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RITON VOICE

Triton High School

Triton's Student-Produced Newspaper

December 3, 2021

Harvard Crimson vs. Triton Voice Comparing the Similarities and Differences in High School and College Newspapers

By Ellie Gay-Killeen
Staff Writer

In the heart of Cambridge, Massachusetts, students scattered throughout the world-renowned Harvard University campus sit at tan, wooden desks late into the night, rushing to meet their newspaper's deadline.

While their writing partner snoozes in Radcliffe quad, a mass of eight dormitories a few blocks from Harvard Square, their determination to submit by the morning's 8 a.m. class pulls every ounce of their attention into a 3-year-old Macbook and notebook full of scribbled notes.

This practice of determination and hard work is common at Harvard. With the intelligent, diverse, and driven student body, attendees focus heavily on their ambitious goals, guided and supported by the nearly-unlimited resources provided by the 2,400 professors here. These qualities are reflected in the writers and board of the *Harvard Crimson*, the University's breakfast-table daily newspaper.

Thirty-eight miles away in the small suburban town of Byfield, students at Triton Regional High School work towards similar goals, writing and producing an article every two weeks, creating enough content to put out a weekly version of the school's newspaper, *The Triton Voice*. James Allen teaches two periods of journalism classes, full of junior and senior staff writers.

A journalist at Triton, Channing Marengi, has been interviewing all week for her newest article about the tricky bathroom situation and problems they have been causing. She expresses her love for the freedom journalism class has provided.

"I enjoy being able to express what I want to talk about instead of being given a prompt," said Marengi. "You're given the freedom to write about what you're passionate about... As I've gotten into it, I've really enjoyed writing articles."

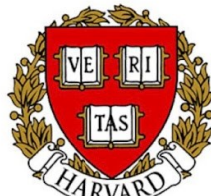
While writers at Triton like Marengi spend two weeks working on one article, the timeline is set so that every Thursday the *Triton Voice* is printed, distributed by members of the paper the next morning on Friday. As for the *Harvard Crimson*, it is the only breakfast-table daily newspaper in Cambridge. The *Crimson* publishes every morning, Monday through Friday, except on federal and uni-

The Harvard Crimson

All eligible students should vote in upcoming unionization election. EDITORIAL PAGE 10

Men's lacrosse drops third straight game after Penn steals second half. SPORTS PAGE 12

Police, University



TRITON VOICE

The flags of the *Harvard Crimson* and the *Triton Voice* with Amanda Su, President of the *Crimson* (*Harvard Crimson* photo).

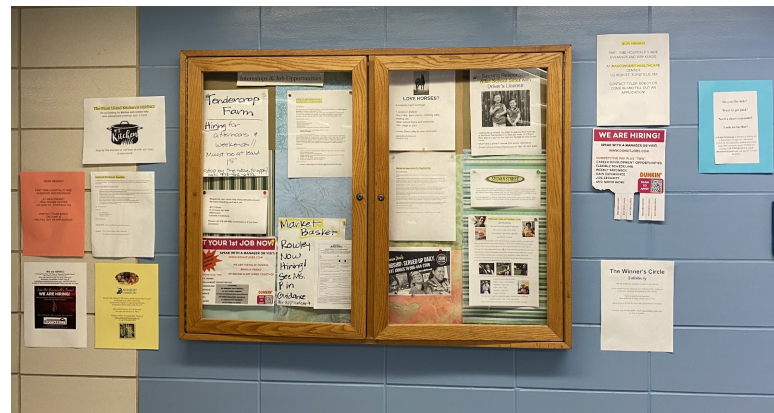
versity holidays. This makes for stricter and sooner deadlines for journalists at Harvard. Established in 1873, there is a rich tradition of journalistic integrity in this newspaper with over 25 *Crimson* alumni having won the Pulitzer Prize.

The process of creating each paper has several differences and similarities in both the *Triton Voice* and *Harvard Crimson*. With proper funding and an endowment of \$53 billion, the *Crimson* and its parent university undoubtedly has increased access to resources and the ability to print everyday, yet this does not make the *Triton Voice* less of a notable news source.

