

THE AMITY TRIDENT

LXXVI-No. 4

Amity Regional High School

Woodbridge, CT 06525

December 16, 2022

Armed Security Guard Hired to Ensure Safety for School Community

by Anchal Bahel '23 and Andie Napolitano '24

After years of planning, the Amity Regional School District has decided to implement armed security officers in all three of its schools. This includes the high school's newest security guard Martin Tchakarides, who was hired this year. Tchakarides, or "Marty" as many students call him, was formerly a New Haven police officer and has gone through the proper training procedures to be qualified to carry a firearm within this school.

Many schools throughout Connecticut and the United States transitioned to having armed security staff within their schools after the May 2022 school shooting in Uvalde, Texas. While Amity's actions come in the wake of this tragedy, the plan to implement armed security guards had already been in the works, which was shared by Principal Andre Hauser.

The Amity district had been collaborating and planning the logistics with police departments from the BOW area for over two years when the Uvalde shooting occurred last May. While many schools jumped to hire armed security guards after this tragedy, Amity already

had a plan to implement armed guards.

While Amity already has a school resource officer, Officer Frank Sappione, he is



Photo contributed by Trident staff
Principal Andre Hauser (left) stands with new security guard Martin Tchakarides.

an employee of the Woodbridge Police Department, not the Amity Regional School District. Therefore, there are some instances in which he is not present at the high school.

"Amity is a large school, with 1,300 students and over 100 faculty and staff members, and before we hired Marty, Officer Sappione was the only person with the correct equipment to address a terrible, tragic event in which someone is here with bad intent," Hauser said. "Having another trained person allows us a second opportunity to respond to a real emergency situation."

As Hauser expressed, an additional armed guard allows for further protection against possible dangerous situations, especially in situations in which Officer Sappione is not able to be present on campus.

Tchakarides' presence ensures that an adequately equipped and trained person is on the campus at all times.

Additionally, this adds an additional security staff member in the building, meaning that there are now four security officers at Amity. Having an additional security guard allows for a greater security presence in the school to ensure the safety of the whole Amity community.

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A Time to Remember Spirit Week, Pep Rally, and Homecoming

by Aachal Gupta '25

This year Amity showed off school spirit by engaging in Spirit Week, cheering at the Pep Rally, and attending the annual Homecoming dance. Amity students participated in Spirit Week from November 14th to the 18th.

Each day correlated with a different theme, starting off with a classic color war in which each class was assigned a color; freshmen had white, sophomores had green, juniors had blue, and seniors had pink.

On Monday the halls of Amity had an explosion of color and school spirit, followed by Tuesday which was twin day, exemplifying the close friendships between students and teachers through matching outfits. Wednesday was Groutfit, a new addition

to Spirit Week, which entails wearing a completely gray outfit. Thursday was a pleasant surprise to the students, as their class councils decorated the halls with different themes.

These out-of-the-box themes included Minions, Cars, Tangled, and Nemo. It was also Anything but a Backpack day, a heavily sought-after theme that showed the creativity of Amity students. To end the week, the theme was Amity's black and gold to show school spirit at the pep rally.

Student Government's Spirit Week committee chairs Evelyn Alfaro '24 and Ava Swain '23 worked with their committee to come up with a list of themes for spirit week. Through meetings and discussions within the committee, they decided on the list. They also knew there was a high demand for any-

thing but a backpack day after it got canceled last year, so they brought it back this year. Both Alfaro and Swain were happy with the level of participation.

Alfaro explained, "Overall, Ava and I have both received a lot of feedback from our peers about what they want to see, but I would say spirit week was a success and I hope to see even more people participating during the next one!"

The long-awaited pep rally was also on Friday, the last day of spirit week to build anticipation for the homecoming dance on Saturday. The rally started off with performances from the cheer and dance teams along with some teachers who joined the dance teams' performances to show off their moves.

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Recent Alumni Give Students a Preview of the College Experience

by Hannah Chen '23

The junior and senior classes took part in the annual Alumni Panel held in the Brady Center on Wednesday, November 23rd. The panel was composed of recent alumni from the graduating classes of 2020, 2021, and 2022.

The alumni provided insight into the college process and experience to demystify the uncertainty and anxiety regarding this process.

Career Counselor Lynn Cocco organized this panel with the hopes that "students learn from the alumni and get the opportunity to shift their focus to what really matters." Cocco also said, "It's about finding the best school for each student."

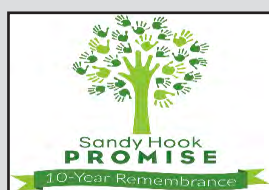
The alumni panel comes at a crucial time for the junior and senior classes, as the senior class is in the process of applying to college and planning their after-high-school journeys, and the junior class is just starting to think about their plans for life after high school.

Panel member Audrey Marin '22 said, "Coming back was a unique opportunity. I hope that talking about my experience as a senior and my current experiences in college help students gain a new perspective on college. It was great seeing former classmates and teachers who helped with the transition and process."

Amity alumni shared a common sentiment with Marin as they were all grate-

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Alumni Give Students a Preview of College

Continued from page 1 ful for the opportunity to advise students who are in the same position they once were. Aside from alumni being excited about the event, it was also beneficial and enjoyable for current students.

Kai Sovar '23 said, "I feel more prepared for my transition to college and getting more perspectives on topics such as roommates was helpful. I feel optimistic for

my future endeavors." Amity alumni shared their experiences including applying to colleges, choosing their schools, and adjusting to college life.

For many juniors and seniors, the idea of where to spend the next several years, making friends, and living with a roommate is daunting. With the reflections given by the alumni, however, students shared a similar feeling to Sovar, ease, and optimism.



Photo Contributed by Cassidy Smith '23

Alumni help current students gain insight into post-Amity life.

Principal's Committee Column

by Hannah Chen '23

On Wednesday, November 23rd, students met with Principal Andre Hauser in the district presentation room to discuss current topics ranging from a possible teacher shortage to the Homecoming Dance to elective requirements.

Recently, former English teacher Shelby Mendillo and former guidance counselor Lisa Conley resigned mid academic year. This spurred a bit of chaos as Amity attempted to fill these positions for the remainder of the school year.

According to Hauser, in regard to Mendillo's position, there have been a few applicants but none have panned out. The position is still open and an interview committee is in the process of filling that opening. Currently, her classes are covered by other English teachers who are being compensated for this additional duty.

