

# THE AMITY TRIDENT

LXXV-No. 8

Amity Regional High School

Woodbridge, CT 06525

June 3, 2025

## Fifth Graders Wowed with a Day of STEAM Exploration

More than 375 fifth-grade students from all three BOWA communities converged at the high school on Wednesday, May 30th for the popular STEAM Day event. This features programs designed around the disciplines of Science, Technology, Engineering, the Arts, and Math.

"I was impressed with how our students handled the responsibility of getting younger students excited about the hands-on learning of STEAM," said principal Andre Hauser.

Educators at the University of New Haven,



Photo contributed by Joy Deng '26

**Spanish National Honor Society students work with fifth graders at STEAM Day.**

many Language Honor Societies at Amity as well as the Science Research Program, the Physical Education Department,

and other science and art classes took part in organizing the event led by co planners Angelo Amato and Jessica Zamachaj. According to Zamachaj, the fifth graders had a great day.

That thought was shared by high schoolers as well. "I thought STEAM Day was a great experience for everyone involved," said sophomore Shane Grogan. "It was amazing to see all of the fifth graders interested in the different branches of STEAM."

Brody DeRosa '28, who assisted with the go-karts, said, "The kids were really interested. Some even said they had their own go-karts."



Photo contributed by Joy Deng '26

**A Broadcast Journalism student shows a fifth grader some of the technology used in class.**

## Science Research Symposium

### "A Culmination of Hard Work and a Chance to Celebrate"

by Aiza Amir '28

The Amity High School cafeteria was transformed into a scene straight out of Hollywood on the night of May 16th for the 18th Annual Science Research Symposium.

This event celebrates the dedication of students in the Science Research Program who spend a year developing science or engineering projects, sometimes with mentor guidance.

These projects, displayed on

colorful poster boards, showcase a wide range of topics from environmental studies to engineering. During this experience, guests strolled past displays, asked questions, and enjoyed the festive Oscars-themed decorations, complete with red carpets, string lights, and student emcees.

Additionally, a lively scavenger hunt also kept everyone entertained throughout the evening.

"It was so much fun to learn about such a wide variety of

*continued on page 2*

## Amity Teachers: A Cause for Celebration

by Emma Imanov '27

During the week of May 5–9, students came together to show their heartfelt appreciation for the incredible teachers who make our school such a special place to learn and grow. The theme of this year's celebration was "Amity Teachers Are a Cause for Celebration," and the Principal's Committee made sure it truly lived up to its name.

One of the most memorable gifts this year was the miniature disco balls that students from Student Government and the Principal's Committee attached to metal hooks and distributed to teachers as a fun and festive token of appreciation.

Alongside these disco balls were dozens of handwritten notes from students expressing gratitude for their teachers' hard work, kindness, and dedication. These personal messages were carefully written on small notecards by members of the committee, creating a touching reminder of the powerful impact teachers have every day.

Maisy Enright '26, junior representative for Student Government, said, "The thought and creativity that went into the celebration did not go unnoticed, and we hope to have something

even better next year!"

The celebration continued on Friday, May 9, when teachers were treated to a special breakfast. The setup included a delicious spread of muffins, bagels, fruit, and other breakfast treats, giving faculty members a chance to relax and enjoy a moment of recognition with their peers.

In true Amity spirit, the school's grounds also received a festive touch. Principal's Committee representatives painted

the front rocks in bright yellow, black, and white, and added cheerful messages like "TAW" for Teacher Appreciation Week and "Teachers Rock!" These vibrant visuals helped set the tone for a week full of gratitude.

The Principal's Committee designed and hung a banner featuring the year's theme. Proudly displayed in the main hallway on the trophy case, the banner served as a central tribute to our teachers, reminding everyone who walked by just how much the students value and celebrate our educators.

English teacher Matt DiGioia, who is finishing his first year teaching at Amity, said, "I really wasn't sure what to expect but was blown away by the generosity of the PTSO, the support from administration, and the energy from the student body."

*Thanks to the dedication and creativity of Principal's Committee, Student Government, and the entire student body, Amity teachers were given a celebration as meaningful and joyful as the work they do every day.*



Photo contributed by Eve Marin '27

**Disco balls were gifted to all teachers.**

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# SADD Promotes Student Talent in Annual Show

by Lucy Jiang '27

The SADD Talent Show held on May 15th was an event to showcase a diverse amount of talent from the students in the club, Students Against Destructive Decisions (SADD). This was their 8th annual springtime talent show.

As the sponsor of the event, SADD raised \$280 this year from selling Talent Show tickets. The money raised funds future endeavors of the club and provides a foundation for the mock car crash that is on display for the seniors



Photo contributed by Kaitlyn Courtney '26  
Sofia Nail Bravo '27 performs during the SADD Talent Show.

at Amity. Math teacher Greg Twohill, the club advisor, speaks on the importance of raising awareness against drunk driving and other decisions that lack prudence.

