



TRITON VOICE

Triton High School

Triton's Student-Produced Newspaper

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Does Music in Class Help?

Some Say Music Creates Focus, Others Say it's a Distraction

By Lee Warren
Staff Writer

Triton has a strict "No headphones or earbuds in class" rule, unless allowed by your teacher. But of course, who follows the rules? A majority of Triton students end up hiding their Bluetooth earbuds under their hair or their hoods – and sometimes they even wear them visibly.

Many students listen to pass the time because they consider their classes to be boring or unnecessary.

However, some students claim that listening to music while working helps them focus. The real question is, does this help students focus? And should teachers truly believe them?

A freshmen student, who asked to remain anonymous, said that music helps them focus in class, when doing their work and when the teacher is talking.

"I do [listen to music in class]... like, every time," This person said, "Very often."

Mr. Craig Kemp, Triton's new music teacher, agreed that music can help some students focus – however, he mentioned something called "state-dependent learning." An example of this would be, if a student is studying for a math test with music on, they might need to have that exact music playing during said test to perform well and get a good grade.

"Are you always gonna have that music available to you when you need to recall that information and/or use that information?" Kemp asked, adding, "If you're not always going to have that resource available to

you when you need to recall or use that information, then it's important that you learn it without that resource."

Math teacher Ms. Heather Walter had a similar opinion, and she included her own experiences in her responses, empathizing with the students who claim to need music to focus.

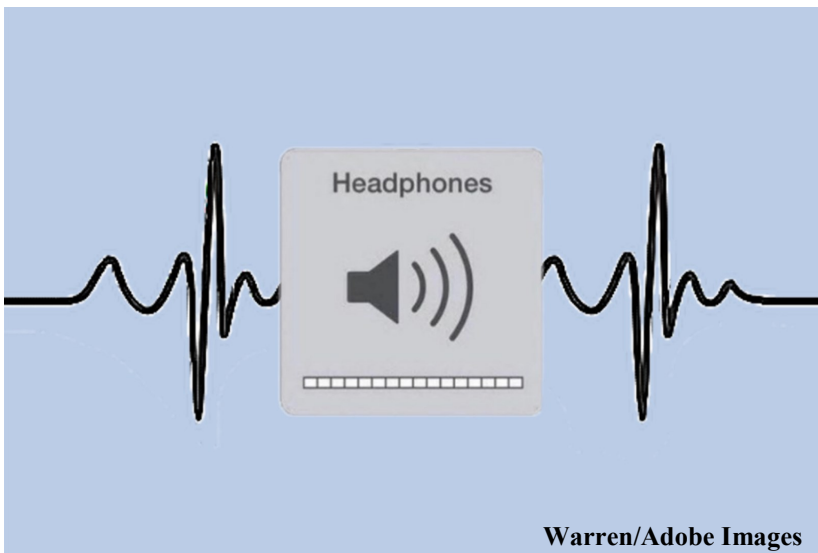
"I personally know that music helps me focus when I'm working independently," She said. "But I cannot focus on anything else that's happening around me when music is on."

She did, however, say that she finds it disrespectful when people are listening to music while she's trying to teach. "I get it, I also like to listen to music. I listen to it while I'm working," she said. "I don't listen to it while I'm trying to listen to other people because I think it's distracting, and I think it's a little rude."

Walter continued to explain that a majority of the time when students have asked her a question she had already answered them, and those students are the ones who had their earbuds in and didn't hear her answer the question as they could not realize she was talking to them.

The moral of the story, does music help students focus? Yes, it *can*, but only in certain and specific situations. Does this mean Triton should lift the no headphones rule and allow students to wear earbuds or headphones whenever they please?

In the long run, and for the benefit of the students, the answer from most people would probably be no.

