

A Night To Remember

Reviewing Triton's Prom Night of Food and Dancing

By Adeline Stapleton & Sophia Stanley
Staff Writers

Triton High School isn't always known for its school spirit. Events like Homecoming, March Madness, and Spirit Week haven't been as exciting in recent years.

However, the junior-senior prom is known for bringing the upperclassmen together, and typically gets positive feedback from students and faculty. It's important to keep the tradition alive, which means consistent improvement and honest feedback.

On May 9, 2025 Triton juniors and seniors drove off to the Granite Rose function facility in Hampstead, NH, for the annual prom. In general, it seemed everyone enjoyed themselves and danced the night away. Nevertheless, there's no such thing as a perfect night for all. The key factors for a successful prom are tasty food, uplifting music, a gorgeous venue, and overall morale, according to interviews.

"I thought it was really fun, the music was good, but the food could've been way better," said junior Peighton Hertigan. "I also didn't like how long everything took, it kind of brought the vibe down."

Prom is built up to be a magical night that students will always remember. The glistening dresses,



Juniors and seniors danced throughout the night at the Granite Rose in Hampstead, NH, site of this year's prom (Stapleton photo).

fancy tuxedos, wild dancing, and eccentric after-parties are looked forward to by students since childhood. For the most part, the Triton event lived up to these expectations, but there is always room for improvement.

After waiting for the promenade to come to an end in the THS auditorium, the buses departed. Upon arrival, many students said their first thoughts were on food since they were "starving," they said. The menu for the night included tortellini, chicken marsala, Caesar salad, and other side dishes. While there were a

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Heard in The Halls

Overheard Conversations from the Hallways of Triton High

By Nancy Arias & Sadie Deveau
Staff Writers

Walking through Triton, whether it's before classes or during, there are always things heard that may sometimes leave one's mouth agape or wondering, "what are they talking about?"

Usually spoken without context, a listener may never know how the conversation started or any details behind it, which sometimes makes things funnier to listen in on.

Here are some interesting conversations that a few students from the *Triton Voice* heard in classes or hallways around Triton this week:

Ninth Grade English Class

Student 1: "Who was Anne Hathaway?" "Wasn't that the girl locked in the apartment?"

Student 2: "No, that was the blind and deaf lady, Hellen Keller."

Student 1: "No, that's the lady who discovered penicillin."

Journalism Class

Student 1: "I have a 14 in this class."

Student 2: "I wonder what I have-"

Student 3: "Probably a 0"

Student 2: "You don't know that because you're not in my aspen, dweeeeeeb."

Student 1: "It's time to put the Uggs away it's May"

Student 2: "Oh, no I'm only wearing these because I broke my toe nail. Wanna see?"

Student 1: "Does anyone have any allergies?"

Student 2: "I might be allergic to peanuts"

Student 1: "Might be?"

Student 3: "Doesn't it just make you angry"

English Hallway

Student 1: "I almost got hit by a crippled!"

Student 2: "Hi my brownie!"

Cafeteria

Student 1: "Look at him he's twerking"

Student 1: "He's the kind of person you just want to put in a habitat and observe."

Student 2: "Real."

History Hallway

Student: "RACISM."

Student: "Why are you trying to be so sigma?"

High School Courtyard Entrance

Student 1: "My sister is 9/11."

Student 2: "Woahhh?"

Student 1: "Speaking of autism..."

Student 2: "Is this a foot?"

Math Hallway

Student 1: "Down."

Student 2: "I'm not a dog."

Student 1: "Down. Now."

Support Room

Student 1: "PINK NINJA"

Student 2: "I'm the pink Ninja."

Student 1: "That's my pink ninja, my protector."

Student 2: "I'm her protector."