In regard to Conley's open counselor position, there have been many more qualified applicants and the interview committee, composed of current faculty members, is currently screening applicants. Hauser shared that it's always difficult to hire mid-year, but the open English position is more difficult to fill than the counselor position. As of now, Conley's current students have been redistributed to other coun-

selors in the meantime. Hauser made it clear that Amity hopes that solution is a short-term solution and they hope to hire a new counselor in time for course registration and scheduling for the next school year.

Students also reflected on the Homecoming Dance, which took place on November 19th in the gym and cafeteria. The general sentiment was that students enjoyed this year's Homecoming and it was an overall success! Homecoming was a student-led effort as committee chairs Annie Yun '24, Elise Sheehee '23, and Caitlyn Smith '23 worked diligently with their committee. It brought about 950 ticket sales, the second highest amount ever sold at Amity. Students also shared their excitement and admiration for the well-thought-out decorations and set-up. Lastly, a few students brought up the issue that filling elective requirements is difficult for students that take part in full-year electives such as the Science Research Program, music programs, AP Computer Sciences, and others.

Hauser shared that aside from the math credits, the elective and academic requirements at Amity line up directly with the state of Connecticut's requirements. For the state, only three math credits are required. At Amity, four are required, but other than that, all physical education, arts, and health credits are dictated by the state.

Armed Security Guard Hired to Ensure Safety for School

Continued from page 1 When asked about her feelings on the new armed security officer, Ava Wooldridge '24 said, "I definitely feel safer at school knowing there is another person that is capable of helping

in an emergency situation." After his first few months here at Amity, Tchakirides said, "The environment is different from what I am used to, but I love it here. It's awesome and everyone here is very nice."

"Having another trained person allows us a second opportunity to respond to a real emergency situation."

Principal Andre Hauser

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A Time to Remember: Spirit Week, Pep Rally, and Homecoming 2022

Continued from page 1 Sophomore class president Yunah Kim '25 commented, "Personally, I think that the addition of clear inflatable balls to the class soccer games gave the students something to look forward to. It was very well organized, wonderful and spirited, showing how fun Amity can be!"

In the relay race, the four classes were joined by a team of faculty members, and the senior class took home the top prize. To amp up the Amity spirit, math teacher Greg Twohill encouraged the crowd by attending the pep rally in a turkey costume.

The day after the pep rally came the main event, Amity's homecoming dance with a Mediterranean Coast theme. Annie Yun '24, along with the homecoming committee organized the homecoming dance.

Yun said, "Homecoming was a really fun experience and planning was really successful this year! The students on the Homecoming Committee worked really hard to coordinate all the food donations ourselves and set up the decorations!"

As for food vendors and setup, most of

the food donations came from local restaurants and caterers. A hurdle last year was many restaurants recovering from Covid, which made it hard for them to donate.

The setup in the morning went smooth, starting at 9 am. They finished at around 1 pm, spending much of their time on the handmade flower arches, which led to a decorated photo background, a perfect place to capture memories of the night. In the cafeteria, there were refreshments and it was all decked out with decor to fit the theme. The gym held the main attraction with the DJ booth and dance floor. Students enjoyed dancing to the music throughout the night.

When asked about her first spirit week, pep rally, and homecoming dance, freshmen Olivia Cummings '26, said, "It was great to see how the school comes together during spirit week leading up to homecoming for the first time as a freshman. The pep rally and Spirit Week got people excited to have fun at the dance and added to the Amity spirit."

All in all, Spirit Week and the pep rally amped up school spirit for Homecoming, which was a success in many ways.



Photo contributed by Trident Staff

Students play games at the Pep Rally

Ten Years after Sandy Hook, We Still Wait for Change

by Andie Napolitano '24

Ten years ago this week the deadliest school shooting in a K-12 school occurred in our home state of Connecticut.

However, even a decade after the Sandy Hook Massacre, we are still waiting for change in the form of national gun control legislation that will prevent mass shootings.

The Gun Violence Archive defines a mass shooting as an event in which four or more people are shot or killed. There have been 627 mass shootings in the United States this year alone, just shy of the record 690 mass shootings last year in 2021.

So far, over 42,000 people have died as a result of gun violence, over 22,000 from suicide, and over 19,000 from homicide. Within the past couple of weeks, six people were murdered in a Walmart in Virginia, and five in a nightclub in Colorado.

In May of this year, 10 people were killed at a grocery store in Buffalo, NY, and just ten days later came the worst school shooting since Sandy Hook, in which 21 people, including 19 fourth-graders, were murdered at an elementary school in Uvalde, Texas.

These are just four examples out of hundreds of others, just this year alone. It seems as though every week there is a new story with the

names and faces of people that had their lives stolen from them by gun violence.

America's gun violence epidemic is a result of the fact that Americans have more guns than any other country in the world. The US is the only country in which guns outnumber people, with 120 guns per 100 people, far surpassing Yemen, the country with the second-highest ratio of 53 guns per 100 people.

The truth is, where there are more guns, there is more gun violence. The US far surpasses gun-related deaths in other developed nations, with four per 100,000 people, compared to the second high-

est, Cyprus, with 0.62 per 100,000 people.

It is safe to say that America has a serious gun problem.

Because of politicians' failure to act a decade ago, and continued failure to act every single day since gun violence has only become more of an issue in America. The longer we go without change, without measures like banning assault rifles and requiring universal background checks, the worse the gun violence epidemic will become.

How many more people need to be killed before change is made?



Photo contributed by Sandy Hook Promise

The Notoriety of New Year's Resolutions

by Emily Russo '24

When you enter "New Year's Resolutions" into Google, the majority of websites and articles that come up have to do with not only making a resolution, but also with keeping it. This indicates that while it's easy to declare a resolution, the act of achieving it proves to be more difficult.

But why? Clearly if one made a resolution then that would suggest some semblance of motivation or dedication to one's goal. So why is there a disconnect between a resolution and its outcome?

I think that, over time, New Year's resolutions have gained some notoriety for never coming to fruition. Everyone has heard that gyms are typically packed from January to February, but lose members once the year continues.

After looking through a few articles, I've found that approximately 80% of all resolu-

tions fail. And ultimately, I think this all comes down to our subconscious. Because the world has told us repeatedly that New Year's resolutions are destined to fail, we've subconsciously absorbed that idea. And unless we start to unlearn that, "resolutions" are going to fail before you've even started.

The act of unlearning something so deeply ingrained in our minds is not an easy task because it can be a slow process. So, I propose an alternative solution that may be a bit more time efficient. Rather than see your next goal as a resolution, it may be easier to simply view it as any other goal.