The SADD talent show was a way for students to let go of their academic stress and showcase their hobbies to a large crowd. The show had 75 performers, including Gary Lingdren and Greg Twohill who performed a singing act.

Phoebe Halsey '26 said, "The SADD Talent Show featured an incredible variety of performances from powerful singing acts to hilarious comedic talk

shows, making it a truly unforgettable event."

Sophia Bravo '27 was one of the student performers and said, "The talent show was a mini performance that I really liked doing, even if not many people showed up. I loved singing with the teachers and fellow classmates, I love performing arts and this was a great opportunity to show bits and pieces of my talent."

Overall the show was a great success for an important club."

Alyssa Fuchs '25, who helped coordinate the event with Kaitlyn Courtney, added, "The talent show was a very fun way that we were able to raise money for our club! SADD is such an important club and it brings awareness to problems that people may not want to talk or think about. [We] were able to bring this show to life and have a great time while still focusing on issues that face our community," Fuchs added.

SADD's work is vital for protecting students against destructive decisions.

# "A Culmination of Hard Work and a Chance to Celebrate"



Photo contributed by Shane Grogan '27  
Students enjoying a break at the annual Science Research Symposium.

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fascinating scientific topics all in one place!" said Anushka Sidhartha '28.

Nicholas Shamp, the SRP Year 1 teacher, said, "This is one of my favorite parts of the science research program and I'm so glad we got to do it this year.

"The students work hard all year so this is a culmination of their hard work and a chance to celebrate the students within the program," he addd.

The night ended with awards recognizing students' achievements at various science fairs and superlatives for the senior class.

The Science Research Symposium is a wonderful opportunity to both share work with peers and family while also learning about other projects, encapsulating a variety of topics.

The SRP showcase will be held in the Amity cafeteria next year for all those interested.

Congraulations to all SRP students!

# CTE Students Secure Victory at the 29th Annual Alternate Energy Go-Kart Race

CTE students from several classes competed in the 29th Annual Alternate Energy Go-Kart Race in Berlin, Conn. on May 23rd. They finished first and third overall with their two vehicles.

Students spent the second semester designing, fabricating, and

troubleshooting a new kart from scratch as well as modifying last year's kart to improve performance. The Annual Alternate Energy Go-Kart Race features teams from schools around the state competing with electric go-karts powered by a 1 horsepower DC motor and two 12-

volt car batteries. Teams have to design and build efficient vehicles that can withstand an hour of continuous driving without recharging batteries. The race constraints include using a limited amount of power, so students focus on design and engineering to achieve optimal efficiency.

The students, led by teachers Carl Tervainen, Ed Rostowsky, and Kevin Dwyer, included Michael Brangi '25, John Kennedy '25, A.J. Capecelatro '25, Brody DeRosa '28, Teagan Rahn '27, Max Guest '26, Jake Ciccicarrelli '26, Enzo Martone '27, Cristian

Caccavale '28, Colin Mann '28, and Robbie Solsbury '25. Congratulations to all!



Photos contributed by CTE Staff  
CTE students at the 29th annual Go-Kart Race



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Editorial

A (Love) Letter from an Editor: Saying Goodbye

by Hannah Guo ‘25

2025 (one of my last school days) reads: “It was so beautiful out this morning. All this fog was mingling with the sun and kissing the air, which resulted in a light gray haze, with visible rays of sun streaming through the trees. It was truly breathtaking. Everything was bathed in a hazy glow, and the trees stretching down Center Road went from grey-green to a light grey to a pure white light. Also my parking job sucked this morning haha.”

When chapters, events, or periods of your life begin to end, you tend to realize that you should have paid more attention during them all along. Paying attention is what makes you notice beautiful things. From the beginning of my time at Amity to the end, I’ve noticed more and more beautiful moments. Some things never change—like my terrible parking skills—but as I sit criss-cross in my bedroom and write my final article for The Amity Trident, I’m mainly thinking about everything that has changed.

For starters, I’m not the same writer who walked into the Trident meetings in freshman year, too scared to pitch anything out loud. I’m not the same Arts editor who sometimes forgot to caption a photo. Editing for The Trident as a senior has been less about perfect punctuation and more about community (and fighting with InDesign). It’s been about laughing through late-night layout sessions—at Aachal turning in her spreads days early, and Soumya and I often turning ours in...not so early. It’s been about rushing through hallways to find photos for articles, supporting the new editors about

A journal entry of mine from Wednesday, May 7, to fill our shoes, and watching the Trident community swell from a quiet corner of Mrs. Clark’s classroom to a space buzzing with energy—jam-packed, and standing-room only.

There’s a certain intimacy in local journalism—especially student journalism. We report on the same sports we practice, the same clubs we attend, and the same teachers who grade our essays. The work we do isn’t distant or abstract; it’s lived-in. It’s personal. In the act of writing about our school, we’ve also been quietly writing ourselves into it. That’s what The Trident has taught me: how to pay attention. Not just to deadlines and word counts, but to people, and their stories. To strangers holding open doors. To little, brilliant moments. To the fog in the trees on a random Wednesday in May.

