

# STRIDENT

## Early Arrival: Students' Extreme Punctuality to School a Welcome Surprise

by Adithi Wijesekera '22

A wave of bodies flood towards the main entrance. Shoulders are shoved and sneakers are stepped on as a mass forms outside the clear doors. From Monday to Friday at 4:45 AM, Amity Regional High School students impatiently wait to enter the building and begin their three hundred sixty minute long day of learning.

Recently, an influx of students has been arriving at school extremely early as these individuals can't fathom wasting a minute of the precious school day due to tardiness. A few students have even expressed their desire to "camp out" on the Amity grounds overnight, ensuring that they will not be late in the morning. Consider setting up a tent with your friends on one of the sports' fields. Even if Connecticut is experiencing inclement weather that day, the satisfaction that punctuality brings is worth the rain you may get caught in.

However, this sudden change has been slightly overwhelming to the administration. Imagine the surprise of Amity teachers when they walk into their classrooms and find every student already in their seats. Thus, teachers have been adjusting their schedules, and arriving even earlier to not be outdone by students.

While these arrival patterns seem insignificant, they may hold power in altering what time the first period begins; circulating rumors state that school may need to start two hours earlier, at 5:34 AM, to accommodate Amity's many early birds.



Photos contributed by Adithi Wijesekera '22

At 7:34 am, the hallways are strikingly empty as students have already settled into first period.

## Parking Lot Filled with Positivity

by Audrey Marin '22

There is no better place to practice parking and proper driving etiquette than the school parking lot. The generosity and patience displayed by students towards one another as they enter and exit their parking spaces is practically overwhelming. Considering the fact that the parking lot consists of relatively inexperienced drivers, I feel comfortable knowing that Amity students are more than willing to be unselfish as they gain both confidence and experience behind the wheel.

Moreover, Amity drivers never partake in reckless driving maneuvers, such as racing one another, driving with too many passengers, or passing one another in no-passing zones. This is the clear reasoning for why there has yet to be a single fender bender or accident in the Amity parking lot.

Aside from the pleasant driving habits of student drivers, the parking lot is very enjoyable due to its incredible design, which allows all students quick access to the school

and always has enough spots for those who seek them.

Liam Tassiello '22 said, "My walk to school in the morning virtually never exceeds 30 minutes. It's nice knowing that if I'm ever running late, I can always count on a very brief walk to class from my parking space. It's even more comfortable when it's pouring rain or 10 degrees, but I don't always get this lucky."

Aside from the short distance from the school, the parking lot design is even more remarkable due to the abundance of spaces. As students get their licenses, it is definitely a stress-reliever to know that acquiring a space is a super easy process. There is always enough parking spaces, so reach out to administration when you are ready to start driving to school!

Parking at Amity is undoubtedly the highlight of my morning each school day, and I am eternally grateful for the place that taught me what it means to be even-tempered and understanding (all while providing a great source of cardio).

## Students Express Gratitude for School-Issued Computers

by Nicole Grosso '22,  
Aadya Wijesekera '23  
and Ryan Lima '22

This year, each Amity student was provided a personal school-issued laptop to help them complete their work. Students have used these computers both inside and outside of school for the past seven months, many of them preferring the advanced Acer technology to that of their Macbooks and other personal computer technologies, even when they exit the school grounds.

Sporadic breaks have been a primary, fantastic addition to the computers, allowing for students to decompress from the stresses of school. As many are aware, the computers often decide to freeze or do updates at random hours of the day. Although many students may find this inconvenient if they were trying to take notes or even take an assessment, administration has suggested that students see this as an opportunity to take a break.

In fact, since so many students' com-

puters seem to be updating without any reason, administration has decided to make this a daily occurrence of all students. This will help to minimize the lack of inclusion some students feel when they miss out on breaks and will also allow the school computers to undergo updates, even if it is not completely necessary. Students are also reminded that their computers may not be operational for 31 consecutive hours during the weekend in order to allow all the updates to be processed.

Aristotle has also been another great addition to the computers, allowing for constant administrative oversight, keeping students on task during school hours. Unfortunately, this supportive teacher surveillance only lasts during the short 7 hour school day. Noting this sad fact, administrators discussed the potential for extending Aristotle's oversight power till 11:59pm, since many assignments are due at that time.

Following debate at last month's Board of Education meeting, it

was decided that starting April 1st, Aristotle will now be available for teachers to use around the clock. Teachers are encouraged to take advantage of these extra hours to assist students by monitoring screens during all possible hours. These additional hours will undoubtedly help Amity kids to get ahead in their schoolwork.

Beyond just computers, Amity is making the transition to install Aristotle on students' personal cell phones. All student contact with the outside world will now be blocked, meaning no more text messages, phone calls, or flicks on social media. Aristotle will be active at all times of the day.

At 5 a.m., students will be jolted awake through the lockdown alarm that they so cherish (which will not turn off for an hour, even after students are awake). Aristotle will also have the camera activated on the phone at all times of the day.

Evidently, students are eternally grateful for their school-issued devices and the fantastic software that they possess.

### In This Issue



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We specialize in frizz hair for high school parking lot proms!

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## Administrators Reveal 2022-2023 One Book One Amity Choice to be ‘Absolutely Nothing.’

by Zachary Garfinkle ‘22

“We know you’re not going to read the book anyway,” explained Administrator R. Eel Adminn.

“One Book One Amity” has had a difficult history. After *All-American Boys’* failure to end police brutality in America and *Dear Evan Hansen’s* inability to deliver a coherent message on social change, Amity has lost hope in its OBOA program. The OBOA Club, which meets monthly, has decided that the best book is no book.

Mr. Adminn commented on the decision: “I have always said that progress must begin somewhere, and where better to begin a social justice campaign than a non-diverse high school of predominantly white, sheltered children with neoliberal parents?”

Despite this, Amity appears to be go-

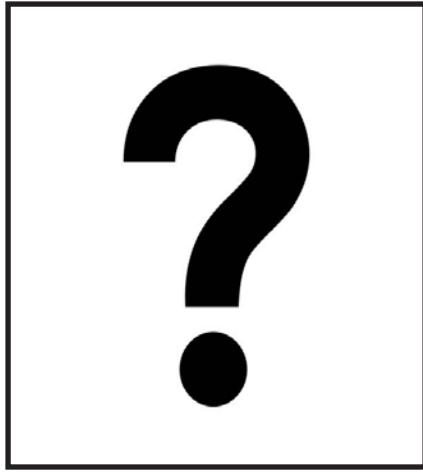
ing in a new direction with the program by abolishing it altogether.

Students in the OBOA Club and members of the administration initially formulated a list of potential books for the 2022-2023 year.

In line with Amity’s stellar track record of social justice, contenders included *The Lorax* for its lessons on the environment and the *Harry Potter* series for J.K. Rowling’s steadfast dedication to including diverse characters without racial or religious stereotypes.

After these ideas fell through, the program came to an unfortunate end.

Students mourned the loss during the OBOA-sponsored Trivia Night, which charged money for attendance even though Amity has not bought books for the program in over two years.



OBOA Book for the 2022-2023 school year

## Increased Productivity Noted in Seniors as Reverse Senioritis Takes Effect

by Megan Wu ‘22 and Scott Lowder ‘22

This semester, seniors in our Amity community have been suffering from reverse senioritis. Most are aware of the more common variant termed “senioritis”: the feeling of being fed up with school, typically as a senior, and the readiness to move on.

Yet, surprisingly, Amity teachers and staff have been seeing quite the opposite effect in Amity senior productivity.

From handing in assignments extra early to being on time to class, everyone is simply flabbergasted at this new phenomenon. Students are even being quiet in class! Swiping in on time! Bringing in their super efficient and fast school laptop! It’s unprecedented, crazy, and plain shocking.

An increase in participation and motivation? At the end of the year? Surely it’s a prank. Maybe COVID-19 *did* fundamentally alter our students’ learning abilities after all.

“COVID decimated their work ethic,” teachers lamented. “They just can’t pay attention! Calc students don’t even know what a log is!”

Everyone thought the class of ‘22 was a lost cause. Boy, were they wrong. Maybe there’s something in the breakfast cinnamon buns, but Amity has never witnessed a more diligent and respectable senior class. The freshmen on the other hand...

