

THE AMITY TRIDENT

LXXII-No.6

Amity Regional High School

Woodbridge, CT 06525

March 10, 2017

Students Travel to Baltimore for Model UN Conference

by Rosie Du '19

Amity Model UN recently attended the Johns Hopkins University Model UN Conference in Baltimore, Maryland. The conference was held on February 9th to February 12th, although Amity's 17 students arrived on the 10th due to the weather.

The goal of Model UN, according to Elizabeth Frieden '18, "is to create United Nations style resolutions. Every person is assigned a specific committee and country, and they have to debate as if they are that country in that committee."

Frieden was a part of Ghana's SPECPOL committee, and she debated issues including "the aftermath of the Islamic State and the politics of space colonization."

Model UN is a way for students to practice their public speaking skills and learn about how the United Nations is run, and the opportunity to role play different delegates helps students develop leader-

ship and research skills.

Sophomore Neha Sudhir thought the conference was very interesting. She said, "We got to negotiate and debate on behalf of our assigned countries on various real-world issues in our different committees like real delegates of the United Nations."

All of the students were assigned topics before the conference to research. When they arrived at Johns Hopkins, the attendees worked with delegates from other countries on a resolution for the whole committee to vote on.

Although most of the time at the conference was spent debating and discussing different issues, students still had "opportunities for fun and socializing among the delegates, such as dances and time between sessions to explore the city, because we traveled from all over the east coast to be there," Sudhir said.

As a club recently revived, Model UN has been successful at engaging students in foreign affairs, and providing students with opportunities to explore interests.

World Language Week 2017 Comes to Amity

by Kevin Yanagisawa '17

During the week of February 27, Amity students and staff celebrated World Language Week, sponsored by Amity's chapters of the National Spanish, Chinese, French, and Latin Honor Societies.

Students experienced linguistic and cultural diversity throughout the entire week through the attire of peers, as well as music that was played throughout the duration of the event. During this week, each day was devoted to celebrating all of the languages that Amity High School has to offer. If students showed school spirit by participating in this event, they received raffle tickets from their World Language

teachers, which could be brought to the tables outside the cafeteria for a chance to win movie tickets.

On Monday, February 27, Spanish Day was celebrated by students wearing the colors green, red, and white to

represent the colors of the Spanish flag. On Tuesday, February 28, Chinese Day was celebrated by students wearing the colors red and yellow. Wednesday was Latin

Continued on page 2



Aviva Green '17 and Katie Handler '17 dancing at Salsa Night.
Photo by Sophie Baum '18

Freshmen Receive 'Hands Only' CPR Training

by Ryan Anastasio '20

Over 400 freshmen in January participated in a program during their gym class where they received hands on CPR training from medical experts as well as heard people's stories about how CPR saved their lives. The physical education and health department reached out to John McFarland, a supervisor at American Medical Response, to provide "hands only" CPR training for the class of 2020. Multiple gym classes came together into one big group where they were first taught how to do "hands only CPR" as well as what can be done if someone else is already administering CPR.

The students then broke up into smaller groups of about four or five where each group had a mannequin on which to practice CPR. Students did non-stop chest compressions for various times and quickly noticed how hard it was and how tired they got from doing CPR. After a few minutes, the

first person stopped and another person started doing the chest compressions. This was a simulation of what would actually happen in a real world situation, as another person would take over doing the chest compressions once the first person got tired.

After each student got a chance to perform CPR, students were shown how to use an automatic external defibrillator (AED), a portable device that diagnoses the life-threatening ventricular fibrillation and ventricular tachycardia in a patient and can treat them through defibrillation. While the students did not get to actually use the AED, they saw a demonstration from the American Medical Response on the operation of an AED, where one can find them, and when one might need it. Students then asked questions to the AMR about a job as a paramedic, some of the calls they go on, as well as CPR in general. This collaboration was a huge success over a three day period where students were taught a life-saving skill.

JSA Members Debate at Winter Congress in D.C.

by Howard Ding '18

This past week, Amity's Junior Statesmen of America (JSA) chapter participated in the Winter Congress convention in Washington D.C. lasting from Thursday, February 23 to Sunday, February 26.

Diverging from the other overnight conventions, Winter Congress follows the format of a Mock Congress where all members can submit bills, amendments, or acts prior to the convention to be selected for debate.

All members at the convention are then named Senators or Representatives and split into committees for discussion on the bills to which they have

been assigned. Finally, this leads to the final debate and vote to decide whether the bill passes or fails.

Christina Emmerthal '18 says that Winter Congress is her favorite convention. "JSA does a great job replicating the actual bill process and

to the real Congress. "Being in D.C. almost inspires you."