Endings evoke all sorts of emotions. Often, one of the loudest is regret. I don’t want to end by saying that I regret the moments I may have missed or failed to fully appreciate. They’ve only led me to realize just how much paying attention matters. Everything bright, I’ve found, is usually where something less bright once lived. Thus, I believe we can still be grateful for the shadows. If I leave you with anything, let it be this.

Notice the way the sunlight hits the windows in the morning. Notice the way your friends laugh when they forget they’re being watched. Notice how the hardest days soften, eventually. You have every right to chase every big thing—in fact, I encourage it. Just stay tender for the little things, too.

One last thing: if you parked near a scarily crooked, precariously parked grey Honda in the Yellow Lot this year...sorry. That was probably me.

Love, Hannah

*I dedicate this article to Mrs. Clark. Thank you for an amazing four years.*



Photo contributed by Hannah Guo ‘25  
Hannah’s parking on Wednesday, May 7.

From Shadows to Sunlight:  
A Springtime Reawakening

by Shreya Viswanathan ‘27

In the heart of winter, when the days are short and the sun seems to disappear, something inside us can grow quiet too. It moves in slowly.

A heaviness in the mornings. A silence where laughter used to live. A feeling like everything has gone slightly out of focus.

This is more than just a case of being tired of the cold. It has a name. Seasonal depression, or Seasonal Affective Disorder, is a real and valid experience. It affects many people, especially teens, and it can make daily life feel heavier than usual. Even simple tasks can feel harder when the world outside looks dim.

But feeling this way does not make you weak. It means you are human. It means you are reacting to your environment the way many others do too.

Then, as the world begins to turn again, something else happens. The trees stretch. The sun lingers longer. The air grows softer. A different kind of energy begins to return.

This is spring. Spring is not a cure. It does not erase the weight of winter or undo what was hard. But, it is an invitation. It offers something softer, a quiet permission to begin again. The world, through blooming branches and longer days, seems to whisper that it is okay to try again now.

It is not saying that everything is suddenly perfect. It is not asking you to forget the pain. It is simply reminding you that healing does not require perfection. It only asks that you show up.

Now is the time to take small steps back into the light. Not because everything is fixed or because you feel completely ready, but because light exists. And where light exists, so does possibility.

Spring is an opening. It is not a solution, but a season that gently invites you to breathe a little deeper, to feel something good without questioning it, to trust that even in broken places, something beautiful can still grow.

Sometimes, beginning again is not about having all the answers. It is about believing that life still holds beauty, even now.

As summer approaches, let yourself believe that brighter days are meant for you too. Laugh for no reason. Play music loud. Make plans, even silly ones. Let your heart come out of hibernation.

You are not behind. You are not a burden. You are not broken. You are growing in your own time. And like everything else in bloom, you are finding your way back to the sun.

The Amity Trident

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Have a fabulous  
summer, Amity!  
Stay gold.