## Prom 2022: A Downgrade from Last Year’s Parking Lot Extravaganza

by Abigail Ball ‘22

Continuing with last year’s trend of prom being held under a tent, Amity has found an innovative way to save money this year: Ticket price is \$75. However, despite the astronomical cost, our 2022 prom seems surprisingly promising. It will take place at the Omni Hotel in New Haven, a stark contrast to last year’s event.

Unfortunately, the pandemic managed to thwart both previous years’ proms. The 2021 prom, though, had food trucks, a tent, and a DJ. For obvious reasons, it was even more classically elegant we’re used to.

This year, it’s too bad the event will return indoors, where we’ll miss out on all the bugs, wind, and chance of rain. Muggy weather with no A/C does wonders for freshly ironed hair and makeup, and

I’m sure we’d all prefer the back of the school, parked cars, and trees as a background in photos again. And of course, let’s not forget the unrivaled paper plates and plastic forks instead of fine china. Overall, it’s clear that a photo booth, a dance floor more than ten square feet, and non-food truck food are all things we won’t look forward to.

Preparations are already in effect, as the event is scheduled for May 27th, with a Facebook set up for people to post photos of their dress (There are nearly fifty photos uploaded already!)

However, one might point out that seniors and juniors have prepared more than Amity itself, considering the date and place is all we know so far. But the student council always comes through, so we can expect great things. We can expect, at minimum, to be inside.

*Amy’s Salon*



We specialize in frizzy hair for high school parking lot proms!

## “FollowMe” Displaces Hundreds as Students Are Left Baffled

by Chris Fraser ‘17

Recently, a mass exodus was reported outside of the Media Center. It is rumored that the major back-up was due to the sheer number of students who “just don’t get” the new-fangled “FollowMe” printing system instituted school-wide.

The images taken in by bystanders resembled overpopulated-cattle farms, each student progressively becoming uncomfortably familiar with their comrades left, right, and center.

Unfortunately, the standard hinges of the Media Center doors were, understandably, not built to withstand such a rapidly increasing occupancy.

Soon after one o’clock Eastern daylight time, the hinges on each of the Media Center doors gave way, buckling under the pressure of approximately 800 perspective students who were pressed up against their metal handles.

“Like the bursting of a water main,” began one source. “Each and every student once occupying the Media Center was eventually flung from there at the velocity of a speeding bullet.”

“Those who were lucky enough to not get trampled,” said another source. “They escaped with only minor cuts and bruises.”

The “tsunami of students,” as one onlooker called it, left nothing in its path. Everything from the center tables and the rows of computers to the American flag and the shelves of books were utterly ruined. If one was not aware of what had occurred, they may have even called it a warzone.

On the bright side of all this, the many safely-occupied rooms sprinkled throughout the school building have stepped up and are granting asylum to any displaced students who wish to revert back to their old, comfortable, and supposedly antiquated method of printing.

### STRIDENT THROWBACK

As the *Trident* brings back the satirical *Strident* after a two-year hiatus due to the pandemic, we thought we would include a throwback to April 2017 when the new “FollowMe” printers arrived at Amity and truly “baffled” students and staff.



# THE AMITY TRIDENT

LXXV-No. 2

Amity Regional High School

Woodbridge, CT 06525

April 1, 2022

## “MAMMA MIA!” OPENS TONIGHT



photo by Katie Sim '23

Zola Kneeland '22, Brynn Weirsman '22, and Audrey Jurzyk '22 rehearse in preparation for tonight's performance. Story on page 10.

## ARHS Participates in Sandy Hook Promise

by Andie Napolitano '24

In a special hour-long Spartan Seminar session on Friday, March 11, all freshmen, sophomores, and seniors participated in an online seminar from the Sandy Hook Promise Foundation. In their presentation, the Sandy Hook Promise taught students how to 'Say Something' in hopes of creating a safer school environment for all.

The Sandy Hook Promise organization was created after the Sandy Hook massacre on December 14, 2012, with the purpose of turning tragedy into change and making schools safer for all to prevent the loss of innocent lives.

In their 'Say Something' program, the Sandy Hook Promise

teaches students the warning signs of when someone is about to hurt themselves or others. Amity students were taught that once you recognize a warning sign, it is crucial to take it seriously and immediately tell a trusted adult. During the 'Say Something' presentation, students were given a worksheet to write down important information from the presentation and choose a trusted adult that they felt comfortable talking to if they witnessed any warning signs.

At the end of the presentation, students

in each Spartan Seminar were given a few minutes to brainstorm songs that they felt embodied the message that the Sandy Hook Promise and 'Say Something' were trying to convey. Each Spartan Seminar contributed songs that were added to a schoolwide playlist, which will be played at upcoming assemblies and events.

Jeslyn Jacob '24 says, "I chose 'Happy' by Pharrell Williams because of its positive and uplifting message. When I listen to it, I'm in a better mood."

Students were also encouraged to join clubs that promote a safe school environment,

such as the U matter Club and the SADD (Students Against Destructive Decisions) Club.

Eydan Lavi '24 says, "I think the message really resonated with students and will hopefully contribute to a safer school environment."

Overall, the 'Say Something' presentation taught Amity students the tools they need to create a safer school community. If students are interested in reviewing information from the presentation or getting involved in the Sandy Hook Promise's initiatives, they can go to the Sandy Hook Promise website <https://www.sandyhookpromise.org/>.



## Chess Club Victorious in Latest Match

by Audrey Cummings '23

The Amity Chess Club is run by President Allen Liu and meets weekly every Thursday to practice chess. Recently, there has been a rise in popularity of the chess club, as membership has risen from 5 regular members to 25 members. During meetings, the club focuses on learning strategies and competing against each other, and they occasionally compete in more formal tournaments.

The rise in popularity can be attributed to the many people who began to play chess as a coping mechanism during the pandemic, as well as the popular show, *The Queen's Gambit* on Netflix. When asked about what made the chess club inspiring, new member Yazeed Hasan '23 said, "I thought it would be a fulfilling and enriching experience."

Due to COVID and the initial lack of numbers in the club, most of the members have not been able to compete in tournaments. On March 10, however, the Amity chess team competed against Hillhouse's chess team and won the tournament 23-4.

In this tournament, 7 out of the 9 players from Amity went undefeated in all the three rounds. According to club leader, Allen Liu '23, "It was an exciting experience to finally have a full club chess tournament against another competitive school over the board (in-person)."

This is the second competition of the season, however, it was only possible for a few people to attend the first event. This tournament provided an opportunity for new and old members to finally compete in-person in the game they love. Many have only played chess on online programs or casual games, so the in-person event provided for a new experience.

Following the event, Chess Club Vice President Piyush Bahel '23 said, "Huge thank you to Mr. Laliberte and Hillhouse for helping to organize the event."

In looking to the future of the club, Bahel said, "We're looking forward to challenging other teams and spreading the love of chess."

Amity's chess team is planning on soon challenging Hopkins for another tournament for more excitement and in-person experience.

# National Spanish Honors Society Hosts Latin Dance Night

by Anchal Bahel '23 & Bridget Lowder '24

The largest annual fundraising event hosted by Amity's National Spanish Honors Society, formerly known as Zumba Night, though now known as Latin Dance Night, took place on Friday, March 11th from 6:00 to 8:00 p.m. Despite a great deal of rescheduling due to unique unforeseen circumstances, the NSHS still had a great turnout and was able to raise tons of funds.

Natalie Furst '22 said, "I admire the society's commitment to the event and I was really happy to see it come together so well."

Though traditionally a fundraiser for the society, in light of recent events, 50% of the total proceeds were donated to help support those in Ukraine.

This event was taught as a Masterclass with the international zumba instructor, John Layseca. Not only did students have the chance

to hang out with peers during the event, but they were also able to pick up a new skill.

Elise Sheehy '23 said, "Given we're recovering from a pandemic, it really was so nice and a little bit nostalgic to see so many people together and having fun at a school event."

The National Spanish Honors Society at Amity, known as La Amistad chapter, consists of students who excel at the Spanish language. Scott Lowder '22 feels that "Amity's World Language honors society gives students the opportunity to be better immersed in different cultures and get more exposure to Spanish."

There was a lot of excitement building as members of this honors society sold tickets and advertised the event during lunch waves throughout the weeks leading up to the fundraiser.

Teachers also encouraged students to attend by offering a variety of incentives, such as extra credit. Spanish teacher and World Language Department Chair, Elena Serapiglia explained the night in the short phrase, "fue una experiencia inolvidable", which translates to "it was an unforgettable experience."

