

Amity Students Named Regeneron STS Scholars

by Kevin Yanagisawa '18

In the science community, a well known event is the STS (Student Talent Search) competition. Called Regeneron STS this year because Regeneron is the new sponsor, this is the nation's most prestigious science research competition for high school seniors.

At Amity High School, we are fortunate enough to have students participate and become semifinalists and finalists in this prominent competition, through the Science Research Program, run by Deborah Day.

This year's scholars, formerly referred to as semifinalists, included James He, Julia Nadelmann, and Katherine Handler. He was an applicant for this competition and was able to give insight about the fair, as well as give advice for future students wanting to apply.

He, who has been working on his project since sophomore year in the Haskins Laboratories, found out about this competition after Day told him. He also knew because of previous semi-finalist and finalists...like Zizi Yu and...

Helen Liu. After being asked what the application process was like, he described it as "very, very lengthy," even going as far to say that it was "more expansive than most college applications."

Since this competition is nationwide, thousands of applications come in every year. After the application process, "300 semi-finalists [are announced], which gets boiled down into 40 finalists... [who] go to Washington D.C. to present their projects in April." This event is viewed from all over the nation by way of live streams and other sources of media.

For the future scientists of the world, He gave some suggestions for students who are looking to participate in this competition. He said, "I would advise [you] to start early as it is very time-intensive and thorough." Even if you do not want to participate, He reminds students that "this competition is very prestigious but also open to everyone, so if you have a strong interest And [are] very proud of the scientific research you have been involved in, the competition is a great way of communicating your efforts."

Alumni Day Invites Graduates to Share College Experiences

By Howard Ding '18

Amity held its first Alumni Day on January 9th. Former students were invited to Amity Regional High School to speak to upperclassmen about the college application process, experience, and their colleges overall.

The counseling department held this event because they "noticed an increase in transfer requests from our past graduates."

By holding Alumni day, they hope it will "guide [students] to make more appropriate post-secondary choices," said Karen Waterman, the College and Career Counselor, in her email to the upperclassmen.

With alumni to talk to in the lecture hall, Black Box, and Brady Center, all of the students were able to hear what the alums had to say and ask them questions such as "How is college alike/different than Amity?" "What was the transition like?" and "How did you decide what to study?"

Christina Magliocco, an Amity alum and now a freshman at Sacred Heart University, said that she "kept saying not to stress and worry about what your friends are doing or where they're going."

She also added, "I am really enjoying college right now, so I have a lot to say."

These questions, along with the answers from the other 13 alumni, provided an insightful look into how the transition from high school to college flows, what to expect, and how to be prepared.

Senior Yuliya Faryna said, "I just asked basic questions any prospective student would most likely have. And I received those answers!"

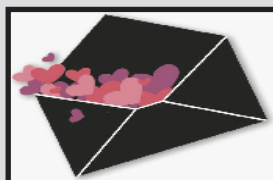
In the future, Faryna suggested, "Perhaps [they should] have a poll of what colleges would be visiting (not just the students' names). This way, we would get the most out of our visits with the alums."

"I wasn't necessarily too interested in Gateway," she added, "and I know other friends that didn't care for Brown."

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Amity Students and Faculty March for Women

by Kate Yuan '19

On January 21, 2017, the day following the inauguration of President Donald Trump, millions of people gathered throughout cities across the United States and the world to march in support of women's rights along with several other issues that have arisen, especially with the election. People of all different races, ages and genders united, rallying for the same cause.

At Amity, there has always been an emphasis on standing up for what you believe in and raising your voice when you see injustice. This day, several students and faculty showed just that. Whether it was making the trip all the way down to Washington, D.C., or showing support at a satellite site, members of the Amity community were

there.

Deborah Day, the director of the Science Research Program, went to the march in D.C. When asked why she felt it was so important to go, she said, "When people started getting these inspirational ideas that were more representative of my values, I had to jump on board, along with preserving our investment in science!"

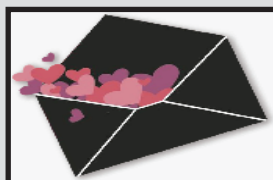
Day was not alone in this thought. The recent election has been one of the most divisive in history. However, divisive as it was, the election brought millions of people together, to unite against one force. Nearly half a million people went to the march in D.C. The turnout was more than anyone had anticipated.

Day said, "I really felt this unifying force, something that I had never seen or experienced before."

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Parent University Encourages Awareness of Opiate Epidemic

by Jake Hollander '17

The Amity Regional School District held an event called Parent University on January 11 in the John J. Brady Center, where it displayed the film "Chasing the Dragon: The Life of an Opiate Addict."

The presentation also featured a panel of two recovering opioid addicts, an addiction psychologist, and a New Haven based DEA agent.

Shortly before the film began, the Student Assistance Counselor Gary Lindgren said, "This was initiated by our superintendent... this is great... to have experts telling...about the dangers of opiates. I also talked to Dr. [Charles] Dumais about having the students see this... because it's very important."

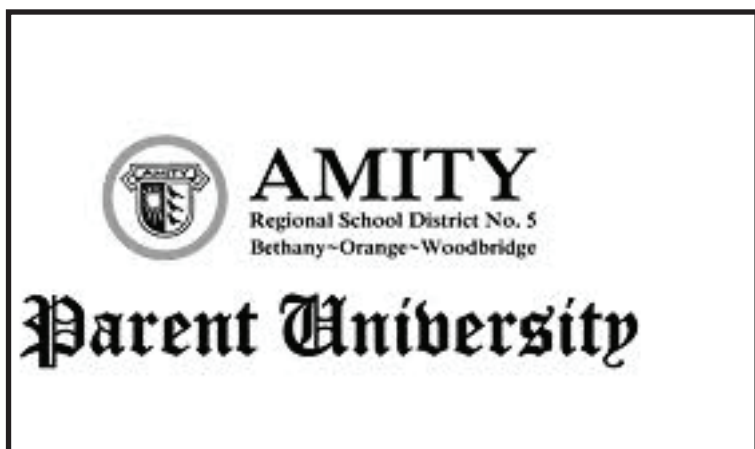
Attendance consisted of parents of students at Amity, as well as a few students.

People from other towns also arrived, including a father-son duo from Seymour. The father mentioned that he "asked...about upcoming events in the community about addiction." He was then "sent an invite."

Once in the auditorium, Dr. Dumais, Amity's superintendent, began by stating that the question people should be asking themselves about drugs in school is: What are you doing about it?

He then introduced the New Haven FBI Station Community Outreach Specialist Charles Brady. A former detective, Brady said that opiate addiction has "grown wings in a bad way" and that in 1989, pharmaceutical pills became more of a drug problem than illegal drugs, like cocaine, and that the main issue was overprescription.

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Amity Students and Faculty March for Women

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the participants to take political action in the future.” One of Amity’s core values listed in the Program of Studies is “awareness of ... global responsibility to others and the environment.” For many students and faculty, participating in the march was how this core value would

be demonstrated because for many people of the world right now, they genuinely feel that their rights are in danger. Part of Amity’s mission statement is enabling its students to become “effective world citizens.” Members of the Amity community at this event in all sorts of locations

shows how this mission statement is being fulfilled. Junior Maya Mutalik said, “I aspired to use my voice to fight for, protect, and affirm all human rights.” The Women’s March allowed members of the Amity community the opportunity to do just that by getting involved.

Students Donate Clothing for Those in Need

by Rosie Du ‘19

The Amity Student Government organized the annual clothing drive from December 12th to January 20th, donating all collections to My Sister’s Place to help those affected by domestic violence. With over 2000 total donations collected from the collection boxes located at the front entrance, the clothing drive was “the most successful it has been in the last ten years,” said advisor Len Marazzi. When Marazzi took over as Student Government advisor 15 years ago, the group donated to Goodwill in its annual clothing drive. “However,” Marazzi said, “instead of donating to Goodwill, which sells for profit, we decided to give the donations to those in need without them having to purchase anything.” My Sister’s Place, a thrift shop located in An-

sonia, serves many towns in New Haven County, including Bethany, Orange, and Woodbridge. My Sister’s Place was chosen so members of Student Government could make an impact in their own community. Kate Yuan ‘19 said, “It was so heartwarming to see the massive piles of bags stacked on top of each other. Amity never ceases to impress with eagerness to help others in need!” My Sister’s Place is a store under BHcare, which provides free services, such as shelter and health care, to victims of domestic violence. The thrift store is unique because those affected by domestic violence, mostly women and children, can receive free vouchers to shop there. Because victims are often taken to safe houses with little time to pack any clothing to bring with them, being able to get new clothes helps establish a sense of

security for these women and children. Julia Potter ‘19 said, “The clothing drive was an excellent way for the Amity body to come together and help those in need. As more and more people donated, not only did we make an impact... but we also joined together to be a more united student body.” Student Government Vice President Micha Aviad ‘18, said, “I think that the clothing drive was a big success this year. It was great to see both the students and faculty work together for such a good cause.” “Although I don’t know the exact amount of clothing we raised,” she added, “it was enough to fill up three cars! If you ask me, that’s pretty impressive!” The annual clothing drive not only helps women and children affected by domestic violence but also brings the Amity student body together for a great cause.