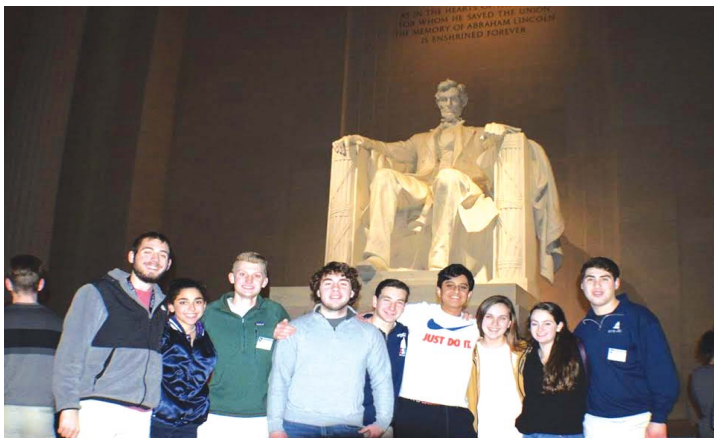
All the chapters went on tours of the Capitol as well, seeing everything from the Washington Monument to the Smithsonian.

When asked what the highlight was, Patrick Burland '18

said, "It would probably getting to go inside the Capitol building" for its breathtaking view." Amity members even went into the House and Senate chambers.

Everyone is encouraged to attend JSA meetings after school on Wednesdays in

the Lecture Hall. There is even another convention planned in Providence, Rhode Island on April 8th and 9th that all students are invited attend.



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Students Celebrate Random Acts of Kindness

by Rosie Du ‘19
and Kate Yuan ‘19

The month of February at Amity Regional High School was all about promoting a more accepting community and celebrating kindness.

Specifically the week of February 13th was nationally dedicated to random acts of kindness. The effort was also in support of a larger organization, the Random Acts of Kindness Foundation.

To involve the school community in this event, the freshman and sophomore classes attended Rachel’s Challenge on February 8th in the John J. Brady Center. Rachel’s Challenge all started on April 20th, 1999, at Columbine High School in Colorado, when seventeen year-old Rachel Joy Scott was the first of thirteen students killed in that school’s massacre.

After her death, many of Scott’s classmates reached out to her family, sharing stories that showed the profound impacts of Scott’s simple acts of kindness.

In the program that the freshman and sophomore classes attended, Yolanda Robinson, from the Rachel’s Challenge organization, came to speak about Scott’s life, the legacy that she left behind and how that legacy has impacted her community.

A smaller group of students then joined a 90-minute training session on how to keep the challenge alive within the school community.

After hearing about Scott’s story, as well as the impact it had on other schools, the students split up into groups to generate ideas on how to uphold the challenge in order to spread kindness throughout the Amity community. This was the birth of the Amity Friends of Rachel Club (FOR Club)

Junior Micha Aviad, the Student Government Vice President, said, “It’s great to see so much positivity is going around lately. We’re all so caught up in school that we forget to be kind to one another. As a student, I appreciate how after this program, people are more likely to go out of their way

week will not just be for a week, but something permanent.

One such idea to create more kindness and unity was creating a club Instagram “compliments” page, prompting Amity students to recognize the good in their peers.

Avital Sutin, a sophomore who attended the session, said, “I thought that it was a really great opportunity for Amity and that it should really be started in our school because it could really change the school’s environment.”

All in all, the event was extremely successful. The freshmen and sophomores were all touched by the story of Rachel Joy Scott and her message, and the Amity FOR Club looks forward to taking on Rachel’s code of ethics as



to make others smile.” The Friends of Rachel Club is aimed at spreading positivity everyday, so the Random Acts of Kindness

part of the effort to “Make It Happen” and inspire school spirit within the community.

Amity Celebrates World Language Week cont.

Day, so the students wore colors white and purple. Thursday was French day, where students wore red, white and blue to represent the French flag.

Finally, Friday, March 3 was a day for the students to wear any colors from the language day they wanted.

To end the week, the National Spanish Honor Society hosted Salsa Night, its biggest fundraiser of the year. This included a night of food from On the Border in Orange and learning how to do the Salsa with friends and instructor Alisa

Bowewns, the owner of Alisa’s House of Salsa in New Haven.

According to Katie Handler ‘17, Co-President of the Spanish National Honors Society, Salsa Night was “a great chance to learn to dance

salsa with your friends in a non-judgmental atmosphere”.

Salsa Night successfully allowed Amity students to experience the cultural diversity of their school and community through their peers and teachers.



Promotional Salsa Night Posters used on Social Media

Board of Education February Meeting Recap

by Ananya Kachru ‘18

Every month, Amity Board of Education representatives from Bethany, Orange, and Woodbridge along with Amity administration, some staff and students, and the general public convene to discuss educational issues in the district.

On February 13th, the Amity Regional School District Board of Education met for their regular monthly meeting. After a student report about updates regarding student life at Amity High School, Amity Middle School Orange, and Amity Middle School Bethany, history teacher Seth Davis commented about adult and continuing education offerings, including the popular summer classes that many district students take part in. Much discussion took place regarding financial details and enrollment numbers.

Following that, there was an extensive presentation about the Alliance of Health Survey. This is the survey that Amity seventh, ninth, and eleventh grade students took in December of 2016 regarding their typical habits and overall health.