This event provided a unique experience that gave students the chance to explore another culture and dance the night away with their friends.



Photo by Elise Sheehy '23

Participante of Latin Dance Night Learn a New Dance

## OPINION

# Disturbing Parallels Between Vladimir Putin and Adolf Hitler

by Ellen Ko '24

On February 24, 2022, while Ukrainian families were sleeping at home, Russian armed forces began a full-scale invasion of the Eastern European country under Vladimir Putin's instruction. This was in stark contrast to Putin's pledge that he would not wage war on Ukraine. Instead, it revealed his power-hungry plan to reclaim lost land. The Russian dictator is now disguising this unethical invasion under the pretense of "de-Nazifying" Ukraine. If Putin is de-Nazifying Ukraine, as he stated, then one can only wonder why so many similarities can be drawn between Putin and Adolf Hitler.

Perhaps the most glaring similarity between the two is their reasoning for invasion. While Hitler was reclaiming land lost in the Treaty of Versailles, Putin is attempting to reclaim the land lost following the end of World War I. The two authoritarian leaders both possess a sense of entitlement to land that is no longer theirs. However, they also aim to reclaim the land under false allegations.

For instance, Hitler baselessly claimed discrimination against ethnic Germans in Czechoslovakia's Sudetenland to justify seizing that territory. Similarly, Putin claims Ukraine is mistreating ethnic Russians in the Donbas, going as far as to claim the mistreatment borderlines genocide. Hitler and Putin failed to cover up their imperialistic intentions with these laughable excuses. It is clear that Putin, much like Hitler, is engaging in imperialist aggression masked as some sort of rescue mission.

While monarchs often gained power through violence in pre-modern history, dictators today seize power through the democratic system, turning republics into one-party states. Hitler's rise to power is the blueprint for this abuse of power. When Hitler was elected as Chancellor, his first course of action was to criminalize any sort of political opposition, thus assuming complete dictatorship of the country.

Like Hitler, Putin abused the democratic system in order to maintain it. He has been stuffing ballot boxes and silencing protests ever since, keeping his power tyrannically under a democratic system. The two leaders also continuously brainwashed their followers with false allegations through control of the media.

Some claim that Putin's imperialistic actions are for the greater good of Russia, but in reality, he is letting his people suffer as he wages war. In Hitler's Nero Decree, he ordered two things: the destruction of German infrastructure to prevent Allied forces from using it as they moved deeper into Germany and to punish Germans for losing the war. To a lesser extent, Putin is not as cruel with his actions toward the Russian people.

However, he still proceeded with the invasion of Ukraine when he was aware of the potential consequences it could have on the common folk. Indeed, they now suffer from Russia's total isolationist economy. The two leaders displayed a blatant disregard for their people. They failed to put their country first in pursuit of their search for power.

Adolf Hitler is not the only warmongering totalitarian dictator in history. Still, the extent of his genocidal crimes, his proximity to the modern era, and

the ruinous impact of World War II have turned his rule into a useful blueprint for historians to analyze how genocides start and democracies fall. Based on this, Vladimir Putin's all-out, imperialistic, peace-shattering war – and the means he took to get to this point – invite valid Hitler comparisons. The parallels between the two totalitarian leaders cannot be overlooked.



New York Times Photographer Lynsey Addario captures Ukrainian pain and hardship as they attempt to salvage their destroyed cities.



# Paying Tribute to the Women in My Life

by Hannah Guo '25

March was Women's History Month, an "annual declared month that highlights the contributions of women to events in history, culture, and society." I believe this month is important to acknowledge the trailblazing women who have resisted the patriarchy, fought stereotypes, and helped shape a different life for women today. It's not just the women in history books who've shaped society, it's also those overlooked in everyday life. I have had the privilege of knowing countless extraordinary women in my life, each one leaving an impact on me.

The few people I can remember from my toddler years were my female preschool teachers. I remember one of them in particular. I remember her empathy, supportiveness of everyone's passions, and open arms to new ideas. She taught me about amethysts and volcanoes and bumblebees, but nowhere in her job description would it say she had to love me and my peers like her own children.

According to the Bureau of Labor Statistics, fewer than 3% of U.S. preschool and kindergarten teachers are men. Preschool teaching is a mostly woman-dominated field, and

I think these teachers really have lasting impacts on kids. Even today, my female teachers show relentless empathy and care, and I appreciate them all immensely. My biology teacher is one of the most remarkable people. Whether she's catching up on handing out birthday pencils or quietly offering support to students who seem confused, just seeing her interact with my peers inspires me to be more compassionate.

Another woman who has shown me endless patience is my piano teacher. At each of my lessons, she rekindles my work ethic; I walk out of her room feeling motivated. When I tell her about a fight I had with my mom or brother, she gives me perspective and always tries to help us make up. Nearly every Thursday, there she is, sitting at the piano beside me. On Fridays, Saturdays, and Sundays, my diving coach also encourages my teammates and me to work hard. She passionately shares her endless interest in diving, always invigorating us with her constant energy and care.

Some of the most influential, kind women I know are mothers. Mothers do so much for children overall, and without a doubt, the woman who has had the most profound impact on me is my own mother.

My household is definitely a matriarch, with my mom advising us all. When my parents moved to America, there were several years when my mom was the only one actively working. Our entire family relied on her.

Then, my brother was born with critical heart complications. If she hadn't worked so many jobs to support us, we wouldn't have had insurance, and my brother wouldn't be alive today. Until this year, I had no idea about everything my mom went through. Although we have our disagreements, she's the woman I love most, the one accompanying me to music lessons, sports practices, and the emergency room at midnight. If I tried to describe everything she does for me, this article would be never-ending.

So, as we move into April, take a moment to think about and thank the women in your life. Of course, March ends, but I believe appreciating powerful women shouldn't last just a month, even if March helps bring light to women and their accomplishments. With everything they have faced throughout history and daily life, women definitely deserve this month of honor and beyond.

## The Complexities of Mask Wearing

by Emily Russo '24

As of February 28th, Amity has gone mask optional. This decision has ushered in a sense of normalcy that we've longed for since March 2020. From that fateful month on, our country and the world have been forced to stray from what we're comfortable with and venture into the unknown. It's safe to say that we've all felt the reverberating impacts of this pandemic.

I am a self-proclaimed introvert; I enjoy solitude, prefer smaller groups, etc. However, despite my ability to thrive in seclusion, quarantine's influence on my psyche was nothing short of monumental. I had never considered how much I relied on social interactions until I was deprived of them; seemingly minuscule things like talking to my friends in the morning before class or working with a group on an assignment suddenly carried much more weight than before.

Throughout quarantine and the initial months of the pandemic, I noticed my anxieties regarding social situations had heightened, largely due to the mask I was wearing. By the time freshman year started, these worries only intensified. I was enveloped in a new environment with different peers, teachers, and classes. Yet I found myself unable to connect with my new classmates and teachers in ways I used to.

As I sat in class last year, I couldn't concentrate on the lesson. Rather, I was overcome with tidal waves of worry regarding my inability to communicate with people in the ways I wanted to. In those moments, I yearned to revert to the norm more than ever. All I wanted to do was talk and interact, yet it felt as though the mask barred me from doing that.

So, you can imagine my relief when Amity dropped its mask mandate. Finally, as I walk through the halls of Amity, I no longer see a crowd of expressionless faces. Instead, I

am witness to a sea of friends and familiarity. It's as if each person I see contributes to an internal sense of community in my head, allowing that previously persistent feeling of isolation to fade.

Despite these benefits, we have to recognize the drawbacks to get a full picture. From what I've noticed, the most prevalent issue is the rise in stereotypes.

While it can happen subconsciously or consciously, judgment is inevitable, especially when considering one's choice on mask-wearing. And it's undeniable that we are cognizant of these stereotypes.

Imagine seeing a peer in the hallway with or without a mask. What is your first thought? It likely revolves around the political party you assume they are a part of. For some, these assumptions may be true, but they certainly do not describe all.

Our current climate has led us to believe that everything is politically charged. Mask wearing is no exception. Rather than seeing one's decision as a result of complex, personal circumstances, we instantly associate one's mask, or lack thereof, with a political ideology and party.

Judgments like these perpetuate a monolithic profile of the students and faculty who choose to go with or without masks. When we place these stereotypes on people, we dehumanize them; we no longer see a human being with complex personal circumstances. Instead, all we see is a political party. Which, after experiencing two years of intensified division, is honestly just sad.