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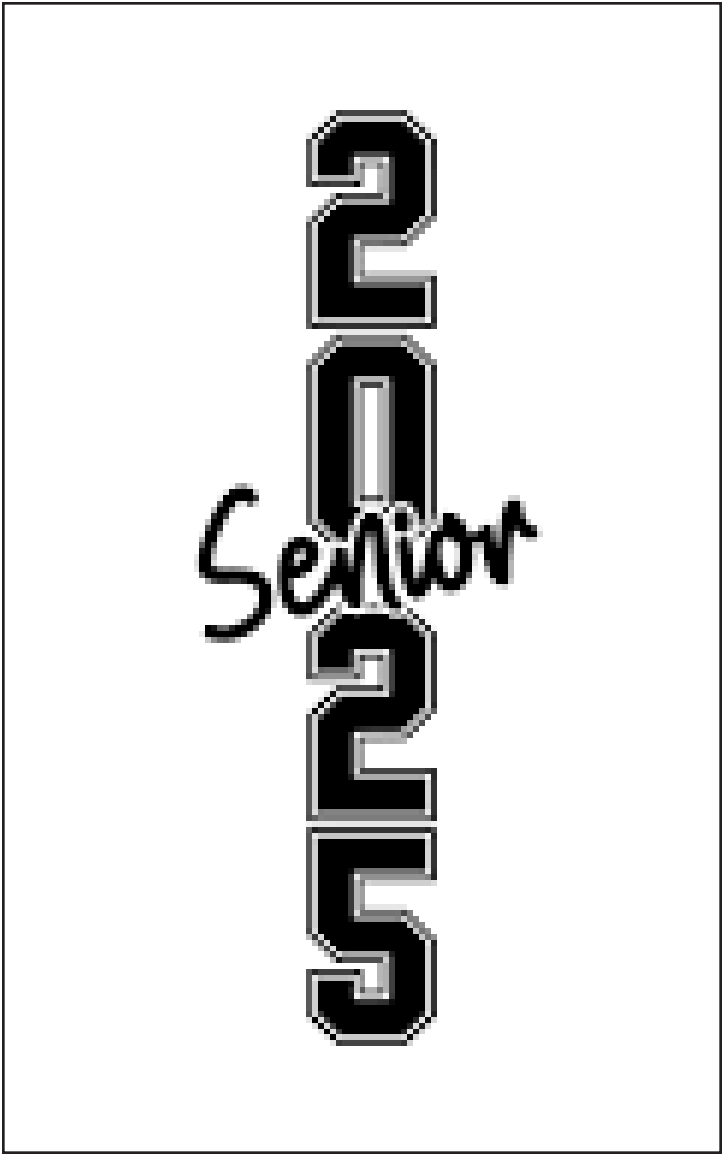
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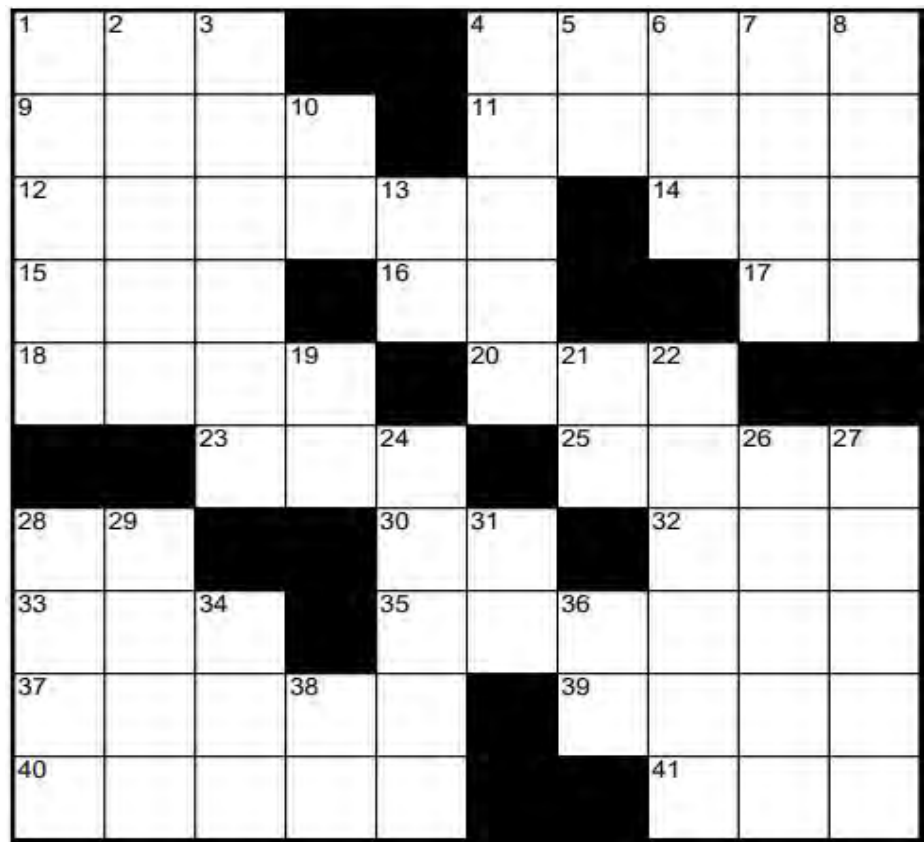
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**Daniel Tereb** University of Connecticut  
**Ajay Thomas** trade school  
**Logan Thomas** University of Massachusetts  
**Paige Thomas** undeclared  
**Logan Turey** undeclared  
**Ella Urban** Rochester Institute of Technology  
**Isabela Vega Salinas** undeclared  
**Colby Viesselman** Ohio University  
**Maggie Walsh** Central Connecticut State University  
**Benjamin Wang** Duke University

**Ethan Weatherly** College of Charleston  
**Griffin Welander** University of New England  
**Tyler Wethington** Post University  
**Soumya Wijesekera** Colby College  
**Hayden Wilson** University of Vermont  
**Morgan Wilson** Virginia Tech  
**Molly Womer** College of William and Mary  
**Evelyn Wright** George Mason University  
**Aiden Wydra** undeclared  
**Audrey Wydra** Fordham University  
**Joseph Wyskiel** Western New England University  
**Patrick Yang** Cornell University  
**Alden Young** undeclared  
**Tavarius Young** Rensselaer Polytechnic Institute  
**Landon Yu** undeclared  
**Keely Zadrovicz** undeclared  
**Jasir Zafar** University of Connecticut  
**Addison Zalinsky** University of New Hampshire  
**Bryton Zanjani** Gateway Community College  
**Scarlett Zhai** Duke University  
**Julie Zhang** Boston College