Throughout the discussion about survey results, it was reinforced multiple times that the Bethany Orange Woodbridge (BOW) Prevention Council is a resource for community members who would like to take initiative and delve more into the crux of particular health issues amongst high school students.

Finally, the February BOE meeting concluded with a discussion of possible action on the Superintendent’s proposed budget for 2017-2018.

Governor Dannel Malloy recently released his budget recommendations for the state of Connecticut, and the Region 5 District is taking these changes into account. Because of apparent financial conflict, no official budget recommendation was made by the Region 5 District Financial Committee. The committee is looking for more feedback from member towns, which should be extensively discussed in following Board of Education meetings.

The next meeting will take place on March 13th. If interested in attending, it will be in the Amity Region 5 District Presentation Room at 6:30 PM.



Parent University: Anxiety in Adolescence

by Quinn Meehan ‘18

Local parents were to invited to the Amity Regional High School Media Center on February 23 for a discussion on Anxiety and Adolescents, lead by Scott Hannan, Ph.D. Dr. Hannan is a psychologist and program manager for the outpatient clinic at the Anxiety Disorders Center and Center for Cognitive Behavioral Therapy.

His clinical interests include obsessive-compulsive disorder, phobias, panic disorder, posttraumatic stress disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders.

Given his expertise in these areas, Dr. Hannan has been a featured expert on the A&E television show Hoarders. In addition to seeing patients in individual treatment, Dr. Hannan runs groups for children and adolescents. Groups are for children and adolescents diagnosed with Panic Disorder, Specific Phobia and/or Generalized Anxiety Disorder.

He has also started a short term group for adults with Major Depressive Disorder and Generalized Anxiety Disorder.

With the immense amount

of pressure put on students to earn high grades and get into prestigious colleges, anxiety is prevalent among students, and often times, parents are unaware of ways to help.

In order to give parents insight on this issue, Hannan advised them on how to help their teens with managing their anxiety and being overwhelmed, distinguish nervousness from anxiety, and deal with anxiety at home and school.

The lecture was very well received by parents and helped to educate the community on anxiety and adolescents.



Evaluating Impact of Malloy’s Policies

by Ryan Anastasio ’20

Connecticut has had many problems in the past few years. Governor Malloy has not been able to manage problems properly: the state debt has rose and numerous businesses have relocated.

Malloy has introduced his budget proposal for the next two years, and it could have disastrous impact on towns such as Woodbridge, Orange, and Bethany. He will try to reduce state spending by reducing the state aid that towns and cities receive.

State aid will be taken from smaller towns and put into cities such as Hartford and Waterbury.

Woodbridge will lose around 54% of its state aid (\$1,517,762 to \$693,283);.

Bethany will lose about 56% (\$2,656,975 to \$1,171,619).

Orange will lose over 98% (\$3,166,903 to \$57,593). Orange First Selectman Jim Zeoli said that these cuts will be devastating. They may cause property taxes to rise in order to compensate for the lost money.

As of now, the budget proposal has not passed. State legislatures are debating the proposal and making adjustments. At the end of the legislative session, June 7th, the legislature will try to pass a budget and send it to Governor Malloy.

If passed, a majority of Connecticut’s towns will see a cut in state aid, but some

will see a gain. The city of New Haven will receive a 6% gain (\$232,386,977 to \$245,497,088) and the city of Hartford will receive a 13% gain (\$283,477,552 to \$321,565,391).

The Governor can now say that he is reducing spending, just not the way that we (or at least I) hoped for. He will reduce state spending, but you are sure to see property tax hikes in your town. With extra money to spend, I would expect that Malloy would put it towards roads, bridges, or schools.

However, Malloy has proposed a 250 million dollar renovation of the XL Center in Hartford. He just sent a letter to the NHL New York Islanders asking if they wanted to play at the XL Center in the upcoming season as they have expressed interest in leaving the Barclays Center.

The Islanders respect-

fully declined. Nonetheless, Malloy still wants to update the XL Center with taxpayer money.

I look at Connecticut and I think it is in a fiscal disaster. The Governor has no idea what to do with state money. We saw General Electric leave last year, and now Aetna is expressing interest in moving to Boston.

The state needs to invest money to fix its crumbling infrastructure and to make Connecticut more business friendly like it used to be. Renovation of the XL Center should not be a priority.

You may read my article and ask “why would anyone want to live in Connecticut?”

While we may be in a fiscal mess, we still live in a great state. Connecticut has great quality of life and some of the top public schools and private universities.



Governor Malloy Speaks at Amity High School with Students in Spring of 2016 Photo by Optimum

The Importance of the News Media

by Sophie Baum’18

In 1789, the Federalists attempted to gain support for the United States Constitution. Yet some Americans expressed concern about the Constitution’s discussion of citizens’ rights. Thus, James Madison wrote the First 10 Amendments - more commonly known as the Bill of Rights - in order to protect individual liberties from the government’s abuse of power. In essence, the Bill of Rights protects Americans in times of oppression.

The First Amendment grants Americans the right to freedom of speech, of religion, of the press, to peacefully assemble, and to petition the government to address the citizens’ complaints.

