



TRITON VOICE

Triton High School

Triton's Student-Produced Newspaper

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The Waves are Firing, Except the Water is 30 Degrees A Dive into the Art of Winter Surfing

By Andrew Balkus & William Hight
Staff Writers

The air bites at your face while your body is submerged in the chilly seas. You have left school in hopes of catching a couple waves with the remaining daylight. All that protects you from the cold is your wetsuit. This is winter surfing.

Partaking in such a sport as winter surfing is not for the faint-hearted. It is a test of one's athleticism and even more so a mind game.

"Snow, water, hypothermia? You must be out of your mind to go out and winter surf," said THS teacher Mr. Frank Torres when asked what comes to mind when he hears the term "winter surfing."

But what is it that drives a person to surf in the cold months?

"I surfed every single day here in New Hampshire for 365 consecutive days when I turned 50," said Ralph Fatello, a local legend who has been surfing since 1964. "And then I did it again when I turned 60. Every single day for one year. Twice in my life here in New Hampshire." Fatello's two times surfing every day

for a year was for a cause each time, once in memory of his father who introduced him to surfing, and a second time for a little girl who had passed away from cancer who had been just learning to surf.

Surfing every day for a year is incredibly impressive; not only does it express Fatello's dedication to surfing itself but it is also a mental challenge. "I had to surf every day in the winter. Snow, sleet, ice, wind, and no matter how sick I was," said Fatello. "I went out and caught at least one wave every day for one year."

Starting back in the 1950's, surfing began to be taken seriously in the colder months of the year,

bringing new levels to what you could do with a board. Unlike today, surfers back then didn't have the thick wetsuits they have today, and instead had to try to keep warm by wearing wool sweaters or by piecing together scuba suits. Surfers would have large bonfires going on the beach to defrost and warm back up after leaving the frigid water.

Wetsuit technology has changed significantly even within the past 10 years, explained Fatello. "Hell yes (it has improved). When I first started they didn't have wetsuits for surfing," he said. "They made them only for divers. So we surfed in the winter wearing divers suits. They were thick, stiff, and had no flex whatsoever. Surf suits didn't happen until the mid to late 60's. And that was a game changer. To finally have wetsuits made and built for actual surfers was huge."

Today wetsuit technology is incredibly advanced, providing wetsuits that can keep users warm in the cold months, but also allow flexibility so surfers can still perform to a high ability in the water.

"I have been surfing since I was little, and have been winter surfing for about four years now," said Newburyport High School senior Ben Perron. "There is a certain feeling you get when you're paddling out in cold water, and even colder temperatures that just gives you a rush of adrenaline."

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Author and winter surfer Andrew Balkus rides waves during a recent trip to the beach (Abby Sullivan).

Wellness Day Revisited

Looking Back at the In-School Event
By Kyle Hoggard & Gavin Distaso
Staff Writers

The statistics are in, and the *Triton Voice* now has exclusive information on the results of Wellness Day from around the school. We asked around the community, gathering opinions from various students, with Wellness Coordinator Matthew Jackling providing insight on the overall results from participants.

"I had so much more fun than I expected," said junior Kai Wilson on his experience, post-event. "I want to see this type of thing again next year. I don't care what it takes to get that. I'll kiss the organizer on the face."

The *Triton Voice* asked for opinions on the event, before and after it took place on

Wednesday, March 13. For those who attended, we asked if it met their expectations. And for those who didn't attend, did they feel that they missed out? Should Triton see another Wellness Day event in the future? And finally, why should more students attend, if we were to repeat this next year?

"I only went because my girlfriend was going," said junior James Bradshaw. "We matched our activities so that we could spend the day together. Art projects and stuff. It was actually fun. It wasn't bad at all."

Whether or not friends were attending appeared to be a heavy influence for students to attend Wellness Day, including Bradshaw. But not everyone was convinced to come in.