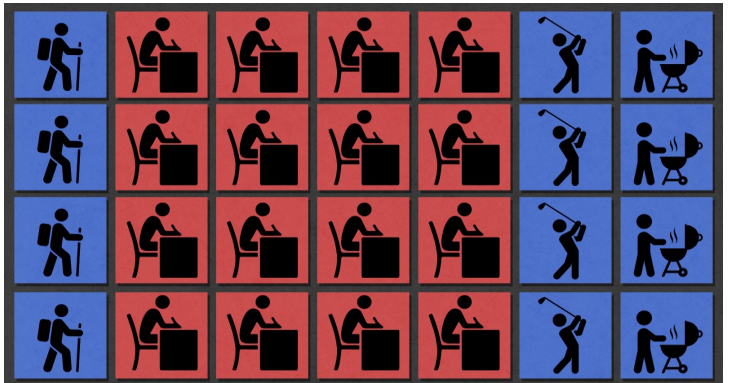


Warren/Adobe Images

Four-Day School/Work Week Proposed

Concept Being Piloted in Mass.

By Jonathan Hight & Ryan Voltero
Staff Writers



Adobe Express Image

A proposal called "The Massachusetts Smart Work Week Pilot" is pushing for a four-day work week in the state, a change that would impact the work week for employees' and students' schedules in Massachusetts.

Some students have encountered struggles with their mental health, and students are arguing that a five-day school schedule is to blame. Junior Dan Lannan argues that "five days is just too much for students' mental health."

"Kids' focus in the classroom declines as they struggle with their mental health, and a four-day school schedule could help solve this issue," said Lannan.

However, some students and teachers think otherwise. Even though a four-day school week looks pretty on paper it adds longer school days. We asked both teachers and students their opinions and teachers argued that this change in the schedule will end up making students more lazy. Joseph Galante, math teacher, argues that the idea would work "poorly."

"I think it would make the students lazier than they already are," He said.

Junior Kaiden Fowler agreed. "Yeah 100 percent" it would make them lazier," He said. Some say the schedule change most likely wouldn't work in Massachusetts, where the state requires students attend class for 990 hours a year. If we had four-day weeks and still only went to school from 7:42 to 2:13 while meeting those requirements, students in Massachusetts would be

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Chicken Fight: The Voice Reviews Chicken Sandwiches

By Brian Clark, Brandon Somaï & Tyler Brosch, Staff Writers

The chicken sandwich is a classic meal and a cornerstone of fast food menus across the globe.

The *Triton Voice* decided to taste and rank chicken sandwiches beloved throughout the School. In the rankings we are considering both taste and price.

McDonald's "Deluxe McCrispy" \$6.29 (meal: \$10.99)

McDonald's, as debatably the biggest name in the fast food industry, is often ridiculed for the quality of their food. The Deluxe McCrispy surpassed the expectations we had for it, with a delicious sauce. The aroma of the sauce was unique, and the taste really stood out in the first bite of the sandwich. But as surprising as it was, it was still a McDonald's sandwich. It wasn't crispy at all, and the texture of the chicken was average at best. But this still surprised us because we expected an oversized chicken nugget on a bun. One of the cheaper options on this list, the price point of \$6.29 is pretty good for the sandwich. Additionally, with the many rewards on the McDonald's app, the sandwich can frequently drop in price. (although usually with the purchase of other items) Taste: 4/10 Price: 8/10 Overall: 5/10

Wendy's "Classic Chicken Sandwich" \$6.89

Wendy's is another popular fast food chain not necessarily praised for the quality of its food.

But once again, it broke the low expectations set for it. The chicken patty was good though it was flat and wide. It lacked a special sauce, and the sandwich was still fast food quality. The chicken was very basic, and although pretty crispy, it did not make up for the blandness of the chicken and the overall sandwich. The price is similar to McDonald's, and like McDonald's the app offers deals. We used this deal to get 2 of these chicken sandwiches for the price of one. Taste: 3/10 Price 8/10 Overall: 4.5/10
Lily P's "Nashville Hot" \$14 (meal)

Next we headed on a little trip to Lily P's, located in Boston. The Nashville Hot Sandwich packed a punch with its spicy flavor. The heat of the sandwich could be described as a lightning strike landing straight on your mouth. The initial bite of the sandwich stood out to us due to its very unique and surprising spice. However, the high price of \$14 for a single meal made it less attractive and way more expensive compared to other options. Taste: 8/10 Price: 4/10 Overall: 7.5/10

Shake Shack's "Chicken Shack" \$8.29

Shake Shack had everything a chicken sandwich needed. Chicken was crispy, the lettuce and tomato were there to compliment the chicken perfectly. However, it did not have any sauce. It is a very comforting sandwich. However the price is higher. Not able to be purchased in a meal, the sandwich itself is set

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Chicken sandwich aficionado and chef, Tyler Brosch marvels at a variety of sandwiches. Brosch's homemade chicken sandwich scored highly with our expert reviewers (Somaï/Adobe Express image).

