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RITON VOICE

Triton High School

Triton's Student-Produced Newspaper

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New Recess Option for TMS Seen as Benefit Down Time for Middle School Students is Backed by Pediatricians

By **Liam Murray**
Staff Writer

This year 7th and 8th graders have a new option to go outside once they've finished their lunches. It may seem unproductive for students to spend time outside playing rather than studying, but experts say it has its hidden benefits.

Students spending time outside helps give them a reset. When kids spend their whole day inside they get antsy and feel cooped up, doctors say. It's good for them to get outside and get a break by running around.

Middle school student life seems to be changing every year whether its new teachers or new policies. It seems to feel like a slightly different world from what just a few years ago. This year one of the newest programs is "middle school recess." When students finish their lunch they are allowed to go outside and play in the softball field for the rest of the period.

"Some kids just stand in groups and talk, some kids toss footballs around, some kids run around and play tag or chase," said TMS Principal Alan McRae. "We keep rules like keep hands off and stay away from the dugouts, and they respect the rules."

According to McRae, the recess is really not new but an old option reinvented. For years, students have gone out to the courtyard of the cafeteria. Now McRae and other Triton staff made the change to allow students done with their lunches to play in the softball field, and far more kids take the opportunity.

According to McRae, teachers love the new idea because it allows the kids to get out energy. It's a nice change of pace for them to get to run around outside and socialize.

In a recent article, "Give your child's school a

health checkup this fall," by the American Association of Pediatrics, the authors make clear that recess is a necessity for middle school-aged kids.

"This daily break provides an opportunity for unstructured play that is fundamental for children's social, emotional, physical and cognitive development," they said. "The AAP recommends recess be a regularly scheduled part of the school day, and long enough for students to mentally decompress, be physically active, and interact with peers."

While high school students are used to a busy lifestyle of sports, classes, and part-time jobs, middle schoolers are coming from elementary school and moving into more work and less free time. Getting a break to relax and do whatever is necessary at their age is needed, and now it's an option for middle school students here at Triton.

The Reality of Being an Immigrant in the U.S.

By **Nick Pagliarulo**, *Staff Writer*

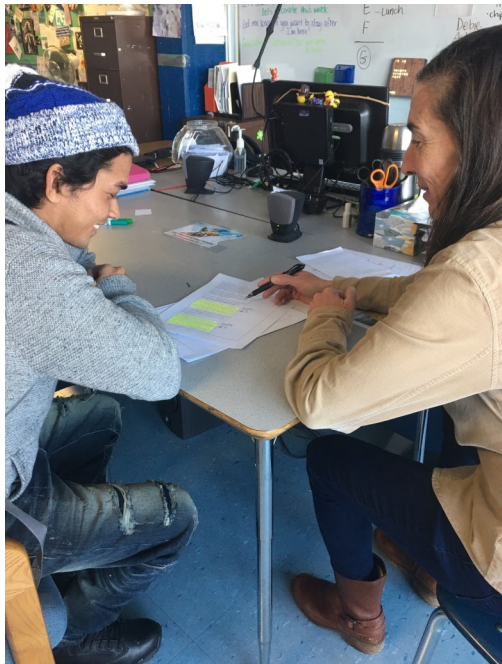
Mahud Villalaz, 42, suffered second degree burns after getting acid thrown at the left side of his face last month in Milwaukee.

The incident stemmed from an argument between Villalaz and a 60-year-old man, quickly escalating over a parking dispute. At one point, the man asked Villalaz, "Why did you come here and invade my country?" After the response of Villalaz telling the man "I am indeed a United States citizen," things got violent.

Immigration has been one of the leading controversies within the modern realm of politics and citizen opinion and has been a leading factor in splitting the country politically for the past few years, along with the election of Donald Trump.