Yet today, these rights become increasingly threatened, specifically the freedom of the press. In recent weeks, we have witnessed an assault on these basic rights. High-ranking government officials have publicly deemed some of our nation’s oldest news sources as “fake news.” Re-

porters have been mocked, denied press conferences, and categorically dismissed.

With such subdued standards, the future of journalism remains questionable. As high schoolers—specifically my fellow students involved with this publication—we must continue to voice our opinions and present articles, so long as they’re based on the truth.

On behalf of the entire Amity Trident, I want to emphasize that especially considering the role of the media in today’s society going forward, this publication serves to deliver the truth and defy attempts to stigmatize the news media. I often empathize with writers who just can’t seem to get in articles on time. Writing is hard. It requires stamina and actual effort. Writing opinions articles, meanwhile, is a whole other story. After shooting down countless article ideas suggested to me because they’re “too controversial,” “too whiny,” or because “I’m not funny enough to write that,” I’ve realized that opinion articles take more than just stamina or effort – they take courage.

THE TRIDENT

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Corrections

In the February 2017 issue Harris Andersen played Piano Concerto 5, not Symphony 5 as previously listed. Additionally, the photo in the feature on Dr. Tracy was taken by Sophie Baum ’18.

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The Benefits of Therapy

by Owen Dodd '17

As high school students, we inherit a lot of responsibility somewhat quickly. Often times, we don't necessarily ask for but still seem to end up with them.

Naturally, students can become overwhelmed when they combine problems they may be experiencing at home with whatever issues are upsetting them at school. When students are experiencing trouble in school or their life, they are usually sent to talk to their guidance counselor, a school psychologist, or their parents are notified so that they could further pursue the matter.

This was a decent system in fifth grade. However, we're in high school now and some issues we're trying to deal with just aren't situations you'd want advice from your parents on.

Sure, you could turn to your friends, but what do they really know? After all, they have roughly no more experience in the 'real world' than you do, and while they may offer the advice you want to hear, it might not always be the advice you need to hear. This is where therapy comes into play.

I believe everyone in the world should see a therapist, regardless of their situation. I say this because therapy offers a completely unbiased individual in which you can tell anything you want to without having to worry about the judgment a person normally in your life may impose upon you.

Furthermore, therapy can help you become a better person (or at least makes you think you're becoming one). A therapist is someone you should be able to talk to about anything as well as someone who can offer guidance in a time of need or indecisiveness. Therapy is entirely focused around the patient and therapists try to help patients live comfortably through modifying simple aspects of their life.

For example, someone may go to a therapist in hopes of remediating the constant stress and tension of managing a business. The therapist may suggest something as small as taking a fifteen minute longer lunch break or going home earlier on Fridays. This could be the only thing necessary to help reduce stress and live a better life. With some people, the therapist has to do nearly no work at all.

One of the sad things about people, but the beautiful thing about therapy, is that so many of us lack a person we can speak openly to about anything without fear of judgment. Judgment alone is something that keeps millions of people everyday from speaking their minds. It's something that makes people reluctant to open up about what they believe in or what's bothering them. When seeing a therapist, there should be no censors, so you should be free to express any opinions or views you wish without feeling criticized. This can allow problems to solve themselves before they manifest into uncontrollable life crises. The therapist may not even need to do anything; the person may merely need an outlet to speak his or her mind, and when given that opportunity, everything becomes clear.

I firmly believe that every person on this planet should have their own therapist, even if it is only as an outlet for the daily unspoken thoughts. In my opinion, it is dangerous to suppress anything, especially opinions and feelings, and I believe through therapy, we can all work towards making ourselves the people we want to be.

Some Opinions on Opinions

by Suvasini Balaji '17

Writing and publishing your authentic opinion is like sharing your most embarrassing childhood story with a complete stranger. Except here, I'm sharing it with over 1,400 students, teachers, and administrators.

Just like you might blush while telling your newest acquaintance about the time you peed your pants and tried to play it off as wearing trendy patterned jeans, you are bound to feel vulnerable while broadcasting your beliefs.

Personally, while I have no trouble voicing my opinion in person, there's something that makes my skin crawl about putting it in words that are tangible and visible and preserved forever.

Perhaps, it's the fear of being judged and held ac-

countable by people I don't know, or perhaps, it's the fear of being judged and held accountable by myself. No one likes to hear their own voice played back in recording. Likewise, I'm not a fan of reading my own published writing on any pertinent issue—especially because my opinions change as I do.

I think this fear stems directly from a certain stigma associated with being wrong. As members of an increasingly publicized society, particularly with the rising significance of political correctness, we are often afraid to make mistakes in our speech and prose.

However, while respecting others, educating ourselves, and championing equality is of utmost importance, we must strive to do so without feeling afraid to express ourselves.

Upcoming Holidays and Events!