Tying the word resolution to a goal gives it a negative connotation because we've all subconsciously accepted that resolutions fail. So when you think of your goal as a resolution, you're already (albeit subconsciously) expecting failure. However, by viewing one's next aspiration as nothing more than what it is, the idea of inevitable failure is dropped.

And while the goal is not thought of as a resolution, it may still be easier to keep.

the TRIDENT

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The Amity Trident, Amity Regional High School's monthly student newspaper, is printed by Valley Publishing, 7 Francis Street, Derby, Connecticut 06418.

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WRITE FOR THE TRIDENT

Great opportunity to get involved!
See your name in print!

Check your email and listen to the announcements for information on a writers meeting in early January 2023.

Get involved. Write for the Trident!



Happy Holidays, Amity!



Some Remember It, So Others Don't Forget

Honoring Those of Pearl Harbor, 81 Years Later

by Ben Harbinson '23

December 7, 1941. A day that saw one of the most devastating attacks on United States' soil and one that every member of the Greatest Generation would remember. On that day, over 2,000 servicemen and civilians died in this bombing. As time progresses, the memories of some of our country's most important moments become faint.

Pearl Harbor Remembrance Day symbolizes an important pivot in our country's history and role as the leader of the free world. We must never forget the American lives lost that day, as those who lived it and the memories they have pass away.

The attack lasted for almost two hours as more than 200 Japanese planes bombed U.S. Naval bases and civilians on shore. When the battle concluded, 2,403 people had died, 1,178 had been wounded, 188 U.S. aircraft were destroyed, and 19 naval ships were sunk with men still on board.

On a day where our country suffered so much loss and grief, Ameri-

cans never lost their prowess to fight back an enemy attempting to destroy our freedoms and democracy. Many countries observe days on which they had great victories, but our nation chooses to remember a day of loss. Even in defeat, we showed that we will always be willing to fight back and defend our liberty. This day reminds us that we are capable of overcoming great challenges when we come together as a united nation fighting for our cause for freedom.

The very next day on December 8th, my grandfather made the decision to go downtown and enlist in the Coast Guard after hearing of the attack on Pearl Harbor in the newspaper.

On the same day, thousands of young men signed up to enlist in our armed forces. In acts of patriotism and national survival. Even in our own Pledge of Allegiance, we honor that fact that we are one perfect union, "one na-

tion under God." There are few events in our country's history that have had the power to unite our entire country over one common effort.

The importance behind Pearl Harbor Remembrance Day isn't about the battle itself and the damage done. It's about reflecting on the sacrifices

that young men and women made that day to defend others and our nation's liberty.

It should be important to every citizen to remember events of the past, as they teach us lessons for the future, while they move further back in time.



Photo of the attack on Pearl Harbor, Hawaii on December 7, 1941.

Contributed by History.com



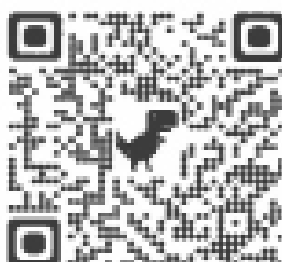
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Enjoy Some Holiday Fun at Kriz Farm in Bethany

by Bridget Lowder '24

Kriz Farm, a family-owned business located in Bethany, Connecticut, is a fun and jolly place to visit during the holiday season. In addition to offering a wide variety of delicious, locally made ice cream, milkshakes, and sundaes for the better part of the year, the farm also doubles as a Christmas attraction.

From November through Christmas, Kriz Farm is open on the weekends from 10:00-6:00 p.m. and has pre-cut Christmas trees, wreaths, holiday crafts, amazing eggnog milkshakes, hot chocolate, hot cider, and fresh donuts all available for purchase! All tree purchases even include a free horse-drawn wagon ride.

I visited the farm for the first time on a chilly Sunday morning at 11:00 a.m. shortly after they opened and I expected it to be fairly quiet. However, I was very mistaken when I saw just how many people were there picking out trees, enjoying hot beverages around a bonfire, and buying handmade Christmas decorations. I learned a lot about the rich history of Kriz Farm from Jackie Kriz as I enjoyed a cinnamon sugar donut and hot chocolate.

Kriz Farm has been a local favorite for decades now and owner Timothy Kriz is an eighth generation family farmer who comes from a long line of horseshoers. His father and uncle immigrated from Czechoslovakia

and began horseshoeing at a very early age. They were recognized for shoeing Japan's Emperor, Hirohito's white Arabian stallion during their duty in World War II and also shod many celebrities' horses, including the famous Budweiser Clydesdales.

They started the Kriz business in Seymour before moving it to Bethany and Tim Kriz said that "the Kriz Farm has been operating in Bethany since the '50s and I love getting to shoe horses for a living." Tim's son, Cody, and Cody's wife Jackie Kriz also live and work on the farm.

When asked what was special about their farm, Cody said, "We have the world's largest pile of

horseshoes on our farm." Jackie also shared, "A lot of our family has graduated from Amity."

Aside from offering various tasty treats and festive decorations, Kriz Farm also emphasizes giving back to those in need, especially during the holiday season. They encourage all customers to donate a new and unwrapped toy, book, or game for their Toys for Tots box. These donations are collected and distributed to children of families in need in time for Christmas.

Kriz Farm has so much to offer and is a great local business to support. Come experience holiday fun at Kriz Farm and make memories with your family and friends!



Photo contributed by Trident Staff
Christmas Trees at Kriz Farm in Bethany

Picking the Perfect Gift

by Grace Cavallaro '24

We are less than two weeks away from Christmas, and people have been flocking to stores over the past month in attempts to buy gifts perfect for their family and friends. As the time creeps by, the stores get busier and busier.

So... have you finished your holiday shopping? It is really easy to get into a rut when trying to pick out gifts, but with a little inspiration and a lot of heart, you can pick out something truly special for everyone on your list.

First, think about who you are shopping for. Ask yourself if there is anything this person wants or needs. If you can't identify anything right away, really dig into your relationship. Is there any motif you can strongly identify with this person?

Perhaps she makes beauty and self-care a priority, or maybe his second home is the gym. Consider gifts relating to these sorts of categories that the person may not have already. Google it or search through Amazon. There are always odd gifts relating to any topic that would surprise anyone.

Still stuck? That's where creativity comes in. If you have your heart set on buying a gift, try surfing through Amazon's gift guides. They have potential gifts listed in categories, including age group and gender.