Parent University Encourages Awareness of Opiate Epidemic cont.

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The documentary began with FBI director James Comey and DEA director Chuck Rosenberg issuing a joint statement on the dangers of opiates. Comey’s warning included “They took one wrong turn and got hooked, and once you get hooked, it’s hard to get out.” The film then showed various interviewees, most of whom suffered from opiate addiction; however, one was the mother of a girl who died from an overdose. They all described how they got addicted, with at least one woman mentioning that she got addicted to oxycontin after taking too many prescription painkillers. They all made clear the damage their addictions brought unto them. One participant stated, “All I care about are my kids. They’re in foster care.” Another said that “[during] any good part of my life, I wasn’t high.” All the while the docu-

mentary flashed statistics. One stated that “In 2000, 75% of opioid users started out on prescription medication.” Another said that “Each day, 44 people in the U.S. die from a prescription drug overdose.” The documentary ended by explaining what happened to the participants after filming. Many were arrested again for substance abuse, mainly oxycontin and heroin. One participant, Cory, has remained clean for at least two years after the filming. When the film ended, Brady said that “every time [he] see[s] this film, I get more and more depressed,” and that “no one chooses to do heroin.” Afterwards, the question-and-answer session with the panel began. The questions ranged from requests for advice from parents to recovering addicts, to asking how exactly more of an effort can be made to stop addiction to a pain medi-

cation. More specifically, a pharmacist asked what she could do to prevent any of her customers from getting addicted to painkillers. After the panel session, DEA agent Dana Mofenson said, “The DEA continues to develop new strategies to combat the trafficking of illegal drugs, including diverted pharmaceuticals. (those that make their way from pharmacies to the street.) ... We primarily investigate diverted pharmaceuticals, such as oxycodone. Mofenson also said, “There is a correlation between diverted pharmaceuticals and other opioids such as heroin and fentanyl, which we also investigate.” “Our subdivision has been successful as we have been able to combine the regulatory aspects of the DEA with the more traditional investigative techniques.” Additionally, Mofenson explained, “I would be happy to sit down with students and answer any further questions they may have.”

2017 CT STEM Fair: Amity Students Awarded for Their Research

by Quinn Meehan ‘18

The Amity Science Research Program Students traveled to Darien High School to compete in its annual Connecticut STEM Fair on February 4, 2017. The aim of the event is to educate the public and judges on the the hard work and research they’ve been conducting. “There were six periods of judging, 30 minutes each. Every student presented in two of the 6 periods.” said Vince Li (‘18), a Science Research student. Following the students’ presentations, guest speaker, Dr. Stephanie Eisenbarth (MD, PhD), Assistant Professor of Laboratory Medicine, of Immunobiology, and of Medicine at Yale University School of Medicine, spoke to students discussed her background and how she achieved her success in science.

Overall, the Connecticut STEM fair was a success and enjoyed by all students involved. “The fair was extremely enjoyable overall and I’m excited to go back next year,” said Li about his experience at the fair. This year for the first time, the Connecticut STEM fair was affiliated with the Intel International Science and Engineering Fair (Intel ISEF), with the CT STEM foundation awarding three students all expense paid trips to compete at ISEF. Although no Amity students took home the top ISEF prize, with more schools competing at the fair this year, many Amity students still won high honors. Among the outstanding 26 awards won by Amity students includes 1st place in the behavioral sciences category won by James He, and 1st place in the team completed projects category won by Joseph Sugarmann and Sam Mahler.



Amity Award Winners at the CT STEM Fair
Photograph by Deborah Day

Link Crew Hosts Cocoa and Cram

By Ali Hagani ‘18

The Amity Link Crew hosted its annual Cocoa and Cram event on Wednesday, January 11th in the evening. The event was held in the cafeteria in preparation for the midterms and provided freshmen with an easy and productive way to study, as they are new to the exam format. At the event, the Link Crew leaders, comprised of both juniors and seniors, manned various tables for each subject. The freshmen then came and received help a subject of their choosing. According to Grace Lepensky, a senior member of the Link Crew who spent the night helping some of the freshmen with Biology, the best part was “... being able to connect with not only freshmen in my link crew group but being able to connect with new freshmen I’ve never met before.” “My efforts,” she continued, “did help make a difference.”



Joe Digello, ‘19, at left, receives help in math along with his friend Romi Patel at right, and many others.
Photo by Tasia Kimball

A Rocky Start to the Trump Administration Starts to Smooth Out

by Ryan Anastasio '20

On January 20th, the country saw something happen that was truly amazing: it was the transfer of power from former President Barack Obama to President Donald Trump. At noon, Donald Trump was sworn in as the Commander-in-Chief and a new era began. Trump's inaugural speech was very different from those who preceded him. It was praised by conservatives and denounced by liberals.

I think that President Trump's inaugural address should have been a time where he called for unity between the parties and put the campaign behind him. However, it was the opposite. Trump called out the political establishment, which was ironically all sitting behind him, and said that he will be the president for the people. Trump's remarks targeted everyone sitting behind him, including the four former presidents.

Saturday, January 21st, might have been the craziest day in politics in a long time. It started with Trump visiting the CIA, at a time when Mike Pompeo, Trump's pick for CIA director, was still not confirmed. Trump, who was standing before a memorial honoring agents who fell on duty, criticized the media for reporting that he was "feuding" with the intelligence agencies as well as claiming that his inaugural crowd size was smaller than it had been for presidents before him. This did not reflect positively as Trump should have been commemorating the agencies for their great service and honoring those who fell on duty.

Just following the CIA visit, Press Secretary Sean Spicer held his first White House press briefing. Likewise, Spicer attacked the media, which was sitting right in front of him, for claiming that the crowd size was misreported as the smallest in recent times, when in fact, he

says it was the most attended inauguration ever. This has been debunked by many experts, who say that Obama's crowd size was much larger.

Saturday was also the Women's March in which hundreds of thousands of women (and men) marched throughout Washington, D.C. and cities around the world to protest Trump's inauguration and to fight for women's rights. It was possibly the worst first day for any administration.

On Sunday, January 22, President Trump's Counselor Kellyanne Conway doubled down on the crowd size remarks, stating that the media had reported "alternative facts." At the start of his first full week as president, Trump continued to talk about his inauguration crowd size as well as claim that 3 to 5 million people voted illegally in the election.

Trump then double downed on repealing the Affordable Care Act (Obama Care) and building a wall along the Mexican border. The Affordable Care act has been praised and criticized by both sides of the aisle. There are definitely things that need to be fixed. The Republican controlled Congress needs to find a plan that works for all people.

The "wall" has been a hot topic for a long time. Just days before Trump's meeting with Mexican President Enrique Peña Nieto, Trump tweeted that if Mexico did not want to pay for the wall, then it should not show up to the meeting at the White House. Promptly following this tweet, Nieto cancelled his visit. After Mexico refused to pay for the wall, Trump hinted at a new plan; Trump said he will impose a 20% tax on Mexican imports. By taxing Mexican imports, Trump says that Mexico will be indirectly paying for the wall.

Trump has personally met or talked to on the phone with many foreign leaders. One being the British Prime Minister

Theresa May. The two leaders talked about a new trade alliance between Britain and the US as well as affirming that the US will stay in NATO. This meeting with Prime Minister May was very successful as Great Britain is a key ally to the United States.

Trump also signed an executive order blocking travel from seven countries: Iraq, Iran, Syria, Yemen, Sudan, Libya, and Somalia for 90 days. When most people look at this, they are disgusted. However, I think this can be a good thing. This is not a permanent ban, moreso for the United States to get everything under control. Maybe we need to put some trust in the people that have more information than we do. I do not think the travel ban is great in particular, but I trust the intelligence agencies, the executive branch, and the armed services. On Thursday February 9, 2017, the 9th Circuit Court of Appeals issued a ruling to continuing to block President Trump's travel ban. This decision is likely to be appealed to the Supreme Court.

In these two weeks, Trump also named Neil Gorsuch, a judge on the United States Court of Appeals for the Tenth Circuit, as his Supreme Court Justice Nominee. The nomination of Gorsuch gave relief to conservatives and frustration to liberals.