With his tactics of immigration control and his known slogan, "We will build a wall," many citizens have questioned if immigrants are even interested in coming to the United States anymore. Since Trump first proposed a Mexican border wall in 2016, and established a stricter immigration policy, many living here say these improvements are necessary for safety purposes. "I feel that Donald Trump is doing this all for the benefit of our country," said Brycen Cray, a Triton junior.

Triton Voice interviewed two immigrants from two
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Mrs. Carla Wagner, academic support teacher, hard at work teaching Robi Ullah on a Thursday afternoon (**Pagliarulo photo**).

ALICE Training Continues with Evacuation Drill

By **Amanda Ouellette & Cam Jolivet**
Staff Writers

Alert-Lockdown-Inform-Counter-Evacuate. For many, a school shooting emergency ALICE drill is a necessary but also terrifying thought if the drill becomes a real-life situation.

ALICE training is a technique for students and staff to protect against harm from intruders. Two weeks ago, both the middle and high schools practiced a modified evacuation drill in the afternoon after an assembly earlier in the day prepared students and staff.

According to the ALICE training institute, "The ALICE Training Program was created out of a husband's desire for his wife to have a better plan in case of an active shooter event... it was not until a fateful conversation around the dinner table that brought the two worlds together and created the ALICE Training program" for schools.

"It's a long process," said Triton Resource Officer John Lucey, III. "There's a lot of things you have to do; there's a lot of pieces to it. Our school is actually ahead of most schools, as far as rolling (ALICE) out, which is good. And the way we decided to do it is to break down the pieces."

"Last year we started with barricading doors and windows, which is the enhanced lockdown," said Lucey. "The next piece we're going to focus on is the evacuating piece, so we can figure out the quickest way you can get out of the building and 'where do I go from here?'"

Students, as well as teachers, dread the thought of an active shooter in the building. Teachers and students are treated as equals and not as "students or teachers but as human beings," says Lucey. This means that Students don't necessarily have to listen to the teacher but ultimately have to work together not against each other.

Similar preparations are taking place across the country.

A podcast called *Educate* produced by APM Reports, created a recent episode titled, "Is the trauma of training for a school shooter worth it?" In it, a school resource officer discusses the importance of training to a group of elementary students in Ohio. He went through the process of ALICE and how kids can protect themselves instead of sitting and waiting in the dark corner of the classroom.

"If you can realize that you're in any threatening situation you have to properly assist and respond," says the officer. The elementary students in Ohio all understand when they're in any sort of danger in or out of school.

Lucey prefers ALICE training over the old lockdown procedure.

"I think it's certainly better than just sitting, hiding, and praying in the darkest corner of the classroom like in the past," Lucey says. "No plan is perfect. Every situation is going to be different. It's a very chaotic situation to talk about."

One of the most recent school shootings in Santa Clarita Saugus High School left two dead and more injured. The school only had two things to protect them in an active shooter situation, a school resource officer and metal detectors. The students and staff of Saugus High School did not practice ALICE or any version of an active response. Depending on the circumstances of the shooting, would there be a different outcome or would it stay the same?

"Critics of ALICE say it can cause undue anxiety among students, in preparation for an event that few will ever have to confront. As of 2016,
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Triton Runners React To Nike Controversy Company's Female Empowerment Views Torn Down by Former Runner

By **Kyla Prussman**, *Staff Writer*

"Strong is the new beautiful," "Girls from Compton don't just play tennis. They own it", "Dream crazier." These slogans are all a part of the Nike female empowerment campaign, but recent abuse allegations from former Nike runner, Mary Cain, are putting Nike's views on female empowerment in question.

When Cain was in high school, she was one of the best athletes not only in high school, but the world. Cain made the 2013 USA World Championship team — the youngest to ever do so — and in 2014, Cain won the World Junior Championship for the 3000 meter.

On November 7th, 2019, Cain released a video via the *New York Times* about the abuse she had to deal with while running under Nike sponsorship.