If you're tired of scrolling endlessly with no result, take a ride over to a physical store, such as Marshall's or Walmart. These stores sell items

specifically designed for gifting, so even if you go in not knowing what to get, you are bound to find something.

When all else fails, it is never a bad idea to turn to something handmade. You might feel inclined to say that you are not creative, or that you do not have any creative talent to call your own. Don't be ridiculous. Everyone has some sort of creative talent, and even if you can't think of anything off the top of your head, you can always learn something new. It is not hard at all to pick something up, and you will really show you care by putting in this time and effort.

One gift you could try to make is something crocheted or knitted. No, working with yarn is not just for girls. A crochet stuffed animal is an adorable gift, and it really shows you care.

Another handmade gift idea is food. You could make some homemade cookies, or perhaps you want to cook this person a fancy dinner. Surely your friend or relative will love what you make, and will, once again, appreciate the time you took to make it to their liking.

*See page 7 for
some last minute
gift ideas!*

South Asians at Amity Work Hard to Make a Difference

by Achal Gupta '25

South Asians at Amity is a club that focuses on educating people about countries in South Asia and holding fundraisers for those countries.

Members of the club meet in room 212 on Thursdays to discuss how they can help spread inclusivity throughout Amity, the BOW, Connecticut, and worldwide. They make educating others about the profound effects of South Asian prejudice a priority.

The students work together to brainstorm ideas for fundraisers to help South Asian countries, like Pakistan, with food relief. This year, they held a henna fundraiser from October 27th to November 11th for Pakistan flood relief.

During the fundraiser, they had

a table set outside of the cafeteria, where people could stop by to get henna tattoos and learn about Pakistan. They also tied in Diwali, the festival of lights, by selling candles to raise money.

Manaal Akbar '25, one of the club's presidents, mentioned, "The fundraiser was a big success. We raised \$115.00. It was great to see people support and see the enthusiasm students had towards supporting the cause!"

The club doesn't plan to stop there. The students have future plans for bake sales and additional fundraisers. They are also actively planning a collaboration with other diversity clubs for Asian American and Pacific Islander (AAPI) month and Ramadan.

Spanish National Honor Society's Drive Will Benefit Fair Haven School

by Avery Dillon '24

The Spanish National Honor Society recently held their 16th annual food and coat drive to benefit Fair Haven School located in New Haven. Fair Haven has students ranging from pre-kindergarten through eighth grade with a diverse population in both ethnicity and age.

The majority of the students at Fair Haven are immigrants because all of the students who have immigrated to the New Haven Public School District from other nations attend Fair Haven.

After being told about the drive by their world language teachers, many students contributed cans and other food items to those in need. Some teachers also offered extra credit to their students as an additional incentive to donate.

When asked about

her thoughts on the impact of the food drive, Spanish National Honor Society president Isabel Barry-Ruiz '23 stated, "The NSHS Food Drive was definitely a success. It was incredible how some of the world language classes were able to contribute such a large amount of items for the Fair Haven community."

"It was great to see the cage in the front entrance fill to the top after all the donations were compiled. We were very grateful for all the contributions," Barry-Ruiz added.

Being new to the country, a lot of times families and their children struggle financially and are not able to afford the food for the holidays that everyone looks forward to.

Throughout the past 16 years, Amity has provided donations

of food and coats to students and families at Fair Haven school. Amity has also been a top donor to the Fair Haven school which shows the success of the food and coat drive.

Lots of students expressed how rewarding it felt to give back to the local community and make an impact on the lives of others. Olivia Chomiak '24 said that she wanted to donate to the drive. "I feel like it is important to donate since many people are in need and if you can help you should," she said.

The Spanish National Honor Society has helped countless students and their families in need so they can have better lives and happier holidays.

It is always so important to donate to drives like this if you have the ability to do so.



Photo contributed by Trident Staff
Supplies collected for Fair Haven School.

Student Government Recap

Collaboration and Leadership Accomplish Much this Fall

by Rebecca Chen '25

The Amity Student Government plays a crucial role in the operations of Amity student life and culture. Membership is made up of 25 elected representatives from each grade. It is a student-run program overseen by a student executive board alongside the advisor, Peter Downhour.

The club involves plenty of collaboration and leadership in order to host fun events and make Amity traditions, such as homecoming, prom, and spirit weeks possible. In addition to having full student government meetings every month, each grade is responsible for their own class meetings, events, and finances.

To recap what the classes have been doing recently:

The freshman class council sold t-shirts and made a profit of \$492. They are actively brainstorming future fundraisers such as a bake sale.

The freshman class president Viviana Pfannenbecker '26 reported that "Overall this year, our goal is to build up the class funds. We want to have inclusive fundraising for all the students so everyone can get involved. I feel as if things are going well so far. I'm excited to see how this year continues.

"It is a bit of a slow start but that is to be expected. As we get used to working together and become more comfortable with the environment, we will have more

progress!" Pfannenbecker added.

The sophomore class council has just finished a Krispy Kreme fundraiser selling a total of 120 dozen donuts and making a profit of \$575. In addition, their most recent bottle and can drive made a profit of \$225.

The class council is also currently working on getting more merchandise out for the Class of 2025. There will soon be a release of new apparel and some fun items that include crewnecks, water bottles, and even beanies.

Class president Yunah Kim '25 explained, "This year has been wonderful so far, as we have made over \$500 in profit from our bottle and can drives and are significantly progressing in funds.

"I am so happy and grateful to have this position, and I cannot wait to see how far we go this year!" she said.

The junior class council wrapped up their bracelet fundraiser, making a total of \$480, and are planning to donate \$120 to the sharing and caring fundraiser. They have also finished their dodgeball event on November 18th that made \$350.

Junior class president Benjamin Aviad '24 said, "The junior class council has been in for an exciting year. With four very successful fundraisers thus far, and many more to come.

"I have been extremely proud to lead our council to the success we have reached this year, and look forward to continuously expanding our success, striving on community

building, and creating a positive environment for all Amity students to feel safe, welcome, and expressive."

The senior class council recently held their raffle fundraiser and are currently planning a secret snowflake event. Secret snowflake is when a group of students sign up to participate in an anonymous gift exchange where they buy each other gifts within a reasonable budget.

They also plan to create more fundraisers and exciting activities to increase their funds.

The senior class president Anchal Bahel '23 commented, "I think that the senior class has had a very strong start to the year. I am proud that our class council has had a very positive mindset, along with all of the enthusiasm our class has considering the unique high school experience we have gone through."