"I don't really think we needed this," said student Eben Buxton. Buxton had decided to take the day off long before the event began that morning. He, alongside many other students, saw Wellness Day as an opportunity to stay home, with the idea that there was no reason to come to school if there was no work to be done. "They want us to come in and relax. Why would I come to school for that? As long as I don't have any assignments, I'd rather stay home and relax on my own terms," Buxton said during one of his wellness classes.

Despite some students sharing this mindset, others claimed to have felt that they missed an opportunity after hearing the positive mentions from their friends who attended. "I thought Wellness Day was amazing," said student Layla Diaz.

Following the event, survey emails were sent out by Jackling to collect a general consensus from the student body who attended. Questions such as "Which workshops should remain? Which workshops should be added?" and "How often should Triton host Wellness Day events?" were answered by hundreds of students.

Jackling, the organizer of the event, provided survey results, saying "these numbers are not the final say on Wellness Day, but they do provide some insight into how the day went."

Of 85 student responses, 49.4 percent answered that their stress level, from a scale of 1-5, with 1 being little stress, and 5 See WELLNESS on page 2



Students create friendship bracelets at one of the many Wellness Day Activities on March 13. Another group rollerbladed around the tennis courts (Triton High School Instagram photos).



Staying Grounded with Coffee

The Effects of that Morning Cup of Caffeine May be Greater than You Think

By Reagan DeLisi
Staff Writer

Do you feel the need to get a coffee each morning?

Many students and staff at Triton have been seen carrying around a coffee each morning, whether that is from Dunkin' Donuts, Starbucks, a local coffee shop or even from their kitchen coffee pot. What people don't know is what coffee and the caffeine in coffee actually does to the average human body and mind. According to the WebMD editorial contributors, "Four out of every five adults consume caffeine daily."

"I started drinking coffee in my twenties when I would drink half hot chocolate and half coffee," said support teacher Mrs. Carla Wagner. "I enjoy drinking it. I'm not a morning person, but it wakes me up and I love the taste and smell."

Caffeine is a stimulant and severely impacts the nervous system. It can cause increased alertness, change in sleep cycle, anxiety, and even addiction and withdrawal. Many



students will drink coffee in the morning to keep them up and alert during the school day. However, according to Verywell health, "Research shows drinking caffeine from a young age can stunt brain growth."

"I think coffee is healthier than an energy drink because it's more natural, but it's easy to get addicted to," said Wagner. "It's not the worst thing you can be drinking as a teenager."

However, Billy Thistlewood offered an alternate view.

"I don't usually drink coffee, but caffeine affects our generation because many people rely on coffee to get energy which gets them through the day," said Thistlewood. "When they don't have it, they have a bad day because they are tired and not in a good mood." Poor mood may be a result of coffee's affect on the brain. Caffeine increases dopamine, which is also known as the happy chemical in the brain and can cause addiction just like any drug could.

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Vikings Go Green

Students Describe St. Patrick's Day Celebrations

By Ashley Sabino & Ryan Voltero
Staff Writers

St. Patrick's Day is the day to celebrate the death of the patron saint of Ireland. People celebrate it around the world by eating and drinking certain foods. Locally, Triton students and families seem to have taken this St. Patrick's Day to the next level with their meals, celebrations, and trips.

Students were interviewed the following days after St. Patrick's Day, with several saying they celebrated the holiday by going to the St. Patrick's Day parade in Boston while others celebrated by eating common St. Patrick's Day food and hanging with family and friends.

Triton junior Andrew Balkus discussed his experience at the St. Patrick's Day Parade. "Around 1.2 million people were there, so I had to be a part of the people," said Balkus. The number of people there was the main factor for the parade being as "electric" as it was, he said. "Green, completely electric, very compact, people all around partying having the time of their life. Everyone was super amped up," he said.

Junior Ava Kiricoples said she felt people get less excited about the day "unless you go to a parade. To me, St. Patrick's Day is more a regular day if anything but I do enjoy celebrating and dressing up in green."