June Crossword



ACROSS

- 1. Nocturnal, flying mammals
- 4. Gourd-like fruit enjoyed in the summer, a very popular iteration is the watermelon
- 9. Space, vicinity, place
- 11. Atmospheric gas that protects Earth from most UV rays
- 12. Warmest and sunniest season
- 14. Scale used to determine consciousness after head injury
- 15. Internet service provider, for short
- 16. Nintendo gaming console with 2D and 3D versions
- 17. Extraterrestrial, for short
- 18. Meat-based fishing bait
- 20. Europe, for short
- 23. Closest star to Earth
- 25. "Cow" in Spanish, or vacation abbreviation
- 28. Home cooling unit
- 30. Operating room, for short
- 32. Magazine or magnesium
- 33. "May" in French
- 35. Dried grapes found in trail mix
- 37. Known as "killer whales"
- 39. Piece of DNA, passed down from parent to child
- 40. Single-person, closed-deck boat
- 41. Opposite of "no"

DOWN

- 1. Very simple, opposite of acidic
- 2. Means sore, sun, or wound in Sanskrit
- 3. "Time" in Latin, root word for tempo
- 4. Code used for telegraphs
- 5. Common misspelling of "easy"
- 6. A chopped tree trunk
- 7. Less than twice
- 8. Place for birds to lay eggs
- 10. "Ante meridiem" forshort, hours of the day after midnight
- 13. Education, for short
- 19. Manchester United, for short
- 21. Sun rays that cause sunburn
- 22. Gordon, well known British celebrity chef
- 24. Word denoting "from Norway"
- 26. Blind assassin that is both friend and foe of John Wick
- 27. Feminine name meaning "pure" or "holy"
- 8. Means go crazy or cause chaos when paired with "run"
- 29. Common variety of orange when written twice
- 31. Ancient Egyptian sun god
- 34. Very cold, like ice
- 36. Instagram, for short
- 38. Battery size larger than "AAA"

Enjoy Some Local Arts Events This Summer

by Jake Ricciardi '26

Over the summer, Connecticut will host numerous art-related events and festivals, along with a multitude of concerts.

One of these art festivals will take place right in Bethany. On June 14, the CT Localpalooza Music and Art Festival will be held at Three Saints Park. Aiming to support local music and art from Connecticut, multiple groups, including "Fairfield School of Music," "North County Band," and "Eight to the Bar," will be performing their wonderful music at this festival. The festival will also showcase various pieces of art, all to influence the local community to celebrate diversity and inspire people to engage in creative ways.

Additionally, the Norwalk Art Festival takes place June 21 and 22. This festival will feature over 75 juried artists, both local and national, and will consist of art like photography, ceramics, jewelry, and metal sculpture. Each piece showcased will also be for sale. In addition to the art, there will be musical artists along with a food court filled with food from all over the world.

From July 18-20 in Hartford, the 34th annual Greater Hartford Festival of Jazz kicks off. Hosted at Bushnell Park, the oldest public park in the country, this festival has over 100,000 people across three nights and two days and shows off the performances of talented musicians from around the world. There will

also be several different food vendors, so plenty of food will be available to anyone attending this wonderful event.

On July 25 in Shelton, the 11th Downtown Sounds Summer Concerts will be held. Although a \$10 donation is greatly appreciated, this festival is completely free for all to attend. Those attending can expect tons of wonderful live music, multiple different and local food trucks,



Photo contributed by Hartford Courant  
Concert goes during the summer of 2024.

craft beer and wine, artisan vendors, and activities for children. Some of the featured bands and musicians include "Sug Daniels Band" and "Mars Hendrik."

Another festival, hosted by the Greater Mystic Chamber of Commerce, is the 67th annual Mystic Outdoor Art Festival which will be held in Downtown Mystic in Stonington from August 9-10. The oldest juried art show in the Northeast, this event attracts close to 100,000 people from all over, but mostly from New England. Free to the public, people can expect to see around 250 different artists with arts and crafts made using oils, watercolors, textiles, acrylics, and more.

These festivals, along with many others, will be happening all over Connecticut so, if you have the time, be sure to check them out!

Artist of the Month

Amity Creative Theatre's Gabriela Restrepo

by Ayira Daley '26

For the second time this year, the Trident's artist of the month is an Amity Creative Theatre member: Gabriela Restrepo '25. As her high school career comes to its end, she was asked to reminisce about her past three years in ACT.

Restrepo joined ACT in her freshman year of high school, but her love for theater started years before, saying, "I've always loved singing, so I was in drama club throughout elementary school." In 7th grade, she was able to be in Amity Middle School Orange's production of Mary Poppins Jr. That, however, ended up being canceled due to COVID.

Ever persistent, she tried out for the musical in her freshman year of high school, but she unfortunately wasn't cast. However, she was beyond mesmerized and decided that she was going to continue to work on her craft and audition again in her sophomore year. Finally, Restrepo was cast as an ensemble in Beauty and the Beast, and so her ACT journey began.

Though she has been lucky to play many different roles over the years, Restrepo's favorite role was as Atina, a mersister, in the school's production of The

Little Mermaid this year.

