



TRITON VOICE

Triton High School

Triton's Student-Produced Newspaper

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New Year 2025: A Fresh Start

By Sophia Chapman & Luke Sullivan, *Staff Writers*

New Year's resolutions look different for everyone, but the ultimate goal is for self-improvement to strive to be the best version of you. Walking around the school, the *Triton Voice* heard some diverse answers to the question: what's your New Year's resolution?

"My goal is to spend more time doing things I actually want to do," said English teacher Ms. Erin Dempsey. Like Dempsey, many believe the new year is an opportunity for positive change, whether it's something as small as getting more sleep to something as big as losing 100 pounds.

The idea of New Year's resolutions is to use the new year as a fresh start, to identify areas that need improvement, and figure out how to achieve the goals set. Success revolving around these resolutions often stems from setting realistic goals that can be achieved. Although most resolutions only last for around two weeks, some people significantly change their lives for the better.

According to the article *The History of New Year's Resolutions* by Sarah Pruitt, New Year's resolutions are said to date back 4,000 years, created by the Babylonians. However, their take on resolutions looked quite different from what we see today. When crops were planted in March, that was considered to be the start of their year, not January. During this time they would make promises to the gods to pay back their debts and objects borrowed. These promises were considered their idea of resolutions. If the promises were kept, the gods would present them with honor and awards.

Today, resolutions are not as much promises to god, but promises to ourselves. To many people, the new year is a perfect time to make goals to better yourself.

A common goal we observed amongst Triton was planning for less screen time.

"My goal is to scroll less. In the last hour before I go to bed I'm gonna put my phone down and try to do

something productive, like read or look at recipes," said math teacher Mr. Matthew Haley.

Triton senior Amelia Hanson had a similar goal for 2025: "My goal is to be off my phone more and go outside, go on a hike, or something like that."

These resolutions can even be physical as we heard a goal from Triton senior Beckham Zizza who wants "To be better than I was last year, physically," Zizza said. His steps for this goal are simple. "Get in the gym more."

While some people have set goals, there are others who have no goals at all.

"I used to make them when I was little. It was a big thing for my family but recently we don't do it anymore," said Triton junior John Perley.

A big phenomenon called Quitters Friday is said to be one of the reasons many don't bother making any goals for themselves. This event takes place on the second Friday of January, and statistics show it is when most people quit their resolutions. The thought of Quitters Fridays is a big part of what holds people back from goal making.

However, some Triton students believe resolutions are actually very important. Such as junior Ava Johnson.

"I think it's important to always reflect on what's going on in your life and if it's important then you gotta change it no matter what it is," Johnson said.

For other students, resolutions are not for them.

"I think that new year's resolutions are important to some people but personally I don't want to have one," said senior Ashley Sabino.

While talking amongst Triton students and faculty it is clear that while some members of our community have specific set goals for themselves, others haven't even put a thought into it.

'No I In Team' Winter Sports Captains Discuss Mid-Season Goals

EDITOR'S NOTE: This is the first of a two-part series about how our sports teams are doing at the mid-season. This week we cover wrestling, hockey, and cheer. Next week we cover track, swimming, and basketball.

By Gennes Packer and Cassidy Beebe, *Staff Writers*

Players standing on the track, court, ice, mat, or the sidelines, all wait for that starting whistle to begin their matches. With the winter season well under way, captains of wrestling, basketball, track, cheer, and hockey, have set personal and team goals. The *Triton Voice* decided to hear what they have to say about their teams performance so far and their goals for the seasons end.

Wrestling

Triton wrestling started right after Thanksgiving, with Coach Shawn McElligott wanting to get the quickest start possible. "Coach Mac," along with senior team captains Nolan Merrill, Alex Sabino, and Sam Imlach, all do off-season work in order to get better. The boys team's current record for dual meets is 7-1, recently taking their first loss to Lynnfield/North Reading.