What do We Know Already?

Release of Alien Info Has Us Wondering

By Andrew Balkus
Staff Writer

The term “aliens” goes back all the way to Epicurean philosophers in Ancient Greece. Metrodorus of Chios, a Greek philosopher in the Fourth Century B.C., considered the universe to be the result of a chance jostling of atoms, and believed it was highly likely there were other inhabited worlds out there. But even in the year 2023, we still don't have a concrete answer to whether we are alone in the universe.

This past August, the US government created a website called a “one-stop shop” for all declassified records related to UFOs. According to an article by Zoe Richards on NBC.com, the website includes photos, videos, descriptions and possible explanations of the unidentified flying objects.

The universe is believed to contain 2 trillion or more galaxies. With an incredibly large number of planets within each galaxy. We are still far from the technology to even crack the surface to explore space.

“Two possibilities exist: either we are alone in the Universe or we are not. Both are equally terrifying,” said Arthur C. Clark, a former Planetary Society board member.



ALIENS ARE AMONG US



A universe so large brings the thought that humans are not alone. So far, we know that humans are yet to come into contact with aliens, but have we already, and does the U.S. government we trust know something we don't?

Mr. Frank Torres, a teacher in the business department here at THS, and believer in aliens had this to say: “Pffft, absolutely 100 percent. They've been known to keep secrets forever.”

A very popular theory is regarding Area 51, a territory in the desert of Nevada, thought to potentially contain signs of alien life. The thought of alien life is not just based on a hunch, people have witnessed.

Throughout the years people have continued to claim they have witnessed aliens. The people who claim to have seen aliens are thought of as crazy, lying, or told they saw just a plane or star. The question is: have people really seen Aliens?

THS junior William Hight had this to say, “A bright blue orb, low to the ground, and silent.” Claims Hight. “Faster than a satellite, slower than a shooting star, it was an alien ship.” When talking to Hight about the event he is still shaken, and still cannot find a logical explanation. Everyone has their own opinions about aliens, and it is a very unsettling topic.

Whether we have seen aliens or not, many believe they are out there.

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left with just a four-week summer break.

There are pros and cons about this possible drastic change in our schedule, but schools all over the nation are taking the chance. According to the article “Bill to create 4-day work week program in Massachusetts set for hearing” by CBS News writer Neal Riley, “almost 900 districts returned for the fall by adopting 4-day school weeks.” So far the outcome has been good, as schools are already reporting relief in students' stress, along with an increase of focus in the classroom. These positive outcomes make school districts wonder if their school could use a schedule change. Many students are wondering the same thing.

The four-day work week bill in Massachusetts was announced to the Labor and Workforce Development Committee in November, addressing the possibility of shortening the work week for businesses across Massachusetts.

Research has shown that employees have better performances when working fewer hours and getting rid of burnout that comes on at the end of the week. State Rep. Josh Cutler stated, “there has not been a meaningful reduction in working hours since the 40-hour workweek became the standard 84 years ago.” These 40-hour workweeks were implemented for factory workers and labor jobs back during the rise of industrial America. This strict industrial work needs a change, Cutler argues.

Hip-Hop Changed Forever?

One-on-One with Hip-Hop Artist Rocco of Grade A Productions

By Kyle Hoggard
Staff Writer

The hip-hop scene is dramatically changing with the discovery of a new style, thanks to the rising phenomena of ‘rage music’.

Students may be familiar with popular artists Playboi Carti, Ken Carson, and Destroy Lonely—who are all examples of recent game-changers for the genre, considering their placement on the charts with ‘rage’ production. This shift in the scene is good for artists, experts say.

