



TRITON VOICE

Triton High School

Triton's Student-Produced Newspaper

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Stanleys, Hydro Flasks, Yetis... Which Water Bottles are Most Popular and Best Quality?

By Genna Young & Emily O'Shea
Staff Writers

People all over the world have hopped on the trend of the large-handled and "aesthetically pleasing" Stanley water bottle, but does it surpass other quality brands such as Yeti and Hydroflask? The *Triton Voice* asked students and staff what their opinions are and put the bottles to the test.

"It may be trendy, but it's honestly just convenient," said senior Kendall Liebert.

The large handle and shape that sets it apart from other water bottles makes the Stanley Quencher H2.0 easy to hold and transport. Both the standard Yeti and Hydro Flask (sizes 36 oz and 40 oz) do not fit in most vehicles' cup holders, setting the Stanley apart from others when it comes to how easily it can be transported.

Other students are more focused on the price of their water bottle.

"I usually use a Hydro Peak, because they are cheaper than a Hydro Flask, but I just got this because it was on sale," senior Eloise Kirkpatrick said while holding her brand new Hydro Flask.

Mrs. Jessica Casassa, Spanish teacher and mother to a 3-year-old daughter, gave the *Triton Voice* a different reason for why she thinks Hydro Flasks are the best water bottle brand.

"It keeps my daughter's drinks cold on long car rides," said Casassa.

According to the Hydro Flask website, this brand comes out on top when it comes to how well the temperature can be kept for long periods of time. Water can be kept cold for up to 24 hours and any warm beverage can be kept hot for up to 12 hours. Meanwhile, Yetis can keep liquid warm for around 8-12 hours and cold liquid icy for 16 hours. In this category, the Stanley cup comes in last place. It can keep water cold for up to 11 hours and hot drinks warm for up to 7 hours.

Quality materials were also major components to some students' opinions. Ben Chadwick and Liam Kneeland, both seniors at Triton, agreed that Yetis are by far the best brand.

"They are just great quality and they keep things cold," Kneeland said.

Chadwick added, "They are made out of very du-



At just one lunch table on a recent school day, a variety of the popular Stanley water bottles stand on display (Young photo).

...rable metals."

Though all three products are made of stainless steel, Yeti is above the others with its thicker, better quality stainless steel and double wall vacuum insulation.

There are additional characteristics that go into a good water bottle. One of the most important is the lid. Is it leak proof? Does it have a straw attached? Is the cover good quality plastic? Will the cover stay on? Reese Renda, a student and athlete introduced a new water bottle brand that she thinks tops all others, The Owala Free Sip Vacuum Water Bottle (a 32 oz bottle that costs \$32.99).

"I love my Owala because it has a straw inside of it that is attached to the water bottle and comes out with the push of a button," Renda stated. "It is also super portable and durable, so I bring it with me in the car, to school, and to basketball."

As successful as brands like the Stanley, Hydro Flask and Yeti have been, there are countless other companies when it comes to overall quality.

There is not one specific "best" brand of water bottle, according to Triton students and staff. This subject is definitely up for debate, and will likely change in the future as new trends continue to arise.

School Start Time Debate

Is 7:42 too Early or Just Right?

By Lee Warren, Staff Writer

Most Triton students wake up at about 6 a.m., to catch a bus that comes around 6:45. Busses get students to school by 7:20, to dash to first period that starts at 7:42. Aside from the general dislike of waking up early, did you know that this routine is genuinely unhealthy for teenagers?

According to the U.S. Centers for Disease Control, when teens go through puberty, their internal clocks shift and they start to get tired later at night, causing them to stay up later. Since schools start so early, they're getting less sleep every day.

That loss of sleep can lead to a risk of being overweight, developing depression (which will negatively affect them even more), performing poorly in school, and can even lead to unhealthy behaviors such as smoking, drinking, and vaping, which are all things schools strongly advise against.

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Salisbury Then & Now First in a Three-Part Series

PART I: Golden Age 1910s - 1980s

By Lucas Bistany, Staff Writer

Salisbury Beach, a small stretch of sand on Massachusetts' coast, has gracefully danced through the decades, each era leaving its own indelible mark. This place has seen it all, from its start in the early 1900s, having its glory days in the 1940s, then fast forward to the 1970s and 1980s witnessing a huge addition of two amusement parks, competing with each other to make it even better.

Using interviews with residents and websites about the beach, the *Triton Voice* decided to take a look at the ups and downs of Salisbury Beach. This week, we look at its golden age, from the 1910s to the 1980s.