Triton also competes in multiple tournaments and placed first in the Big Red Championship, seventh at the Dan Balboni Classic, and 10th at the Brendan Grant Memorial Tournament. The girls also compete in tournaments and placed 21st at the MA Girls Kick-off Classic, sixth at the Dan Balboni Classic, and 16th at the Brendan Grant Memorial Tournament.

All of the captains this year agreed that their main goal is to win a Cape Ann League title, win a tournament overall, and send as many wrestlers as they can to the state championships. Triton wrestling has had 26 seasons where they won the CAL title, so they have a big goal to make this year their 27th. Individually, each captain has slightly different personal goals

"Personally I plan on placing at states and moving onto the All-States and New England tournaments," said Imlach. "We have a very strong team, and I was expecting to be 9-0 at this point but some things just don't go our way, especially against Lynnfield, but were only looking ahead to future opponents."

No matter what is thrown at them, the captains have remained positive. Merrill and Sabino both agreed with one another that they hope to compete and place in the Sectional, State, and All-State Championships.

"This season I am trying to get my 100th win, place at States, possibly the All-State, but probably will just qualify," says Nolan.

Hockey

Triton boys hockey this year is composed of 22 varsity players who work hard each day. Coached by head coach Ryan Sheehan and assistants Robert Hawkes, Kyle Mckendry, and Marc Bastarache, the team captains include seniors Luke Sullivan, Josh Hersey, and Connor Rumph.

A big goal this year is to make it far in the playoffs as they have attempted in years past. Sullivan believes that they are in a [See SPORTS on page 2](#)

REVIEW: Trending Hoodies You'll Want to Live In

By Devyn Alantzas & Sophia Stanley, *Staff Writers*

The week after Christmas, you're walking through the halls. All you see is a wave of girls your age wearing, "Aelfric Eden", "Comfrt", "White Fox" and "Lululemon" sweatshirts they had been gifted. Are these arguably 'expensive' and 'trendy' hoodies worth the money?

Ranging from \$45.99-\$118, these popular sweatshirts are crucial to girls' wardrobes. On "Glamour", a popular fashion website, reviewers listed Lululemon's Scuba-Zip hoodie as the, 'best active hoodie for women'. This is a well-known and popular hoodie not only loved by teens, but all women alike. While some love theirs, others don't. Many consider this sweatshirt to be "bad", due to its bulky fit, excessive fabric, and extremely high price. Are these Scuba's and other well-known sweatshirts as amazing as they say?

Comfrt hoodies are known for their extra-soft, slightly weighted sweatshirts designed to alleviate stress and of course, provide comfort. With prices starting as low as \$45.99, they also include a wide range of colors including their pastel collection and their limited edition colors. Comfrt is also an inclusive brand, with all hoodies being unisex and sizing from XS-3XL. The hoodie being reviewed is their 'Signature Fit Hoodie', in the limited edition color coral. Comfrt confidently states on their website that they ship in 48 hours, which seemed not to be the case.

After ordering during the holiday season, this sweatshirt instead took three to four days to arrive at my door. However, my first impression was nothing short of amazed. The coral color was more vibrant than online and as close to perfect as you could get.

"It's super soft," said junior Adeline Stapleton, "and I like the shape of it and the size, because it's nice and oversized.



From left to right: Sophia Chapman, Sophia Stanley, Adeline Stapleton, Beckham Zizza and Devyn Alantzas all wearing their popular sweatshirts (Luke Sullivan photo).

The hood is big so it fits all my hair."

Comfrt markets all their sweatshirts as "slightly weighted," but if you had placed it in my hands and asked me if I thought it was weighted or not, I would say it wasn't. This factor was a little disappointing to me.

Where I had hoped the sweatshirt would feel like a big hug, it merely felt the same weight as all the other hoodies I own. The inside of it was very soft, I wouldn't say it was mind blowing.

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OPINION: Going Through Changes

The Triton Voice Discusses Possible Schedule Altering

By Chloe Price, Angela Simmons, & Taylor Richard

In our previous article on school schedules in the Cape Ann League, we talked to 10 personnel from 5 different schools in order to investigate our belief that Triton's schedule could be better. We think this new schedule could change one's outlook on their academic week.