"I really liked the closeness of being a mersister and the bond I was able to form with the other [mer]sisters," she says. There are only six sisters, and all of their time is spent together. This allows them to form a close bond that easily transfers to the stage. The Little Mermaid was Restrepo's senior show and was a fantastic way to end her ACT career.

Theater is not the only form of performing that Restrepo does. She is also an Irish dancer, and she has been for many years. ACT provided Restrepo the opportunity to really explore her fascination with theater on a deeper level while not having too much pressure placed on her.

When talking about ACT, she says, "ACT has such a transformative and unifying power. It brings like-minded people together and can really bring people out of their shells. ACT is just so welcoming, and I've met some of my closest friends through it." Restrepo is an incredibly talented performer who will no doubt leave behind an untouchable reputation in Amity Creative Theater's history.

The Trident wishes her the best of luck that she will achieve her goals in the future!



Photo contributed by Gabriela Restrepo '25  
Gabriela Restrepo '25, Ellen Ko '24, and Anna Edwards '26 perform last year.



# A Season to Celebrate: “Rewarding Experience” for Girls Tennis

by Teesha Godawat ‘27

The Girls Tennis Team has been on a roll this season with making it to the SCC championships and bringing home victories at their regular season games.

The Varsity Tennis team was SCC champions three years in a row from 2021 to 2023. This year, the first round of SCC playoffs began on Friday, May 23rd. Amity played against Cheshire, the eighth seed, and then played in the semifinals against Daniel Hand on May 27th. The team made it to the SCC championship game finals, where they played Guilford at home. Since the SCC finals took place at 9:00 am, students participating missed several classes.

When reflecting on the championship match, Shriya Garg ‘27 said, “Even though we did not win the final Southern Connecticut Conference (SCC) match, it was still such a rewarding experience to be surrounded by my teammates and play together for the day. We all gave our best effort and supported one another, so it was still a great match at the end of the day.”

Amity was the top seed in the

SCC and Guilford was the second seed. Guilford won three singles matches and one doubles match in the championship match, while Amity won one singles match and two doubles matches. The final score for this match was 3 to 4, so unfortunately, the girls team did not win the championship this year.

However, they should feel accomplished, and we should celebrate them making it to the finals and being named the 2025 SCC runner-ups.

This year’s captains consisted of seniors Nidhi Kompalli, Scarlett Zhai, Soumya Wijesekera, and Alyssa Corvigno. Since these seniors will be going off to college soon, some even continuing their tennis career at a collegiate level, there will be a fresh set of captains for next year’s season.

The Girls Varsity Tennis Team played a total of 14 games during the regular season, with seven at home and seven away. The regular season ended with an away game against North Haven High School, which Amity won. Their regular season record was 13-1.

The regular season is now over, but they will compete in the Class LL Connecticut Interscholastic Athletic



Photo contributed by Avani Vijay ‘28  
The girls tennis team was named a 2025 SCC runner-up.

Conference tournament as the 4 seed starting on May 30th through June 4th.

Team members responded with positive feedback of their experience on the team and always strive to give their best effort.

Junior Izzy Cohn’s favorite part of the season “was definitely Senior Night. It was so special getting to show love and appreciation to the seniors who’ve done so much for the team,” she explained. “We had

such a fun time eating cupcakes and celebrating our wins together. It also gave us time to reflect back on how far we have come as a team, and how much we have grown as players. I am really proud of how far we made it and how we always stuck together.”

Overall, these athletes have clearly created a positive and fun atmosphere that makes being a part of the team more enjoyable and relaxed, while still maintaining the competitiveness of a championship program.

## Track and Field Shines at Org-Jake Invitational

by Tyler Frantz ‘26 and Lawrence Kibaru ‘26



Photo contributed by @orgjakeinvitational  
Former superstar coaches Bob Orgavan and Thom Jacobs.

On May 3rd, Track and Field teams hosted the third Annual Org-Jake Invitational Track meet, inviting schools such as Hamden High, Ansonia High, Career Magnet School, and others to compete.

The meet is named after former superstar coaches Bob Orgavan and Thom Jacobs, hence the name Org-Jake.

The Girls Track and Field team did outstanding, ending the meet in second place overall. The girls had a great experience, and many had only positive things to say.

Sarinah Zamir ‘27 was asked about what she thought of the event and said, “The Org-Jake meet is one of the most exciting meets of the season. It’s super fun to have so much energy from so many teams at our home track.”

Senior captain Macie Saladok competing in her last Org-Jake meet, said, “It was a super fun meet and it was awesome to be able to run against great competition from all over the state.”

The girls not only had positive things to say about their performance but also commented that such a chaotic event ran very smoothly. “The Org Jake invitational ran very well this year,” said Isabella Aldi ‘26. “As Amity students, we are fortunate to be able to host a well-organized event like this.” It’s clear that this year like other past years, the meet was very organized and was a huge success for all.

The boys team had similar experiences and many said that the Org-Jake was an outstanding meet and something they look forward to every year.