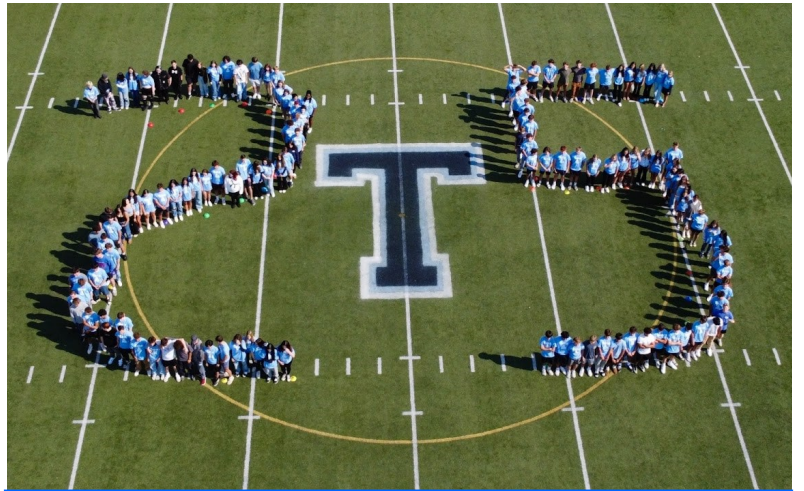
Out of these people heard, there are so many more interesting conversations going on in Triton. Sometimes you may catch them by accident or you were listening in, some nice and cutesy or give you second-hand embarrassment.



Triton's busy hallways (file photo).

Been There, Done That

Class of 2025 Advice To Underclassmen
By Gennes Packer & Cassidy Beebe, Staff Writers



Senior class of 2025 forming a 25 on the football field (VTV Photo).

The high school experience is different for everyone. It is a time to learn more than math, science, history, English, world language, and the arts. It is also an important time to learn more about yourself, the people and world around you, time management, building relationships, and marking milestones.

In a survey conducted by the *Triton Voice*, upperclassmen gave advice to underclassmen about the pros that kids should look forward too like "more freedom," spirit week, dances, field trips, choosing new courses, and exploring personal values and interests. But what may be lesser known are the cons to high school: the late night studying, the peer pressure, the great friendships, first serious relationships and heartbreaks, the heartbreaking exclusion, the expectations and realities, the preparation for college and career, and one's personal fears.

For incoming freshman, there are myths that high school can seem scary, that it is hard to manage time and keep up in class, that the campus is big, its easy to fail, and that teachers are more strict.

However, current seniors surveyed by the *Triton Voice* rejected those expectations. The school may seem big, but in reality it is just multiple big squares, and each class subject is in the same hallway. There are also many students and staff willing to help anyone figure out their way around the building. Yes, school may be hard, assignments can be long, and studying can feel never ending. But teachers are willing to help, and making friends in every class is beneficial when it

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Calisthenics

The Practical Way to Get Stronger

By Joshua Krugman, Staff Writer

Strength trainer and Triton Assistant Football Coach Charlie Takesian advocates adding calisthenics into athletes' daily routines.

"My main goal is to help the football team with their core so they can perform better on the field," said Takesian. Calisthenics works with other sports, too, he said.

While lifting weights targets individual muscles, it is usually not a natural motion for everyday life. Calisthenics, however, targets muscle groups with natural movements that are used each day.

In the U.S., the number of adults who are considered to be in physical shape is only 1 in 4. According to a study conducted by The National Center for Health Statistics, "among all adults aged 18 and over, 24.2 percent met the guidelines for both aerobic and muscle-strengthening activities, 22.7 percent met only the guidelines for aerobic activity, 6.8 percent met only the guidelines for muscle-strengthening activity, and 46.3 percent did not meet the guidelines for either type of activity."

Many have excuses like how they can't make it to the gym, but with calisthenics, that excuse is invalid.

"People skip doing calisthenics because they stick to traditional weight lifting exercises," said Takesian. Calisthenics are an alternative exercise to weightlifting, but they can be more effective for muscle building than lifting weights because it targets various muscles all at once and can lead to muscle strength that most others don't have.

"I highly recommend that people have some knowledge about calisthenics and incorporate them into their daily routine to have a healthy, functioning body," Takesian said.

Calisthenics builds functional muscle strength, flexibility, and

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Triton Voice Takes on a Media Fast

The student-reporters of the *Triton Voice* took on a “media fast” on Thursday, May 1st. For 24 hours, we challenged ourselves to refrain from social media, our phones, texting, and, in some cases, all screen time or music. The result? A memorable day of struggle and new found strength.