My point here is that there are many reasons behind someone's decision on mask-wearing, and assuming those reasons are purely political is unfair. And this is not to undermine the influence of politics because I wholeheartedly agree that is often a factor. But to me, the lifting of mask mandates is so much more than one's party; it signifies a step towards normalcy.

# the TRIDENT

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## WRITE FOR THE TRIDENT

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# Spartan Seminar Opens Discussions on Women’s History Month

by Isabella Florez ‘23

Women’s History Month is a time to reflect on how individual women and women as a group have historically contributed to and continue to contribute to our society. During this time, we should recognize all of women’s contributions in spite of the patriarchal challenges they face. And through acknowledging this progress, we must also take note of the many things that we have yet to accomplish, the things that still hold women to a certain role in our society.

In this month’s Spar-

tan Seminar, Amity took time to honor Women’s History Month with a slide show made by Girl-Up and EmpowHer, two extracurricular groups focused on gender equality. The slide show used videos and graphics to highlight the progress made by Title IX in high school girls’ sports, gender-based stereotypes, and pay inequalities.

Acknowledging the need to discuss gender inequality in schools and opening up a school-wide conversation is an excellent step towards transforming society. I appreciated Amity community members sharing their experiences of sexism in sports,

making the discussion relevant and tangible. It’s amazing to see a once “controversial” topic put center stage in public schools. However, noticing the aspects of gender inequality that the Spartan Seminar chose to focus on is very telling about where we are in the movement for gender equality.

This seminar openly discussed how women are treated in comparison to men. However, it failed to acknowledge that the treatment of women in society is actually only a symptom of the problem women face. The wage gap and stereotypes, although important, are just products

of the patriarchy. Stereotypes against women do more than harm self-esteem or open up people to bullying. They force women to change who they are in order to be more palatable. They force individuals to fulfill roles they are not interested in, sacrificing their values.

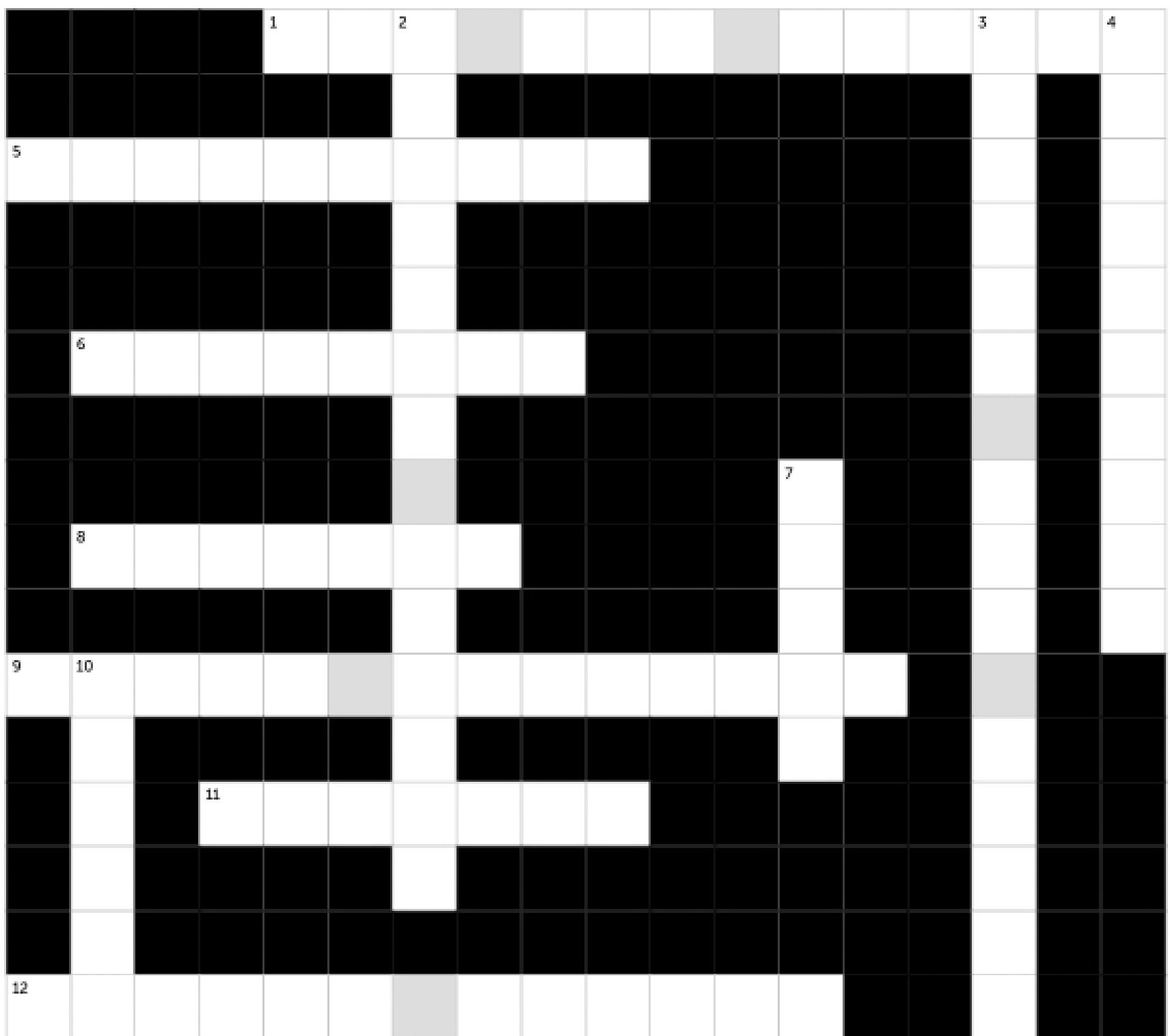
Stereotypes also ensure that women self-regulate, leaving opportunities and power to men. The Spartan activity attempted to show this but only scratched the surface, not reckoning with the true lasting effects of stereotypes. The video we watched paints these effects as a type of elementary school bully-

ing rather than something ingrained in our view of women and their role in society. They don’t just harm our egos; they allow everyone to see women as less complex than men and merely filling a role rather than full individuals.

Overall, granting students the space to start meaningful conversations, focus their individual thoughts and ideas, and look at these issues as a community is a valuable part of our Spartan Seminars. I only hope we can foster such conversations beyond seminars and Women’s History Month so they are integrated into classrooms and daily conversations.

## OBOA Trivia Night-Themed Crossword Puzzle

by Aachal Gupta ‘25



**Across**

- 1. What KFC side dish was chosen as college students’ favorite late-night food?
- 5. What is the name of a person who studies rocks?
- 6. What United States constitutional amendment, adopted in 1868, granted citizenship to Black Americans recently emancipated after the Civil War?
- 8. What popular drink gives you wings?
- 9. About how many students drop out of high school in America every day?
- 11. What is the first name of Colonel Sanders?
- 12. Which country is the second biggest contributor of CO2 emissions?

**Down**

- 2. What was the name of KFC’s small chicken sandwiches?
- 3. According to the bureau of labor statistics for 2020, how much did women earn for every dollar men earned?
- 4. What happens when the tectonic plates shift on earth?
- 7. Where do 45% of the world’s carrots grow?
- 10. How many spices were in the original fried chicken recipe?
- 12. The vegetable that was originally carved instead of pumpkins in Europe.

# Tips and Tricks for ‘Spring Cleaning’ Your Diet this Year

by Grace Cavallaro '24

With all of the recent stress of school and homework, many students find it much easier to turn to that leftover pizza in the fridge than a boring salad. To be fair, it is much harder than it seems to make a healthy choice. However, it can be refreshing to try eating some fresher options even when that pizza is tempting. It can be difficult to take a step in the direction of healthy eating, but with a little know-how, a little balance, and a variety of delicious-yet-simple recipes, it is possible to refresh your diet and make your body feel better without sacrificing your favorite foods.

Before attempting to clean up your diet, it is important to start by understanding why certain foods are better for you than others, and why you may want to reach for the chips or ice cream in place of the carrots or apples. First, fruits and vegetables have plenty of vitamins that you would not find in ultra-processed foods. Real, organic foods (foods that have not been changed much from their original state, such as a garden salad or unprocessed meats) contain plenty of fiber, protein, and other nutrients that your body needs to refresh. Also, these organic foods are much less calorie-dense, meaning that you can eat more of these foods than ultra-processed while still consuming the same number of calories.