Some like to include traditional foods and relax with family and friends on St. Patty's. Junior Danny Lannan was forced to spend most of his St. Patty's Day at home since he suffered a painful injury on the holiday which didn't allow him to make the parade. "We didn't celebrate until dinner time," said Lannan. "We had corned beef and cabbage and spent time decorating," said Lannan.

Some took advantage of all that St. Patty's Day had to offer. "I came back from Boston, my mom cooked up beef stew and I spent the last few hours of the holiday with the fam," said Balkus.



Giorgio Gioldasis, Elijah Linnehan, Jayden Torres, and Ollie Shakespeare pose before the St. Patrick's Day Parade (courtesy photo).

WHY DECA ?

Joining One of the Most Beneficial High School Clubs

By Marvens Pierre-Jules, Staff Writer

If you're a high school student with an interest in the business or marketing fields, and have an interest in public speaking, DECA is calling your name.

DECA stands for Distributive Education Clubs of America, and was founded in 1946 by Chris Kimbell and Michael Wayne, as a way to introduce students to the world of business.

DECA's main clusters of events are competitions between students in the areas of marketing, business management and administration, finance, and hospitality and tourism. Participating students are exposed to hundreds of choices within their preference zones.

"I got interested when I found out how many different topics there are," said junior Abby Sullivan. "While it's business oriented, there's something fun for everyone."

Triton DECA students recently competed in Boston at the State Career Development Conference (SCDC). Not many students within our walls know much about the benefits of the club, so the *Triton Voice* got some insight and interviewed students and advisors who took part and attended SCDC.

With so many different options to choose from, attending members are forced to think of what would be more beneficial to their futures. "I competed in finance consulting," said Sullivan. "I started by taking the finance cluster exam, then put together a presentation where I acted as a financial consultant and the judge was a small business owner interested in adding a peer-to-peer payment method."

After months of preparation, qualified members attend SCDC and presented their work and received constructive criticism from experienced personnel (judges) for their events. "I had around two months to prepare my presentation," said Sullivan. "It was fun and relatively easy to put together — I placed second at regionals and top 10 at states, with a top three test score."

"There are a ton of benefits," said Sullivan. "You get experience in a role play that's very similar to working in the real world, and it improves your public speaking skills and confidence in your work immensely — I'm proud of the result I obtained considering it's my first year participating, I'm excited to take all I've



Members of Triton DECA Club pose at the Boston State Career Development Conference after their recent competitions (courtesy photo).

learned and hopefully go to nationals next year." DECA offers opportunities to member of the club, whether that's putting yourself out there presenting, or getting a shot at leadership opportunities.

Tim Clark, sophomore, is planning on running for an officer position for the Massachusetts State Action team 67. "I joined DECA for the opportunities it entails," said Clark. "I'm running for officer because it seems like a great opportunity getting to work with other officers, from our state and even other states, and would definitely look good on college applications."

It is no surprise that a lot of students who are part of the club form incredible connections. "It's a great experience", said junior, Tyler Brosch, "and you can meet a lot of people with similar interests and even get connections for college."

"DECA has countless opportunities," said Clark, "it's an experience of a lifetime and I am so glad that I went through with it this year."

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Some students drink coffee primarily because it's just something to sip on and to fit in with the crowd. "I started drinking coffee in like fifth grade," said senior Marvens Pierre Jules. "But I honestly don't know why I drink it, I'm not even a huge fan of coffee. My friends always have it and the caffeine is a plus."

Although there are many negative effects of coffee, there are also positive effects as well. According to Healthline, coffee boosts energy, has been linked to lowering the risk of type 2 diabetes, supports brain health, promotes weight management, and many other factors that help the human body. Coffee, just like anything else you consume is usually good for you in moderation but too much of it can lead to drawbacks of the human body.