Over a century ago, Salisbury Beach was a popular tourist destination. People saw a bright future for Salisbury. The journey began in 1913 with the establishment of Willy's, an ice cream store that still stands proudly on the corner of Railroad Avenue after 110 years. In the following year, according to salisburybeachmass.com, the beach welcomed the Broadway Flying
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All Doubts Dashed by Delicious Donuts

Class of 2024 Has Success Again with Fund-raiser; 'Donut Jesus' Appears Again

By Hunter Barrington, Staff Writer

In two weeks, Triton class of 2024 officers have raised more than \$2,000 in a donut fundraiser. It has turned into a school tradition and it seems the students are overjoyed to get their donuts.

Class officers have been making rounds collecting money for the Cider Hill donut fundraiser, which aims to support the class of 2024 senior week and prom. So far, it has been going off without a hitch. The donuts are selling like wildfire and the money talks. It has no sign of slowing down until the orders are put in.

"Confirmed number: 3,456 donuts sold for over \$2,000 in profit to go to senior week," said senior class officer, Douglas Aylward.

This has become a student favorite tradition at Triton, and this year it's been taken to the next level. Class officers such as Cam Neary are trumping their sales numbers from previous years, and other students such as Dominick Karpenko have boosted their sales ten-fold. Students may have seen him lurking through the school donning a robe and wheeling around a shopping cart filled with the desired donuts.

Each year, donut sellers manage to up the ante, with donut sales skyrocketing from previous years and the annual shenanigans that come with it.

The top buyer of the donuts, Karpenko, has also taken things to a new level this year. Since last year he was known for going around the school with a shopping cart stuffed to the brim with donuts, this time he has

"ascended", as he put it. Not only has he purchased 400 donuts, 100 more than last year, but he was also seen donning a robe, beard and flowing hair. He now calls himself, "Donut Jesus".

Karpenko spent \$380. When asked by the *Triton Voice* what inspired him to buy this many donuts, he said, "I am the Donut God, and I need to gift my children with my body." Karpenko went on to say that if students have received donuts from other classmates, he won't give them any. "If you believe in your own religion, that's on you," says Donut Jesus.

Several students asked Karpenko questions about his robe, and when the *Triton Voice* asked similar questions, his only response was as follows; "Because I'm God! What more would you want me to say?"

No student made as much as senior Cam Neary, who sold the most amount during the fundraiser.

"I'm a big Cider Hill guy," Neary said, "and to share that joy with my community feels really great." When asked about the sheets of paper he was carrying around, he elaborated on how much he sold. "Each paper could hold 10 names and I had about 15 sheets of names." That means Neary sold to at least 150 students making \$2,171 in sales. That makes him responsible for more than half of the profit. According to Neary he would use "a tricky tactic" suggesting the dozen packages to his customers by explaining how buying in bulk was a better deal. Karpenko, Neary said "is my rock. The first year he bought \$100 dollars worth and I thought 'no, that will never happen again.'" Each



Donut Jesus (a.k.a. Dominick Karpenko) wheeling around his shopping cart of donuts last Friday (staff photo).

year later, however, he would be proven wrong.

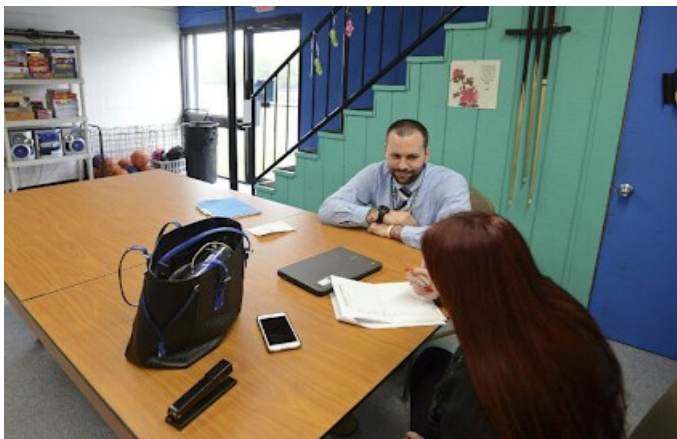
Students say the event was a hit. During lunch students could be seen swapping and eating their donuts and all day it remained a huge topic of conversation.

"Men lie, women lie... numbers don't," said Neary.

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The Suspension Alternative

New PASS Program At THS



Student Working with Teacher at the new PASS suspension alternative program (Image courtesy of PASS website).

By Brandon Somaiy & Tyler Brosch
Staff Writers

Big changes have come to Triton High School's suspension program as the district is trying out new alternatives to the traditional punishment with the PASS program.

The new PASS program stands for Positive Alternative for Student Support. Instead of being sent home for an out of school suspension, students this year are being sent to the McPherson Youth Center in Beverly. There, students from Triton and a dozen other schools, including Newburyport, Georgetown, and Ipswich, follow a daily schedule that includes academics as well as blocks of "psychoeducational therapy," and "therapeutic recreation."