When Jack Satnick ‘26 was asked competing at the meet, he said, “It was a very fun experience and was a highlight of my track season.”

Additionally, Jackson Binford ‘26 said, “Although Amity didn’t come out on top this year it was a great experience and the team tried their best.”

The Third Annual Org-Jake Invitational meet was a success for all including both the Track and Field teams and the wider community. It was a great event with astonishing performances from all people.

As one of the most anticipated meets of the season, Org-Jake continues to honor the legacy of coaches Orgavan and Jacobs while simultaneously promoting sportsmanship and pride among all athletes.

## The Challenges of Being a Multi-Sport Athlete

by Pavan Kapoor ‘28

Being an athlete is a big commitment and requires a lot of dedication and hard work. A large percentage of our student body are athletes. However, a small percentage of students are multi-sport athletes. Multi-sport athletes participate in two or more sports. There is a lot of physical and mental stress on these athletes who balance school, activities, and home life. The stress that comes with being a multi-sport athlete is demanding on mental health. Switching between teams means constantly changing routines, often resulting in minimal time to rest in between seasons. This constant demand on the body can often lead to mental fatigue and stress.

Physically, multi-sport athletes must be in peak condition, which requires lots of training. However, this can increase the risk of injuries, as the body may not have enough time to heal between activities. The pressure to perform at a high level in every sport can also be overwhelming, especially when the expectations to perform well are high.

There are many different strategies that can be used to combat the challenges of being a multi-sport athlete. Being able to manage time well is crucial when dealing with stress. Finishing homework and other tasks quickly allows for students to have more free time to enjoy doing the things they love. Similarly, students can schedule their day to avoid procrastination.

Maggie Kershner ‘27 said, “Balancing sports and academics is definitely challenging at times, as I often find myself struggling to keep up with assignments and get enough sleep to function through the day, but one strategy I find helps is using a planner to keep all my homework and activities organized and neat. This makes me feel much less stressed.”

Similarly, athletes need to take good care of their bodies to recover well. This starts with getting good sleep at night. It is suggested that athletes get at least seven to nine hours of sleep per night. By doing this, they allow their muscles to repair and their energy levels to recharge for the next day’s challenges. When combined with other healthy habits, athletes can maintain overall well being.

With that being said, there are many benefits of being a multi-sport athlete. It allows you to meet new people and join new communities that you would otherwise have never met.

Tyler Kingston ‘27 says, “Although it is hard to balance three sports and school work, it’s very worth it. All of the athletic communities are very welcoming. Playing three sports has allowed me to meet so many people I would’ve never met and get to know people from all grades.”

There are many crucial skills and lessons that can help multi-sport athletes thrive. While the challenges are significant, learning to lead a well balanced life can help manage stress, develop resilience, and achieve success both on and off the field.



# Students Benefit from UELP

by Isabella Smernoff '27

The Unpaid Experiential Learning Program (UELPP) is an important part of a student's academic career during their time at Amity Regional High School. Program participants must be in good standing, meaning they must have an acceptable disciplinary record as well as have passing grades and satisfactory attendance. Throughout the program, seniors work at a job site from mid-May through the remainder of the school year. School credit for the internship is awarded after completing the required number of hours at their job site and receiving positive feedback from their mentor.

This opportunity rewards seniors who have worked hard for the first part of their senior year, and seniors can choose any job internship to partake in.

Macie Salado '25 stated, "Through my internship at Ronai Physical Therapy & Sports Medicine, I was able to explore the health studies field by shadowing the physical therapists and completing chores [at] the facility. Physical Therapy is a potential career path for me, and I'm thankful for the occasion to witness firsthand what typical days look like in this profession."

The UELP provides experience to seniors and helps narrow down the large pool of future career available for them. Everyday standards of a career path that potential workers may not consider when looking for a profession include dress code, cell phone usage, and lunch breaks. These can be deal breakers when looking for employment, which further emphasizes the benefit of

this program, as each intern must gratify their mentors by appealing to these rules.

Not all seniors use this program as a path to potential careers, however. Besjana Bobi '25 expressed, "I chose to intern at Peck Place Elementary School [in Orange] and assist one of the 3rd grade teachers, Ms. Laden. Teaching wasn't a field that I was very interested in to begin with, but during my internship, I realized that working with younger kids is something I definitely cannot handle. However, I am extremely grateful for the opportunity and applaud all teachers out there."

Certain career paths may seem like a good fit on paper, but interns may realize that the field is not suitable for them as was the case with Besjana.

UELPP is a great tool for seniors to utilize in their search for prospective job paths and positive experience when it comes to meeting new people and making connections. This program remains an incentive for seniors and all students to maintain good standing to participate in the benefits of UELPP in the future, paving the way for a successful future



Photo contributed by Macie Salado '25  
**Senior Macie Salado at her internship with Ronai Physical Therapy & Sports Medicine**

# Summer Success A Guide to Student Opportunities

by Vilas Mejnartowicz '28

Over the summer, opportunities and activities for high schoolers can engage them to stay active and strengthen their resumes, academics, bodies and minds. No matter your interests, summer is a great time to pursue interests through internships, jobs, community service, and courses.