“The music industry is shifting in a way that helps independent artists... I think you can make a living really easily if you stay independent in this generation,” explained Nate DiRocco (also known as Rocco), an up-and-coming artist on the hip-hop scene.

Rocco is a rising talent, who recently got signed to the *Grade A* record label in Los Angeles, and under partnership with Interscope Records. He was noticed for his undeniable talent with changing lanes in the genre, with three self-produced projects released, and strong streaming numbers starting at age 14.

From great rap performances to beautiful acoustic vocals, the 19-year-old Rocco was brought out to Los Angeles by the same label and producers who carried all-time artists such as the late Juice WRLD, Trippie Redd and The Kid LAROI to fame. In an interview with the *Triton Voice*, Rocco spoke about the constant changes in the industry and about keeping up with those who have discovered new paths in the creation of hip-hop.

Rocco's upbringing began when the Grade A label reached out, looking to sign him as an artist.

“I was ecstatic [when the record label called]. It was like a dream come true,” said Rocco.

While his style has branched in many different directions, both in released and unreleased catalog, Rocco has yet to make an attempt in the ‘rage’ direction that is blowing up on streaming services.

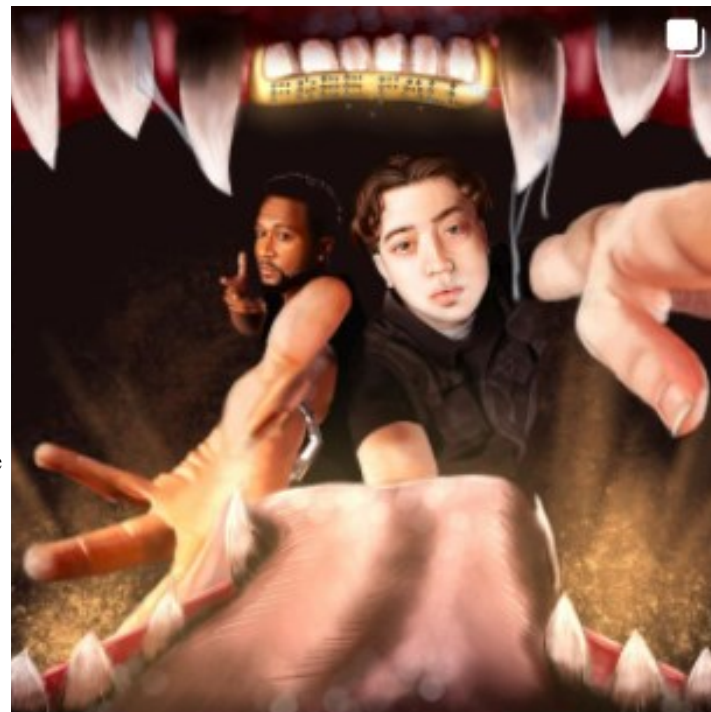
“I am definitely more inspired by the older generation. I grew up on the pop classics, like Lil Wayne, Bruno Mars, Katy Perry,” Rocco stated. “I love song structure, and I think that has been lacking in newer music.”

But some fans disagree. The battle between new and old continues to strike the charts, weekly results varying between what has been common for years, and what has become more prominent in today's time.

James Bradshaw, student of Triton and massive fan of the artists who have created the change in the industry, spoke highly of Rocco and understood his stance against the newer options in music.

“I really like the experimental era of the genre that we're in,” said Bradshaw, “So as someone who doesn't really listen to as much normalized hip-hop anymore, I find Rocco's stuff to be consistent. He doesn't really fit into my [preferred] style of music right now, but [in terms of improving] what has been done in the past, I think he has a lot of potential. He reminds me of the rappers I grew up on. I can respect what he is doing as an artist.”

With a wide range in soulful vocals on tracks such as *All That Matters*, to catching a smooth trap flow on



Rocco's debut mixtape “Free Fall” (produced by Zaytoven) releases today, merging between acoustic focused performance alongside some rap blend (**Grade A Productions Image**).

tracks such as *Deja Vu*, or even the newly released rap and acoustic blend track *All On Me*—Rocco pushes his skill on each new beat to touch his studio. The process, considering how much effort an individual song can take, is difficult.