A first hand look at the *Crimson* and what it's like under the pressure of a widely-read newspaper can be seen through Chloe Shawah, a senior at Harvard majoring in statistics. Unfamiliar to the world of journalism, she joined the *Crimson* as a freshman out of interest. She is now a chair on the editorial board who loves this environment and calls the *Crimson* her home. She enjoys being on this board because it is open and inviting and also frequently discusses difficult topics.

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The Job Jungle Employers Starving for Workers



Job flyers spill out of the guidance department bulletin board in one of Triton High School's main hallways (*Campbell* photo).

By Emma Campbell
Staff Writer

Across the United States, the search for employees continues as around 280,000 people in the U.S. continue to file for unemployment every week. Since the COVID pandemic is allowing these people to make money while on unemployment. This has a negative effect on businesses because the more people unemployed the fewer employees per workplace, causing businesses to be understaffed and even shut down because they have no help.

The majority of people filing for unemployment are adults, which puts kids/teens in a tough position. They feel pressured by their parents with college on the horizon, as well as car payments, and entertainment expenses.

"Students especially, you guys have a lot going on school work which is a priority, they may have after-school activities, extracurriculars that require a lot of time and require weekend stuff. You don't have a lot of time and it's hard to balance that, you're already going through enough," said Mrs. Rebecca Pieciewicz, guidance department secretary.

Local businesses have been the most hard-hit places due to staffing problems.

"When I went out to eat at Jimmy K's I felt bad because there was only one waitress and one busboy," said Taylor Richard an eighth grader at Triton Middle School. "Both of them (were) young students and I don't even want to imagine how many chefs they had. Clearly they were understaffed and struggling, the food took a while but they were working very diligently."

The stress levels that these students are facing are significant. People complain about their food taking too long and they don't tip well, but little do they know that these kids are working harder than many adults.

"A few will give more than 20 percent, and then some people don't tip at all," said Emmanuel Munoz, a 16-year veteran of the food service industry, on CBS.com.

"The Dunkin Donuts in the Newburyport Plaza closes at one be
See JOBS on page 2

Psychological Ties to Xmas Time

What effect does the Holiday Season have on our Mental Wellness?

By Haleigh Harris
Staff Writer

What is it about Christmas time that makes people have an array of emotions?

In the past year, the number of youth that struggle with depression has increased to 19% of the teenage population. 4.58% of adults have thoughts of suicide. (*Mental Health America*). Now, more than ever, people are struggling to stay happy, thanks to the COVID-19 outbreak. Many people are looking towards Christmas as a way to bring joy to their lives, and have already started celebrating. However, many other people are dreading the negative emotions and affiliations that come with Christmas.

Junior Emma Campbell is able to see both sides, but she thinks that people should wait it out. "I think that Christmas is, like, the best time of the year, but I also think that you need to celebrate when it is time to celebrate," said Campbell. When she was asked if it was to help

bring joy during a dark time, Campbell said, "No, I get it, like I love Christmas, but there is a time and a place."

The *Triton Voice* decided there are two important questions to ask about Christmas.

Question one: Why does Christmas time make us happy?

Question two: Why does Christmas time make us sad or stressed?

Let's start with question one: Why does Christmas time make us happy?

Well, for many people, Christmas music has a sense of nostalgia. The Christmas music on the radio is primarily the same music you listened to as a kid, with an exception for *All I Want For Christmas is You* - Mariah Carey. You hear the same versions of Silent Night and The First Noel as you have for years. This sense of nostalgia is comforting for many. There is also the fact that for years your brain has associated these songs with a positive time and feeling. Christ-

mas music has a feel that is similar to many 1940s songs, creating an old-fashioned charm to Christmas songs that many people enjoy.

"I love the joy and happiness that comes when you see family and friends receiving gifts from loved ones. And, I love to give gifts," said Tim Harris, father of a student.

