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# TRITON VOICE

Triton High School

Triton's Student-Produced Newspaper

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## The Last Ride: Springtime Senior Athletes

By Abbie Magee  
Staff Writer

Senior Meri Fulford, a tennis player for the past eight years, is facing retirement from the game she knows best.

"I love that it's a team sport, but also an individual sport at the same time. You really get the team feeling when you play tennis," said Fulford.

It's that time of the year, the grass turns greener, flowers are blooming, and spring sports are starting. Triton has a diverse number of sports during the spring season. Within these teams, there are many senior student athletes to be recognized. This season is emotional and important to senior athletes due to it being their last sport seasons at Triton. The *Triton Voice* spoke with several senior athletes to speak about their final seasons.

### Tennis

Fulford explained to the *Triton Voice* the memories and lessons that were made throughout her career. "My favorite memory was when I started my junior year season as a captain and did the role call for the team. It's a really good feeling" Fulford said.

"I'll miss the team more than anything. They have your back no matter what and make the sport fun. Your team helps you remember you want to win, but it's also fun to play," said Fulford.

### Track

Senior Diego Fernandez has been running track for roughly eight years and is running track for the last time this spring season. "I started running track in the summer of fourth grade or fifth grade. My parents wanted my brother and I to be more active, so they signed us up for Coach Colbert's track and field clinic. I fell in love with the sport and have been doing it ever since," said Fernandez.

Fernandez has made countless memories throughout his years of running track

"My favorite memory was running the 4-by-100 meter relay at states during freshman year with my brother. It was my first year on the team and his last year, so it was a really special race for me," he said.



Bridget Sheehan, varsity softball (Magee Photo).

"I love the coaching staff here at Triton and will miss my coaches more than anything else," said Fernandez.

### Baseball

Senior Shane Rooney has been playing baseball for many years and said he will miss the sport after his last season at Triton this spring. "I chose to play baseball because when I was younger, I loved the Red Sox, and that made me want to play. I've been playing since I was 7 years old" said Rooney.

"My favorite memory from baseball was when I was on the Phillies with all the boys," said Rooney.

### Softball

Senior Bridget Sheehan has been playing softball since elementary school. She said she is passionate about the game and is sad to see it go. "There isn't a time I remember not playing it. I just have so much fun playing and I love the game," said Sheehan.

Sheehan has made many cherished memories throughout her softball career. "My favorite memory I would have to say is just last year as a whole. We

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## Triton's Wish List

Students Discuss What They'd Like to See Improve Around Triton High

By Sophia Agrella  
Staff Writer

A school that doesn't leak? A school where boys' bathrooms have toilets and stall doors? A school with better quality meals?

Let's face it, everyone wants at least one of these things for Triton. The *Triton Voice* went around the school for a week last month, asking students what they would put on Triton's "wish list" for the next school year. The results varied widely.

One wish that a number of students agreed they'd want is new school lunches. "I think we really need to have better food during lunch," says junior Andrew Valianti, "I'm positive that other schools have better lunches than us."

Valianti, along with others, feel that in order to change our school lunches for the better, we need to start with healthier foods that are less processed. It'll give kids the healthful fuel they need to carry out the rest of a rigorous school day, he said. Also, healthy school lunches will taste better too, giving students something to look forward to throughout the day.

Senior Jeremy Duford wished for something that runs deeper than just the school lunches. "What I want for the school in the future is actual student body representation," he said. "The administration is close to a dictatorship. It takes zero input from the student body."

This issue has been addressed throughout this year, said Duford. A number of students who have gone to school officials to address issues of importance have experienced no feedback or lack of action, students said. Jack Crocker, junior, has much experience with this. "From arguing about my faulty grade in class with my teacher, I went to guidance for help and got a meeting set up with my parents after school," said Crocker, "After my teacher disagreed with me about my grade and guidance didn't know how to help I went to the administration. Several meetings later and now it's (April) and my issues got brushed to the side so many times and now it's too late to fix them."

On a more creative note, senior Gracie Burnim came up with a fun wish that she wants for the upcoming students.

"It would be so cute if the school allowed people to paint their parking spots," said Burnim. "It would be such a good group activity for the students, and it would definitely add more color to the school."

## A Frame on Freshmen

Freshmen weigh in on their expectations of high school, the habits they adopted, and the reality of becoming a new high school student.