With the idea of a good night's sleep being a priority for most and more time to "kinda vibe," in the words of Assistant Principal Elizabeth Pacheco, these small tweaks could provide a better experience for students here at Triton.

In a Google form, we asked our student body about potential schedule changes. A total of 30.5 percent of feedback came from freshmen, 22 percent from sophomores, 28.8 percent from juniors and 18.6 percent from seniors. Here are the results.

Do You Like Your Daily Schedule?

Students replied, 49.2 percent neutral, 39 percent yes and 11.9 percent no. This was interesting because the majority of students said that they did like their current schedule, but other data stated there were a few minor changes to be made.

Do You Like Our Waterfall Schedule?

Students replied, 10.2 percent neutral, 84.7 percent yes and only 5.1 percent no. Although this was expected, we were shocked how many people loved the dropping one period per day idea, so we kept this in mind when creating our schedule.

Who would you swap schedules with in the Cape Ann League?

Anonymously, students replied, "None," "Newburyport High School," "Newbury," and "Pentucket." We are not surprised that our rival took the cake in this friendly competition.

If you could change our school's schedule what changes would you make?

Students replied, (anonymously), "None," "Everyday there should be a study period", "Lunch Longer", "[First] class starts at 8", and "Start later." (Junior & Seniors) Do you prefer our current 'Viking Block' or would you rather swap back to one 90 minute class each day?

Students Replied, 7.9 percent "I don't like either," 2.6 percent would like to return to a 90 Minute class, and a whopping 89.5 percent said they liked Viking Block. This was a wild ratio!

Our schedule reflects the student body's ideas and requests to create a smooth school day. The first thing we did was add time onto classes and passing periods to make for a predictable flow. We added a "Viking Block" replacing our old 30 minute extension into a rotation consisting of a Gym or Study followed by a lunch. And lastly, the most anticipated is the start and

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
A Period (8:15AM-9:15AM)	F Period (8:15AM-9:15AM)	E Period (8:15AM-9:15AM)	D Period (8:15AM-9:15AM)	C Period (8:15AM-9:15AM)	B Period (8:15AM-9:15AM)
4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing
B Period (9:19-10:19)	A Period (9:19-10:19)	F Period (9:19-10:19)	E Period (9:19-10:19)	D Period (9:19-10:19)	C Period (9:19-10:19)
4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing
C Period (10:23-11:23)	B Period (10:23-11:23)	A Period (10:23-11:23)	F Period (10:23-11:23)	E Period (10:23-11:23)	D Period (10:23-11:23)
4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing
Viking Block 1 or First Lunch (11:27-11:57)	Viking Block 1 or First Lunch (11:27-11:57)	Viking Block 1 or First Lunch (11:27-11:57)	Viking Block 1 or First Lunch (11:27-11:57)	Viking Block 1 or First Lunch (11:27-11:57)	Viking Block 1 or First Lunch (11:27-11:57)
4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing
Viking Block 2 or Second Lunch (12:01-12:31)	Viking Block 2 or Second Lunch (12:01-12:31)	Viking Block 2 or Second Lunch (12:01-12:31)	Viking Block 2 or Second Lunch (12:01-12:31)	Viking Block 2 or Second Lunch (12:01-12:31)	Viking Block 2 or Second Lunch (12:01-12:31)
4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing
D Period (12:35-1:25)	C Period (12:35-1:25)	B Period (12:35-1:25)	A Period (12:35-1:25)	F Period (12:35-1:25)	E Period (12:35-1:25)
4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing	4 Minute Passing
E Period (1:29-2:29)	D Period (1:29-2:29)	C Period (1:29-2:29)	B Period (1:29-2:29)	A Period (1:29-2:29)	F Period (1:29-2:29)
School Day Ends	School Day Ends	School Day Ends	School Day Ends	School Day Ends	School Day Ends

Our suggested Triton High School Schedule (Richard Photo)

end times switching from 7:42-2:13 to 8:15-2:30.