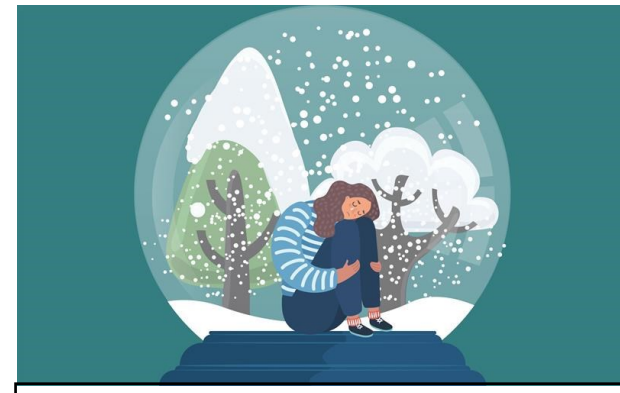
Many people see families that they haven't seen in a while. Seeing family can make people happy, especially after the past two years, where many have been unable to see their loved ones. People are especially excited for this Christmas as it is safer to be with family.

After the mood of the past few years, with a pandemic that has killed so many, and the increased polarization of our country, *Triton Voice* has found that a common mood is, "Oh, whatever! Let's put up the tree!" This is because Christ-

mas has such a bright and cheery mood that people are looking for a reason to celebrate.

It has been scientifically proven that Christmas will help brighten your mood, as well. In a study done by *Hougaard*, scientists compared the brains of people who had Christmas traditions and those who didn't. The scans found that people who had traditions had increased brain activity.

Question two: Why does Christmas
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Seasonal Affective Disorder affects 5% of the US population every year, and is most popular in young adults.

Homework: Helpful or Horrible?

Students Weigh in on Long-Standing Battle for Time

By: Emilia Joyce
Staff Writer

After a long, tiring day at school you get home and all you want to do is lay in your bed and rest, but when you have 3 or more hours of homework to do it may seem impossible to relax.

"I have no time other than going to school, going to sports, homework, and eating somewhere in between," said junior Riley Bell. Bell spends two to three hours per night on homework, she said.

The amount of homework that gets assigned to students depends on what classes and levels of classes that they are taking. The homework guidelines are not very specific at Triton. Bell and Emma Campbell believe that homework is unnecessary, so they don't try as hard on their homework. The amount of homework per night for a junior that takes all CP classes and a junior taking all honors and AP classes is a huge difference.

In a survey done at Triton in 2018 one parent that responded said, "I feel like they are getting much more than the guideline indicates is appropriate." On the Homework Guidelines posted on the Triton website, it clearly states that students shouldn't be "overburdened" and many students feel that way. In the same survey that students filled out, 61.09% of the students said that homework was either never or rarely meaningful to them. What's the point of homework if it isn't meaningful?

As a junior taking all CP classes, Campbell has 30 minutes to one hour of homework per night. "Some nights I definitely do more than that," said Campbell, "some nights I do less." Campbell is a student athlete, playing volleyball. "I think it's challenging because I'm a student athlete, so it's hard for me to keep up with time management and it's hard for me to focus on both things, homework gets in the way, it's hard to find time to do it all." Which begs the question, is home-



Student, Emma Campbell completing homework (Joyce photo).

work really necessary if it gets in the way of students' lives? Campbell stated that her opinion is that homework is not necessary. "We do so much in class," said Campbell, "then if they want to give us homework then why don't they just give it to us in class."

Bell has an incomprehensible amount of homework every night. Her schedule includes honors precalculus, AP language and composition, honors French, honors US history 2, honors physics, AP physics, and plays a sport every season. With all of that going on, Bell spends roughly 3 hours on homework every night. "I get homework in all of my classes, everynight." When asked about if homework was necessary Bell said, "I think everything that we do at home could be done at school."

Bell and Campbell have very similar opinions on homework, even with the difference in schedules. Do you or your child feel overburdened by homework?

Media Fasts' Impacts

Should Students be Spending More Time Away from Screens?

By Sydney Marsh
Staff Writer

Although media fasts have been around for at least a decade, they have been popping up again recently. With the COVID-19 pandemic people have found themselves attached to the media and some decided it was time for a break.

Recently people have been testing themselves to see how long they can go without using not only social media but electronics in general. Some believe this may help increase the mental health of high school aged students who have spent most of their lives on social media.