This week on *Viking Voices*, Beckham Zizza, Adam White, and Joshua Krugman compose, “Media Fast: The Movie,” a short film that is a hilarious comedy about the media fast experience of Mr. Allen's journalism class.

Zizza humiliates himself once again in this must-see action thriller. This silly movie does a great job addressing the media fast while providing buckets of laughter.

“Beckham is high-key my favorite actor now,” said journalism junior, Adeline Stapelton. “It was interesting,” added fellow junior Riley McIsaac. Check it out at www.tritonvoice.co

Reflections on a Day Without Media

By Anthony Navaroli
Staff Writer

I woke up and instantly reached out for my phone, but I stopped myself.

My first instinct on the morning of our journalism media fast, a 24-hour phone and media free time period last month — was to check my texts, notifications, and emails. This time, I found the will in myself to fight the urge. That set the tone for the rest of the Media Fast, which was way harder than I had expected beforehand.

A quote from Marshall McLu-

han that stuck with me post-fast was this: “We become what we behold. We shape our tools, and thereafter our tools shape us.”

The Media Fast opened my eyes to my dependence on my digital devices. I thought it would but a simple challenge; all I had to do was put the phone away, right? But the day showed me how deeply connected I am to media without even thinking about it. From checking emails to answering texts, or just needing focus at the gym, digital tech has worked its way into almost every second of my routine.

This reflection is about how that day went, what I learned, and why it made me more aware of my habits and how they affect me.

I woke up to my usual alarm and reached for my phone, only to stop myself. I didn’t open any messages or scroll. I got ready for the day without looking at my phone once. On the car ride to school, my brother was playing music. Normally, I’d be on my phone, but I just listened and sat there.

Once I got to school, I had to use my laptop to complete assignments, so already, the “fast” was a gray area.

During study period, I focused on schoolwork, but ended up checking my emails. Some part of my rationalized it, thinking it was “Productive media.”

Lunchtime wasn’t too hard, I didn’t use my phone, and let the time pass. But then I saw a text from my manager about

work shifts, and I had to respond. That one felt necessary, I need the money. Later, I checked my email again for an important response I’d been waiting for. Technically, I was breaking the rules, but it didn’t feel optional.

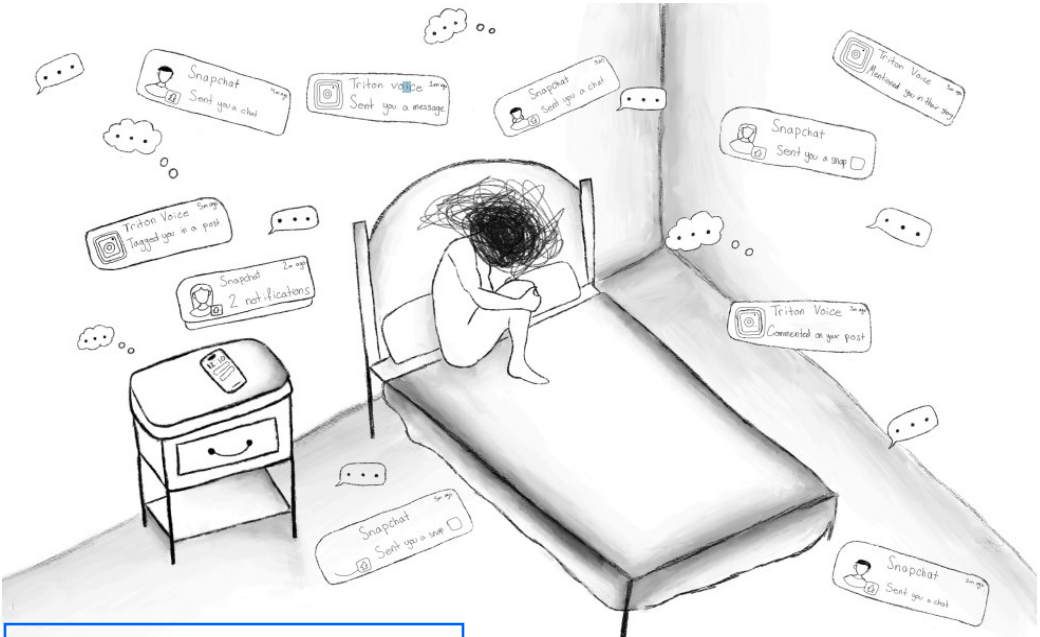
The rest of the school day dragged. I had finished most of my work, and without my phone to kill time or distract me, I felt bored. It was harder than I thought it would be.