Music is art, no matter in what formation. However, the concept of ‘less-difficult’ music creation (that of which we see in new music lately) can annoy independent artists who are trying to create their own productions. Motivation may be lacking when a project is overshadowed by a product that took much less vocal talent.

When asked by the *Triton Voice*, Rocco didn't show any sign that this in particular affects him. Instead, he he said keeps himself working by reminding himself of his ‘purpose’ in this industry.

“Staying motivated in anything is difficult. Music is up and down for me,” he said. “Sometimes I feel far away from it, but sometimes I feel like it's my main purpose in life. The highs are high and the lows can get really low, but what keeps me going is my community and my purpose. I know God put me on this Earth to create.”

Craig Kemp, music teacher at Triton, gave his thoughts on the subject of ‘change’ in a genre of music, and what that truly means.

“Music is like water. We don't create or destroy it, it's something that's fluid. It changes form all the time.” Kemp stated, a true voice of wisdom.

Where does artistry go from here? What other potential is there to be explored in the future? Which rising artists will reach their peak of fame, and which will fade out against the competition? Nobody can tell for sure which style of hip-hop will overtake the charts in the coming years—only time and creativity will tell.

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higher than most, but if willing to pay the price, an enjoyable time is waiting. Taste: 6.5/10 Price: 4/10 Overall: 6/10

Raising Cane's “The Sandwich combo” \$11.79 (meal)

Recently opening a place in Methuen, Raising cane's has been given high praise on social media. However when traveling to the location, to try it for ourselves these expectations were not met. Expecting more from a place that specialized in chicken, the chicken itself was unseasoned, and painfully average. The famous “Cane's sauce” was not as good as many were led to believe. It tasted like an overrated salad dressing, and in our opinion, almost took away from the chicken. The price point is set high, and the sandwich itself cannot be purchased without the meal. Although it did not meet the lofty expectations set upon it, the chicken was still decent and still an enjoyable meal. Taste 5.5/10 Price 3/10 Overall: 5/10

Triton High School Cafeteria's “Chicken Sandwich” Free with lunch number

The cafe's chicken sandwich, free with a lunch number, gives a budget-friendly option for students. The texture and feel of the school sandwich provide a very “unique” feeling. Taking your first bite into a school sandwich is like chewing on a box that just got delivered by EBAY. While it lacks the fine dining appeal and other flavors, it gives a simple choice for students looking for a quick bite. Taste: 1/10 Price: 10/10 Overall; 3/10

Tyler Brosch's “Homemade Chicken Sandwich” expected price per sandwich \$4.25

Lucky for us, *Voice* staff writer Tyler Brosch was able to give us a taste of his homemade chicken sandwich. Complete with lettuce, a tomato slice, pickles and a special sauce with the perfect amount of subtle spice. The chicken patty was perfectly crispy, and the chicken itself was juicy and addicting. After 2 whole sandwiches, the taste of the chicken still left us craving more. However, this sandwich is really inconvenient to make, because it requires buying the ingredients and crafting it yourself. The actual price of the ingredients is in total less than most sandwiches on this list to make one single sandwich. Taste: 10/10 Price: 9/10

OVERALL RANKINGS:

1. Tyler Brosch's “Homemade Chicken Sandwich”
2. Lily P's “Nashville Hot”
3. Shake Shack's “Chicken Shack”
4. Raising Cane's “The Sandwich combo”
5. McDonald's “Deluxe McCrispy”
6. Wendy's “Classic Chicken Sandwich”
7. Triton High School Cafeteria's “Chicken Patty Sandwich”

Here are some other favorite chicken sandwich places of the students and staff here at the high school: Clark American Bistro, Chick-fil-a, Dave's Hot, Pollo Campero, Pop-eyes, Chicken in the pig, Flip the bird, Subway, Pomodoro, Rusty Can, The Common Man, Burger King, The Grog.