In the video, Cain described what the former Nike Oregon Project coach, Alberto Salazar, said and did to her. She described how Salazar repeatedly shamed her in front

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Members of the Triton Girls Cross Country Team speak out about the mistreatment of Nike coaches to its female athletes (**photo by Newburyport Daily News**).

Triton Regional School District is committed to maintaining a learning environment free from discrimination on the basis of race, color, sex, gender identity, religion, national origin, sexual orientation, age, political affiliation, disability, or any other factor as defined and required by state and federal laws.

Triton Students’ Explore Pathways to College

By Sara Winnick, *Staff Writer*

Preparing for college is no easy task. Just ask some students at Triton. “I’ve done some research and am in the process of applying, and I’m a little bit stressed,” said senior Mayson Rodrigues. Preparing for college is one of the common things most high schoolers experience. Whether it’s touring, researching or applying to colleges the process can be somewhat of a challenge to most teens.

Most teenagers don’t know what they want to do for a career when they grow up, so choosing which college to go to is a challenge. It can also be hard to find the time to look at colleges due to many teens’ busy schedules, and what makes it even harder are the college application deadlines. For most colleges, if you want to attend the school the following fall, you have to get that application in by January 1.

In the article “How to work through your college application anxiety” by the website Hillside, talks about how college applications can be stressful and some helpful tips on how to cope through that stress.

“There are many reasons college creates anxiety. The article states first, your teen likely has plenty they need to do by certain deadlines, such as acquiring letters of recommendation and constructing creative essays — all while maintaining their responsibilities in high school.”

Juniors and seniors are preparing for college and face the most stressful situations.

“I haven’t done any research but I’ll probably do some soon, I mean I am a sophomore,” said Keegan Heath.

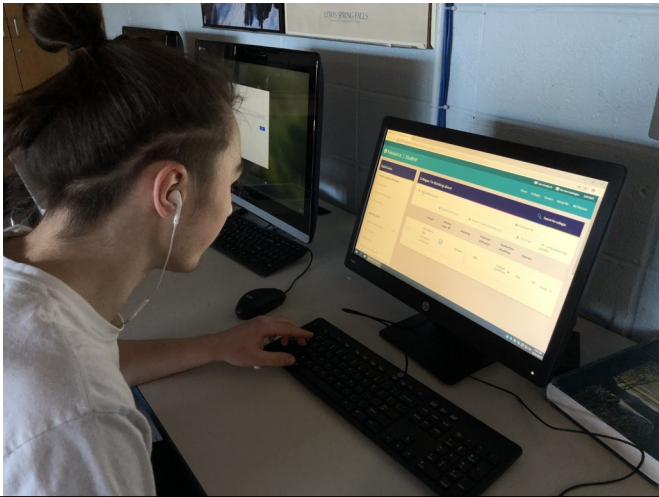
Dr. Erik Champy, a guidance counselor at Triton High School, said a majority of students at Triton go to college.

“We have the majority of students at Triton Regional go to a 4 year college and the second largest group of students go to a two year community college program,” said Champy.

One way to explore college is guidance seminar.

Triton High School makes students go to guidance seminar which is a class where they help one figure out what careers and colleges they want to go to. Students then make a Naviance account, which is a website to help a student prepare for college and careers and guides them through the application process. Champy is one of the many who teach guidance seminar and help students who want to go to college.

“That being said, throughout guidance seminar from freshman year on, we are always letting students know that this is a possibility if that’s the route they choose. We are more than encouraging to talk about the resources and the opportunities available to students,” said Champy.



Triton sophomore Ashton Todisco checks his Naviance Account (photo by Sara Winnick)

Students who on top of there college search process should consider doing the following:

- Attend guidance seminar
- Research potential colleges
- Take the SAT’s
- Have a discussion with a guidance counselor

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of other athletes about her weight. She also told Salazar she was cutting herself and he did not do anything. Many other female athletes, such as Olympian Allyson Felix, have come out and talked about the dark side of being a professional female athlete.

