant/toddlers, one teacher is required for every three children. For toddlers, one teacher is allowed to be alone with four children. Lastly, for preschool through kindergarten children, ten children can be looked after for each teacher.

"It's a good daycare with lots of staff," said Ruth Miller, grandmother of children in child care.

"However, it isn't mom and dad attention and so I feel that it is bad for families in general to not have a mom at home taking care of their kids. Babies would get more attention at home, and more cuddle time."

Within daycare centers, staff are directed by their supervisors to ensure that they are doing what is best for the children rather than what is best for teachers. Staff are also always required to adapt to the needs of each child as well as what works best for each family enrolled in the center.

"Remember to do whatever it takes to keep things as smooth as possible for children and families," said assistant director Becky Ford in an end of the week recap email sent to all staff at Kindercare. We are not doing what is best for us or what we want to do."

"We are so grateful to have all of you and know that you will continue to provide the BEST care and education for all of our families," said Ford in another email to her staff team.

Overall, some controversy grows between whether kids receive enough attention from their caregivers at daycare or if they do not. With this, it is important to keep in mind many things. For example, the staff adapts to the needs of each child and their families, and significant training is provided to staff to ensure children are safe at all times.

The main goal of an educator at a daycare facility is to ensure all children are cared for and receive plenty of attention each day that they attend.



Siblings Leia Miller, and Jamison Miller attend Kindercare Learning Center (Rachel Miller photo).