Probably the most touching thing Trump did as president was make a surprise visit to watch the return of William Owens, a Navy Seal killed in a raid in Yemen in late January. The one thing I love about Donald Trump is that he loves this country. You can see it when he salutes soldiers and when he sings along to patriotic songs. In my opinion, anybody who says he doesn't love the country is out of their mind. So as this administration goes on, I encourage everyone to watch what's happening and to give President Trump a chance to Make America Great Again.

A Movement That Is Just Beginning

by Lillian Zhang '17

After the heated 2016 election - a dichotic mess that was both extraordinary and a nightmare twisting itself into reality at the same time - I was undoubtedly in shock like millions of other Americans. Of course, I couldn't criticize those in favor of Donald Trump, as I myself hadn't participated in voting process, because I was not old enough to vote then. But nevertheless, I offered time and effort in progressing Hillary Clinton's campaign in Connecticut, acts which meant more than a vote.

While I recognize that many in both our country and community supported the candidacy of President Trump, after the election, I first felt the rumble of denial and then grief from those who were so sure that Clinton would finally assume her role as America's guiding mother. I remember comparing the public's reactions to the famous psychologist Elizabeth Kubler-Ross' stages of death and dying. Surely, it was evident Clinton supporters were mourning over the future of America. Kubler-Ross stated the first stage was denial. And unsurprisingly, hundreds protested "Not My President" near Trump Tower.

But another idea was beginning to take form behind the scenes which eventually became the Women's March on Washington, held on January 21st, 2017. The first time I heard of it was a

couple weeks after its inception, and I had hoped it would evolve into something greater for all to explore. Sure enough, the inconspicuous Facebook page, which only had a couple thousand followers, gained traction over the weeks. Suddenly, over 200,000 people were expected to attend the march in D.C.

There were opportunities for the youth to participate in the Women's March through the Youth Initiative Ambassador Program. I applied and was honored to be selected as an ambassador for the Women's March on Washington. As an ambassador, I wanted others to realize the crucial purpose of the march and confirm its role to society, with respect to youth. It is our generation that will soon adopt the roles of leaders, activists, teachers, and workers. This is why the youth should never forget that we are the change for the future. It is beautiful to be living during this time of rapid change, because we can witness what is causing our world to collapse and rise to the challenges.

The election results were hurtful for many. The march, however, was intended to be a rebirth of the people's faith in humanity. It was a declaration to the government of what people will continue to defend despite what the new Trump Administration might impose. Most importantly, the march bolded, italicized, and underlined the word United in "The United States of America." The organizers realized there was strength in

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Taking Chinese While Chinese

by Sarah Saxe '17

“Oh! That’s a clever GPA booster” followed by a confused look is the standard response I get whenever I explain that I am enrolled in Chinese classes. I am half Chinese on my mom’s side, but I did not grow up speaking Chinese. As the fourth and youngest child, my mom had long given up trying to manage a bilingual household after my two oldest brothers refused to learn Mandarin from the moment they could utter the word, “No!” And because I grew up learning only English, family conversations and dinners were never exclusive. We never left my dad lost to navigate a bicker of Mandarin because we didn’t have the choice to.

However, when I was in second grade, my mom wanted to change that. She enrolled me in a Chinese school that met for two hours every Sunday. Unfortunately, my excitement to learn quickly faded. I realized that all my classmates already knew all the content while I struggled to understand why the language didn’t have an alphabet. After failing every single quiz while the rest of the class seemed to breeze through, I was moved down to the “spe-

cial” classroom. Still struggling to keep up, however, my mom finally agreed to pull me from the program after my endless pleading.

So, at the start of high school, I can’t say I knew Chinese any better than I did French or Latin. To be quite honest, I was most fluent in Spanish from the prescribed middle school curriculum. Why then, were so many people acting as though I had found some sort of loophole and used it to cheat the academic system? It was because I am Asian, and therefore, had undoubtedly already learned Chinese. Of course, this was untrue and an unfair assumption to make.

Do some Asian-American students know Chinese fluently from being brought up this way? Of course. But, that doesn’t mean everyone is. Imagine if I claimed it was “unfair” for a math professor’s child to take geometry, or “cheating” for an art teacher to enroll their child in a sculpture class. It’d be ridiculous.

Aside from the typical negatives that accompany stereotyping, this assumption is a detrimental one to make on behalf of one’s education. It is one that has led me to purposely “forget” lines of a well-rehearsed presentation, botch a pronunciation, or

not know translations from a well-studied vocabulary list. While I have studied incredibly hard to perform well in the class, I am always trying harder to prove that I am not lying about my supposed natural bilingualism. I never allowed myself to know all the answers in that class, because if I did, I was suddenly a fake.

To others, my hours of studying were illegitimate and nonexistent. I would often see glances and hear exasperated whispers that “this quiz would have been easy if you already knew everything and didn’t have to study.”

Well, I did know everything (at least on that particular assessment). Not because I was Chinese and somehow knew Mandarin naturally because of this, but because I learned it just as every other student did: by studying.

So, I please urge you to never make similar assumptions. Don’t invalidate someone else’s work because you think you know how hard they’ve worked and don’t assume someone just wants to boost their GPA when they just want to learn like you.

Give them the benefit of the doubt and allow them the space they need so that rather than feel embarrassed or shameful, they can feel proud of their efforts and learn to their fullest potential.

Dealing with College Rejections

by Christopher Fraser '17

As college admission season is in full swing, many seniors are abuzz with joy because they got into their top choice or “dream” school.

Be it the curriculum, teacher-to-student ratio, or collegiate experience, each senior glows with pride and exuberance because of their acceptance to x or y school, as they should. They got into college. It’s quite the feat.

I, for one, am quite proud of getting into Southern Connecticut State University on Early Decision.

It took approximately two-and-a-half years to whip up a “respectable” resume featuring my comparatively hefty number of clubs and school-sponsored activities, my 100+ community service hours, my various summer activities, job training programs, and, of course, the all-important college essay.

All of this, in the eyes of the more cynical, was to impress a single college admissions officer sitting mere feet from you like Saint Peter to the pearly gates of your choosing. For some fall seniors, college is the end-all and be-all goal.

While roaming the halls, I have heard almost ghost-like stories of classmates sinking actual blood, sweat and tears into their respective Common Apps.

Getting into college is nothing but personal.

This isn’t exactly a secret either. In 2016 BuzzFeed released a YouTube video entitled, “The Truth Behind My College Admission.” In this nearly four minute exposé, Molly Hensley-Clancy, an employee of BuzzFeed and recent Yale graduate, details her journey to college acceptance.

The synopsis and moral of

her story is that institutions like Yale have the right to be inherently selfish. “College admissions officers,” Molly states, “basically turned my entire college application into a few bullet points, some numbers, and a couple [of] sentence long paragraphs.”

This practice boils your entire high school career down to three numerical values. This is the famous give-or-take to which all high stake applicants must subject themselves to.

With a reputation steeped in prestige and an acceptance rate which would make the unemployment rate blush, Yale has no choice but to make snap and often cutthroat decisions as to whom gets walk on their hallowed grounds in the upcoming fall.

(Not to mention the wealth of resources that come along with said acceptance, such as an elite and unmatched alumni network and the privilege of calling oneself a Yalie.)

Ultimately, as Molly can attest to, diversity is of utmost importance at an Ivy League school. Growing up in the Minneapolis area, she found herself going to school with many African-American immigrant or low income students. However, Molly does not find herself representative of Minneapolis.

She states, “I’m white, both of my parents went to an Ivy League school, and I am not low income.”

Out of the approximately 35,000 students in the Minneapolis school district, the three who found themselves eventually attending Yale were white middle-class students with college-educated parents, all profiting from the demographics of a school system of which they were not representative of.

In her file, Molly found that the officers reportedly spent an equal amount of time and ef-

fort assessing Molly’s grades, essays, and teachers’ recommendations as they did her geographical location. One explicitly stated, “I’m in her corner, and it would be good to take one from the Minneapolis public school system.”

In the end, Molly wraps it all up quite well by saying, “It seemed clear to me that I got into Yale partly because I was smart, partly because I was really lucky, partly because I did a good job playing admissions game and selling myself, but I partly got in because of where I came from.”

She then brings up many valid points concerning the almost oligarchy-like process of applying in the first place, asserting, very plainly, that families which have gifted children, may be strapped for time and cash, are behind in “the game” already.

In review, it’s not that you didn’t do well enough in your mountain of AP’s or that your 3.9 GPA was not high enough, but simply because you were not enough of a statistic. Yale, after all, has skin in the game too.

So, please don’t misconstrue being denied from a select college as an attack on your character. You may not be in the top 10 percentile of high school graduates in the United States, a nation of 318.9 million people.