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being very stressed, averaged around a 4 during a regular school day. However, 62.4 percent of students responded that their stress level was a 1 during Wellness Day. Also, 91.8 percent of students agreed that the day "provided an opportunity to decrease any school-related stress," with 69.4 percent of students answering that they had been "able to make connections with other students or teachers during their time spent in the provided workshops."



CORRECTING THE RECORD

The *Triton Voice* strives to ensure accuracy in its reporting and attempts to make corrections when needed. In last week's article, "Back to the Future," two corrections to renovation of the middle-high school need to be made:
1. The band rooms and the team locker room in that hallway near the wrestling room were all the junior high gym - there was no dance studio as the article had stated.
2. The old lobby did not feature a store or the bank, however the present the nurse's office and smaller art room and art office were previously part of the central office. The main office of the HS was where it is now, and the present day central office previously was the junior high office, nurse's office, and guidance office.

COVID Class

The Pandemic's Effects on the Class of 2024 as they Get Set to Graduate

By Lucas Bistany
Staff Writer

Can you believe that kids born in 2005 and 2006 are graduating this year. Yes, the class of 2024 is graduating in May. On top of the stress of moving on to a new chapter in life, many students who are graduating this year still deal with the backlash of COVID. While online school from that time hurt some students studies, others did better than ever. But this time period changed the course of many students' futures.

The *Triton Voice* interviewed three seniors about the impacts of COVID, and the stresses of graduating.

The stresses of graduating are heavy, especially on some who had inconveniences during the pandemic. Senior Lilah Nason was a freshman, and attended an online school in Florida. The credit system was different making it much harder for her to make up credits when enrolling back in Triton. This set her back.

"It hasn't been easy; there are times when I feel like I'm pushing myself to the limit without allowing myself a moment to breathe," said Nason, "and other times when I struggle with motivation as I see the long list of tasks I need to complete before graduation."

Nason says she knows that it's her responsibility to succeed. At this point she is on track to graduate and thanks the staff at Triton for helping her through those tough times after COVID.

Having a long-term plan as a freshman was something Bryant Monaghan was interested in. Attending Whittier, he wanted to be an orthodontist and didn't see himself doing anything different. However, Monaghan moved Back to Triton as a sophomore.

"Once COVID hit, I was stuck inside more frequently," said Monaghan. "This is when I became drawn to history, as I would sit in my room some days and just watch history videos on YouTube." For Monaghan and others, COVID did not only have negative effects; the circumstances did have some positives.

Online school during the pandemic had many kids getting some of the best sleep they've ever had.



Aiden Quinn pointed out in his interview with the *Triton Voice* that he quite liked it. Most did like it, before looking at their grades. But not so for Quinn as he kept better grades than ever.

"Online school was easy," he said. "You could lie in bed all day while doing school work and half of the teachers are figuring out how online school works." He claims that his plans for after high school have re-

mained the same.

Overall COVID was not good at all, but after looking back, hard times make the good times a lot better. All three cases, though having different paths, seem to have some positives.

WINTER from page 1

Here in New England some of our best surf rolls through in the winter during our Nor'easters. These storms bring large, clean waves.

"Some of the best waves I have caught in my life were during the winter seasons up in Hampton," said local surfer Oscar Straumen. "If you love something you will do whatever it takes to do that thing as much as possible. That is why we surf year round. We have a passion for surfing and the best waves are in the winter."

While the *Triton Voice* interviewed multiple winter surfers, we wanted to get a non-surfer's point of view on the extreme sport.

Winter surfing is "something I don't want to do," said business teacher Mr. Mike Trovato.

"It just sounds cold, and you gotta have all the gear, wetsuits, booties to keep you warm," said REACH teacher Mr. Josh Noble.

While there are seasons for most sports, for example football in the fall, baseball in the summer, but those who love these sports practice and condition year round to better themselves. People who winter surf aren't crazy, they just have a love and passion for the sport like no other.