By Kaylyn Pesaturo  
Staff Writer

As the new school year unfolded this past September, the Class of 2022 filled the humid halls, scurrying to find their classes. There is no feeling like coming to high school for the first time, especially after being used to the crammed halls of the middle school where everything is easier to find.

While switching to a new building from elementary school is scary, switching from middle school to high school comprises a different vibe, a different reputation, and very different expectations. The *Triton Voice* decided to have several freshmen weigh in to hear how they felt the first day went versus how they feel now about high school.

"Being lost, the lunchroom, not having the same lunches as everyone else and how to tell which lunch I had," said freshmen Olivia Rowe and Maddie Nguyen, when asked what their biggest concerns were a week prior to the first day. "I thought I was gonna end up eating lunch in the hallway."

The week before September 4th, the first day of school brought on a lot of nerves for those who did not know what to expect. High school holds more of an intimidating



Paige Leavitt (left), Olivia Rowe (center), and Maddie Nguyen (right) (Pesaturo photo).

reputation, and movies about freshmen in high school do not help, students said.

"Going into high school, upperclassmen terrified me," said Rowe "If you watch movies, you always see freshmen getting stuffed into lockers, and I'm the perfect size for that."

Upperclassmen know the lay of the land, they know what they can and cannot get away with. They also tend to

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## Five Weeks and Counting

Seniors reflect on their high school experience and share their feelings about having just five weeks until graduation

By Amanda Bowman  
Staff Writer

Imagine this: After four long years, you finally get to sit down and take your last high school final exams — the last pieces of work you will ever do in high school.

The countdown has begun. The senior class officially has just four school weeks, a week of final exams, and a senior week until their graduation. After four years of hard work, some stress, and countless exams, seniors have mixed emotions as their dreams of getting to leave high school are finally becoming reality.

High school may be a different experience for everyone, but many of the seniors here had similar trials and tribulations. Senior Ethan Tougas talked to the *Triton Voice* about what high school was like for him.

"I made and strengthened a lot of friendships, and I lost a few but I feel like I've found my niche. Even though there were days or events or even classes that I dreaded, I wasn't the only one dreading them so it was a good bonding experience with my peers," said Tougas.

Emma Leahy had a similar experience to Tougas.



Seniors (left to right) Kendale Sicard, Amanda Bowman, Quentin Callewaert, Madison Butler and Emma Leahy at their last homecoming rally.

"Overall, it was a great time. I really found my friend group and had many amazing experiences and opportunities," said Leahy.

While reflecting on the past four years, seniors have something else to keep in mind: there are just four school weeks until senior exams. To some, that may be scary, but for many others it is just the beginning.

"It's surreal," said Leahy. "This feels like a long time coming... High school seemed to last forever. But, at the

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# OPINION: Distractions in School

How Small Sights & Sounds Draw Our Attentions Away

By Connor Beevers  
Staff Writer

Imagine sitting in class trying to learn something new, when out of nowhere you hear a noise. Most people would immediately look to see what made the noise. Some decide to focus back on the lesson, only to see they missed an entire part. It’s over, and a student may have no clue what’s going on, and it’s all thanks to one noise, one little distraction ruined the entire lesson.

There are tons of distractions that steal our attention throughout the day, a major one being the device that students always carry around in their pockets: a cell phone. Students can try all they want to resist the urge to look at that notification that buzzed their phones, but chances are they’re going to look at it. Take this article for example. It took a lot longer to write than it should have, and that’s because this reporter spent most of the time looking at my phone, playing Wordscapes and Candy Crush.

It’s hard to stay focused in school, sitting in class for about seven hours gets hard. That is one reason why someone will look away from the whiteboard in order to take a little mind break, and look who texted them, or play a game on their phone, which obviously could wait till the lesson is over.

As the school year goes on, kids tend to become more and more distracted, beginning to get tired of constantly learning about a calculus equation that most will probably never need again after graduating, or learning about how a plant’s genes are passed down. Not paying attention is a big problem for students due to lessons progressively getting harder as the year goes on.