But do you know what you ARE? Easily in the top 31.96% of people of this country who are prime to attend college anywhere. So, to you, Congratulations!

At the end of the day, all is not lost. Rejections are not the end of the world and colleges simply cannot accept every competent applicant; there is simply not enough space.

If an education is what you are seeking, then an education is what you will get.

A Movement That Is Just Beginning cont.

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diversity besides just numbers, whether it be the ideas, races, genders, or religions. Organizers ensured the platform was inclusive to all people who believed in defending rights, safety, health, and families. While there was initially doubt over the Women’s March’s humble beginnings, the march--in addition to the 650+ sister marches held around the globe--proved to be success.

I travelled to the D.C. march alone, but my bus buddies were all very kind and passionate people determined to making sure their voices were heard. Meeting my other fellow youth ambassadors was a terrific experience, and I loved learning about their individual stories and their experiences in activism. We each had our own reasons as to why we came to march, but we shared a common idea: women’s rights are human rights. Standing among others who wore their pink Pussyhats, all of us cheered and roared at the sights and inspiring voices of activists, leaders, and champions of human rights. People chanted “This is what America looks like,” “love trumps hate,” “fired up, ready to go,” and “immigration is welcome here, no hate, no fear.” Among my other beliefs, I stood for women’s right to reproductive healthcare and environmental justice.

Most of the march’s attendees were first-time marchers, myself included. The march not only honored the rights of women, immigrants, the disabled, and the LGBTQIA community, but symbolized the diverse America we live in. I was astonished that there were no arrests at the march in D.C., which severely contrast-

ed the criminal anti-Trump protests that damaged property and caused chaos during Trump’s inauguration.

After the march, I was impressed with what the Women’s March on Washington had planned for those aching for change. They’ve came up with “10 Actions in the first 100 Days,” the first of which was sending postcards to senators and voicing issues of importance. Many concerned the confirmation of Betsy DeVos for Secretary of Education and Jeff Sessions for Attorney General, both of which are extremely controversial Trump picks.

The Women’s March on Washington became a movement, and this is why it can be a huge success in restoring America. Generally, protests--which exercise the democratic process in its most basic forms--are not effective if there is no mobilization for change after the protest. Women’s March is attempting to make change happen. I must admit, while Trump has accomplished in drawing lines and borders on immigration and refugees, he has brought people who believe together. Protests and rallies are becoming more common, and organizers have taken advantage of social media to assemble larger demonstrations, and more youth are getting involved in.

I’m pleased to see the fruits of Trump’s “wrongdoing” have a few positive implications. The march was a major turning point. It revealed the boldness and strength of unity, inspired many other marches, and called for the people’s active participation. I encourage you to attend a peaceful protest in the near future and be part of the change. Never stop fighting for what you believe in.

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Dr. Tracy: Parent to 1,400 Kids

by **Serena DeMartino ‘17**

From counseling at four different schools to becoming an administrator, Jason Tracy couldn’t be more fit for his job here at Amity. Tracy switched around from school to school for a couple of years as a counselor, but he couldn’t find a good fit. At the other schools, he said it felt as if education came second to everybody, including the faculty.

Once he found Amity, he said, “It feels like I’m at home.”

Education comes first at Amity, and that’s why he loves it here. His fellow administrators are his best friends. Tracy was a counselor for a while until he became administrator, he explained being an administrator is a “counselor on steroids.”

Tracy works alongside his wife, Elisa Tracy who is a security guard. They have two young boys together. But the job of being an administrator consists of a lot of responsibilities. The job doesn’t just end in school either; he regularly brings his work home with him.

“It feels like I’m a father to 1,400 kids,” Tracy explained. Frank Barretta, another administrator, says, “He wears his emotions on his sleeves.”

Tracy worries about all the students’ safety during school and especially on the weekends. An unfortunate event he experienced as a teen is now what he considers his inspiration to become a counselor and administrator. When he was a teenager, Tracy said his friends were all in the Honors program and played football. They were never into drugs or caused any trouble. However, one of his friends started slacking, left

the football team, and dropped out of school, all because of drugs.

“He ended up getting help and coming back on track, but it wasn’t for long,” Tracy explained.



Photo by **Sophie Baum ‘16.**

He and his friends all planned on going to New York early one morning, but his friend started up with drugs again. Tracy said that they had pagers, and during an emergencies, they would receive from people a ‘911’ alert, but this time they ignored it.

“We figured he was just going to get us into trouble so we just went to New York, and never called him back until we were going home. He hung himself,” Tracy said.

He was inspired to help children become successful and to keep them out of trouble. He doesn’t want kids today to do something so careless, like drugs and ruining the rest of their lives. He often talks to teens within the school about their sobriety and how they are.

Barretta said Tracy is always on top of his work. He is the one to keep everybody smiling. He is the jokester of the bunch and cares about the kids a lot. In his free time, Tracy enjoys going to ‘Bo-Tags,’ an Amity mechanics teacher. Tracy grew up around mechanics.

Tracy said, “Those are my people (the mechanics).”

Parents also tend to email him about grades and other consequences such as detentions or parking tickets that their kids received at late hours. But, he also gets emails from teens, claiming that they wanted to hurt themselves. It’s his job to get them help and to contact their parents to let them know what is going on.

Despite these responsibilities, Tracy is known for being the sensitive one of the administrators. Barretta said, “He’s the bright, funny guy.”

Tracy and Barretta are both administrators and their jobs cross paths too many times to count during a regular day at the school. They work together to organize events such as Prom, Graduation, and Homecoming. Barretta knows that Tracy always has his back. But everything he says is funny.

“I can say something, and nobody will get it but him, and he’ll continue the joke. Then all of a sudden everybody gets it,” Barretta explained.

Monica Kreuzer, another administrator, said that she has worked with him since 2012 and considers him a good, close friend. “He can make a connection with anybody,” she explained.

Since Tracy was previously a counselor, Kreuzer truly believes that aspect makes him even better for his job because he includes emotion.

Tracy said it is hard when you know what is going on in a student’s life, and when one goes astray, and he has to give him or her a punishment even if it isn’t the best resolution. But he knows he has to be fair with both the student’s and the teacher’s perspective.

LEO Club Shows Spartan Kindness

by **Amanda Hendrick ‘18**

Over the course of the school

year, Amity has seen plenty of new additions to the growing community of clubs established for specific purposes such as sports, entertainment, community service, and more. The Amity Leo Club is an example of one of these groups, actively participating in community service projects and introducing food and clothing drives for Amity students to participate in. The club meets every other Tuesday

at the Amity Teen Center in order to discuss recent projects, such as their clothing drives which have helped 10 families in the New Haven area.

The group itself has experienced new additions to its focus on various projects over the years, now including their current project, the medical loan closet, a non-profit organization working to provide medical equipment such as canes or wheelchairs to people who may not have the insurance to cover it. Members are currently looking for donations of gently used medical equipment to loan out to community members who cannot access it themselves.

Leo Club member Sebin Park, ‘18, said, “We are doing the medical loan closet project which also ben-

efits the community. We are picking donations for the medical equipment and then we lend it to the people that need them and don’t have the money to buy it.”



Pictured left to right: **Sebin Park, ‘18, Maren Westgard, ‘18, Qingli Hu, ‘18.**

Not only does the Leo Club work to provide resources such as food and clothing, but other supplies as well to those in need.

The Leo Club is important to both the Amity and local communities because both members and citizens unite to impact a certain cause, such as projects to aid funding allowing

families of the Yale New Haven hospital patients to have a place to stay. This club emphasizes the importance of getting involved and helping people in need.

Club secretary Qingli Hu, ‘18, said, “I started this club because I needed community service hours, but now I have enough community service hours but I keep going to the club because it’s really fun and it’s a great community.”

Not only does the Leo Club create opportunities for students to pursue their interests in aiding citizens needing assistance, but it also strengthens the Amity student population in allowing participants to contribute to food drives and as a whole aid a cause by sharing a common goal.

Wings & Sports: B-Dubs Is the Place to Be

by **Bobby Kirpas ‘17**



Wings and Sports. These are the best things in many men’s lives. This slogan is draped, in big black and gold letters, all over the famous Buffalo Wild Wings. Anytime a big game is on, or you’re in the mood for over sixteen flavors of boneless or traditional wings, B-Dubs, as I call it, is the place to be.

Buffalo Wild Wings is one of the fastest growing chicken wing chain restaurants in the country. This doesn’t surprise me at all, especially when you can find one in almost every mall across the U.S. The location, that is most famous to me, is located in the Connecticut Post Mall, in Milford. There eleven other locations in Connecticut, so it is easy to find a place to eat at all over our state.