Internships are a huge part of high school summers - for good reason. Whether paid or unpaid, internships can provide valuable experiences and skills while also adding to your college resume. One way to secure an internship in your desired field is by reaching out to organizations or companies, or individuals in your field of interest. There are also organizations which often welcome students to help tutor math and coach tennis to elementary students.

On the same note, college prep courses are also helpful. Organizations such as the UConn Pre-College Summer Program and Liberal Studies Program provide courses in a range of subjects, from photography to law. Similarly, the Center for Talented Youth (CTY) and Yale Pathways both offer courses for highschoolers of all ages.

Luca Disorbo '28 stated, "Yale University also offers [courses] for those interested in either the sciences or humanities. Both programs are open to students exclusively in the New Haven

area and offer diverse workshops that students can participate in over multiple weeks at Yale to explore their respective interests. I've really enjoyed participating in their classes over the summer."

Another opportunity open to many students includes jobs or apprenticeships. Jobs can help you gain experience in a field and show commitment and motivation to colleges. As well as making money, those in a part time job can make friend and network within the community.



Photo contributed by Sarayu Rao '26  
**Students pose at Yale Pathways Summer Scholars**

Eddy Dubovic '28 states, "I think summer jobs are a great way to gain experience, make friends, and bolster your college resumes."

If you are interested, the Career Center has information about job opportunities in the area.

A big part of many students' lives is sports. Whether you're participating in JV, varsity sports, or recreational, playing over the summer is a great way to get exercise, improve your skills, and if you're competitive, improve your ranking. You can show leadership in the sport by becoming a coach or tutor.

Luke Cushing '26 is an assistant coach for the Bethany Hoops basketball team. He said, "It's a nice full circle moment because I played on the team as a kid and now I get to share my experience with the current team."

Many recreation facilities in Connecticut are open to hiring high schoolers 16 and up who are certified lifeguards, or have expertise in one or more sports.

# Cheers and Competition Highlight Class Act Kickball Tournament

by Phoebe Halsey '26

After multiple rescheduled dates due to weather, the 4th annual Class Act Kickball Tournament finally kicked off on May 21st. It was a scene of high-energy competition, loud cheers, and plenty of unforgettable moments.

Class Act Council, run by physical education teacher Eric Rothbart, is a group of student-athletes representing their school and teammates through their best character as well as spreading sportsmanship through community connections and school spirit.

When asked about the tournament, Rothbart said, "The Class Act Council kickball tournament is one of the highlights of the year for us. It's a fundraiser that started four years ago as an idea from one of our own members. It epitomizes what we want from our student-athletes in terms of promoting sportsmanship and school spirit. We use this event to raise funds that go directly back to sports teams in the form of workshops and activities."

This event brought teams together from all grades. One notable team, Goggle Gang, who won best team spirit, dressed in all matching custom

shirts and goggles. Spirit was heavy on the field.

The prize for the winning team of the tournament? Bragging rights, an awesome kickball t-shirt, and a whole lot of fun along the way. Energy was high throughout the whole night as classmates cheered each other on.

A shout out to the referees that were active the whole night and had to make some difficult calls. "I had lots of fun refereeing the tournament. It was an awesome opportunity to be a part of the action and share the fun with my friends," said Burke Lindsay '26.

In the end, it was the Dylan Agvent Team (Carlo Lombardi, Riley, Nuremberg, Rob Pulie, Robbie



Photo contributed by @amity\_classactcouncil Instagram  
**Team Goggle Gang in matching shirts and goggles.**

Soslbury, Collin Tenny, Joe Wyskiel, and Dylan Agvent) that clinched the championship after a dramatic final match that had the crowd loud. Their teamwork, hustle, and dedicated plays earned them the victory. Just ask Carlo Lombardi '25.

"We dominated in every aspect defensively and offensively. Pitches were moving well and boys had energy the whole game," he said.

One of the more vocal teams

after the final whistle was the junior boys, Pjs and BJ's. Jordan Hass '26 did not hold back when reflecting on the loss, saying, "We had this marked on the calendar from the start of the school year. It was a shame that we got robbed of our championship. But you best believe we're coming for that championship next year. No one's stopping the Pjs and Bj's."

New Vice President of Class Act, Kate McGonagle '26 said, "This year was a super fun success. Even though we rescheduled, everyone still showed up with energy leading to a great outcome."

Whether students played, refed, cheered, or sold snacks, the Class Act Kickball Tournament was a hit. Rothbart added, "This year was a bit challenging with rain and rescheduling, but the teams that did come out brought the usual energy and excitement that makes it such a great event. We are hoping to get more teams out again next year, but no matter what, we know it will be something everyone should want to be a part of."

With the laughter and sportsmanship on full display, it's safe to say this year's event lived up to its standards.