Triton Adjustment Counselor Mrs. Rebecca Bibeau emphasized the unique and therapeutic setting the PASS program provides to students. She said it helps get to the root of the issues that got those students suspended.

"Suspensions are not an effective way to create change" said Bibeau. Some students who don't want to attend school "look forward to suspensions because they want to be home, and that's not helpful for the students or the school."

Students get "individualized attention" at PASS said Bibeau, with a low student to teacher ratio. This helps staff understand the students' problems and better understand how we can fix these problems in the future.

According to the PASS website, the program's mission is to help students who "are likely to be struggling with mental health and/or substance use disorders, and they can be best supported through behavioral interventions, individualized academic support, and connections to outside resources."

"The PASS program focuses on addressing the reasons behind student suspensions through group and individual therapy, along with activities that explore their mental health," added Assistant Principal Mr. Joe Celia. "This helps students grow and make positive changes."

"We approached the district after hearing success stories from other schools, and they supported our idea with the necessary funds," explained Celia. "Although we're still gathering data, students have given positive feedback." The program lets students think about their actions and work on the issues that caused their suspension. In the long run, the PASS program is expected to reduce suspensions and give students more academic and mental health support, which will benefit the school community.

Rylan Mackey, a student from Triton, who's experienced the program, highlighted the staff's approach as quite different from what she had experienced before. She explained,

"The staff there doesn't hover around us all the time," said Mackey. "They're not constantly checking on us or asking if we need help. Instead, they give us space to work at our own pace. It's more like they're there when you actually need assistance."

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Adjusting the start times wouldn't be an easy change. This would cost Triton a lot of money, and would take a lot of effort. The elementary schools would need to change too. And, the part that everyone hates to hear — we would get out of school later. Overall, if this were to be something the TRSD looked into, it would take years to go into effect.

Ten Triton students were asked about school start times, if they're too early and if they should be pushed back. 7 of these students agreed that it's too early for them, and that they'd feel better if it ended up being pushed back.

Raven O'Malley, a student from Holy Trinity Diocesan High School in Hicksville, New York, also disagrees with the school starting time- proving that this is an issue, and at that, a worldwide one. Over at Holy Trinity Diocesan, doors open at 7:15 and homeroom starts at 7:50.

"It's too early," O'Malley says. "When they have activities that go late, then homework that takes a few hours a night."

O'Malley also said that these start times do, in fact, affect their mental and academic performance, saying that they're absolutely exhausted, leading to the inability to focus, which then leads to poor grades and academic performances.

Triton Assistant Principal Mr. Joe Celia explained that he is all for the start times being pushed back. He expressed that he's seen the studies that have been done on teens 14-18, and believes that it would be for the better if Triton were to push back the start time.

Scheduling Shuffle

A Behind-the-Scenes Look at Creating the THS Schedule

By Carl Tirone
Staff Writer

Megan Ober is a name that many may recognize if one checks email every morning. She is responsible for the daily schedule emails, is director of guidance, and makes schedules for students each school year.

The student body, teachers, and administration all heavily rely on the school schedule for planning and organizing. One may realize how challenging this job may be, requiring organization and planning skills as well as good communication with students and administration.

"It's a huge challenge, It's actually one of the biggest pieces of my job," Ober said. "It's sort of like a Sudoku puzzle and a Rubik's Cube combined."

Ober, officially the director of guidance at Triton High School, oversees and plans the schedule for each school year. This process takes a few months to complete as it must account for class sizes, budget, number of classes, and how many classes one teacher may teach. A lot of communication is required between all parties involved.

The schedule is a daunting task that many students may overlook. While they rely on it every day its not much to them beyond that.

However, careful work and consideration goes into the schedule as a whole.

SALISBURY from page 1

Horses, a carousel crafted and set up on Broadway in 1914, marking the first thrilling ride of many to come. These accommodations attracted many. Joe's, founded in 1919 by Joe and Jennie Haballa, was a popcorn stand providing beach goers with a salty treat.

Tourism began to skyrocket when a company named Dodgem took advantage. In 1920 the first ever bumper cars made by Dodgem were installed on the south side of Broadway. Seven years later the Wildcat, a roller coaster ride also made by Dodgem was installed. An eye appealing building named the Ocean Echo building was auctioned off and remodeled into a music venue called the Frolics as well.

The Frolics, founded in 1940, was a venue which hosted top bands and artists of this time. Between the 40s and 80s the Frolics saw big names Frank Sinatra, Aerosmith, Tony Bennet, and Louis Armstrong were just some of the big names that played at the Frolics between the 1940s and 1980s. The venue, a large pavilion near the shoreline,

was adorned with twinkling lights that cast a soft, romantic glow over the dance floor. The building's entrance had a big pavilion towering over Salisbury Beach reading FROLICS facing away from the beach. Tourists were invited with the large sign.