In order to hear from a professional, we asked Principal Patrick Kelley what he thought about our new schedule idea. "It's going to have to change in some form or fashion," he said. "We have to be able to share staff." His thoughts of shared staffing between the high school & middle school seemed to be the top priority in the change.

About dropping classes he explained that, "it's good to have a break and sometimes it's good for a teacher to have a break from you." We also explained that the majority of the kids preferred dropping a class each day rather than a tight schedule as well.

Although it will be a while before we know what our new schedule will look like, we are sure to use student and staff feedback to draft a schedule that could be considered by administration.

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good spot right now with a record of 6-4-1, but have had some tough games that have since created some disconnection. However, he believes once that is fixed they will be back on track to make their goals a reality.

"The boys are fired up for senior night after losing two games," said Sullivan. "Looking forward to getting back into the winning column and improve our record."

Hersey has strong personal goals for himself. Last season he scored 18 goals, but this season is aiming for over 25. Thinking of his teammates, he also has some goals he hopes they can accomplish this season.

"A team goal for the season was to get a top 10 spot in the power rankings and eventually get to the Garden for a state championship," says Hersey. "That's been our goal for the last four years, so why not save the best for last."

Cheer

The Cheer team members started with tryouts on December 16th right before winter break. Having all of winter break to practice cheers to get ready for their first basketball game on January 3rd. A small team was made up this year with a total of 5 girls. Junior captain Cassidy Beebe, and Sophomore captain Kaylin Cook, have great hopes for improvement with their team for the season. From team bonding to tumbling goals, the winter cheer team has goals set for the season.

"Winter cheer is definitely different than fall, with a much smaller team. For winter my biggest skill goal for the team is to get stunts going so we can do them at basketball games," states Beebe. "I also just genuinely want everyone to have a great bond with each other since it is such a small team and shorter season."

Winter season differs strongly from the fall season. In comparison, the fall cheer-leading team had 20 athletes on the game team, 10 of those on the competition team in

HOODIE from page 1

White Fox: The Australian fashion brand 'White Fox' has taken the world of teen girl fashion by storm. Their oversized, comfortable, and on-trend hoodies have made them nothing short of popular. Like many other things, WhiteFox has gained its popularity due to its social media 'hype' and the famous faces who created such a huge demand. Popular Tik Tok-er's like Chloe Burrows and Katie Price represented and promoted this brand.

These sweatshirts typically are priced around \$59.99, falling into the "cheaper" side of these brands. The designs consist of a wide range of eye-catching and vibrant colors, while having more limited size choices, consisting of 3XS to only XL. The hoodie being reviewed is their most popular, 'Offstage Hoodie', in the color "moon".

The first impression I had with the brand, however, was negative. The shipping time for the sweatshirt took two to three weeks, which was very disappointing for such a big brand. When it did arrive, it was packaged nicely including a discount card inside.

The first thing I noticed about this sweatshirt was the fact that it did not have a front pocket; this was something I was deeply upset with. But with the cute bubble font on the back and front, and the oversized hoods, I began seeing why these hoodies gained popularity. Overall, for \$60 I was a little disappointed and could've bought another Comftr hoodie instead.

Aelfric Eden aims to create streetwear, from skirts to hoodies, which have been all the craze for the last couple of years and a very popular item on Christmas lists. Owing three of their pieces I can say they wash great, the fit is good, and the hood isn't too bulky. The Aelfric Eden Vintage Embroidery Star Hoodie by far is one of their most popular hoodies. Its material is a very soft material and it is just the right thickness. The design is super cute and comes in multiple colors. The biggest standout is that it washes great and it doesn't shrink. One complaint is that the size range is a little short, only ranging from an XS to an XL. The price is a little on the higher side at \$79.95, but it is a reasonable price for a cute and quality sweatshirt.