Photo contributed by @arhsclassof2024 on Instagram
Juniors participate in the dodgeball event organized by the junior class council

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Senior Melinda Lu Awarded Prestigious Scholarship

by Aachal Gupta '25

Melinda Lu, a senior at Amity, won the Milton Fisher Scholarship. It is a 4-year renewable scholarship for high school juniors, seniors, and college freshmen. It is a very prestigious honor.

The award ranges from \$4,000 to \$20,000 based on the candidate's demonstrated need. To apply for this scholarship, students have to either showcase how they solved an artistic, scientific, or technical problem unusually or show how they came up with a distinctive solution to a problem in their school, community, or family.

She won this scholarship with her research about Alzheimer's Disease through the Science Research Program at Amity.

The Science Research Program is a full-year elective, available all 4 years of high school that helps students research topics that interest them. Lu's project idea relating to Alzheimer's Disease came about during her sophomore year. As a part of the elective, students must find a mentor to aid them in conducting a project in a scientific area of choice.

Lu was interested in neuroscience, and she became fascinated with Alzheimer's Disease because there is no cure for it.

She explained, "The current issue with many medications on the market is that they only target the symptoms because no one has discovered the root cause of the disease. I eventually found a mentor, Dr. Adam Mecca from Yale University's Alzheimer's Disease Research Unit, whose work has inspired me."

Dr. Mecca focuses on researching

different biological indicators that could be used to detect Alzheimer's disease early on.

She started to see the project come together in December of 2021, when she was able to develop and carry out her research plan. Her research focused on examining MRI images of people with and without Alzheimer's to see if any pathways within the brain showed significant differences in one group and not the other.

She has faced some hardships as well on the research side of the project. She mentioned, "Grasping the topic and the meaning behind the data analysis I am doing is the tricky part."

"When I first started, I knew almost nothing about neuroscience, and with the help of my mentor, he was able to help me learn more about this complex field."

"After I was able to better understand what the MRI images meant and how different parts of the brain communicated, I was able

to complete my project with more ease," Lu added.

A huge part of this opportunity was made possible with SRP, and the help of her teachers Cathy Piscitelli and Nicholas Shamp. These two science teachers, along with her mentor, provided advice and support when working through problems.

When asked about her reaction to Lu winning the scholarship, Piscitelli said she was very proud. "The Milton Fisher Scholarship is a very prestigious award and Melinda certainly deserves the accolade after years of hard work and dedication to her project and studies. We are all extremely proud of her."

She plans to major in neuroscience and biochemistry in college and possibly work in an Alzheimer's research lab similar to her mentor's.

She is excited to have won this scholarship and to be recognized for her hard work in the neuroscience field.



Photo contributed by Melinda Lu '23

Melinda Lu '23 and her mentor, Dr. Adam Mecca, in front of her poster at the 2022 Science Research Annual Symposium

Picking the Perfect Gift

Continued from page 5

Still struggling to find that perfect gift? Not to worry. Here are a few gift ideas you could grab at the last minute:

A Bluetooth speaker - this can be expensive or inexpensive, depending on who it's for

An AirPods case - there is a wide variety of designs relating to any one of your friend's passions

A "spa day"-themed gift - this can include scented lotions, slippers, a bathrobe, and/or some herbal tea

A new athletic water bottle - or stickers for one this person already has

Any kind of chocolate or candy - your local chocolate store will have a variety of flavors perfect for gifting

College dorm items - a travel mug, a makeup mirror, a blanket, room decorations, college merch (if applicable), etc.

A bag that the person could use - a purse, backpack, wallet filled with anything (small makeup products, candy, gift cards)

A new book - stop in at your local Indie book shop

A quality picture in a frame - check out one of the small businesses in BOW



PE and Health Teacher Rob Rosner Enjoys his "Tight-Knit" Department

by Owen Chadbourne '23

The students slowly pile into the Lecture Hall for yet another period 4 Study Hall. As they drop their bags to the floor and put in their AirPods, two PE teachers, Rob Rosner and Diana DiGangi, enter the room. Their constant positivity revives the dying energy in the room as they sit down to begin taking attendance.

While the students settle in, Rosner and DiGangi take the time to have conversations with them and each other. One day, the two Amity teachers played a few games of Hangman. Their abundant laughter and funny dialogue made it difficult for students to focus on their own tasks, causing them to look up and see DiGangi rattling off letters to Rosner, appearing frustrated when none of the letters were correct.

Ever since Rosner joined the Amity Regional High School PE department four years ago, the positive energy has only increased, evidenced through the funny jokes, games of Hangman, and enjoyment in PE.

When asked why he wanted to become a Physical Education teacher, Rosner responded, "When I was 14, I started working at the Woodbridge pool club, and I helped kids as well as coaching. I realized I had a passion for that. Teaching was not on my radar, but my sister pointed it out to me. I switched my major during college, which was sports management."

"The best thing about being a teacher is working with kids and watching them grow either from a semester to the end or from the start of the year to the end," Rosner added, "especially during Thanksgiving time when [former] students come back and you can see their progress."

Rosner also says a great part about his job is working with students and building relationships. On one occasion, two

students entered the boy's locker room during lunch, and he asked, "How's your lunch, everyone?"

This simple question sparked a conversation about each person's fantasy football team; the students and teachers smiled and made jokes while sharing a common interest: football.

Another boy announced to the teachers, "Hockey tryouts today. I expect all the gym teachers to be at the games this year."

When you think of teachers, you may think of those who pass each other in the hall with a casual wave and verbal greeting. For those teaching PE – or gym, as it is commonly called – this is slightly different.

"Overall, we have a pretty tight-knit department," said Rosner. "We back each other up and hold each other to a high standard. We are willing to do everything to make each other better."

DiGangi added that their department goal is to work cooperatively with each other. In her six years at Amity, she said the PE department team has been a very positive one.

The department doesn't only strive to be there for each other, but also the students. When asked to describe the relationship between students and teachers, Rosner said, "I feel very strongly about this. Teaching in general is the most important in terms of getting the best out of them. Not everyone is comfortable in PE."

Adding to that idea, DiGangi said the PE department needs "more one-on-one conversations to see what they need specifically. A student conference would be beneficial, but there are just so many kids."

Eric Rothbart, another Amity PE teacher, stated that relationships with students is his top priority. That's what makes the job worth it. DiGangi agreed, saying, "I try to talk to them like young adults instead of babies – put the responsibility on them."