“It’s not just her (Cain), there are several other women who have come out now from that program saying that they (coaches) were putting extreme pressure on them to lose weight,” said long time cross-country and track coach, Mr. Joseph Colbert.

Cain’s story is upsetting and horrifying, but sadly it is not uncommon. Many young, talented female athletes go through the same exact thing and their stories go unknown because they don’t speak out. After Cain spoke out about her story, people began to question the way Nike treats its female athletes. Many others have spoken out against big athletic corporations and have had nothing done to meet their concerns. For instance, when Olympian Allyson Felix had a baby and took a break from running, Nike told her that she had to come back at a certain time or she wouldn’t get paid. Felix then ended her contract with Nike and told the public about her story. Athleta then signed Allyson Felix when she came back from maternity leave. Although Felix got signed again, nothing was done about Nikes maternity leave policies.

“Women don’t get the right treatment and representation within coaching and training programs,” said cross country CAL all-star senior Kylie Lorenzo, “There is this pressure for women to follow exact orders that men are giving them.”

When looking at most professional fe-

male runners, all look very lean and skinny. Their ideal running weight or “otherwise known as their “race weight” is based off of how tall they are. According to the article, “Getting it Right: Weight Relative to Height in Distance Running” by Frank Horwell of Serpentine, “a distance runner needs to weigh less, about 5 to 10 per cent less. This makes our 6 foot tall male requiring to be 8 to 17 lbs less than his 176 lbs, around 168 lbs to 159 lbs. And our female of 5ft 6ins should be around 6 lbs to 13 lbs less, around 124 lbs to 117 lbs.” A female runner who is 5’7, such as Cain, should be around a race weight of 122 pounds. Salzar wanted Cain to be 114 pounds, which is 8 pounds under her ideal race weight. Making Cain underweight.

“Everyone’s race weight is different according to their height, no one body type works for every runner,” said Triton sophomore and *Daily News* all-star, Ellie Gay-Killeen.

After Cain made her allegations against Nike and coach Salazar, Nike revealed that as of last April, Cain wanted to rejoin the Nike Oregon Project and didn’t raise any of these concerns with them. As a woman, Lorenzo knows the struggle of how hard it is for women to speak out against someone who had controlled them for so long.

“I feel like she (Cain) wanted to rejoin because she wanted control of her body back,” said Lorenzo. “She wanted to prove she was still a good runner after a couple of years without their training.”

What Happened to Jeffrey Epstein? Theories Abound Over Death of Financier Arrested for Sex Trafficking

By Ethan Mosteller, *Staff Writer*

Triton senior and political prodigy Andrew Valianti is convinced that the death of Jeffrey Epstein was an inside job.

“The man was on suicide watch, in a high-security prison, under surveillance and being watched by a plethora of guards, and you’re telling me he killed himself?” said Valianti

Jeffrey Epstein was found dead in his Metropolitan prison cell on August 10, 2019. He was deemed to have committed suicide inside of his correctional cell. But now, speculation has arisen that his death could have been due to homicide, not suicide.

Epstein was a powerful financier, with ties to celebrities, politicians, and royalty. He was arrested over the summer on accounts of multiple felony charges and sent to a federal jail in New York City while he awaited his trial. Epstein was originally placed on suicide watch but "was later removed from suicide watch after being evaluated by a psychologist who determined that a suicide watch was no longer warranted," according to a letter from the Justice Department on *nbcnews.com*.

According to “Epstein’s Autopsy ‘Points to Homicide,’ Pathologist Hired by Brother Claims” by the *New York Times*, Epstein had been examined by a private forensic pathologist who claims that Epstein’s injuries “are extremely unusual in suicidal hangings and could occur much more commonly in homicidal strangulation.”

“Jeffrey Epstein did not kill himself,” stated Valianti. “It was an elaborate scheme conducted by one of his wealthy friends to silence him before he could snitch.”