Lululemon is a brand people buy just to have the logo. I do believe that they create great quality athletic clothing but it can be hard to justify the price considering customers can get very similar dupes of good quality for a lot cheaper. The scuba hoodie is again, one of their more popular items and one of their "signature" items. They have created different variations of the scuba, different lengths, quarter zip, full zip, some with a hood, some without a hood, and a range of fun colors. The most

From Kitchen to Tray

How Change is Made in Triton's Food Services department

By Beckham Zizza, Adam White, & Tim Clark
Staff Writers

Triton's food services just offered their newest system, the after school snack cart. This change is just one of many that has been made in the last several years since COVID.

"We take pride in the food we serve, but at the end of the day, we want to serve meals that the students will enjoy and eat," said Sarah Littmann, director of food and nutrition services of the Triton Regional School District.

Since COVID, the food department has had several major changes in their offered services. They now provide free food for all students, overall healthier choices, and more options. These changes came as a result of student requests, which plays a huge part in making change in the department. When asked about whether or not student feedback was important, Littmann responded with "Absolutely! We love getting feedback on the meals we serve."

Deciding the best school lunch at Triton can be difficult, with opinions and preferences varying across the student body. However, certain parts of a school lunch make it notable and popular among Triton.

The students here clearly have some favorite lunches.

When asked about her favorite lunch Peighton Hertigan said, "My favorite meal is definitely mozzarella sticks." The mozzarella sticks and pizza crunchers are being taken by the kids so quickly that the lunch ladies need to resupply every few minutes.

"My favorite meal served in the cafeteria is the popcorn chicken and mashed potatoes," said senior, Bradyn Lopes.

The burger and smiley fries combo get the same treatment

by the students. Both are cooked to perfection and with a variety of toppings and condiments, what's not to love. The lines on these two days especially are unbelievably long. People even go so far as to cut all the way to the front just to get their hands on these lunches.

Even if you don't like the meal choice that day, there are plenty of options to choose from. "I think there is a large variety where every student can find something they like," said junior Cam McDonald, who talked about how easily accessible all the options were and that you didn't have to ask to get something you really wanted. There are a lot of meals to choose from like the salad bar, different packaged meals like sandwiches and bagels, and a soup of the day. This is a major point of interest within the department, as variety is tough to achieve whilst fulfilling dietary requirements.

"The standards are broken down by age/grade (elementary, middle, high school) and have limits on calories, added sugar, saturated fat, sodium, and also regulate the types of grains and variety of vegetables we serve," Littmann said.

It is important that Triton's students are not only happy, but healthy, which is why it's a good thing another popular choice at Triton includes the various chicken products including General Tso's Chicken, popcorn chicken and the chicken patties.

All of these options are widely loved by Triton's population, and help alleviate some concerns about there not being enough protein in a Triton students diet.

"I think that it could be improved by a greater focus on protein dense meals," said McDonald.

Chicken is a fantastic source of lean protein and is very rich in essential vitamins and minerals, making it an ideal choice for lunch or dinner, and it is great that so many options appear throughout the school year.

In a perfect world, Triton's food story would end here, but unfortunately challenges are bound to rise.

"We've seen significant supply chain concerns in the last few years," Littmann said. These issues are still being ironed out, and it is important to recognize and appreciate all of the adversity Triton's food department goes through to ensure food hits the trays every day.

popular is probably the Scuba Oversized Half Zip Hoodie. The material and the fit is great but is very heavy. The price is definitely harsh at \$118 but these hoodies are overall worth it, if you have the money. They are inclusive and provide you with many different options. "I do like my Lululemon Scuba but sometimes it's not my favorite," said senior Sophia Chapman, "I love the colors they have but I have a cropped one and it fits weird compared to my full zip. I love my full zip scuba though it is very comfortable, they are pricey but I think they are worth it."

Lululemon is a way for you to feel cute and athletic. Comftr is an amazing brand to make you feel comfortable while also cute. Aelfric Eden and White fox can go hand and hand while making you feel cute, comfortable and trendy. But, these four hoodies all receive a thumbs up from us if you are looking for a quality hoodie that can add some style.



The new after-school snack cart outside the T's (Clark Photo).