Since Buffalo wild Wings is the place to be on a night of a big game, there may be a wait. The wait is usually 15 to 30 minutes, but B-Dubs does a great job of handling their customer’s time. If there was a wait, you can give the hostess your name and number, and they will shoot you a text when your table is ready.

I eat at Buffalo Wild Wings probably two times a month, and I have never had to wait longer than 20 minutes. If you are turned away by the wait, you could always call

ahead and schedule a reservation, especially if you want to watch your favorite team play at a specific time.

The service you will get is spectacular. The waiters and waitresses will make you feel like a king or queen. Within 25 seconds of finishing your drink, the waiter will have it filled right away.

In my opinion, the reason B-dubs is such a fan favorite is due to its atmosphere. Every game, from rugby, to football, to hockey, you could find playing, on 25 different plasma screen HD televisions.

In addition to the big games playing on the TVs, you can experience a game like atmosphere with many different fans shouting and cheering on their favorite teams. There isn’t a specific set dress code, but you will feel out of place if you don’t have your favorite player’s jersey on.

In addition to seeing many different teams’ jerseys, the cheering, and the different games being played, the decor around the whole place is a sight to see. It is as if you were in a sports museum.

Since we live in Connecticut, the surrounding teams in Boston and New York, like the Yankees, Celtics, and Jets, have many of their best players’ jerseys plastered, in beautiful glass cases throughout the restaurant. From Derek Jeter, to Tom Brady, there are also autographed pictures and game used balls hanging on the walls near your table.

It is a very rare thing to be able to see amazing memorabilia, watch your favorite team play, and get a game-like experience, in one place. This is what Buffalo Wild Wings brings to the table, and we haven’t even gotten to the best part yet.

People, who don’t really care for the sports experience could

visit B-dubs as well. The wings are what drives many of people to eat at Buffalo Wild Wings.

Maybe you don’t like wings? Not to worry---there is something for everyone on the menu. You could order from your choice of three different salads, six different wraps, and 10 different appetizers.

My favorite appetizer is the spinach and artichoke dip. The creamy dip gives a scrumptious cheesy flavor, with a dash of spinach. When you add the fresh pitta chips to the dip, it is one of the best appetizers I’ve ever had. My girlfriend and I share the dip together. It is perfect for two people.

When it comes to the wings, we always order parmesan garlic. You haven’t lived until you have tried these wings. Either boneless or traditional, the flavor is indescribable. My girlfriend and I usually share a large order, which is also perfect for two.

All over the restaurant, you can see many different reactions to the spiciness of the flavor of wings they ordered. From their least spicy wing flavor of salt and vinegar, to the hottest wings, when glazed with Buffalo Wild Wings’ signature Blazin’ sauce, any entree will offer the best wings you have ever tasted.

As far as pricing is concerned, for the whole experience, including great service and amazing entertainment, Buffalo Wild Wings is pretty inexpensive. For two soft drinks, and order of spinach artichoke dip, and a large order of traditional parmesan garlic wings, I usually pay around 25 dollars. This is not bad for a high school date.

Overall, Buffalo Wild Wings is definitely the place to be if you are looking for a place to watch the game, and some delicious wings.

A Passion for Marine Science Is Deeper than the Oceans

by **Aviva Green ‘17**

I signed up to take marine biology not knowing what to expect. I had never taken a science course like it before but I was excited to try something new. I met my teacher Mrs. Cournoyer and was instantly struck with how passionate she was about science and marine biology.

“I am fascinated by nature and the way the natural world works. It’s interconnected awe-inspiring and, as we often forget, incredibly fragile,” Cournoyer said.

I learned that playing on the shoreline sparked her interest in the marine sciences.

“Exploring the sand bars during low tide for hours and hours as a kid on the Long Island Sound shoreline did it for me,” she said. “The tidal flats were constantly changing and revealed hermit crabs, egg cases and lots of shells.”

She also had the opportunity to go to a tall ship sailing camp in Bermuda and learned seamanship and water skiing on a trip around St. George’s harbor, all which furthered her interest in the marine sciences.

Here at Amity Cournoyer brings her passion to her students. She says her favorite part about teaching is that it is never boring. She feels “connected to the best part of the world when [she is] in an educational facility.” I am able to say that I have already learned so much in her class and it is definitely never boring.

One course that Cournoyer is especially excited about is the Bermuda course. She took a Bermuda course her first year at Clark University and was introduced to the Bermuda Biological Station (now called BIOS). She took graduate courses there and finished her master’s thesis study on coralline algae. Of her experience becoming in-

involved with the course at Amity she says: “When I came to Amity, I couldn’t believe my good fortune. Nancy Goss, retired Orange Middle School media center teacher, was running Amity’s Bermuda Course. When the program needed a new instructor, I joined in.”

Outside of Amity, Cournoyer loves to camp. “My family has been tent camping at Rocky Neck State Park for 30 years. We ride bikes, swim and recently added kayaking to our activities,” she said.

When asked “If you could have any other job other than a teacher what would it be?” she

answered, “I would definitely want to be the science and nature producer or field coordinator for one of those programs” (referring to “Sea Rescue” with Matt Gutman or “CBS Sunday Morning” news magazine).

It isn’t surprising that her answer involved science and nature and it is evident that she finds these fields really exciting. In fact, when Cournoyer was 17, she snorkeled in the Great Barrier Reef in Queensland, Australia while spending one year living and studying in Australia as a Rotary Club Exchange student.

Of the experience she says, “I swam with a black and white sea snake and stayed completely calm because, at the time, I didn’t know all sea snakes are poisonous. I remember seeing the most beautiful sunset I have ever seen before or since.”

Cournoyer’s passion is the environment. She said, “We have to protect the environment. This is where we live.”

But it is obvious that her passion extends beyond just the environment to teaching, marine sciences, and nature in general. It is this passion that is making my Marine Biology class so much more interesting this year.

----- LINES -----

Ms. Day,
Have a great
day!

IP,
We love your thoughtful
comments and pertinent
questions that you put forth for
our lovely class
♥Your Calc Class♥

Find friends who
aren't afraid to
be themselves
around you. Be
true, be you!
~Koda Blue



Ms. McConnell:
Thank you for being the best
debate coach and the funniest,
nicest person. Much love! ♥



Mrs. Mahon,
You are actually the best
ever, thank you for
being so inspiring!

Potatoes
Rule!



Señora Mirci:
Cuando visitas Cusco,
asegura que tú vas a ver
el imperio inca y cena
con una papa.
~Anónimo

Maddie Pickett:
You always
pickett my fences ♥

Samantha Fleischman,
Happy late birthday, Stalin!
May your reign be more
than a drizzle.
-Anisha Jain

Mrs. Lambrecht,
Do I dare eat a peach?
(We ♥ you)
-World Lit S1

It's always
great to
see ya,
Tasia!

Sra. Mirci,
Es vital que sepas que
eres maravillosa.
-Tu clase de AP Español

Matty D'Onofrio:
What's up critter, I
love you like Milner
loves orange juice.
~Green Cauliflower
Pickle Bird

Annie,
I love you!
-Benson R.
AF♥R

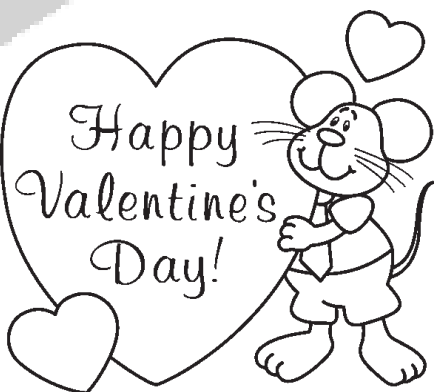


Rohan,
I love you so much. Please
give me \$1 I wasted it on this.
-Nicholas Yoo

Sarah Saxe, you are as beautiful
as your beautiful spreads. ♥



OF LOVE



Payton,
Dear sister...