"It was *the* time to be there," said Mr. Kurt Riese, an instructional assistant teacher at THS who remembers the late days of the Frolics in the 1970s and 80s. The atmosphere buzzed with excitement as people gathered under the pavilion's roof, escaping the warm night air. In the late times of the frolics, Gary Bistany, a local on Salisbury Beach, recalled his young days. Being surrounded by music, getting the opportunity to set up for bands at the Frolics in the 80s.

"People came from all over just to see bands at the Frolics," said Bistany. It was not just a place to enjoy

"If we could probably get our students another hour of sleep at night, I think we would see academic achievement go up, and I think we would also see students have a healthier mental health space," said Celia. He shared that the Triton community would be open to looking into any issue that is brought up to them.

On the other hand, Matthew Jackling, Triton's new wellness coordinator, explained his mixed feelings on this topic. He stated that at the school he worked at before Triton, they started later. Though it seemed to be better for the student's mental health, it did cause some childcare issues.

"A lot of students have to watch their siblings, and the younger siblings were getting out much earlier," he said, "Elementary was still starting around 7:45. So, a lot of those students who had to watch, like, their younger brother, their younger brother was now getting out before them."

He continued to say the later start times would make sense in how our bodies work, but there are some trade-offs that just wouldn't quite be worth it.

It's hard to be strongly on one side or the other on this topic; everyone seems to have a different opinion. There are a lot of factors on both sides showing why it is or isn't a good idea. After considering all of this, the question Triton should begin asking itself is would changing the time from 7:42 really be worth it?

"It ends up taking probably two thirds of my year," Ober explained. "Course registration — I have to start setting that up in late winter... and we review all those numbers. Then we find out how the budget impacts it."

There are several pieces that need to be accounted for when it comes to laying every thing out.

On the surface level is may just seem like timing classes correctly. But when the school budget, classes being taught, teacher prep periods, and class numbers are all taken into account, the true challenge of the schedule can be appreciated.

"My summer job is to build the schedule itself," she said.

When asked if the task ever gets overwhelming, Ober responded, "Oh yeah, definitely. As with any thing with technology, there are parts of technology that are really helpful and then there are some parts that seem to miss some common sense."

For the most part, the building of the schedule is all on her, only after course registration are there meetings when program coordinators and administrators meet with her to lay out the framework and working budget.

"I'm not deciding on my own what classes are running or who's staffing," said Ober. "That's very much a collaborative effort with administration, with teachers, to figure out what we are going to offer."

music and dance; it was a magical setting where people came together to celebrate life, love, and the enchantment of Salisbury Beach.

Built in the 40s and 50s, other venues still stand today. On Memorial Day of 1945, Tripoli Pizza opened a stand at Salisbury Beach where they still sell square, thin-crust pizza that became nicknamed "beach pizza." Only a year later the neighboring Cristy's beach pizza made its debut in March, holding a friendly rivalry with Tripoli's to this day. In 1950, Salisbury Discount House was established on Broadway and is still there today. In 1952, Joe's popcorn stand changed direction. Joe's Playland emerged as an arcade accompanied by the popcorn stand out front. Joe's Playland was relocated on Broadway, its current location to this day.

In the vibrant 1960s, Salisbury Beach experienced a surge in tourism. This momentum was harnessed through a man named Roger Shaheen. In 1952, Shaheen opened a small amusement park. Shaheen's Fun-O-Rama, on Ocean Front North was moved into what is now the parking lot of the Blue Ocean Music Hall.

Mr. Fred McAskill, a Triton instructional assistant, shared his memories of Salisbury Beach in the 1970s. In his twenties, he worked at Fun-O-Rama under the guidance of Roger Shaheen for three eventful years. "I worked there for three years," said McAskill. "The first year, I loved it. The second year, I tolerated it. By the third year, I was ready to move on with life." McAskill's responsibilities included overseeing the miniature golf course, and he fondly reminisced about a particular moment when he heard Elvis playing on the sound system during his shift. It continued playing uninterrupted. Only later did he discover that Elvis had passed away, forever linking that significant memory to his time at the beach.

McAskill's eyes sparkled with nostalgia as he flipped through old photographs, each one a portal to the beach's colorful past. IA chuckled as he recounted their efforts to close up shop before the late-night "drunks" swarmed in.

"There were three different crowds: noontime you had the family crowd, couples rolled in around 5 to 6 p.m., and the "drunks" showed around 9 p.m. That told us we were ready to close," McAskill chuckled.

Next Week: Part II: 1980s-2000



The Frolics (salisburybeachmass.com)



Instagram: Joe's Playland photo

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