Senior Cassidy Smith remembers Rosner as someone who likes talking with students. Anthony Stankye '24 agreed, saying, "He's a very chill and easy-going person."

The Physical Education department is a group of caring staff members who strive to find the best in everyone. They can be very engaging, even outside of PE or health. Kids are especially engaged when DiGangi guesses the correct letters to form Rosner's Hangman word: gym.



Photo contributed by Trident Staff
PE and Health Teacher Rob Rosner

Singer-Songwriter Marin Korenaga Wins Award for Annual Young Arts Competition

by Sena Ho '23

Opening the voice memo, I am met with Marin Korenaga's '23 raw vocals across the phone speaker. Her songs, embodying cross-combinations of vitality, sorrow, heartbreak, and optimism, are accompanied by simple acoustics and driven almost entirely by the emotions expressed in her voice. This talent has ceased to go unnoticed, as just this past month, she was awarded with one of the most prestigious awards for aspiring artists, the YoungArts Awards in Songwriting.

The YoungArts National Foundation for the



Photo contributed by Sena Ho '23

Advancement of Artists awards students across the country in their annual competition to inspire those seeking to pursue careers in or just express themselves through artistic mediums.

In a press release, the foundation's director Lauren Snelling showed appreciation for the many young creative souls out there by saying, "YoungArts is proud to support artists at critical junctures throughout their lives, and we look forward to providing community and professional and creative development opportunities that will empower the 2023 award winners as they embark on exciting careers in the arts." And in today's climate, "it is essential to support artists so that their voices can be heard long into the future," she concluded.

There are three main categories that students could be granted: Merit, Honorable Mention, and Finalist. Korenaga, who was offered the Merit award, also received a monterey prize along with a plane ticket to Florida. In the spring, she will attend a workshop with other artists, and although details on this event are slim, the student musician is both excited and anxious for the road ahead.

At the age of two and a half, Korenaga picked up the violin for the first time and has stuck with it ever since. Now, however, she utilizes the piano for all of her songwriting endeavors. This unconditional love for music, she claims, has been with her since the moment she was born.

After speaking with Korenaga on some of the earliest memories with songwriting, she reflected on a story with her family. When she was nine, amidst an argument with her parents, she whipped up a quick tune in Japanese that expressed the notion "families don't argue."

Since then, she has pursued these interests

by posting on her designated YouTube and Instagram accounts under the username marinclarisse, writing songs that express her viewpoints on social issues and reflect her emotions. Each successive creation has given her the motivation to make a difference through music and lyricism in the same ways that she has been influenced by brilliant artists such as the 1975, Maisie Peters, and Sarah Kingsley.

While discussing the topic, her eyes lit up with excitement as she revealed that "during the pandemic [writing songs] was something I turned to, whether it be writing about the BLM movement or Asian hate crimes. It was a way I could utilize my voice to make a change. It's really something that means the world to me and that's why winning this award means so much."

Once she stumbled on the YoungArts opportunity, it was hard to resist. In order to participate, students had to send submissions, in either the video or photo format, pertaining to the particular category they applied for. Korenaga uploaded a few of her previous songs and waited for the announcement to roll in; and nearly two months later, the good news appeared on her front doorstep.

Throughout this long and winding journey, she has been able to form lasting friendships with other aspiring musicians via the online platforms she is active on. This spring, she looks forward to meeting the other winners and learning about their passions and aspirations.

As our conversation came to a close, she exclaimed, "It was such a wonderful experience competing in the YoungArts Competition 2023. I am so thrilled and excited for the opportunity in Florida and meeting other artists my age and having the chance to collaborate and create a new community to cherish."

Amity Creative Theater Presents: *The Play That Goes Wrong*

by Shreya Hebbar '23, Sarah Shaikh '25, and Nina Carmeli '23

On December 8th, Amity Regional High School opened "The Play That Goes Wrong," which ran through December 10th. Students from the middle schools were also given the opportunity to come watch the production while on their annual field trip to Amity.

This comical play was hosted by Amity Creative Theater students and built by one of the construction classes. The play is based on a fictitious theater company from England whose actors are terrible at theater, but attempt to perform a murder mystery. Throughout the course of the play, they dropped lines, missed entrances, dealt with faulty props, plenty of mishaps, and even had actors knocked unconscious, "all to induce great comical heights," as explained by theater director Robert Kennedy.

From the purposeful malfunctioning lights to the everchanging characters, the cast of "The Play That Goes Wrong" had audience members laughing out loud for the entirety of the play. The production broke box office numbers, selling the highest number of tickets in an Amity winter production. Usually, the main

event hosted by the Creative Theater program is the spring musical, but the talent and comedic character of the play helped it prosper in attendance, spurring positive reactions from its viewers.

Amity Creative Theater and Carl Teravainen's construction class worked effortlessly to build the set for the play. Kennedy conveyed how hard he and his students worked to complete this difficult set, especially where things had to "go wrong" on cue.

This made the play immersive and exciting to experience as one would never know exactly what mishap or calamity would occur next. Participating in his first ever play, senior Declan O' Rourke said that it was "a great new experience. It's really cool to act together on stage and it was a lot of fun."

Kennedy shared how "very proud" of the cast and crew he was for being able to pull off the difficult production. While describing his choosing of this particular production, Kennedy also added that he "thought it was hilarious" and "would be a fun challenge" for his students.



Photos contributed by Ava Swain '23





Photos contributed by Marin Korenaga '23

Tri-M Music Honors Society Induction



Tri-M Brightens the Lives of Coachman Square Seniors

by Nina Carmeli '23

The Tri-M Music Honors Society sent members to play holiday tunes at Coachman Square, an assisted living center in Woodbridge on December 15th. This field trip marked the first formal community event hosted by the honors society. Students from the band, choir, and string orchestra prepared and performed holiday music to brighten the winter season for seniors living at Coachman Square.

Close to 40 students left school early on Thursday with instruments in hand. After weeks of preparation and attendance at bi-weekly meetings before school, musicians in Tri-M were ecstatic to showcase their musical talents through lighthearted celebration of the holiday season. Six pieces were played in the concert in total, two from each of the ensembles.

Marin Korenaga '23, president of Tri-M, said, "I am grateful to have been able to work with the board, especially Jennifer Luo '23, director of communications, for helping to integrate all the different ensembles that would have not otherwise had the opportunity to play together and collaborate on a project."

Lisa Serio, advisor to the honors society, said, "I continue to be in awe and admiration of the amount of passion my students have to give the gift of music to others. I'm extremely thankful that students wanted to start up this honors society again and that I get to watch them grow as musicians, providing the community with something that is priceless. It's incredible. I'm honored to be part of it."