With this new information exposed to the public, conspiracy theories have arisen as to what happened to Epstein if he did not commit suicide. Business teacher Mr. Richard Fisher, stays up to date on current events and explained his view on the conspiracy. “It could have been an inside job,” said Fisher. “If two officers ‘fell asleep’, now I’m in.”

Fisher was referring to the two guards in charge of watching Epstein at the time of his death. The two guards have recently been investigated to having fallen asleep on the job. They were both charged with falsifying records, and negligence. On the charge of falsifying records, the two men had lied about their on-duty times while watching Epstein.

Fisher shared a similar sentiment to Valianti, saying that Epstein was a “very, very rich, and very, very powerful guy,” while explaining Epstein’s ties with politicians. “He also had very rich and powerful friends.”

Epstein was known to be in a strong business circle with people such as President Donald Trump and Bill Clinton. Fisher stated that a possible assassination could have occurred due to important and private information Epstein could have known, or perhaps they did not want their identities or reputations to be tainted by something Epstein knew.



Jeffrey Epstein/Wikipedia Image

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different countries and asked how they feel they are treated living in the modern United States society. “They want to know who I am, and where I come from. It doesn’t affect me that people ask where I am from, it’s normal” said Robi Ullah, formally from Myanmar.

Many come to this country for different reasons, whether it’s to seek asylum, or for the benefit of their future. “I came here for more opportunity,” said Debora Jimenez, formally from Guatemala.

“Some students are here with their families, but many are here alone. Most are seeking more opportunity and security,” said Lara Weis, ELL teacher (English Language Learner teacher) at Triton High School.

In recent years, immigrants have gotten a bad reputation from many Americans due to the crimes that only a few have committed when arriving in this country. A lot of the crimes are the high level of drug trafficking along the border. “Drug smuggling along the border is like a balloon... If you squeeze one part, the air simply shifts to another,” said a retired law-enforcement expert in the article “Drug Smuggling, and the Endless Battles to Stop it” from *USA Today*.

Many immigrants in this country come here from war-torn countries, and usually end up in the United States at a very young age. “My country has a war problem, so they brought me here” says Ullah.

Many immigrants try to advocate for their fellow loved ones and friends. “We have really nice people, and we have a really good education,” said Jimenez.

With teachers such as Weis running the ELL program, kids that arrive are ensured to have a more enjoyable high school experience, as well as a promised better education. “My goals for the EL students include English proficiency, full access to the curriculum here at Triton, and eventually a high school diploma with a solid plan for after high school. I would like to see all students have an equal opportunity during their years at Triton,” said Weis.

With schools and communities such as Triton gaining more acceptance towards immigrants and their reasoning for being in the United States, it will not only make a more positive community, but it will significantly reduce the potential hate crimes an immigrant will have to face such as Villalaz. “There have only been a few isolated incidents where students have felt targeted. In general, I have felt that the Triton students are curious and engaging with our EL population,” said Weis.

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almost 95 percent of students in U.S. public schools practice some sort of lockdown drill according to the National Center for Education Statistics,” according to APM Reports on the Hechinger Report.

Many questions are asked to the ALICE training institute. How often should training be conducted? Is confronting an intruder a part of my job?

The training institute provides answers for many ALICE related questions. “The more a plan is practiced and stakeholders are trained on the plan, the more effectively they will be able to act during an emergency to lessen the impact on life.”

Image by ALICE Training Institute.

ALERT

Initial Alert may be a gunshot, PA announcement, etc... Avoid code words.

LOCKDOWN

If Evacuation is not a safe option, barricade entry points. Prepare to Evacuate or Counter if needed.

INFORM

Communicate real time information on shooter location. Use clear and direct language using any communication means possible.

COUNTER

As a last resort, distract shooters ability to shoot accurately. Move toward exits while making noise, throwing objects, or adults swarm shooter.

EVACUATE

Run from danger when safe to do so using non-traditional exits if necessary. Rallying point should be predetermined.