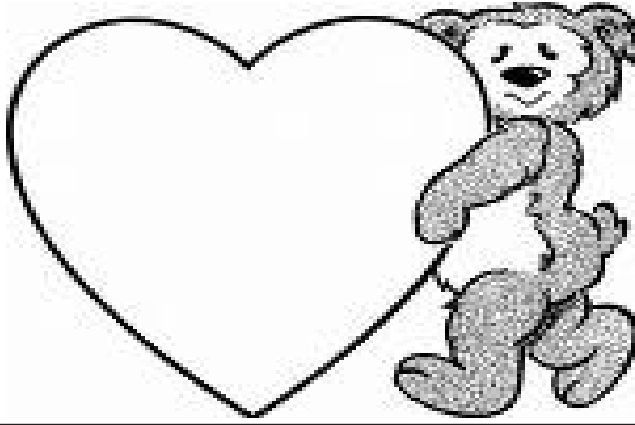
*Kate Alvarado: Sometimes you
are the most difficult person to
deal with
But other than that,
I think you're pretty perfect*

6th Period Spanish 5,
Tengan un buen día.
-Sr. Silva

**Kyle Beaudette,
I love you bby.
-Aidan Bergey Reilly**

Mrs. DeMeo,
Mrs. Cheng,
Ms. Barnych,
I love my squad!
-Mrs. Romero

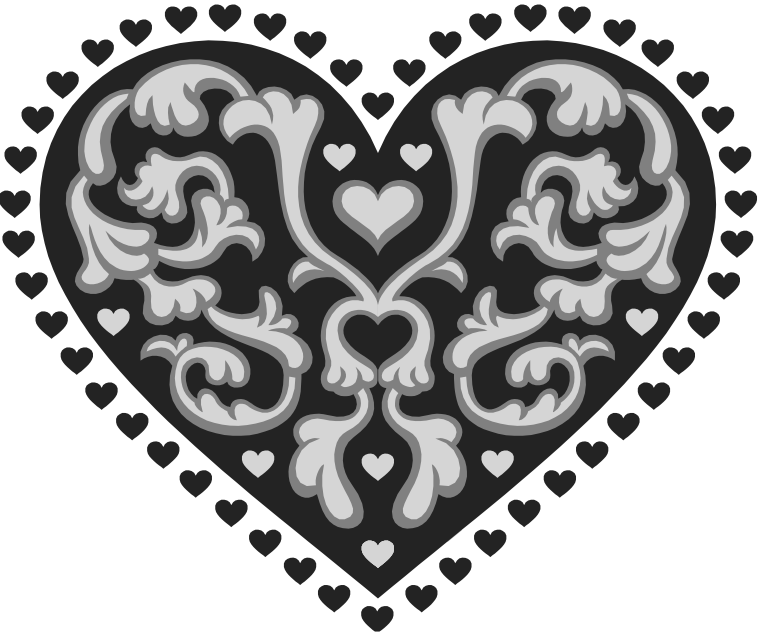
Mr. DeMeo: How's
your back? Do you
need to sit down?



*Ali Hagani,
You're so
motivational!
Seaweed rules!
-Nevia Selmon*

Sophie Clemens,
You're as cool as a
clementine
You're sweet and sour,
Orange you glad that we're friends?

ANANYA,
YOU ARE
COOL.



**To my students,
I appreciate your
love of
mathematics!
-Mrs. Romero**

SOPHIE,
YOU ARE
ZERO
DEGREES
KELVIN.

Emily, I'm so proud of
you! I'm going to find you
in Boston. So much love
for you!

Mrs. Clark,
Thank you for your end-
less guidance and support!
You're the best!
-Trident Editorial Staff

Danyu,
I love
you.

Women’s March Posters

by Kelsey McCormack ‘17

Many Amity students attended the Women’s Marches that occurred around the country on January 21st, each carrying signs and posters depicting their beliefs. The following images include signs and posters carried by students at the marches, many of which are works of art. They are accompanied by captions reflecting why students chose to make or carry the posters they did, as well as why they attended the marches in general.



Above: “To show that we won’t let hatred and bigotry stand in the way of love, in whatever form it may exist. Also the strength of the future lies in the strength of women!” – Katie Handler ‘17



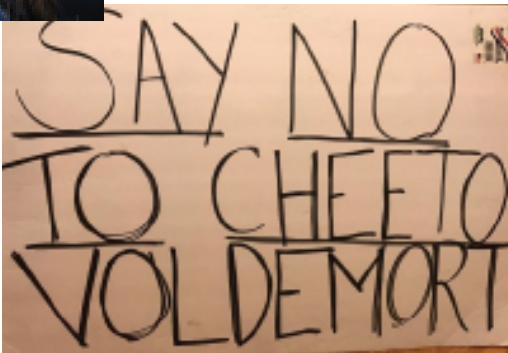
Above: “We love these posters because they symbolize why we were marching. Particularly, I was there to stand up for equal opportunities for all, regardless of gender. I think that is extremely important, and I truly hope policy decisions in the next four years reflect that.” – Ananya Kachru ‘18



Left: “I thought the sign had a powerful message, and reminded us all what it really means to be an American. To not be hateful, fearful, or ignorant but to work together and respect each other.” – Maya Mutalik ‘17



Above, Left, Down: “I personally went to the march to voice that as a woman, I’m not putting up with sexism, but also to voice my dissatisfaction with Trump. I feel his rhetoric and policies are divisive and fascist, similar to Voldemort’s.” – Sara Jadbabaie ‘17



Behind the Scenes: Fiddler on the Roof’s Costume Creations

by Katie Handler ‘17

This year’s musical, Fiddler on the Roof, brings new challenges to the costume crew headed by faculty members Julie Chevan and Brenda Burt. Fiddler on the Roof is a very well-known historical musical. Chevan explains it can be difficult to “design a show that is so iconic because as a designer, you want to put your own stamp on it, but if you don’t make things look a certain way, the audience is disturbed by it.” The historical aspect of the musical also means that the costumes have to follow what the characters would actually wear, just as they have to perform the rituals that the Jews would. “I think you have to be really respectful of the realities and real parameters of the clothes,” Chevan said.

The costumes are going to be designed in a way that makes the characters seem like real individual people instead of just figures in a play. The ensemble this year has over fifty people, making the cost and timing of the costume production a discussion. While the directors want the villagers to look like individuals and families rather than “cookie-cutter” characters, Chevan says they have to be realistic with their abilities. “We look at the man power we have, the skills we have, the power we have, and we decide what we can make, buy, borrow, rent,” she said. “We are doing a little bit of everything for this show.” The crew working on the costumes includes a few teachers and parents, but the majority is comprised of students. The crew chief this year is senior Bianca Gibbons-Morales, who describes her job as “Mrs. Chevan’s wing man.” Her job is to do what Chevan

asks during production and then lead the rest of the crew on various tasks. The costume crew meets every Saturday to get together and make the costumes as well as orchestrate the choreography needed to have costume changes during the show. There are a few character changes, a wedding, and a dream sequence. The dream sequence, which features ghosts, gives the costume designers a chance to be creative and put their own mark on the production. “We look at the script, we look at pictures of how other people have done it, and then we go to town,” Chevan says, describing the design process. The design for the title character, the fiddler, is based on the artwork by Marc Chagall. Several of his paintings feature a fiddler wearing a purple coat. As for the rest of the costumes, they can be seen in detail in the show, March 31 – April 8th.

Student Performs Concerto

by Rosie Du ‘19

Harris Andersen, a junior at Amity High School, performed Beethoven’s Fifth Symphony with the Greater New Haven Youth Orchestra on December 18th. The performance took place at the winter concert in Yale University’s Battell Chapel. Many Amity students participated or attended as well, such as seniors Aviva Green and Katie Handler. Green said, “I was so impressed with Harris’s performance and with the concert overall. He played beautifully and I really enjoyed it.”

Handler commented, “It was incredible to get the chance to play in the orchestra accompanying him. During my rests, I would watch his fingers dance up and down the keyboard.” Andersen has been playing the piano since he was three years old, and he began music lessons at age five. He also plays the trumpet and the violin. Andersen started out in the Neighborhood Music School’s youth ensembles in 2012, when he played in the concert orchestra, and moved up to the youth orchestra two years later. According to Anderson, Neighborhood Music School annually hosts the Greater New Haven Youth Ensembles Concerto Competition. In April 2016, Andersen, who played the Beethoven piano concerto at this competition, was one of four winners, allowing him to perform in either the winter or spring concert. Thomas Duffy, the Youth Orchestra’s conductor, chose the Beethoven as part of the concert program. Andersen shared an interest-

ing story about his experience. “I started learning the piece by myself on December 8, 2014,” he said. “I didn’t want to tell my teacher about it because I was nervous she’d think it was too out of my skill level.” However, Andersen perfected it and took it to his teacher in August 2015. He said that it was “many, many, many hours of practicing, in short.” When asked about his motivation to learn the piece by himself, Andersen said, “I heard a performance on YouTube by pianist Lang Lang during the summer of 2014, and from that point on, I said to myself [that] I would learn the entire piece within the next few years.” Andersen added, “I think it is any musician’s dream growing up to play with a full orchestra, so I was so excited to have the opportunity. It was my first orchestral debut soloing piano.” He went on to say, “I think because I had had the piece for so long, I had it in my bones, so the concert was not very nerve wracking and I had a lot of fun. Nevertheless, I was so relieved when it was over.” In terms of what is in store next, Andersen says he does not have specific concerts like the Beethoven planned, but he will “keep practicing piano, violin, and trumpet.” Andersen also intends on attending a conservatory and has begun looking at some potential options. Andersen’s dedication to music both in and outside of school, including participation in Amity’s Music Department and Neighborhood Music School’s various ensembles, is an impressive feat and shows his motivation and perseverance in pursuing his passion.