- Purim

March 11
- Pi Day

March 14
- St. Patricks Day

March 17
- Fiddler on the Roof Opening Night

March 31

St Patricks Day Word Search

Q S S Z C U N N B K O S C R S
I P V V P G E M X C Q V Z H D
N E A P W L E P R E C H A U N
R O W T A Y R P H H V M G N O
A N I E R R G W U Z R G O C K
I E Q T L I A R Y O D X L W C
N B R I I M C D C F Z O D I I
B C R K R D Z K E A V Z G M R
O U A Q D I A D N E G E L V E
W C R R W V S R R L X I U P M
K A P Z Z R N H T R D Q C A I
R S K K S A I N T U N O K Y L
M V K Z D L O H G O U A S C L
I R E L A N D D R F L R K S V
P Q R P G V R R Z Q H C R A M

- LEPRECHAUN
- FOURLEAF
- LUCK
- CLOVER
- IRISH
- RAINBOW
- SHAMROCK
- GREEN
- LIMERICK
- PATRICK
- IRELAND
- LEGEND
- GOLD
- SAINT
- MARCH
- PARADE
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of getting into your
first choice.

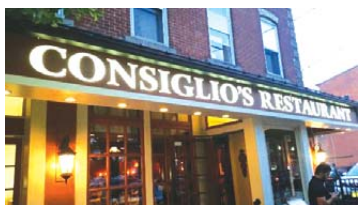


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Miracle on Wooster Street

by Cassie Bishop '17



Sitting right next to Frank Pepe Pizzeria Napoletana, Consiglio’s is perfectly placed on the elegant and renowned Wooster Street of New Haven. With such a prime spot there is never a time when this family owned and operated business is not hustling. After driving down the one way miraculous street, a warm and welcoming “Hi! Welcome to Consiglio’s” greeting is accompanied by a smile of the host-ess, and this will be just the start of an unforgettable meal.

78 years ago, the Consiglio family opened up this cozy Italian restaurant in hopes of satisfying everyone’s taste buds. Now three generations later, this hot spot has blossomed into a trademark on Wooster Street.

Inside, the Italian rustic red interior indulges you into the experience. A hostess, waiters, and the manager all welcome you in with greetings and smiles. In the back, is a secluded bar with a fireplace to add ambiance. Old photos of family and customers are scattered throughout the bar and short hallway near the bathrooms. The entire atmosphere provides you a true homestyle Italian experience that is like no other.

As you take your seats in the cramped New Haven sized dining room, you instantly start craving a four course Italian meal. Opening your maroon menu with gold embellishments, a flyer pops out which separates this place from the usual restaurant. In bold text it states all the different dates for a Murder Mystery Dinner Theatre and

exquisite Cooking Classes. At this point you begin wondering, “What else is there to even offer?” and believe me there is plenty more.

Eventually you’ll realize you haven’t even gazed at what food there is to offer, by this point one of the most friendly waiters will appear by your side, smiling ear to ear, eager to help. Continuing to look at the menu your mouth starts watering at the sights of just the appetizers. Fried Mozzarella, Fried Calamari, Three Cheese Garlic Bread, and of course classic Aunt Marie’s Meatballs.

After asking the waiter which he believed were the best, he replied with confidence and charm, “easily the calamari or Marie’s meatballs.” With the comfortability he provided, we went ahead and ordered both the calamari and Aunt Marie’s meatballs, after all it felt as though we had already known her for years.

Moving onto the entrees we decided to vary our experience, ordering the classic Homemade Cavatelli with Braciolo, a fan favorite of Chicken Rosa, and Shrimp Consiglio. When the appetizers arrived, the scent instantly made my mouth water. The meatballs were very generous in size, and well worth every bite. A variety of beef, veal and pork made the meatballs extra unique. With the perfect amount of seasoning, I couldn’t stop myself from wanting more. However, nothing could compare to the display of the fried calamari. There was more than enough to share and it made the perfect appetizer to carry us into our main course.

Right as our last bites of calamari were being taken, the entrees had arrived. Fantastically displayed on crisp white plates, I had never seen anything look so appetizing before. Biting into the first spoonful of cavatelli, the dish was simmering with heat and noticeably a handmade pasta. Cooked perfectly, the cavatelli was unlike any other. The

dish could not have been any better as it was topped with a classic Italian tomato sauce. Sampling the Chicken Rosa had to be the highlight of my dinner. I truly understand why this entree is so popular among the plethora of chicken dinners offered. This tender chicken had been cooked to perfection. Not to mention the mouthwatering plum tomato cream sauce that came drizzled over the linguine and chicken masterpiece. To top it all off, the Shrimp Consiglio was unexpectedly delicious. Paired perfectly with linguine in an olive oil and garlic sauce, this plate is perfect for a seafood lover.

After eating every single bite off of our plates, we thought there would be no room left for dessert until we looked at the menu. Seeing both a crepe and chocolate mouse option on the menu we could not resist.

The crepe was filled with vanilla gelato, nutella, fresh strawberries and a drizzle of chocolate sauce. Finished off with some whipped cream and powdered sugar this was a spectacular indulgence. The waiter had told us the chocolate mousse would be a dessert to die for, but it wasn’t until we bit into the dense chocolate heaven that we truly understood what he meant. When the slice appeared on the plate with a dusting of powdered sugar on top, a drizzle of raspberry sauce on the side and a dollop of whipped cream, I knew I would be in for a treat. This cake was truly the perfectly delicious ending to an unforgettable meal.