On the other hand, ultra-processed foods (your Taco Bell meal or greasy cheeseburger) are much more calorie-dense, meaning that it does not take very much to consume a large number of calories. Generally, especially if you are following a diet, it is better to eat a meal of real foods, as you can eat a larger portion and make yourself feel more full. For more information, check out Natacha Océane's video titled, "Why You Can't Stop Craving Toxic Food: Science Explained."

Real foods are important for your diet, but it is nearly impossible to just dive in cold turkey. As important as it is to eat real foods, it is also just as important to eat foods that you enjoy, with balance. It is perfectly fine to have that pizza every once in a while, but try to balance pizza nights with dinners chock-full of real foods, including any recipes mentioned below. If you were to avoid certain unhealthy foods completely, then it would only make those foods more desirable in the long run, making your diet backfire. Does that mean you should cave every time you crave a candy bar? Absolutely not. Diets only work with balance. When you eat a wide variety of foods, including those you enjoy and those you may find a bit boring, you will find yourself feeling good about making the right choices while appreciating the more special occasions when you enjoy foods that are not so healthy for you.

Eating "healthy" does not have to be only salads or plain grilled chicken, and it certainly does not have to be

boring. There are plenty of recipes that make light dishes with real ingredients that can really pack in the flavor. For example, try cooking up a mix of roasted vegetables or make a simple garden salad to go with oven-baked salmon. Salmon is full of healthy fats that are great for your heart, and it tastes delicious when seasoned with this spice mix called, "Sweet and Spicy Salmon Seasoning."

- 4 teaspoons brown sugar
- 3 teaspoons smoked paprika
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- ¾ teaspoon black pepper
- ½ teaspoon cayenne pepper (or more if you like it really spicy)

Mix the seasonings together and then spread on both sides of a large salmon filet. Bake at 400 degrees for about a half hour. You can use this same

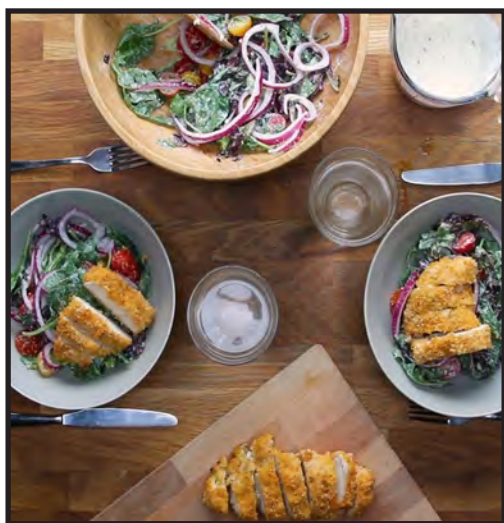


Photo by Tasty

## Tasty's Garlic Parmesan Crispy Chicken Salad

seasoning on pork or chicken as well.

Salad can be extremely boring; however, it can be customized to create something actually exciting and delicious. Aside from selecting all of your favorite vegetables, making your own salad dressing is a great way to make your salad pop while being able to monitor what ingredients go into the dressing. One example of a homemade dressing is this recipe from Tasty entitled "Creamy Garlic Parmesan Crispy Chicken Salad." The recipe makes oven-fried chicken with salad and a homemade dressing. The recipe listed here is only for the dressing, but the chicken works very well with the meal as well.

- ½ cup sour cream
- ½ cup buttermilk (or milk with a few teaspoons of lemon juice)
- ¼ cup grated parmesan cheese
- 1 tablespoon garlic (minced)
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- Salt and pepper, to taste

Whisk the ingredients together, making sure to taste and add more salt, pepper, or cheese if necessary.

Going on a full-fledged diet is not necessary, but it might make your body feel refreshed to eat more real foods as opposed to ultra-processed foods. It may seem easy now to reach for that bag of chips, but your body will surely thank you in the future if you chose to reach for something real.

# Noman's: The Perfect Outdoor Hangout

by Erika Fontana '22

If you're planning on heading to Martha's Vineyard this spring, you've got to try the perfect outdoor hangout: Noman's.

Two miles up Ocean Avenue in Oak Bluffs lies Noman's, an island favorite. A large backdoor setting filled with yard games, live music and picnic tables fills up every night to provide tourists and locals alike with an experience that will be nothing short of spectacular. Since 2019, Noman's continues to serve as a family favorite place to kickback, relax, and enjoy a great atmosphere.

When the pressing "What should we do for dinner" question circles our Martha's Vineyard house, answers always seem to vary. One cousin says, "I want chicken tenders!" Another may want fish, and an uncle may say he wants a burger. With so many people and a wide variety of choices, restaurants to choose from may be difficult. But there is always one place to have everything we need: Noman's. So we head out, ready to enjoy yet another fantastic evening.

When we reach the backyard restaurant behind the Island Inn Hotel, you are welcomed by the comforting island music and several smiling faces. The picnic tables are first come first serve, so there may be a little bit of a wait, especially with our large crowd. However, you can grab a drink at the beverage cart or the indoor bar, or check out the store filled with Noman's-unique merchandise. The kids may choose to play with one of the frisbees, or even challenge their friends to a game of life-sized jenga. I recommend dressing comfortably as most of these games are irresistible.

The atmosphere truly makes this location, but the food is also out of this world. There are the basics from chicken tenders or a burger, to food for a more advanced palate such as a lobster

roll or falafel. No matter what you get, you are guaranteed a memorable meal. Personally, my go to meal is the Tuna Poke Bowl with a Shirley Temple. However, if you are over 21, you may want to try some of their house made rum, or a cocktail from the beverage cart.

To go with the laid back setting, all orders are placed "to-go" style. You place your order at the counter and receive a buzzer. When the food is ready it comes out on a tray and you hand your buzzer in. They have it down to a seamless process, and it is one of the most efficient "to-go style" restaurants I have been to thus far.

On top of all of their amazing food and yard games, I can truly say that they do a great job catering towards dietary needs and allergies. Personally, I have a shellfish allergy, so island dining can sometimes be tricky. In a location with such an influx in fish/shellfish orders, there is always a slight worry in the back of my mind that I can possibly have a reaction. However, after dining at Noman's multiple times, I have never had a reaction, and feel completely comfortable as I eat. You simply tell the person working the cashier when you place your order that you have an allergy, and they make a note of that in the system. Oftentimes, I have recognized that the cashier goes above and beyond to ensure comfort and safety, and runs back to the kitchen to make sure they are aware of the customers needs.

As the night dwindles down, the scene at Noman's definitely changes, yet the fun remains the same. The crowd typically changes from families to a younger crowd, and the music turns up. People dance, talk with friends, and play many yard games until late in the evening.

Noman's is a perfect place to enjoy friends and family, and of course the atmosphere overall. In my opinion, Noman's deserves 5 stars, as I can truly not pick out one bad thing.

Happy eating, readers!

## The AP Environmental Science and Unified Science Classes are in need of coolers to assist with their food collection and donation program!



Photo contributed by Mrs. Nork

### Mrs. Nork's volunteer team

If you have a spare cooler that Mrs. Nork and her students can use to store some of the food products, please consider donating it to this cause! And be sure to drop off your unused food and drink items in the boxes inside the cafeteria during breakfast and lunch!

Contact Mrs. Nork or stop by to see her in room 253 with questions.



Photo contributed by Mrs. Nork

### Mrs. Nork's classes collected an entire box of food that would have ended up in the trash.

# High Gas Prices and Costs Affect the Drive to School

by Kayley Mingione '22

Students at Amity Regional High School are feeling the effects of rising gas prices in Connecticut. Many parents and students are concerned about how long they can continue to pay such high rates for gas on top of paying for the cost of parking each year.

As of Sunday, March 27th, Connecticut gas prices are at an all time high, with an average price of \$4.31 per gallon. Gas prices are expected to continue to rise following the news from President Joe Biden, who announced that the U.S has banned all oil from Russia.

With the rising prices, many students have expressed their concern on the expectations for school participation, part time jobs, and vehicle expenses.

Greta Pendenski '22, a participant in both the dance team and the musical said, "I would have tried to work a job however my extracurriculars do not allow me to have time to. I am in school till 2:20, then at dance practice, then at theater practice and do not arrive home most days until 9:30 pm."