Photo by Lucy Andersen



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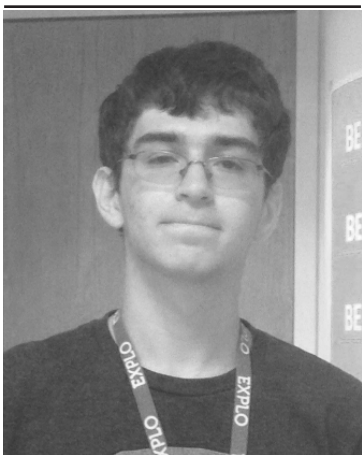
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At the Movies With Tyler Jennes: La La Land

by Tyler Jennes ‘17



No genre is able to evoke the imagery of classic Hollywood quite like the musical. As the years have gone by, it has become something of a dying art form, with the last musical to win Best Picture being 2002’s Chicago. But as is now seems, the movie musical may be seeing another renaissance, with 2016 giving us such works as the criminally underrated Sing Street, and of course, La La Land.

Director Damien Chazelle is no stranger to musical themes. Just two years ago his film Whiplash, centering on a drum student and his demented instructor, became a surprise Oscar hit, taking home three awards. According to Chazelle,

Whiplash was the movie that he made in order to secure funding for La La Land. This movie has been in the works for six years, and the raw passion for it shows in every frame.

The moment I saw the opening credits proudly display the classic Cinemascope logo, I knew that this film would be something special. It revolves around the relationship of Mia (Emma Stone), an aspiring actress, and Sebastian (Ryan Gosling), a jazz pianist. The chemistry between these actors is electric, and, as this is their third film together, this is no surprise. Their dynamic has an incredibly real sense of depth, and goes way beyond that of the standard rom-com. Both characters have dreams and desires, and at times are forced to reconsider what they want to do with their lives, and never feel like anything other than real people.

And then we have the music. What can I say about the music in this film that hasn’t already been said? It’s breathtaking, complex, catchy, and just about every other positive adjective I can think of. From the exhilarating opening shot in L.A. traffic, to the Fred Astaire-inspired tap-dance duet, to John Legend’s synth-heavy R&B song, to the masterwork that is the ending montage, and so on and so forth, there isn’t a single number out of place in this film. Since the film has come out,

I’ve noticed a certain backlash that tends to arise every year after a crowd favorite appears. The most common criticism is that “this is Hollywood patting itself on the back”. Yes, the film is a tribute to the classic MGM musicals from decades past, but it also does something very new with the genre.

This commentary on nostalgia vs. progression is reflected by the characters themselves; similar to how the characters balance these sensibilities over time, the film itself does this as well. And in the end, what makes this film so good is that it’s just so much fun to watch. In the wake of such troubling events happening in 2016, this was a breath of fresh air to watch. Though the movie may seem bittersweet to some, it was one of the best experiences I’ve had watching a film in a theater.

This to me is one of the most well-crafted musicals in years, and many others seem to agree, as the film is already winning an ungodly amount of awards this season. With masterful films like this, Moonlight, Arrival, Manchester by the Sea, and many others, the films of 2016 have proven to be a vanguard for artistic freedom and quality. 2017 has a lot to live up to if it hopes to match the level of this season’s works.

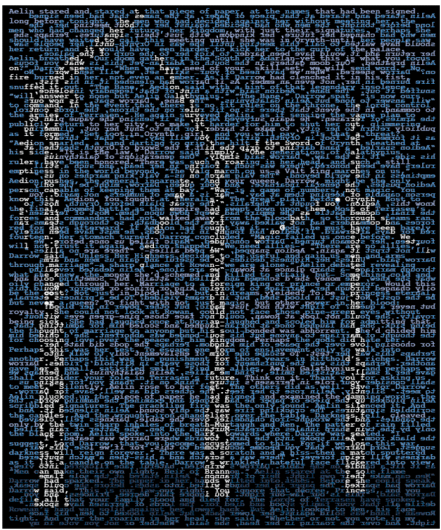
Final Verdict: 10/10

Artist of the Month: Carys Alsgaard

by Sana Pashankar ‘19

Nominated by her advertising design teacher Christina Ruenhorst, sophomore Carys Alsgaard is February’s Artist of the Month. Alsgaard has demonstrated her passion for the arts, as she already completed Intro to Art and Crafts & Design her freshman year. This year, she will be taking multiple ceramics classes to hone her skills in different art forms. Alsgaard believes her selection as Artist of the Month was due to her recent honor from the Scholastic Art Competition.

She submitted a piece inspired by the One Book One Amity choice The Boy Who Harnessed the Wind. The image first appears to be a fuzzy outline of some windmills in front of a hazy, darkly lit background. However, the hazy aes-



Alsgaard’s Winning Submission to the Scholastic Art Competition

thetic was actually created by using differently colored text, the words of which come from a book that Alsgaard was reading at the time – Empire of the Storms by Sarah Maas.

Additionally, if one examines the piece even further, it appears to look a little different from a typical text, as some of the words are actually backwards. Every other line is positioned in opposing directions, giving the piece a disordered quality and an even more unique touch.

Alsgaard’s passion for art is boundless. “There’s a million reasons to love art and doing art, but mostly I love making things that (I hope) people will enjoy,” she said. “It’s also just easy and fun.” More of Alsgaard’s artwork is expected to be displayed in the halls of Amity over the next two years, as long as there are enough art classes for her to take!

Students Audition for Regionals

by Sana Pashankar ‘19

Students from Amity Regional High School participated in the Southern Regional High School Music Festival, a weekend music event run by the Connecticut Music Educators Association (CMEA). This program ran between January 13th and 14th. This exclusive program required auditions to determine Amity participants, and those who were accepted practiced three to four unfamiliar pieces of music, including “Scenes from the Louvre” and “Fantasia in G,” preceding the actual festival.

Students attended extensive rehearsals at Middletown High School the day before the festival. During the event, they

performed in specific concerts, based on their involvement in the concert choir, band, or orchestra.

Amity freshman Talya



Photo by Deepak Gupta ‘18.

Braverman, who attended Southern Regionals, said, “I thought it was really cool to see how everything got put together in such a short amount of time. “[Their] conductor was really nice and dedicated, which made the experience a lot better and easier.”

Additionally, Aviva Green,

an Amity senior, said, “I love participating in Southern Regionals. It’s really fun to learn the music at home and then go to the festival and play it with people you’ve never met before. It is a great experience and rewarding to be able to make music this way, and I always learn so much from the conductor.”

Amity students responded very positively to the event, as they were able to creatively express their musical talents with their own peers.

Ultimately, Southern Regionals was a valuable experience in which students from various areas of Connecticut were able to come together to share their common interest for learning and performing music.

Tyler Jennes’ Picks for the Academy

- Best Picture:** La La Land
- Actor in a Leading Role:** Casey Affleck (Manchester by the Sea)
- Actress in a Leading Role:** Natalie Portman (Jackie)
- Actor in a Supporting Role:** Mahershala Ali (Moonlight)
- Actress in a Supporting Role:** Viola Davis (Fences)
- Animated Feature Film:** Zootopia
- Cinematography:** Moonlight
- Costume Design:** Jackie
- Directing:** Damien Chazelle (La La Land)
- Documentary:** OJ: Made in America
- Film Editing:** La La Land
- Foreign Language Film:** Toni Erdmann (Germany)
- Makeup and Hairstyling:** Star Trek: Beyond
- Music (Original Score):** La La Land
- Music (Original Song):** City of Stars (La La Land)
- Production Design:** La La Land
- Sound Editing:** Hacksaw Ridge
- Sound Mixing:** La La Land
- Visual Effects:** Rogue One: A Star Wars Story
- Writing (Adapted Screenplay):** Moonlight
- Writing (Original Screenplay):** Manchester by the Sea

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More Than Just a Game: Behind the Scenes of Amity Football

by Al Pacelli '17

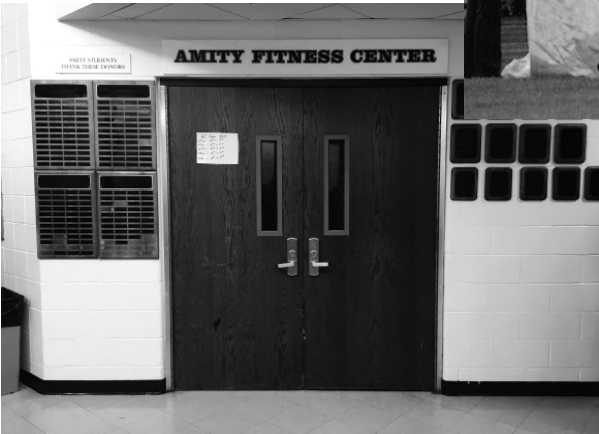
The senior football players rush onto the field for the last drive of the game, and for most, the last of their careers. The Amity Spartans are playing the North Haven Indians on the 20th Annual Thanksgiving Day game. North Haven holds a strong lead. With little hope of winning the game, all the seniors play out the last few minutes of football that they can. Finally, the referee blows his whistle and lifts his white hat off his head. The Amity Spartans 2016 season is done, finishing with a sub-par record that underclassmen will work to improve in the offseason.