I’m surprised people don’t leave Consiglio’s saying, “It’s a Miracle on Wooster Street” because this experience is truly one of a kind. Unlike all other family owned restaurants, you can feel the passion and love through the appearance, the service and most definitely through the food that is provided. It is shown that 78 years of hard work and determination have been put into this restaurant making it the perfection that it is today.

Crepe Night Showcases French Food

by Amy Chen '17

Unlimited food never sounds like a bad idea, and Crêpe Night hosted by the National French Honor Society is no exception.

“It’s open to everyone, especially if you’re hungry,” says Sara Jadbabaie, co-president of NFHS. “Crêpes are delicious. We’re catering from Crepe Choupette in New Haven. I’ve been there a few times and their food always impresses me!”

Crêpes are traditional French pastries made from flour, eggs, and milk. The thin pancakes are filled with delicious toppings and curled, and are typically either sweet or savory. They are often found in upscale restaurants and cafés but also as a street food. The crêpes in the picture (see above) were enjoyed

by Jadbabaie on the Canada trip this past February break.

Emily Bacal, the other co-president of NFHS, says, “Crêpe Night is about sharing a love of French culture. We want to give students an opportunity to learn about and celebrate France.”

Everyone is welcomed to join this event, and French students can also receive extra credit for attending. French is a small but growing language choice here at Amity, and this event serves to promote French both as a class and as a culture. What better way to do that than through a night of food, music and activities?

The NFHS has organized similar events in the past, such as the Night in Paris charitable dance last year, which benefitted Haitians in need. This year, however, no money will be made.

“We actually need it to be subsidized because we are charging less than the actual cost,” says Bacal. The extra money came from the PTSO and Principal Mahon’s student activities fund.”

“I am a firm believer in the transcendent power and versatility of crêpes: they can be sweet or savory, and are basically the ideal receptacle for any filling. Just like the French Dept. is the ideal receptacle for all manner of tasty students,” Bacal added.

Crêpe Night will hopefully be another successful event that promotes language appreciation at Amity!

For \$12 either on MyPayment-sPlus or at the door, attendees can have unlimited sweet crêpes, other snacks, and get involved in other fun activities.

Feuerstein Forecasts the “Weather App”

by Amanda Hendrick '18

In response to frequent unpredictable weather impacting Amity activities and school days, sophomore Jacob Feuerstein has decided to create his own Instagram account to ease the minds of those up early in the morning checking for delays, or simply wondering what the weather will be like later in the week.

According to the American Meteorological Society, over 100 million homes in the United States look at weather forecasts at least once a day. However, it is hard to get a trustworthy prediction, and many people, including students at Amity, either do not trust forecasts or do not know how to find reliable and accurate information. Due to the constant questions from Feuerstein’s friends about upcoming storms and his opinions on the weather outlook, this new account called “@feuerstein.forecasts” is a faster and more efficient way for Feuerstein to spread important news with easy to understand charts and facts.

In order to support his forecasts with concise data, Feuerstein accesses a variety of different sites and programs that allow him to create a more accurate set of information to spread to his followers.

He says, “I get it from a variety of sources, mostly from forecast models, which are these really powerful super-computers, and the data is released by the National Weather Service.”

He also looks at National Weather Service forecast soundings and analyses of upcoming temperatures and precipitation, along with the Storm Prediction Center to gather the most data in creating his posts. On the account, he posts various graphs and maps representing Connecticut and the likelihood of storms, alerts, and more to give viewers an accurate prediction



Jacob Feuerstein, '19
Photo by Amanda Hendrick '18.

of what will come later in the week. Followers are able to ask questions concerning his posts, which Feuerstein answers, thus providing students with an accessible source instead of having

to decipher various reports or trust the data of solely one source.

Feuerstein says that although this new idea was started to benefit students at Amity, he is also pursuing his own ambitions of becoming a meteorologist through sharing his love of the weather with other people.

Feuerstein said, “I really enjoy talking about the weather and sharing that knowledge with other people, and I think it could be really helpful for people to know what’s going on...my parents have always encouraged me to do something like this, but in the end it was my decision.”

In his weekly accounts of predictions in climate and possibilities for Connecticut weather, along with detailed descriptions of upcoming storms, Feuerstein is not only finding his passion, but sharing it with others. This account is easy for Feuerstein to spread his interests, and it is also a simple way for students to quickly look at his posts and know whether there is a possibility of a snow day, or if there will be rain or storms that week.

Christina Lee '18, a follower and frequent user of Feuerstein’s account, said, “It makes it easier for me to predict and not worry about cancellations or upcoming weather.”

In addition, Feuerstein plans to aid the weather section of Amity’s morning announcements, contributing to more detailed reports and giving him an even bigger role in influencing Amity students with his forecasts. Feuerstein is yet another example of an Amity student pursuing both his own ambitions and a chance to make an impact on the community, while demonstrating the importance of the spread of knowledge and information to aid other people.