While distractions can have major impact on a students learning, there are ways that you can prevent yourself from being distracted. An obvious way is to turn off your phone and put it in your bag. Another thing I fell helps me focus is to chew gum. I’m not sure why it helps, but it does. It could be because I have attention deficit hyper disorder (ADHD), and am constantly fidgeting. Chewing gum helps me fidget less and



Senior Tommy Girard is distracted while doing his schoolwork. (Beevers Photo)

lets me focus more on my task at hand. I chatted with librarian Ms. Karol on how she likes to cope with being distracted, “If I’m getting distracted I try to remove myself from the situation. If there are people distracting me I will leave the room and find somewhere quiet to work. I also use headphones to help me focus, listening to music I enjoy helps me get in the zone and not get as distracted.”

Senior Anna Behringer say that she has a few ways to prevent herself from getting distracted. “When I have something important to work on I will usually put my phone on do not disturb, or I’ll put in headphones and listen to some music.” Music is a common way to shut out other people when you need to focus on a task. Putting in headphones and bumping your favorite tunes helps block out the noise that others are making.

Being distracted in school is a major reason why kids tend to fall off as the school year progresses, but students, as well as teachers, all cope with distractions in different ways. Whether it’s turning the phone off, or plugging in the headphones to listen to some music, finding new ways to stop yourself from getting distracted is important in school. Nobody wants to be the one person who falls so far behind, all because they decided to spend the class texting people, or looking out the window.

rounds them wherever they go, and that has affected schools and education greatly.

“I’m much more distracted by my phone now since we are allowed to use our phones in class. So, I use it all day, and that doesn’t help me,” said Nguyen.

“The phone thing is huge” added Siy, “Sometimes I look up and the teacher is explaining something and I’m like ‘oh.’”

Paige Leavitt explained the changes she noticed within her classmates this past year. “Our grade was nicer in middle school, but now they’re changing and trying to fit in with upperclassmen,” she said. If they could give a middle schooler advice, it would be to join any activity, whether its a sport, drama, Bird Club, or even Cribbage Club.

Maddie Nguyen concluded her thoughts on high school saying that, “In the end, high school isn’t all bad. Although there are good and bad days, school is a place where some of my best memories have happened.”

the most important.

“There were times that were rough, but I think that stuff is important in shaping who you are,” said Tougas.

Though it may have been a bumpy experience with many ups and downs, these seniors wouldn’t change a single thing. The worst times often led to the best times, and even though some parts were rough, it was all worth it in the end. “Life is too short to focus on getting out. Enjoy the time you have here, because you only have it once,” said Tougas.

# Battle of the Light Ice Creams

Halo Top vs. Artic Zero Review

By Jacqueline Downs  
Staff Writer

Since we are well into the month of March with only one snow day under our belts, it’s safe to say that myself and other seniors will be drowning our sorrows, mourning what could have been a productive winter. For myself, there is no better feel-sorry-for-myself food like ice cream - but without the guilt.

Lately, food companies have started to jump on the ‘low-cal’ bandwagon. )ne such modern invention I have become addicted to is light ice cream. While I have been hooked on Halo Top, mostly because it is one of the only light ice creams that Market Basket carries, I have also heard of another light ice cream called Arctic Zero.

Because both ice creams offer a dairy and non-dairy version, I decided to try similar flavors from each, rating the individual pints and an overall rating of the best company.

Before I even dug into these desserts, I had to have a look at what they were made of. I mean - how can something be so delicious and low-calorie at the same time without hiding something? When I compared the ingredients, there was one major component that was completely different: the sweetener. As a sweetener, Halo Top uses erythritol, a sugar alcohol that is found naturally in small amounts in fruits and vegetables. The Halo Top website claims that erythritol “doesn’t affect blood glucose or cause bloating.” However, Arctic Zero purposefully stays away from erythritol as they claim that it “not only leaves a funky aftertaste but it also causes digestive issues.”

Time for some investigation. Kris Gunners from Healthline.com wrote in the article “Erythritol - Sugar Without the Calories?” that sugar alcohols like erythritol are shaped in such a way that your tastebuds think it is sugar, causing a sweet taste in the mouth. These alcohols are not digested by the body, however, hence why they can cause bloating and gas. Erythritol seems to be the best choice as about 90 percent is absorbed before it gets to the colon, therefore reducing the amount that bacteria in the colon need to ferment.

Selling in stores across the Northeast, Midwest, Texas, and California, Halo Top carries 24 dairy flavors, 14 dairy free and vegan flavors, along with small ice cream pops. Market Basket carries a lot of their dairy pints, but I could only find one or two of the non-dairy versions. I decided to try the non-dairy Caramel Macchiato and the dairy Chocolate pint.