Social psychologist Erin A. Vogel says in the article 'I'm a Psychologist, and These Are the Benefits of Taking a Social Media Fast' that "being disconnected from the highlight reels of other people's lives can be really helpful in helping us feel better about ourselves and about our own lives." Others think this may make kids more depressed because they are so connected with people through social media.

Senior Kyle Bouley has done a media fast twice in the past and had some good things to say about it.

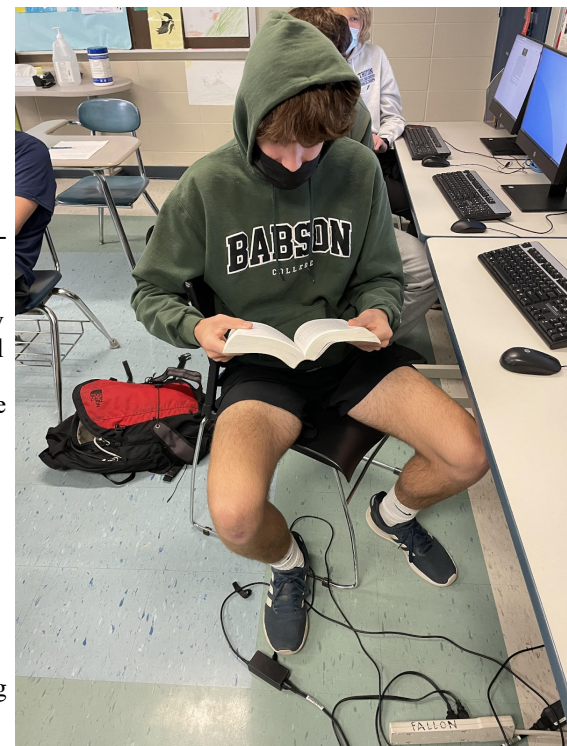
"It helped me a lot in school; I was more focused and got more work done," said Bouley. He thinks more kids should try it even for a few hours.

Mr. Joseph Galante thinks that we would see a decrease of stress and anxiety in teens. Galante has never done a media fast per say, but has gone many hours without his phone and said it felt good. "Things aren't as big of a deal as the media makes them out to be, everything is made such a bigger deal on social media," said Galante.

On the other hand Sophomore Christian Coco thinks the opposite. "It doesn't really matter because we will just get whatever we are missing out on the next day when we go on our phones again," said Coco.

I tried media fasting recently and I am not sure what to think about it. I think it definitely helped me be more focused in school but I found myself slowly getting frustrated and more antsy than usual. Here is what my day looked like when I attempted a media fast a couple of weeks ago.

12pm - I just put my phone away. Since I am at school with my friends I am feeling okay. I don't think this will be that hard. It's the end of the quarter so I have a lot of work to finish and I think my friends will do a good job of keeping me



Student Kyle Bouley spends time reading a book instead of using screens (Marsh photo).

distracted.

12:45 - Now it's lunch time. I haven't thought about my phone that much. I haven't even reached for it to even check the time. I'm not feeling deprived of it yet.

2:13 - This is definitely going to be the hardest part of the day. Coming home and not being able to have my phone. Since I left my friends at school I want to talk to the people I don't go to school with like I do every day but I can't.

3 - I am doing okay. I've just been doing homework. I have gone to reach for my phone a few times. It is getting a little hard not being able to talk to people. But I think I'm going to take a nap to pass some time.

5:30 - I just woke up from my nap and reached for my phone. This is always the time I talk to my friends the most. I'm going to eat dinner so I won't think about my phone.

7:30 - I just finished eating dinner and honestly this may be the hardest time: The time between dinner and going to sleep. I have a little more school work to finish, but then I know I'm going to be so bored and go insane.

8:45 - I just realized I had been staring at my wall for literally 10 minutes because I am so bored. But it's too early to go to sleep so I broke and I had to turn on my TV. I wish I could have gone longer but I was going crazy.

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While there are several sections of the *Crimson*, content boards get published daily, including news and editorial. Each board has daily jobs and are all on a different schedule weekly. The editorial prints three pieces everyday, an op-ed, a staff-ed, and a column. The work happens Sunday-Thursday with each article picked to perfection. Chloe is co-chair with Hana Kiros, a senior integrative biology major. Several writers and lead editors make up this board.

