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# TRITON VOICE

Triton High School

Triton's Student-Produced Newspaper

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## Are You the Same Person on Social Media as you are in Real Life?

**By Maggie Bowen  
Staff Writer**

Some Triton students believe they are the same person on social media as they are in real life, but others know that people behind a screen act differently than they do in person.

On his phone, junior Connor Kohan has Instagram, Snapchat, Twitter, and Facebook downloaded, but uses Instagram most frequently to "look at meme's". Although Kohan claims to just be looking at memes on Instagram, he has 987 followers.

Kohan said he believes that the biggest problem on social media is people posting whatever they want without thinking of the consequences and repercussions beforehand.

"Honestly (social media) holds you to a social standard that nobody really needs to be held to," said Kohan, adding, "you need to worry about you and not what other people think about you."

Kiefer Callewaert, also a junior at Triton, said he believes he is the same person



Students Connor Kohan, Kiefer Callewaert, and Sophia Agrella show off their preferred apps (Bowen photo).

on social media as he is in real life. "I use Instagram and Snapchat. Instagram probably the most frequent."

Callewaert said he has roughly 350 followers on Instagram. When asked if he thought social media affected who you

**See SOCIAL MEDIA on page 2**

## The Burden of Mental Health

*How it Affects our Generation Differently than our Parents*

**By Kelley Frithsen  
Staff Writer**

Growing up in a society where mental health is known about but is not accepted or talked about, is difficult. Many high school students struggle with mental issues but some parents do not understand the issues their child goes through.

Social Media has a big influence on many teens mental health. With many cases of FOMO (fear of missing out) like seeing their friends hanging out without them. Many teens become stressed and anxious by what they see on a screen. Adults can see how having social media platforms can impact a teens mental health. Eric Faucher, a father of four and someone who has worked with teen youth groups in the past, sheds light on the effect on a teens mental health surrounding social media.



Mental health photo credit: MaxPixel.net

"The way our society is now and especially with social media and things like that makes it harder (on one's mental health)," said Faucher. "Because I think that when I was a kid and you were feeling lousy and you have no idea what everyone else is doing, you are like my life kind of stinks and I feel lousy but now its like I feel lousy and then you are looking at social media and everyone else is having the best life possible and they got everything they want and it's like ugh and it pushes you down even further and I think it makes it more challenging right now rather than when I was a kid."

Many parents/adults have a different point of view on mental health due to the fact of being raised and having mental health handle differently when they were kids and not growing up with the same technology and emotional awareness.

Many teens feel that they can't talk with their parents about what they go through on a day to day basis because of the different perspectives their parents grew up with surrounding mental health. Senior Allie Hawkes when asked if her parents really understood how anxiety or depression made her feel and how her parents reacted to her saying she had a disorder said

"Absolutely not. Like I know that they were once teenagers in high school too but the world has changed and everything is a lot different," said Hawkes. "We are affected a lot differently than they were. For a couple of years I talked to my mom about wanting to go see a therapist because I noticed I had a lot of symptoms of OCD and it was getting pretty bad and it took her a couple of years but she finally took me to a therapist and I did have OCD, they diagnosed me and they put me through treatment for it. She didn't really believe me then."

Parents not believing their kids when they tell them about a mental disorder that they have can be burdensome. Not only does it make teens feel alone but also like their issues may be fake or the're just over reacting. Senior Lydia Crowley speaks about her parents not really getting her situation and feeling alone.

"My dad is very black and white, and thinks everyone has anxiety and everyone deals with it but he doesn't understand certain people deal with it more to an extreme extent and he doesn't understand that, but my mom understands it more because she has been through a ton of stuff and she just understands it better," said Crowley.

"My dad was taken aback, well both of them were (when she told them she had a disorder.) I had kept this under the table for more than five years and there was just so much going on in my life that I lost touch with them and I didn't have anyone any more and so they both weren't there and I had no one and then they were just taken aback by that," said Crowley. "They were upset about it because they had no idea that I had it."

One in five teens have a mental health disorder. Meaning that many students at Triton suffer daily with a disorder that their peers might not even know they have. Joseph Celia, the adjustment counselor at Triton, explains the step he takes with the students at Triton who approach him about their mental health issues.

"Listen. First step. I think it's the most important part of the process is making sure you are listening so you can hear what's going on," said Celia. "And then I have to determine or I try to determine with the help of my colleagues to find out if it is something we will be dealing with in school or if it's significant enough where I think they are going to need a professional outside of school, in which case I will then refer them to whoever I think would best serve their need."

(Mental Health Issues) has a significant impact on their academic performance. Coming back to this job after 20 years of being away from the mental health industry in a school setting, there a significant mental health issues that are making it really hard for students to focus on school," said Celia.

Although teens feel alone and isolated with their mental health disorders there is always someone/ something out there to help them. If you know someone struggling with a mental health issue have them call the National Suicide Prevention line (1-800-273-8255) to help them with their disorder.

## Do We Need Art In Our Lives?

What do People Think about Art and how it Affects Society as a Whole?