The non-dairy pints use coconut milk instead of regular dairy milk, and I could



The two rivals square off (Downs photo).

definitely taste it in the Caramel Macchiato. That flavor’s caramel swirls also disappointed me as they became thick glumps of a low-calorie caramel sauce that *tasted* like a low-calorie caramel sauce. Overall, not impressed with this flavor. The chocolate, on the other hand, was very good for a light ice cream. It was smooth, chocolatey, and simple and while there is a slight aftertaste, probably due to the erithtrol, I found my chocolate cravings satisfied.

For Arctic Zero, I had to trek up to the Walmart in Seabrook after going to the map on the Arctic Zero website. This company offers seven dairy flavors, nine non-dairy flavors, non-dairy bars, and 12 lactose-free flavors. At Walmart, I was disappointed to find only dairy-free flavors, so I decided to try the dairy-free Brownie Blast and the lactose-free Salted Caramel.

The Brownie Blast had a bit of a gummy texture, as compared to the Halo Top dairy-free Caramel Macchiato which maintained creaminess. However, the brownie bits in this ice cream did add a nice change in texture and did taste like a chocolate brownie. I must note about this last flavor that, during the tasting process, each pint was finished by myself and family member *except* the lactose-free Salted Caramel pint. Less may be more in some cases, but when it came to this ice cream, less was most definitely less. The caramel flavor was so strong that it overwhelmed the entire pint. There was no milky or creamy flavor to balance the sweetness of the caramel and made me want to go out and get real ice cream as it was so lackluster.

Overall, I found that Halo Top satisfied my ice cream desires, which I feel is the purpose of light ice cream, more so than Arctic Zero. To be fair I could not find any dairy Arctic Zero, but even so the non-dairy Halo Top still maintained a creamy texture while the Arctic Zero had an almost gummy, artificial feeling. For me, it’s safe to say that as springtime gets closer, I will be reaching for some Halo Top ice cream.

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17-2 and a few rounds into the tournament. It was just a fun season. Winning isn’t everything, but it definitely makes it more fun when you are,” said Sheehan.

“I will definitely miss the girls,” she said. “Field hockey, basketball, and softball at Triton has given me some of the greatest lessons and brought me to some of the best people I know.

### Lacrosse

Senior John D’Eufemia, has been playing the game of lacrosse for many years.

“I chose lacrosse, and have had a stick in my hand ever since I could walk” said D’Eufemia.

“My favorite memory playing lacrosse is playing in the jamboree at Manters Field with Coach Beevers,” he said.

Senior Ashlyn Smith, also a lacrosse player explained her lacrosse career at Triton.

“I’ve played Triton girls lacrosse for all 4 years of my high school career. I

chose this sport because I had prior experience in youth lacrosse, I was familiar with the program, and I loved the girls on my team,” said Smith.

“My favorite memories from lacrosse would be the bonding experiences I shared with all of my teammates. I formed many friendships through this sport and it allowed me to meet and work with lots of great people,” said Smith.

The senior athletes leaving Triton are upset to leave all their memories behind. Through all of the hard work and dedication, to pasta parties and fun bus rides, the senior athletes will have to face their last season at Triton this spring, and the last memories will be created.

“With my favorite memories, including the bond I shared with my teammates, I believe I will miss these interactions the most when I move on from Triton Athletics,” said Smith. “Working with a supportive and entertaining group of girls has been one of the best experiences of my high school career.”

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develop habits that underclassmen never fail to adopt.

“We never knew about the rules when walking down the hallways,” said Sophia Siy.

“Classes are called different things. Like when I heard someone say ‘singers,’ I was like what? Chorus?” added Rowe.

As far as bad habits go, how students manage their work is a big factor. The end of high school often shows the difference in effort that students put in. They often care less towards the end, and that is the mindset that upperclassmen unfortunately passed down.

“Once I got into high school, I think I started caring less because no one really seems to care that much. I started doing work right before it was due,” said Nguyen.

Members of Gen Z have been heavily influenced by the technology that sur-

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same time it’s scary. Once we graduate and take finals, life becomes real.”

Senior Evelyn Densmore feels the same way.

“It’s nerve wracking, but exciting. I think everyone, including myself, is ready to get them over with and start the rest of their lives,” said Densmore.

High school had many ups and downs for every senior, but many of them still wouldn’t change a thing. In many ways, the worst times are some of

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