E Is for Environmental Club, Earth, and Everyone

by Aviva Green '17

I joined Amity’s Environmental Club my junior year when I realized my passion for taking care of our planet. It is a club advised by Ms. Cheng, and the current co-presidents are Hannah Rappaport and Katie Handler.

Handler said, “I joined environmental club my freshman year because I wanted to help my community become more eco-friendly whether it be in the school or the town in general.”

As stated in the 2016-2017 Club Day Booklet, the club’s mission is “to educate the students on the importance of recycling. [We] propose to bring about a more efficient manner of recycling with the combination of two new aspects; the full support and help of the staff as well as the utilization of informational announcements and posters.”

I love how I am able to be involved in projects pertinent both to our surrounding community and other parts of the world.

I recently participated in a bake sale at Edge of the Woods organized by

the club raising money for the kakapo, an endangered bird from New Zealand, which was really fun.

Rappaport agreed and said, “I think our bake sale was the most successful fundraiser of the year so far as we were able to raise enough money to ‘adopt’ three kakapo! Everyone was very



excited to help out Kakapo Recovery.”

I was able to learn more about endangered animals on the planet while raising money for a great cause.

I also helped out with the other

members of the Environmental Club in breaking down and recycling the plastic bags used in the soccer ball project associated with “One Book One Amity.” It was a great way to learn more about the way plastic is used in our country while also preventing all the plastic bags from being thrown away.

In addition to these projects, the Environmental Club has worked on bettering the understanding of how we recycle at Amity. The club also held a Vegetarian Day in the cafeteria earlier this year.

Previous projects include beach cleanups, bird watching, and a fundraiser to adopt turkeys around Thanksgiving.



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IT’S A BIRD, IT’S A PLAN

Amity Regional High School is the first school campus in the country to have a fuel cell-microgrid combination. Yet it seems that few students have a comprehensive knowledge of the purpose and significance of this project and what the fuel cell, the mammoth machine in the back of the school, actually does. In order to create awareness within the school community, The Amity Trident talked to various administrators and students, as well as a company involved in this project.

Purpose of the Fuel Cell

Several years ago, many hurricanes and snowstorms left numerous households and facilities in the Amity community without electricity for several days or more. The districts conceptualized a mechanism that	would reduce the severity of these power outages, and thus allow for more time in school learning. At the same time, the state of Connecticut was passing new legislation to create a source of renewable energy that would	generate electricity and contribute it to the electric grid, which serves as the electricity transmission and distribution system for the country. United Illuminating and Amity both saw an opportunity to combine forces, which	led to the construction of the fuel cell. Thus, the fuel cell serves multiple purposes. While fulfilling the state legislation requirement for renewable energy, the fuel cell also serves as the power source	for the microgrid for the town of Woodbridge in case of emergency. Meanwhile, students at Amity are exposed to advanced technology that sparks curiosity about renewable energy and other environmental concepts.
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How It Works

A fuel cell is essentially a machine that generates electricity through electrochemical reactions. Normally, electricity and heat is generated from the burning of natural gases and other resources, such as coal and oil. The fuel cell provides a clean, renewable source of energy by using natural gas and converting chemical energy into electrical power through electrochemical reactions occurring within the fuel cell. It can generate up to 2.2 megawatts of renewable energy, which can power thousands of homes.

Throughout this process, the fuel cell generates excess heat and hot water that goes directly to the school for use. By being so close to the school,

the heat from the fuel cell saves Amity a tremendous amount of money. The fuel cell itself is not a generator specific for the high school, but it contributes a renewable source of electricity to the electric grid.

However, during major outages, it will serve as the power source for a microgrid. The microgrid, when activated, can supply power for key services in Woodbridge, such as the police and fire departments, as well as the high school, when a major power outage occurs. Currently, stage one, the construction of the fuel cell, has been completed, and the remainder of the project, which includes the construction of the microgrid, is expected to finish by the end of the year.



Above: Diagram of a fuel cell. Diagram by FuelCell Energy.
Left: Aerial shot of Amity’s Fuel Cell, the first of its kind in the country. The project is expected to be a significant economic resource.
Photo by Jim Saisa (from District Office)



Funds and Grants

Following these storms, the state of Connecticut established grants that would assist Woodbridge in developing electricity reliability. This includes the fuel cell and microgrid combination that will provide power to Woodbridge town facilities, including the high school, once it is fully completed by the end of next summer.

The project, the Microgrid Pilot Program, would not have been possible without the \$3 million grant from the State of Connecticut.

The fuel cell and microgrid combination sets the school apart from many others. Principal Anna Mahon was very proud of this achievement, particularly because “we are the first school campus in the country to have this type of resource on our school campus.” However, the fuel cell does much more for our community.

The fuel cell’s planning stage began a few years prior to its installation, but the actual construction started last summer in July of 2016. It was a collaborative effort between all three towns, the state of Connecticut who offered \$3 million in state grants, United Illuminating, a Danbury company called FuelCell Energy, Inc., which installed and will operate it with UI, and many more individuals and groups.