Harry Wyndorf '22 also expressed his frustration, saying, "I am angry about the gas prices, but there is nothing I can do about it, I

just need to work more and drive less."

Maria Dalle Ave '22 said she makes a 20-minute commute to school multiple times a day in order to attend musical rehearsals at night and school in the morning.

Many teens are fortunate enough to have financial support from their parents. Dalle Ave said her parents pay for her necessities such as gas but she is concerned on how gas prices will affect her family financially.

"Considering how much I used to pay for gas, the fact that it's rising so much is concerning because I don't want to have to spend hundreds of dollars on a single tank of gas," she said.

Pendenski had similar points, saying, "With the prices continuously rising, being able to afford and continue to afford gas is going to become difficult."

Not only are the gas prices affecting these students, so are the other fees they receive from Amity. Although she has not had to personally cut back on any expenses yet, Pendenski is worried for other families. Students are expected to pay \$100 yearly for their parking spots, in addition to tickets if they receive one. Dalle Ave said, "Most other high schools don't make their kids pay for parking spots, and I think it's ridiculous that Amity does."

Even teachers are feeling these effects. Amity English teacher Kelly Kane said gas prices were "astronomical." She and her husband have had to make cut backs in order to afford gas prices.

For many of the newer drivers at Amity, it might seem overwhelming, but teachers and students had some advice for them. "Just be mindful of what you are spending your money on because gas prices are going to continue to rise," said Dalle Ave.

"New drivers should be aware of their gas usage and how they are willing to use it," said Pendenski. Simply reduce your speeds, keep your tires well inflated and keep your car properly maintained.



Photo by NBC Connecticut

The gas prices in Connecticut continue to surge.

# An Egg-cellent Easter Craft for the Holiday!

by Soumya Wijesekera '25

Easter is coming up this year, and what better way to celebrate than by dyeing eggs with your friends and family? This craft is easy and quick, and the best part is you probably have the ingredients in your pantry at home. Now, you don't even need an easter egg decorating kit! Use this quick and easy recipe to have fun over the spring holiday.

place them in a bowl. Let them sit for 10 minutes.

Now, we get to decorate! The first step of dyeing your easter eggs is to bring a large pot to a boil on high heat. Next, take the boiling water and measure out ½ cup into a heat resistant container. Add one teaspoon of vinegar, and 10-20 drops of food coloring, depending on the color you would like. Repeat this process to produce more colors to dye your eggs in.

Next, gently put your eggs in the desired color container,



Photo by Southern Living

Dyeing and decorating easter eggs is a simple activity that yields beautiful and delicious results.

For the ingredients, all you will need is eggs, food coloring, and white vinegar. If you don't have vinegar, you can use lemon juice as a substitute, or leave the vinegar out all together. Without the vinegar, your easter eggs will lack some color, but will still taste and look fantastic. In my opinion, the white vinegar brings out the vibrant colors of the egg, and makes it pop in the final product.

Once you have gathered all your ingredients, fill a pot a quarter of the way with cold water. Place your eggs at the bottom of the saucepan. Make sure the eggs are not stacked on top of each other, and instead in a single layer. Next, add more water to the pot so the eggs are completely submerged. Keep in mind, the more eggs that are in the saucepan, the more water the pot should have to cover the eggs! Some people add 1/2 teaspoon of salt to the water as it boils to prevent the egg from cracking while cooking. Leave the pan uncovered and bring to a boil on high heat.

After the water has come to a boil, turn off the heat and cover your pot. Leave the eggs sitting in the pot for about 10-12 minutes, depending on how you like them cooked. Next, strain the hot water out of the pot, and run cold water over the eggs until they are cool to the touch. Running your eggs under cold water will halt the cooking process, and make it easier for you to peel them. Peel your eggs and

and let sit for approximately 5 minutes. Use a spoon to gently flip your egg in the container halfway through the 5 minutes, so the other side can obtain color as well.

In addition, if you would like to create a pattern on your decorative easter eggs, you can place stickers on the egg, and then place the eggs into the dye. After you take out your eggs, remove the stickers from the shell, and you're left with a decorative design where the dye didn't sink into the egg. Scotch tape is an efficient and crisp way to create zig-zags or straight lines that run across your eggs! Place your eggs in the egg carton to dry, and then move them to the refrigerator. Handle with care when removing them from the refrigerator, as the dye could still be wet.

There you have it! Vibrant colored eggs to enjoy with those you love. A high point about this particular recipe, is that all the ingredients used can be found in your kitchen right at home.

This recipe is so good that even your fellow Amity Spartans have tried them. Anushka Acharya '23 said these Easter eggs are "perfect to do with your family, especially if you have little cousins. They can mostly do everything by themselves, while having a fun time making treats on the holidays."

Go ahead and try this easy, fun, decorative recipe with your friends and family over Easter! I'm sure they'll have a spectacular time decorating some eggs!



Coming in the May/June issue of  
the Trident: Senior Intentions!



# “Spring Sing” Takes the Stage

## First Cabaret in a Post-Pandemic Setting

by Katie Sim '23

Friday, March 11th was the night of Amity Regional High School's "Spring Sing" Cabaret – the first cabaret of the 2021-2022 school year – and a sign of the future for the Amity music program as they transition into a post-pandemic setting. For the classes of 2024 and 2025, this was the first in-person cabaret they had the opportunity to participate in.

Sophomore Savannah Gallagher shared how she felt before performing in the cabaret. "I mean, it doesn't feel real yet, to be honest, but I'm super excited to be a part of it [the cabaret]," she said.

"I'm thankful for the people there to see me perform, and those who have supported me from day one who will be up performing with me. I couldn't be more grateful for it!"

While the music and arts scenes at school are alive and well, the pandemic certainly affected students' ability to express themselves through music due to strict COVID-19 restrictions, including enhanced mask and social distancing guidelines. Many of Amity's usual arts events were forced to either move to virtual media or even cancel altogether.

The night included acts from a wide range of genres and shows such as "Waitress," "Into the Woods," and "Smash."

There were around 20 numbers in total performed by students of all grades. The MC for the night was Zola Kneeland '22, who also performed in a few numbers herself.

When asked about her experience as the MC, Kneeland said, "I thoroughly enjoyed getting to be the MC for ACT's [Amity Cre-

zotti was very pleased with the event. She said, "The Amity Creative Theater students were thrilled to host the Spring Sing Cabaret on Friday. It was a wonderful opportunity for students to showcase their vocal talents and support each other in a performance setting."

"Mr. Kennedy and I were happy to be able to help the students bring their cabaret vision to fruition and were so happy to welcome families and friends to a wonderful evening of music."

Performing is not for the faint of heart. When asked how she prepared for the evening, McKenna Maxwell '22 said, "I practiced at home and sang with my singing teacher Andrea Kennedy at our [vocal] lessons."

The night included numerous genres spanning from musical theater to pop and R&B. Held in the Black Box theater, the room was filled to the brim with parents, students, and community members who eagerly awaited the first cabaret of the year, titled the "Spring Sing Cabaret."

After the event, parents, family members, and friends alike were gathered to congratulate performers.

There was also a small bake sale to raise funds for ACT, selling cookies, brownies, and other assorted pastries.

As we look to the future of the arts at Amity, one can hope that we will see more cabaret-like events and an increased student presence in the arts.



Contributed by Marcia Rizotti

Students gather during a rehearsal for the Spring Sing

ative Theater's] first cabaret of the year.

"I have been performing in the cabarets since my freshman year. It truly felt like a transcendent experience from my younger years to finally get to host something I love so much!" she added.

The performing arts teacher Marcia Riz-

## Music Department's Mask Mandate Lifted

by Nina Carmeli '23

Shortly before February 28th, Superintendent Dr. Jennifer Byars and the Board of Education came to a decision concerning the mask mandate and its continuity in the district school system. They initially explained in detail that mask usage will continue to be required in the nurse's office, for singing and instrument playing, and for the spring musical. After further deliberation, the mandate ruling was changed to remove the requirement for these groups and locations.

Many students expressed frustrations in the mask mandate interfering with their performing arts classes when students around the school were participating in comparable activities without the requirement of wearing a mask.