**By Lydia Crowley  
Staff Writer**

Art: you can just about find it anywhere. You can find it on the street, you can find it in a city, you can find it in a town, you can go to a museum or an exhibition or you can even see it in your school.

Art is everywhere. It's kind of hard to avoid it nowadays because it's become a lot more popularized and it's growing still.

"We need art in our lives to transport us, to translate the world around us, to express what it is that makes us human, and to help us think and go beyond what it is," said Triton art teacher Mrs. Toni MacDonald-Fein.

Along MacDonald Fein, Elizabeth Eliot is also involved in the art world, and she gave her opinion about how art impacts our society nowadays and what positive effects there are.

"I think art impacts our society in a positive way," said Eliot. "It allows people to express themselves easier, it makes people more funkier, and it makes us different in a good way. It adds character to our society."

With art being widely embraced, it gives people the freedom to express themselves however they like. Student Grace Poster said she finds a higher self awareness in creating artwork.



Famous painting by Vincent van Gogh in 1889, *Starry Night*

I used to dance — I danced for like eight years and then I was like whatever and I stopped," said Poster. "And I stopped doing swimming, and I stopped doing all sports within like a couple years from when I stopped dancing, and then I started doing track last year, and I was like I don't know where my body is or what it's doing, like I couldn't figure it out because I didn't have the same training. When you do art whether it's dancing or painting or whatever, you know how to work your body and your mind and like the way you just would if you were doing academics and stuff."

Poster talked about her self awareness in dance and how expressing herself through dance made her more self aware of herself compared to running and track.

With more people caring about art nowadays it just goes to show that art is of mass importance to the society we live in today.

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# The satisfying sounds of ASMR

How audio in the senses are combines in this new media

By Grace Poster  
Staff Writer

For the next couple minutes, I'd like you to think about the sounds around you. Do specific sounds mean anything to you? Do they make you feel a certain way, or recall a particular memory? What is special about these sounds?

"It's supposed to give you the 'tingles' and pretty much it's supposed to relax you and make you feel good," explains a local ASMR artist.

This artist, who asked to remain anonymous, is a Triton senior, and perhaps you already know what ASMR is.

"(ASMR stands for) Audio Sensory Meridian Response," according to Maria Viktorovna, known on YouTube as "Gentle Whispering." "It's a pleasant, tingling feeling that you experience when you hear unique soft voices, or hear certain soothing sounds, such as tapping."

If you do not know what ASMR is, you may be wondering why anyone would care to listen to seemingly-random sounds and whispers. And, you're right, they are often quite random, however, the way many people experience these noises is truly unique.

I would occasionally go on YouTube or, you know, just like Instagram and whatnot and just be scrolling through my feed and see these videos and be like "what are these?" explains Triton senior Lydia Crowley, a frequent listener to ASMR. "And I click on them and I'm like 'why are these so satisfying and calming?'" And so it got to the point where I just kind of watch it before I go to bed every night, and now it's like integrated into my life, kind of."

Through the interviews the *Triton Voice* held discussing this subject, it appeared that ASMR means many things to many people, ranging from an anxiety reducer to a source of humor.

"So, originally I made a joke-kind of an ASMR video when I was at work because I hate my coworker and I thought it would be fun to do because, like, you know, it's something to do, other than be with her," said the Triton anonymous ASMR artist. "So that video is pretty funny and I sent the link to my private snapchat story and people were like 'what the heck is that?'" but they clicked



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ASMR satisfies the ear with gentle sounds (Poster image).

on it anyways. People thought it was like kind of funny. I make them as a parody, a joke, it's not serious."

For many, though, it is serious. ASMR producers, otherwise known as ASMartists, are all the rage on YouTube, the website where many upload videos ranging from minutes to hours, tapping, whispering, or sounding out other activities to intrigue listeners' ears.

Anonymous:

I don't really watch it that much, but LifeWithMack — she's like really young and she does them and I think they're funny, so I watch them 'cause she has like funny commentary in them. I see her on Instagram a lot 'cause there's like memes of her."

Many in the ASMR community credit ASMR's birth to the 2007 "Weird Sensation Feels Good" forum on steady-health.com.

Just a few years later, on March 26, 2009, the first whispering channel, WhisperingLife, was established. Since then, ASMR has snowballed into a community on YouTube, Instagram, and other social media platforms. On YouTube, there are millions of videos that come up under a simple search for "ASMR," and countless "ASMartists," who can rack up millions of followers. ASMR Darling, for instance, has a following of approximately 2.5 million subscribers.

It, like, helps my anxiety, as odd as it sounds," said Crowley. Crowley says that ASMR is often a relaxation device, an outlet for her anxiety so that she can even reduce restlessness at night. "It does help calm the brain down quite a bit," she says.

around on social media with all the Instagram models, and I want to be like them."

In Riccio's opinion, the biggest problem on social media is, girls wanting or feeling obligated to look like Instagram models.

Kayla Perley, a junior at Triton, said she does not feel like she is the same person on social media as she is face-to-face with others, "because I feel like I try to make my life more likeable and interesting online then I do in person. I feel like a lot of people will judge you if you post weird things and I like having a lot of likes."