Though Tri-M has only just established itself at Amity Regional High School, it clearly has a future full of exciting students and community opportunities to share the gift of music. They plan on continuing to visit assisted living facilities as well as participate in other community-oriented events that spread the joy of music.

NAHS Participates in Blanket Donation Project

by Audrey Cummings '23

The National Art Honor Society recently participated in a blanket donation for Project Linus. The nonprofit organization collects blankets locally and distributes them to children in hospitals, shelters, social service agencies, or anywhere that a child might be in need.

The primary goal of the Project Linus is to "provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new handmade blankets and afghans, lovingly created by volunteer 'blanketeers.'"

Simultaneously, they want to "provide a rewarding and fun service opportunity for interested individuals and groups in local communities, for the benefit of children."

Jessica Zamachaj, the National Art Honor Society advisor, described that NAHS became involved in this national project through a local organization based in Cheshire. She explained that this project "has been something we wanted to do for years, and we were excited to go through with our plans."

In order to partake in the project, Zamachaj remarked that "The NAHS students spent many afternoons creating no-sew fleece blankets in many different sizes." As the winter is fast-approaching, the blankets were recently donated to the drop-off

site for the organization. "This year we delivered over 20 blankets," explained Zamachaj, proving the community project to have been extremely successful.

One NAHS member, Chloe Adzigian '23, expressed, "Making these blankets was an exciting and engaging experience to be able to creatively contribute to this cause. It's nice to be able to positively impact our community."

The National Art Honor Society is currently planning to put up winter and holiday themed student artwork around the school to encourage the holiday spirit in the Amity community. They are also planning a spring gallery to be hosted in one of the local BOA town libraries, as upcoming events to look out for from NAHS.

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Spartans Dominate North Haven Nighthawks in 33rd Annual Nikh Bowl

by CJ Brinton '24

The Nikh Bowl returned for its 33rd year, this time being played at North Haven, on November 21st, 2022. This tradition is a flag football game played between participating senior girls at Amity versus rival North Haven.

The game was a decisive success for the Spartans, with the final score being 54-16, and was led by four captains: Sydney Melchiorre, Sarah Granados, Fiona Jaimes, and Allie Kravetz.

The team was formed in September, and had overall about 16 practices, most of which in two-hour segments on weekends.

Granados, who played the position of running back in the game, told of this schedule.

"We practiced a lot when I look back on it, but at the time it seemed so short and went so fast because everyone was having so much fun."

She continued, "Girls I never had classes with or knew before, became my friends."

Elise Sheehee '23 reinforced this, saying, "Even though it was freezing most days, we all kept up the energy. We also could let ourselves go and be silly for a bit in order to stay entertained, while still being locked in when it came down to actually doing drills."

Many girls on the team credited the positive atmosphere and the success of the team not only

to their peers, but much to the coaching staff. The coaches: Bourdeau, Stockmal, Twohill and Wilson; who are all also teachers within the school, dedicated much of their time to this.

Players like Granados pushed forward this message because, as she said, "I was nervous going into it because I knew absolutely nothing about football, but [the coaches] did a great job of teaching."

She went all the way to say that because of the coaches, "This has easily become one of my favorite sports, and this is one of the best memories of

Sheehee said, "I'd been looking forward to playing flag football ever since I heard of it in my freshman year, so once the time finally came, it felt surreal."

Anchal Bahel '23 described the increase in frequency of practices as the game approached, with the addition of a scrimmage against Southington High School's flag football team.

Any nerves girls had about their abilities individually, and especially as a team were obliterated, as Amity pulled a shut-out over Southington.

Sheehee described a bit of hesitancy about the impending game.

"A lot of us were worried because we'd heard all these things about North Haven playing dirty."

But when gameday came, Amity did exactly what they needed to do, despite any perceived foul play by North Haven.

Granados summarized it well. "Our defensive line barely let girls go past them," she said, "Our offensive line kept the other team far from the running backs. Due to how good our team was, all I had to do was run the play and run it fast."

Reflecting on the process as a whole, Bahel

said, "My favorite part was getting to connect with more people in my class." And when asked if other girls should consider joining flag football in their senior year, the response was a resounding "yes!"



Photo accessed from @sarahgranados on Instagram.

The four senior team captains prepare for the coin toss ahead of kickoff in the Nikh Bowl on November 21st.

my high school experience."

When the players were asked about why they joined flag football, many answered in a similar way: because of the tradition.

Girls Basketball's Youth Clinic Returns and Prepares for Change this Season

by Liliana Fleming '24

The Girls Basketball team has undergone some new changes this year, but brought back one of their long standing traditions: the youth clinic.

One of the team's captains, Jill Barnes '24 commented on the changes saying, "[This year's] captains are Sarah Granados, myself, and Lucci Dottori, and we have a new coaching staff this year, so this season is the beginning of a new era for Amity Girls Basketball."

Celebrating their new beginnings and start of their season, the team hosted a one-night youth clinic on Tuesday November 22nd, in order to raise funds for their season.

The clinic was for girls in grades three through eight and a total of 33 girls attended. Many girls on the high school team served as mentors and helped run the clinic.

The clinic focused on helping the younger girls improve their skills as well as incorporating fun drills and games.

The team's head coach, Nick Dottori, commented on the purpose and goal of the clinic saying, "It was a great opportunity to bring girls from all three communities to-

gether to work on basketball skills and have fun."

"The clinic was a chance [for the younger girls] to meet our coaching staff, current and former players, and build support for our program."

Captain Sarah Granados '23 said that with the event, "We are hoping that a lot of these younger kids see how amazing our program is and continue to play when they reach high school."

Barnes reflected on what it was like being a mentor, rather than a player.

"The best part of the clinic was being able to connect with the young girls from the point of view of a mentor, rather than as a player," she said.

"I personally did a lot of these clinics when I was their age, and I always looked up to the girls leading it, so to finally be on the flipside and get to mentor these girls was very nostalgic and exciting!"

Granados and Barnes also stated the event was a great way for the team to build team chemistry and bond with the community prior to the season starting.

The team's first game of the season will be on Friday, December 16th at 7 pm at home against Shelton. They are hoping to have a large and consistent fan base attending their games this year.