After school, I went to the gym. I didn’t want to use headphones, but I couldn’t focus without them. It felt empty and hard to get into my routine, so I gave in and used music. At that point, the experiment was falling apart.

That night, I checked homework on my laptop, ate dinner, and got things ready for the next day. Before bed, I turned on the TV and fell asleep, not thinking or caring about the fast any more.

I didn’t fully stick to the fast, but I gained something much more important: awareness. I saw how automatic my habits are, checking my phone, needing music, filling every quiet moment.

This experience showed me I rely on the media way more than I realized. I’m not sure total disconnection is a realistic idea, but I can be more mindful about how and why I use it.



“Media Fast” by Devyn Alantzas

On the Wrong Side of History

OPINION: Book Bans Limit Student Experience

By Addison Rowe & Liam Dostie
Staff Writers

Books are a way to teach, inspire, and entertain minds. They have always been a gateway to new ideas, lessons, and perspectives. Yet time and time again, they face bans and are challenged for addressing topics that some think are controversial. What’s surprising is that even children's books that promote values like love, acceptance, and kindness have been and continue to be censored.

Take *And Tango Makes Three*, for example. This heartwarming true story of two male penguins raising a chick together has been banned in multiple schools simply because it portrays a same-sex family. Why should children be denied the chance to learn that family comes in all shapes and sizes? Rather than being inappropriate, this book teaches love, responsibility, and the idea that family is defined by care and support, not structure.

Even classics like Shel Silverstein’s *The Giving Tree* have not been safe from criticism. Some say that the book encourages unhealthy relationships and self-sacrifice, but isn't it a lesson in generosity? Shouldn't we allow young readers to interpret and discuss these messages instead of banning them?

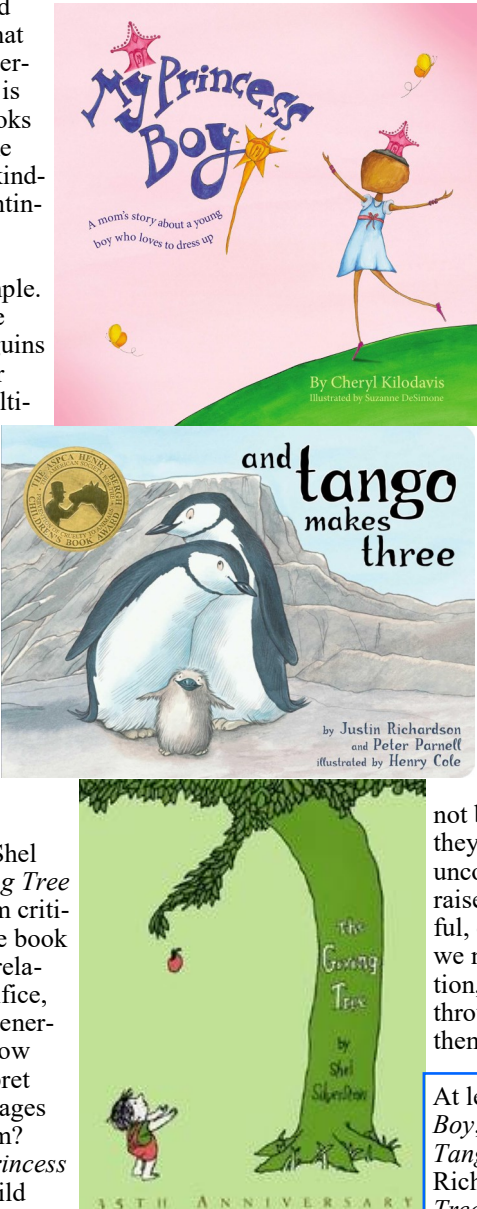
Then there’s *My Princess Boy*, a story about a child

who defies gender norms and embraces who he is. Critics protested the book and said it pushes ideas on children who are “too young” to understand. But isn't childhood the best time to teach kindness and acceptance? Shouldn't books help children see that differences should be embraced rather than feared?