Sophia McDermott '23 explained that "[the band students] were already taking masks off in order to play their instruments, which defeated the mitigation strategies put in place to prevent COVID-19 spread." While the mandate was put in place to prevent the coronavirus from spreading in places that have lots of aerosols in the air, it proved to not make much of a difference because of



Contributed by Nina Carmeli '23  
Yunah Kim '25 in Orchestra Class

the impracticality of instrument-playing.

Once the restrictions were removed regarding mask guidelines in musical activities, many felt relieved and excited about playing

and singing without a barrier.

Si Ru Liang '23, a trumpet player, shared her feelings about the new change, stating, "I feel fine with it because we were pretty much maskless before because we need to take our masks off to play our instruments, so it did not play much of a difference."

A bassist in the Amity Orchestra and for the spring production of Mamma Mia, Ethan Torrens '23 also communicated his enthusiasm for the transition, saying, "I feel comfortable around my peers without my mask on when playing music."

All in all, students and teachers alike are thrilled to teach and engage in musical activities without the mask barrier that had prevented activities such as singing without a mask indoors from occurring, and limitations on the proximity of students when playing. It is vital when singing, acting, and playing music to communicate and collaborate with your peers, and the lifting of the mask mandate finally allowed for these interactions.

Events and productions such as the spring musical Mamma Mia, spring concerts for the music program, and other events are now able to run much more smoothly and invite a larger audience.



# OBOA Returns with Annual Trivia Night

by CJ Brinton '24

The Amity community participated in the One Book One Amity Club's annual Trivia Night on March 4. The host and Amity alumna Katie Browe from the 2015 class, who now facilitates trivia night professionally, returned to organize this event.

After asking her what brought her back, she explained, "It was wonderful to

sen as college students' favorite late night food?"

Browe did a great job at picking and equalizing the sections. She added a social justice segment to go along with OBOA's 2021-2022 theme. It included some very thought-provoking questions, such as "How much according to the bureau of labor statistics for 2020, did women earn for every dollar men earned?" This section brought to light some very serious and unsettling topics.



Photo from Aachal Gupta '25

**A trivia night group sits together. Pictured from left to right: Seniors Martin Zhang, Liam Tassiello, Mac Burke, and Paul Canalori.**

come back and support. Everyone had a great time, and it was one of the most energetic crowds I've ever had."

She introduced five different sections for the night. The first section was Are You Smarter Than a Fifth Grader?, with questions borrowed from the popular show of the same name on Prime Video. Browe urged the participants to think and hopefully answer correctly to gain points for their team.

The topics ranged from political to educational. Some notable questions were: "what happens when the tectonic plates shift on earth?" and "what is the name of the person who studies rocks?"

Many of the groups were a mix between students and teachers. Browe announced the top three teams after every round to keep the participants on their toes. She surprised everyone by ending the round with the song "My Sharona" as a bonus question.

The following segment was the most bizarre, and arguably the hardest, of the night: the KFC segment. Students were stumped trying to recall Colonel Sanders' name. Other questions in the section highlighted popular food items: "What KFC side dish was cho-

Browe incorporated a combination of tense and light-hearted sections, as the next one focused on matching Disney movie lyrics to their corresponding movie. It included popular songs from "Encanto," "Beauty and the Beast," and "Pocahontas."

To finish the night, as all trivia events must have, there was a random miscellaneous section! Browe asked questions like "Do you know where 45% of the world's carrots grow?"

Ultimately, the team Las Ganadoras ("The Winners" in Spanish) was the final victor. World Language Chair Elena Serapiglia predicted this outcome very accurately.

Her daughter, sixth grader Marina Serapiglia, tagged along. She said, "The hardest question was Colonel Sanders' first name."

In addition to providing a great activity for teachers, students, and their families, this night also raised a small amount to be used for OBOA programming. OBOA is so thankful to everyone who came to support, and hopes that players had an amazing time.

As a fun twist, the crossword in this issue of The Trident is composed of the trivia night questions.

# ACT Presents Broadway Box Office Blockbuster "Mamma Mia!"

by Sena Ho '23 and Katie Sim '23

Amity Creative Theater (ACT) is back with their annual spring musical: "Mamma Mia!" The whole crew has been excitedly preparing for the production over the past two months, which will culminate in a total of five shows—April 1, April 2, April 7, April 8, and April 9. This time, they decided to take the show in a new, summer-themed direction.

"Mamma Mia!" the stellar Broadway musical and blockbuster, surrounds the story of a young girl on the week of her wedding in search of her true father. Not only will the production include the world-renowned songs from the popular '70s pop group ABBA, but the cast is planning on hitting the stage with humorous and heart-wrenching moments, certain to have the audience in awe.

Even more exciting, Amity's theater program is famous for their magnificent performances, some of which include "Les Misérables" and "Chicago." The combination of skilled and expressive actors and actresses, alongside talented musicians makes this year's show very highly anticipated.

The Pit Orchestra, composed of members of Amity's band and orchestra ensembles, help bring ABBA's songs to life. There are more than twenty songs in total including the hits "Dancing Queen," "Take a Chance on Me," "Gimme, Gimme, Gimme!" and more that everyone can jam along to.

Junior Jennifer Liu's eyes lit up with glee while discussing her thoughts about preparation.

"I feel like it's really exciting. I think being able to, I guess, collaborate with the cast has been really fun. Everyone has been really supportive, and it's just been a really fun experience," said this member of the production's orchestra. She confessed with a smile as she pondered some memories at rehearsal.

Furthermore, the on-stage cast are ecstatic to bring this wonderful story to people's hearts. This time the musical was finally able to return to its home, the Brady Center, after two years worth of COVID-19 restrictions. Both the lifted mask mandate and the steady decrease in the case count have enabled the tradition to be revitalized. The stage has been kept under wraps by the ACT crew to keep it a surprise for audience members.

Upon entering the auditorium, attendees are met with dazzling, brightly-colored lights—all

nautical-themed to represent the Greek location. "Mamma Mia!" hits you with a spice of summer, perfect for the warming temperatures and Spring break being just around the corner. The stage is lathered in flower designs and props, and the stage's set is far beyond expectations as it represents the iconic white-stoned buildings of the storyline's fictional land, Kalokairi.

The performers expressed their excitement to present audiences with such an energetic production. Marcia Rizzotti, the show's musical director, said that she "cannot wait for everyone to just have a great time, and leave here happier than ever after seeing this performance."

In traditional musical fashion, the production is studded with numerous dance numbers. Costumed in bohemian and beach-like attire, the main cast and ensemble perform lively choreography as done by choreographer Andrea Kennedy. The well executed dance steps, in conjunction with the nostalgic songs, are sure to have audience members tapping their toes and humming along.

At last, the musical community continues to grow closer and closer with each season. Nolan Young '22, one of this year's main cast members, described the team as, "incredibly close" and who are "very involved in each others' lives." He, with many others, agree that the ACT team makes for an amazing family.

There is so much that awaits this year's production, and the time and effort poured into creating the perfect show are reflected in its presentation. These students anxiously



Photo by Katie Sim '23

**Robert Farbman '22 rehearses for "Mamma Mia!"**

await a full auditorium, with viewers far and wide and sit back and enjoy the show.

From the detailed costumes to the way that rays of washed out blues and pinks rush upon each character, the crew guarantees that it will be a night to remember.

# UMttr Basketball Tourney a Sensational Success

by Shreya Hebbar '23

with another highly successful event.

On Friday, March 11th, they held a basketball tournament to raise money for suicide prevention. Leading up to the event, the club held meetings to plan for the tournament, designate roles for everyone, and decorate posters to hang up in the gym.

Despite there being a number of things to organize in such a short amount of time, club member Audrey Cummings '23 was happy with

The UMttr club has returned

the overall result.

"It was successful," she said. "There ended up being more teams signed up than we had expected due to the later notice."

Members of the club sold \$5 tickets during all lunch waves to participating teams of three. There were over 20 teams at the actual event and even more continued to sign up at the door.

The main gym was packed with all the teams and began with the players practicing and warming up. Directly outside the gym was a table filled with cookies, brownies, cupcakes, gatorade, and much more. As teams entered and left the gym, teachers and students stopped by the table to buy some baked goods. Most of the teams consisted of students except one team of three teachers.

As they prepared, the planning got a bit chaotic as more and more teams continued to sign up while members of the club worked on creating the brackets, selling baked goods, and designating people to referee and change the score boards.

Four games occurred simultaneously with one basket for each match. Each game lasted either six minutes or until the first team got 11 points, and the team that won moved on to play the winners of the other games. All the games seemed very intense and were extremely fast-paced.