Photos accessed from @amitygirlsbasketball on Instagram

Team Cobras Dodge Their Way to Victory

by Liliana Fleming '24 and Jennifer Gu '24

The Class of 2024 hosted a dodgeball tournament to raise funds for their class on November 18th. Students from grades nine through 12 were able to participate in the tournament. Teams were comprised of seven students, and the event cost three dollars per student.

The tournament was very successful and had a turnout of over 120 participants. The president of the Class of 2024, Ben Aviad, commented on the event.

"This was the first time we were able to do an event like this," he said, "and I did not see a single student leave without a smile on their face - win or lose."

Advait Nair '25 attended and played on the team Jump Squad, saying, "The games were fun. Overall it was really entertaining and I think the school should do more events like this."

Constantly throughout the night Aviad had students approach him, saying that they wanted to "do this once a week."

When asked about plans for events in the future, Aviad hinted at many possibilities. "We are planning on doing similar events to this in the future," he said, "and will use this event as a reference to make them even better for the future."

Class of 2024 representatives ran a concession stand, managed the bracket for the competition, and served as referees for the games.

The energy in the gym was competitive, and even those who were not playing, or who had been knocked out, were not hesitant to help referee, yelling from the sidelines and bleachers.

The final game consisted of the two teams: the Champions, dressed in hot pink and the Cobras, dressed in black. As this was the final game, it was played on the full court, inevitably creating more room to dodge. Players from each team gradually were hit, so the parameters were moved inward, in an effort to make the likelihood of hitting a player more plausible.

The game was very intense and even called for the addition of timeouts, in order for referees to review plays and decide whether or not a player was, in fact, "out."

The game came down to one player on each side, Jack Lewis '24 for the Champions and Connor Hayes '24 for the Cobras. The Cobras pulled through to take down the opposing team, and become the inaugural champions for this competition.

Ben Cewe '24, a player on the Cobras, commented on the final game, saying, "Both teams fought really hard in the finals and our team was just really happy we came out on top."

With participation and morale high, this event was undoubtedly successful and will certainly be brought back next year!



Photo contributed by Alice Xu '24

The Cobras with their trophies. Pictured left to right: Henry Ranani, Ben Cewe, Connor Hayes, Drew Pedigo, Mike Cortes, Ethan Hass, and Eydan Lavi.

Spectator Guidelines Change as Amity Begins Winter Sports

by CJ Brinton '24

A change in the regulations for spectators came at the October 21st home football game against Wilbur Cross. Spectators were no longer allowed to bring large bags, particularly backpacks, as well as not being permitted to bring in outside food or drink.

Amity Athletic Director Ernie Goodwin said this was, in fact, in response to a specific incident, as well as feedback from spectators at the previous games. He also said that discussions about safety, being that spectator safety is such a priority, take place annually in the Amity district as well as at the SCC (Southern Connecticut Conference) and the CIAC (state) level with other AD's.

There are other schools in the area that have specific spectator guidelines similar to the ones recently implemented at Amity, but many even go further. For example, New Haven schools, in response to a number of fights, require parents to accompany and stay with their children at athletic events.

Beginning this October, Waterbury ceased nighttime games, in response to a multitude of incidents.

After a query about possible restrictions on other sporting events, or in other seasons, Goodwin said, "As of now, guidelines are for football games, as we had well over 1,200 people there, at night."

"We have not seen similar issues at other events. Should we begin to see or receive reports of other venues experiencing issues, we will address them as needed," he continued.

Sports such as ice hockey and basketball often draw a comparable crowd as the football games, as far as indoor sports go. As is announced at every varsity-level athletic competition, a spectator should "Be a fan -- not a fanatic."

That means prioritizing the competition between players of a sport, and therefore spectators are implored to handle themselves in a respectful manner to all.

Kim Pearce: The Undermined Job of an Athletic Trainer

by Sarah Fortin '24

There is an undeniable shortage of athletic trainers in the state

of Connecticut, as highlighted by an October article from CT-Insider: "Across the state, high school athletic departments are struggling to fill athletic trainer positions – both full- and part-time roles."

Amity is not seeing this issue, thanks to athletic trainer Kim Pearce. She has been here for eight years after graduating from Springfield College. Her job is arguably often overlooked, as Pearce is responsible for much more than a "quick" ankle tape, which actually takes a lot more skill than one might think.

Much of the work is behind the scenes. She works with student athletes on injury prevention and is the middleman between the athletes, their families, and the doctor. It's necessary for her to keep a focused mind, where she is "always preparing for the worst," even when she looks relaxed.

She is the one who evaluates an injury and decides whether or not "it can wait," meaning whether or not to refer a student to a doctor, so that every student can receive the best route of care. And although there are some general protocols for care, Pearce explained, everything needs to be dealt with on a case to case basis. Athletic trainers need to be creative since they don't always have all the information and equipment necessary.

Pearce believes that the reasons for the shortage in athletic trainers around the state are very complicated. She reasoned that the job is usually used as

a baseline for people transitioning into other professions, such as nursing or physical therapy. It's a difficult job, especially if one wants to start a family, because hours are tough and flexibility is a necessity.

The amount of schooling required to become an athletic trainer has also increased, Pearce explained. A bachelor's degree used to be all one needed to become an athletic trainer and work while advancing if desired, which would be a four year program. However, recently it changed to a master's degree format, which increases the time to earn a degree making one eligible to work from five to six years. This also means that it would cost more, deterring people from the profession even more.

This decrease in the number of athletic trainers has greatly impacted the wellbeing of the students. Pearce described the role of an athletic trainer as the first medical staff on site, which is extremely important when dealing with serious injuries that could be catastrophic if not treated right away. Every second matters when someone is injured in a sports setting because those seconds affect the student's care and possibly their life. An athletic trainer is necessary to address an injury happening and the student being transported to the doctor or by EMS.

According to an article by the Sports Litigation Alert, a South Carolinian school district was sued by a parent of a junior high football player who showed visible signs of a concussion and wasn't taken off the field. The school "did not have an athletic trainer present to address the situation." The student ended up with a serious brain injury, affecting his



Photo by Sarah Fortin '24

Kim Pearce, Amity's athletic trainer

ability to go to school for an extended period of time.

To Pearce, the excitement and importance of being an athletic trainer is the fact that the care extends beyond the moment. The job itself isn't about sports, but about the connection between the trainer and the athlete. And despite the shortage, Pearce hopes that the value behind athletic trainers is fully realized, leading to a new generation to protect student athletes.

2022...

As the year ends,



let us reminisce



All photos have been credited in past issues of the Trident.

on the many unforgettable memories we made!



A Year in Review