"Each day our editors work on pieces probably a few days before they get published," said Shawah. "They are editing, proofing a piece, working with the writer, fact checking, we have a very rigorous fact checking process, and then it gets sent to Han and I the night before. We proof it and we send all three pieces to the president of the *Crimson* who does a last double check on them."

This process is similar to that of the *Triton Voice's*. While it is not published daily, writers and editors are working each day leading up to publication to proofread every article and make it the best it can be. There are staff writers that go through the articles which then gets read one last time by Allen and then sent to the printing press. With fewer articles, there is less to be done, but still lots of behind the scenes work that is set up like any other newspaper. Not everyone in the *Triton Voice* is on the exact same schedule which is just like a Harvard writer.

Similar practices can be seen at UMass Amherst. *The Daily Collegian* is published Monday through Friday and has a process of each article going through an assistant editor, a copy editor, and a night editor before being fully approved and published. Cassie McGrath, a former student and journalist at UMass Amherst. She thoroughly enjoyed her time working at *The Daily Collegian* and had varying experiences with deadlines and topics to write about.

"Seeing that each article tells a different story, I approached each differently," said McGrath, who was a student reporter for the *Triton Voice* before heading to UMass..

"For an investigative piece, we would sometimes take weeks to speak with sources from different perspectives, submit public records requests or pull together data. Other times, we would get press releases from the school or local communities that could go up in minutes."

McGrath's passion in reporting for *The Daily Collegian* led to a career in the business, and she is now a reporter for *MassLive*. She encourages anyone, whether they have a passion for writing or not, to engage themselves in a college or high school newspaper.

"I cannot stress enough how fun it is to work for a college paper. I made lifelong friends in the *Daily Collegian* newsroom so although it was work, it also gave me some of the best college memories."

While no newspaper is entirely the same, all work towards one goal of publishing content that is informative and varies in ideas. Whether it is a high school newspaper, college newspaper, local newspaper, or national newspaper, the process behind each edition is extensive and multifarious.

JOBS from page 1

cause they don't have enough workers. And a lot of our workers are minors so they can't work as late," said Haleigh Harris, a Dunkin employee and junior at Triton High School.

Not all students who have jobs are forced to work, but some are. They are overworked and even underpaid if the business isn't making enough money. The COVID pandemic has made changes in the workplace and many hope that unemployment limits will be set so more people will get back to work.

Luckily, as the COVID pandemic cases decrease, the laws of unemployment have returned to being more strict and are requiring people to show evidence of job applications and resumes to file for unemployment.

Some people are quitting for good because they don't want to go back to low paying jobs, this is called "the great resignation." This resignation is similar to a strike to protest against these low paying jobs, to try to convince the companies for higher pay.

The employers of big and small businesses are continuing to look for workers. For students, there is a wall around the corner from the guidance office at Triton High School (shown in the image on page 1) providing many job opportunities for any student or adult looking to help out and make some money.

TIES from page 1

time make us sad or stressed? As was stated, that same nostalgic feeling can make people sad! It can remind people of loved ones they have lost or traditions with family that are not being done anymore.

PsychCentral found that Christmas time, and winter in general can bring a lot of sad feelings. One major phenomenon that is extremely common, especially in teens, is SAD (Seasonal Affective Disorder) more commonly known as "seasonal depression." According to Springer, SAD is "recurrent depressive episodes occurring typically in the winter." It is caused by the lack of light in the morning, and the general gloominess and dark feel of the winter. "I actually had (seasonal depression) last year," said junior Emilia Joyce. "It was really difficult. I don't get as excited for holidays as I used to, and the winter in general makes me upset."

The time can also be stressful for parents of young children, as they are constantly reminding their parents that Christmas is coming! Having to buy presents for families is an added stress for parents, especially middle class working parents who may not have money to spare. "As much as I love Christmas time, I find it can be stressful because so much time and money is spent preparing for one day that is over in the blink of an eye." Said Karen Harris, a fulltime nurse and mother of two.

Read the *Triton Voice* online!
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