Those in favor of book banning argue that young readers are impressionable, and some topics like gender identity, non-traditional family structures, or controversial moral lessons may not be appropriate for all children at certain ages.

The problem with book banning is who has the authority to decide what children can and cannot read. Shouldn't that decision belong to parents, teachers, and most importantly, students, not a group of closed-minded people? Instead of banning books, schools, and libraries should have discussions that help children think critically and form their own opinions.

Books should challenge, inspire, and educate, not be hidden away because they make certain individuals uncomfortable. If we want to raise a generation of thoughtful, compassionate individuals, we need to let them read, question, and explore the world through stories, not censor them from reality.



At left, from top, *My Princess Boy*, by Cheryl Kilodavis; *And Tango Makes Three*, by Justin Richardson, and *The Giving Tree* by Shel Silverstein.

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comes to finishing work and studying for exams.

“While being an active member of the community is great for college and scholarship applications, it's also so rewarding and fun,” said one student who responded to the *Triton Voice* survey. “I’ve met my best friends through sports and volunteering opportunities.”

The top advice for all freshmen from upperclassmen is to get involved. You have control over the courses you take, extracurriculars you join, friends you sit with, and more. “Take yourself and your grades seriously,” was also some advice. In the end, even if you don't care about school, grades, or college your freshman year, you will care eventually.

Another top piece of advice to underclassman from seniors surveyed is to start the college process as early as you can. You do not have to be set on a college, a major, or a future life plan, but when an opportunity presents itself for financial aid, scholarships, help applying, help searching for the best school for you, and more, take the help.

“Don’t take anything too seriously and just say yes to everything, focus on the present,” said one survey respondent. Other advice included to remember to not compare yourself to others, and to not beat yourself down after a poor grade, or hold yourself back from an opportunity.

Finally, students advised that without undergoing failure, stress, or struggle, then you wouldn't know how amazing the wins, growth, A+’s, friendships, and breakthroughs feel as you head towards graduation.

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handful of positive opinions on the food, others were not satisfied.

“The food was honestly really gross,” said junior Ava Johnson. “The only things that were really good were the mashed potatoes and the chicken. Honestly it was pretty disappointing.”

Senior class officer Sophia Chapman said she and the other officers chose Granite Rose for its beautiful outside space. Sadly, the weather disrupted that perk. The rain all night called for everyone to remain in the building. Despite not being able to utilize the outdoor area, the venue was delightful. There were two big, open rooms. One room dedicated to tables and the dance floor while the other served as a comfortable escape from the loud madness with couches, tables, and a beautiful archway for photos.

Many said the important part of prom was the music; if the music isn’t good then nobody will want to dance which is what everyone looks forward to. At first, the DJ was playing more “chill” songs as students ate dinner. Once the food tables were cleared, he kicked it up and slowly everyone flooded the dance floor, and it was not empty again until the night was over. Each group meshed into one and everyone danced together.

“Dancing was really fun, which is weird because I don’t typically like to dance,” said junior, Michael Taylor. Many others had agreed with Taylor.

Although well-executed details are important, what makes or breaks the night are the attendees. The dance floor was never bare, and unlikely groups came together to dance, sing and just be together as one for the night.

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endurance, while weight lifting builds muscle mass and individual muscle strength. Working out also makes you look better. Working out can improve your skin complexion, confidence, and physical appearance. Physical activity also improves mental health by releasing endorphins.

The most common calisthenics include pushups, pullups, squats, planks, and sit-ups, but there are many more calisthenic workouts that you can find. Calisthenics targets different muscles, but they all require a strong core. Calisthenics have different levels to them, and you can find more advanced calisthenic workouts online

Senior baseball player Beckham Zizza recommends calisthenics as well.

“Pullups are my favorite because I feel like I build the most muscle doing them,” Beckham Zizza said.