Instagram, Snapchat, and VSCO are all apps used by Perley, but she uses Instagram most frequently to see what people are doing in their life. She has 764 followers on Instagram.

"I think (social media) stresses me out," said Perley, "because I try to live up to other people's expectations of what they think my life should look like."

For Perley, the biggest problem on social media is cyberbullying.

Social media is the advanced communication system of the world today. Whether we are receiving news, likes, or text messages from someone, social media has an impact on your life.

## SOCIAL MEDIA from page 1

are, he said "I think social media affects who you are if you're uncomfortable with who you are in the first place, which I think is a major problem."

"A lot of people aren't comfortable with who they are because of what other people say about them, and what other people think about them," said Callewaert. "Then those implications start to get to you and then you start using social media and you want to be someone that everyone likes."

Callewaert said he thought the biggest problem on social media is, "everything is saved to the cloud so then the government brings up everything you've ever done on social media. So if you've ever messed up, they can bring it up in a job interview and you're totally screwed."

Sophomore Meaghan Riccio said she is the same person on social media as she is in real life. Instagram, Snapchat, and VSCO are social media apps downloaded on her phone, but she uses Instagram most frequently. Riccio has 2,619 Followers on Instagram.

When asked if she believes social media affects who a person is, Riccio's response was "Yeah, I feel like I look

# Musical Inspiration

How Music Gives THS Students Motivation

By Ethan Tougas  
Staff Writer

Quentin Callewaert, who some call a musical prodigy of Triton had some interesting things to say regarding his inspirations.

"I can get musically inspired in so many different ways, but the way that I find that's most prevalent in my life is when I go to a show," said Callewaert. "I see a musician who is either just a fantastic player, or a fantastic songwriter, or who just has fantastic energy, and they just blow me away. I want to be just as good as them."

"This is something that I really do see often, I tend to play a lot of shows which means I see a lot of musicians, and so many of them are just absolutely phenomenal," he said. "So I can kind of take a little bit of all these different musicians which is really really cool."

inspires me is Ethan. I've spent so much time around him for six or seven years, and everytime we hang out I learn something new or I hear a new song that I like. He's played such a huge role in helping me find my music taste and has motivated me to make progress in my music."

Looking past the student view, Susan Densmore, director of the arts department at Triton who had an interesting view on musical inspiration.

The Triton Voice sat down with Densmore to discuss her feelings about what makes someone or something inspirational:

**Triton Voice:** What inspires you?

**Susan Densmore:** "I guess it depends on what you mean by inspired, like inspired to what?" explained Densmore. "I find it inspiring when our groups here get up on stage and do a



Amesbury High School student Michael Lynch plays a Newburyport event with his band, We the Three (Tougas photo).

Quentin represents the strong musical presence in our own Triton community, but this level of talent and intellect can be found elsewhere as well. Callewaert continued discussing his genre of choice.

"As for my musical style of choice, it's kind of cliché to say so, but I don't really think of myself in one genre," said Callewaert. "I really just play the music that I like. I started with classical guitar, but I've since moved on to so many different types of music like acoustic, contemporary, fingerstyle, all sorts of things. Of course I love rock n' roll, and I love reggae and blues. It's really hard to pinpoint exactly what my musical style of choice is."

Michael Lynch of Amesbury High School is involved in numerous musical groups such as the AHS Chorus, AHS Rhythmics (a select acapella group), and participates in the Senior Districts, an event involving the best musicians in the northeastern district.

"The thing that inspires me most in music is just people doing what they love to do," said Lynch. "I love when I see someone who really gets into the music they're playing and connects to it on an emotional level. It just feels so authentic and reminds me how much I love to play music. In my experience, I see this a lot. I surround myself with people who devote their time into performance the same way I do, so I always have that source of inspiration whenever I feel like I've hit a plateau with whatever instrument I'm playing."

Lynch went on to say some rather kind words about the person who inspires him most. "Honestly, one person in my life who

great job after working their butts off for a long period of time, but whether it inspires me to create music, I don't know. It gives you that warmth and the feeling of 'wow, that was job well done', and you take pleasure in somebody else's success."

**TV:** "Is there a particular person who inspires you, either in your personal life or a famous musician you haven't met?"

**Densmore:** "That's a harder question... not a specific person that comes to mind right now. Certainly there have been times in my life where artists that I really respected have inspired me. I was the Kennedy center honors every year, and hearing the stories of those artists no matter who they are, is really interesting."

**TV:** "would you say that being inspired by or influenced by a different artist is more important or just as important as being original to yourself? In terms of creating your own music?"

**Densmore:** "Well, to a certain extent there is no such thing as 'original', because we are all surrounded by music so much and its part of the fabric of what we do. It would be really hard for somebody to be entirely original without being influenced by the things that they've heard."

Musical inspiration stems from various things in our everyday lives, whether it's personal tragedy or success, a live show, or those who are close to you.

"I don't know... it's a little bit of everything," said Callewaert.