The environment was quite lively with loud music, a packed gym with cheering spectators, several competing teams (some even in crazy costumes), and UMttr members selling baked goods, keeping score, and refereeing.

Club advisor Karen Waterman was very happy with the event.

"The kids pulled it together in short notice and went into action quickly," she said. "It was overall a fun event and one of the highlights of my year!"

Maya Dworkin '23 spoke on the overall success of this tournament. "It was really awesome seeing the amount of peo-

ple who showed up and their incredible enthusiasm for fundraising for this cause," she said.

Daniela Abreu '22 agreed, saying, "It was a really great way to get our community involved in raising money and awareness for the



Picture from @umttrct

The three winners, pictured left to right, include seniors Micah Morgan, Akil Rajendran, and Ryan Lima.



Picture from @umttrct

"Team Zachary Garfinkle" poses. Pictured from left to right are seniors Robert Farbman, Aiden Tischer, and Jack Fortin.

American Foundation for Suicide Prevention."

Winners were seniors Micah Morgan, Akil Rajendran, and Ryan Lima, beating teachers Sean Mahon and Mike Cofrancesco and assistant principal Miguel Pickering in the final round.

## Dedicated Swimmer Ends High School Career

### Seamus Hennessy: "I Achieved What I Wanted"

by Ryan Lima '22

letes come in with the desire to win as a team goal. However, they often find themselves setting individual objectives to achieve as well. Some of these goals may be to obtain personal bests or be named an all-state player. Even breaking a school record could be on one's agenda for a season.

Seamus Hennessy '22, the captain of the Amity swim team, has managed to achieve all three.

It's an understatement to say that Hennessy knows how to swim. As a matter of fact, he's got over a decade of experience under his belt.

"I started swimming when I was seven years old," he said. "I don't really remember why I started, but my dad also swam in high school, so that might have been why."

However, Hennessy didn't realize he wanted to dedicate himself to swimming until he learned how to get better in races. Perfecting his craft was the key to unlock-

Each and every season, ath-

ing that drive.

"Before that, I didn't really care about winning," he said, "but something clicked and a change in me was made where I became competitive."

Being committed as a swimmer is no easy task. While to some, pools are generally consid-

ered places to relax after humid days, competitive swimming possesses an intense schedule for its athletes.

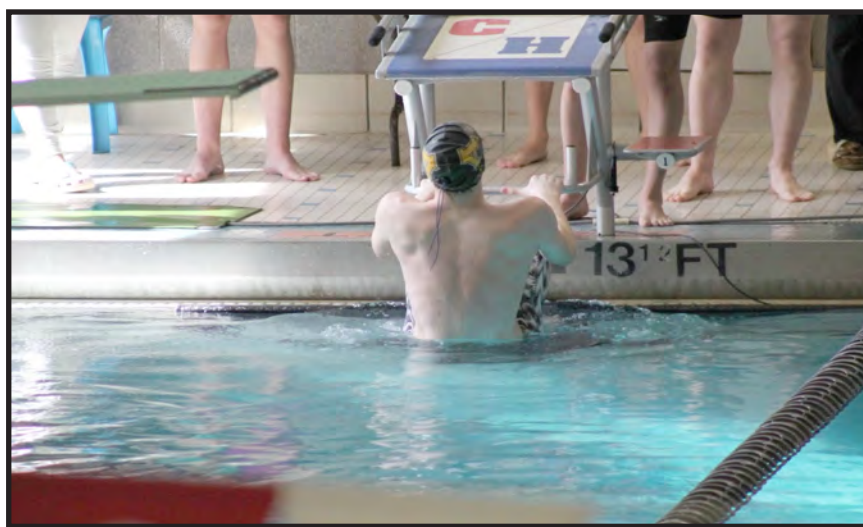
For the Amity High School team, Hennessy's swim practice schedule consisted of practice Monday through Friday from 2:50-5:30. This allowed for a rest day on Saturday but a two-hour practice on Sunday to end the week. Out of season, Hennessy participated in a club team that practiced every day for two hours while conditioning every other day for an hour.

Despite all of this sounding very difficult to manage, it sure did pay off. This season saw Hennessy break Amity's 100-backstroke record, initially held by Colin Roy in 2018, by 0.57 seconds.

"It was a long-term goal of mine [to break the record]," he said. "I had just achieved what I wanted."

His efforts throughout the entire season were able to earn him All-State and All-SCC awards. Now, with his high school swimming career behind him,

Hennessy plans on enrolling at the University of Connecticut and joining the swim club there, where his advanced skills and determination will certainly be utilized.



Picture contributed by Seamus Hennessy '22

Hennessy waiting to start at a swim meet.

*Love Sports? Write for the Trident!*

# Girls Wrestling Wins State Championship

by CJ Brinton '24

The Amity Girls Wrestling Team won the inaugural CIAC-sanctioned girls wrestling championship on February 27. They competed at Floyd Little Athletic Center in New Haven against 48 other reported competing teams.

In addition to the

family," Pall said. "No matter who you are, everyone cheers."

Though she was out for injury this year, Bailey Jordan '25 agreed with this, saying, "It's a very accepting community, and no one judges you for anything."

"No matter how much you weigh, what gender you identify with, or your race,

team admitted that they had to postpone some events with how many they had scheduled. Yet, De Souza said she was just grateful to wrestle.

Next season, both De Souza and Brown will be seniors. With the sport of girls wrestling growing rapidly in the state of Connecticut, De Souza expressed her desire to expand the program at



Pictured accessed from NBC Sports

Pictured left to right: Taylor McCormick and Samantha Yap competing.



Pictured accessed from CT Insider

Ledyard's Linda Holeman vs. Amity's Camryn Brown '23.

first place win, three girls on the team placed in each of their divisions.

Camryn Brown '23 placed first in the 132 lbs division over Ledyard, and Emily De Souza '23 placed second in the 126 lbs division against Norwalk. Abby Pall '25 placed third in the 99 lbs division over Ledyard.

These girls were clear on what they value almost more than individual success: their team.

"We're like a little

you're not treated any differently," Jordan added.

De Souza discussed the difference in this season compared to the difficulties of the last with COVID, implying that the bond was stronger this year.

"Last season we did not have any matches and we could only practice without contact," she said. "So it was difficult to actually practice the feeling of someone trying to wrestle you."

This season, the

Amity.

"I personally am looking to expand our team and to push me and my teammates further than ever to help us all improve physically and mentally," De Souza said. "Wrestling requires a strong mentality."

Pall also had similar thoughts to De Souza.

"I wish more people knew that it [wrestling] exists, and that we can be strong too," she said. "We all need more women in wrestling!"

# March Madness: A Brief Overview

by Andrew Gilbride '22

Spring is here. For college sports fans, this means one thing: March Madness. But for those

The schools are selected and seeded for the tournament by a selection committee of seasoned basketball analysts. Upsets are

sands of hours of research into every possible matchup before making their picks. Others pick their teams simply by what name sounds the best to



Pictured accessed from USA TODAY Sports

A Gonzaga player and a Kentucky player prepare for March Madness.

unfamiliar with the name, what is this crazy event?

March Madness is the yearly tournament run by the National Collegiate Athletic Association (NCAA) that serves to find the best Division 1 college basketball program

bound to happen, and Varun Prabhu '22 is excited to see what transpires in the tournament.

"I am always rooting for the underdog, but I hope UNC and Duke can meet for Coach K's last season," he said.

Once the bracket

the tongue.

Scott Lowder '22 has made a bracket and says, "As a UConn family, I have UConn going far."

Whatever your method may be, despite its many years of existence, there has never been a

perfect bracket. The odds of making a bracket are 1 in 9.2 quintillion, a number so low Warren Buffet once offered a billion dollars to whoever could make one. The current record for longest perfect bracket was 49 games, and it was made in 2019 by Gregg Nigl.

If you want to compete with this record, your bracket must be made online on either the March Madness official page or the ESPN Tournament Challenge website.

All games can be watched for free on the March Madness website/app or various cable networks.

Get ready for the madness to unfold!



Pictured accessed from Pictured accessed from greenvillejournal.com

Justin Jackson from the North Carolina Tar Heels dunks.

in the nation. The competition, which started on March 15th, pits a total of 68 teams against one another.

is officially released, the fun begins. Everyone has a chance to predict the perfect bracket. Some people put thou-