“There really is no off-season for football, to be successful in our league players need to work year round,” said Spartan head coach Ted Czepiga.

Just a week after the Thanksgiving Day game, you will find the 2017 Spartan football team in the weight room or making the warm up jog to the back gate and back. When Czepiga, an Amity Alumni himself, talks about how the sport has no off-season, he is not exaggerating.

Once the team begins the workout routine, they haunt the weight room, lifting religiously four times a week, participating

in a weekly passing league, and running long distances. The Spartans lift in the high school weight room open to all sports teams and students seeking a workout. The weight room consists of four squat racks, three deadlift platforms, three benches, and a set of dumbbells. This equipment must serve the Football, Baseball, Track, and Wrestling teams, sometimes all at once. Assistant coach and offensive coordinator Chris Parisi, who is also Amity Alumni himself, designs the workout routine. Parisi was a New England Champion weightlifter in college and has nearly 20 years of weightlifting experience.



In the over-crowded weight room with adrenaline filled young men wearing cut t-shirts, blasting hardcore rap music, one will find Parisi yelling at

players to “GET LOWER!” on the squat rack or screaming to “TOUCH YOUR CHEST” on the benches. The routine for an Amity football player remains consistent for about eight months of the year. The typical week requires being in the weight room for over eight hours. A day in the weight room



Left: Amity Fitness Center. Photo by Sophie Baum '18
Above: Amity Spartans before a game. Photo by Orange Live

usually consists of a one mile warmup run, full team stretch, an hour and half lifting session, and then a mix of abdominal workouts or running. On top of lifting

throughout the entirety of winter, the Spartans participate in indoor passing leagues in Trumbull. The passing league sessions sometimes go from 8 to 10 P.M. causing players to get home as late as 11:00 on school nights. Elis Feola, a captain for the upcoming season said, “We need to keep working and put-

ting in the hours to turn the program around. All the other teams in our league are working just as hard as us so we can't feel sorry for ourselves.” When summertime rolls around, the Spartans maintain the same schedule of weight lifting to four times a week, but

the sessions move to 7 in the morning. Passing league in the summer is then expanded to two times a week, along with team passing leagues mixed in as well at the player's discretion. Before the season begins, the Spartans take part in training camps. One camp is held at Yale University, hosting some of the best competition in the state. The camp consists of powerhouse teams such as New Canaan, Daniel Hand, Ansonia, West Haven, and Fairfield Prep “Going to Yale camp really gets us ready for the season and personally gets me exciting to start playing football again,” said Ryan Sabo, a captain for next season.

Along with working out this offseason, Czepiga spoke of how he wanted to have the team become more involved in community outreach projects. “A goal for this offseason is to have the team become more involved in activities in the community. Doing this will show people that football teaches players more than just the sport itself, but many valuable life lessons,” said Czepiga. Moving forward, the Spartans will look to improve their record next season to earn a winning record for the first time in nearly a decade, and walk off the field Thanksgiving Day with a victory.



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The Future Is Bright For the Girls Basketball Team

by Jordan Conn '18

Despite the sluggish beginning, the Amity Girls Basketball Team seeks to turn around their season. It was a shaky beginning for the Spartans who are trying to run a successful offense after the 2016 graduation of Elise Graham and Molly Dragan. Graham is the latest Spartan to join the “1000 point club” after four superb seasons wearing the black and gold.

However, the girls have a strong lineup this year, led by senior captains Emma Gehr and Stefanie Delvecchio, and other talented players such as Amanda Granados '18, Jillian Martin '20, Hayley Esparo '18, and Tara Laugeni '19.

Although they struggled during their first few games,

the Spartans have discovered their strengths and weaknesses. “Our team is... close-knit, and we can count on our teammates to pick each other up when someone is down,” said point and shooting guard Amanda

play and how well we play as a team.”

In a recent competition, the Spartans fought without two of their star players. They led East Haven at the end of the half but could not hold on to the lead and lost the game by 11 points.

They had a home game against Branford on Tuesday, February 7th, at 7 p.m. It was their pink-out game, raising awareness for breast cancer, and they won 53 to 40.

Their final home game was on Friday, February 10th, against Mercy.

Unfortunately, they lost 69-42. Their final regular season game is this Tuesday against Shelton.

Although the team has fought hard and struggled through their first few games, the Lady Spartans have lots of young talent in Jillian Martin and Tara Laugeni who have the potential to lead Amity to victory in the coming years.

Granados. “We score on the inside and the outside, and that combined with stellar defense, is why we are a force to be reckoned with.”

The team is very young and is looking to gain experience through these games. But, statistics are not always a representative of a team’s work ethic. Granados said, “[Our record]... is not at all indicative of how hard we



Amity Girls Basketball Team. Photo by Coach Michelle Shoop

Amity Ski Team Continues to Improve

by Jacob Gross '18

Amity is known for its large-scale athletic programs of baseball, football, and track. These are not the only important teams, however. The Amity Boys and Girls Ski Team has had quite an interesting season thus far. Currently in the middle of their season, the team hosts co-ed practices once a week.

These practices take place after school at Southington Ski Area, where their meets are also held. During a meet, each member of the team skis two different slalom courses. Unlike practices, these meets are not co-ed, but that does not stop the team from enjoying a sense of camaraderie. Freshman skier Nicole Cohen says that everyone on the team is “re-

ally supportive of each other.” Under the coaching of Mr. Vincent Lazarro (girls’ coach) and Coach Bruce German (boys’ coach), it’s no wonder that the team is having an enjoyable experience.



Amity Girls Ski Team. Photo by Colleen Macay

Their performance, however, is not as exemplary as one would expect. At a recent meet, taking place on January 25th, the team performed underwhelmingly, finishing 6th in the girls’ race and 11th in the boys’. Despite these disappointing results, there is still a sense

of optimism among the teammates. “We’re definitely good enough that we’re going to states,” says Cohen. And indeed they are; the Amity Girls Ski Team qualified for the state competition, which will likely occur in the beginning of March.

Cohen says, “People are putting in their best effort.” This hard work is paying off for a number of athletes.

Carly Mastangelo, Mary Foley, Aidan Reilly, Henry Molot, and others are making a name for themselves in the local skiing community. With only two more meets in the season, the girls team needs all members to step up and work their hardest in order to achieve success for the state meet.

Recent SCC Boys Indoor Track Meets

by Matt Hill '17

The Amity Boys Indoor Track Team competed at the SCC Eastern Sectional Meet on January 24th. This meet was open to select athletes and served as a qualifier for the SCC Championship Meet. The Spartans had 52 individual performances and

meter run, and the 3200 Juniors Andrew Burford and Jake Mattei were 3rd and 4th respectively.

In the field events, the Spartans were led by Matthew D’Onofrio and Joseph Antaya in the pole vault who finished 2nd and 4th, Daniel Koproski who finished 2nd in the long jump, and Zach-



Matty D’Onofrio '17. Photo by Maggie Reames '17

competed in three relays.

Amity saw key performances in the sprints from Christopher Pigatt, who finished 2nd in the 55 meter

ary Bailey who finished 2nd in the shot put. These exemplary performances--along with a 3rd place finish in the 4x200 meter relay secured a respectable 3rd place for the



SCC Championship athletes: Paul Johnson '19, Brandon Stock '17, Joey Antanya '17, Chris Pigatt '20. Photo by Zachary Bailey '17

dash, Joseph Antaya, 3rd in the 300 meter dash, and Daniel Koproski, 5th in the 55 meter hurdles.

For the distance events, All-State athlete Kyle Beaudette was 1st in the 1600

Spartans.

Amity was represented by 22 individual entrees at the SCC Championship Meet on February 3rd. Despite winning the meet last year, the team placed 6th out of 17 schools.

Contact the *Trident* with questions, comments, or suggestions at:

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