Due to state grants and the help of United Illuminating, who owns the cell, Amity did not have to pay for the fuel cell.

The district did, however, have to pay just under \$400,000 to install a microgrid that would use the leftover heat for the fuel cell to provide hot water and heat to the school.

According to Superintendent Dr. Charles Dumais, this new mechanism “provides security and savings for the community.”

He estimates that in less than four years it will have paid for itself in the amount of energy it saves and transfers.

Centerspread Editor:
James He ‘17

Centerspread Writer:
Alison Hagani ‘18

Sources:
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NE, IT'S A ... FUEL CELL!

Student Involvement

The fuel cell was revealed to the Amity community at a ribbon-cutting ceremony on January 23, 2017. Amy Chen ('17), along with last and this year's AP Environmental Class, and the manufacturing class were invited to the ribbon cutting ceremony. Mrs. Anna Mahon, Dr. Charles Dumais, Governor Malloy and many others were also in attendance.

The event was clearly a success. Dr. Dumais commended the amount of community support at the ribbon-cutting ceremony. "The community support for this project, from the State down to the school, was wonderful to see," he said.

Many news stations also came to the event. "We saw a lot of news cameraman," Amy Chen remarked "It was a bit intimidating, but this was a pretty big deal."

Chen vouches for environmental efficiency, and deems that the fuel cell is a great way to deal with the current environmental problems our society faces.



Above: Governor Dannel Malloy, Ellen Scalletar, Themis Klarides, Joe Crisco, and other Connecticut government officials at the ribbon-cutting Ceremony. Photo by Brenda Burt

Top Right: AP Environmental Science class from 2015-2016 school year. Photo by Brenda Burt

Howard Ding ('18) is another Amity student who was involved in the ribbon cutting ceremony. In mid-January, Ding was called down to Mrs. Mahon's office to ask for his help at the fuel cell's ribbon-cutting ceremony.

The two had previously discussed his science research project on oil tanks, entitled "Residential Oil Spill Risk Prediction," as a continuation of his preceding project the year before: "Residential Oil Spill Analysis: the Billion Dollar Question."

Although Ding did not help directly with the construction or implementation, he is what some would call an environmental advocate.

As such, he was asked by Associate Principal Monica Kreuzer to hold the ribbon at the ceremony. Ding thinks the fuel cell is a truly positive resource, and says that "it's good to see that our state [as well as our school and the town of Woodbridge] cares about the impact that humans [have] on the environment."

Nate Carney ('17), another AP Environmental Science student, has expressed much interest in Amity's fuel cell. He spoke fondly of the benefits of this machine:

"In the wake of Connecticut's many superstorms the fuel cell will prove very valuable. This device will also greatly reduce Amity High School's carbon footprint thereby reducing emissions by 50%," he said.

"Fuel Cell Energy is the way of the future, and we are very fortunate to have one powering Amity High School."

Into the Future with Amity's Fuel Cell

Amity's goal of becoming more environmentally efficient does not just stop with the fuel cell.

This spring, the district will begin the construction of the microgrid that will allow the fuel cell's released electricity to supply Amity with heat and hot water.

In addition, it will serve as a generator for Amity in the case of power outages, which will reduce the time spent out of school due to losses of power. It also provides the community with a fantastic resource for learning, as well as an example of environmental sustainability.



Special thanks to UI General Manager Devang Patel and Senior Communications Specialist Ed Crowder for their help with this information. Both Patel and Crowder were crucial in the implementation of Amity's fuel cell.

1: Front view of the fuel cell. Photo by Sophie Baum '18

2: Ribbon-cutting ceremony with CT government officials behind the green tape. Howard Ding '18 holds the tape and students from Edward Rostowsky's manufacturing class stands behind him. Photo by Brenda Burt (science department)

Recap: 2017 Academy Awards

by Tyler Jennes ‘17

Another year, another Oscar. This time, Matt Damon’s #1 fan Jimmy Kimmel hosted, essentially combining the formats of his own late night show and the Academy Awards. This ended up working out a lot better than I initially thought it would, as Kimmel’s grasp on celebrity culture proved to be incredibly beneficial for him. Kimmel has had that slight edge to him ever since his The Man Show days, and this proved to be somewhat refreshing after the tameness of Neil Patrick Harris and the contention of Chris Rock. It did, of course, help that this ceremony wasn’t nearly as divided as it was last year, and had a singular target in mind throughout the show.

Oscar segments haven’t exactly been stellar as of late, so thankfully this show showed a slight level of improvement. By taking Kimmel’s already popular segments from his show, like Mean Tweets and the Matt Damon feud, he was able to provide a solid level of entertainment throughout the show. Of course, a standout moment was when he brought in a group of tourists whom he had tricked into entering the ceremony, resulting in several endearing tourist-celebrity interactions. In essence, if anyone watching was already a fan of Kimmel’s show, they generally enjoyed this year’s Oscar segments.

I will say that while the opening monologue was well done, I was disappointed that there was no ‘big’ Oscar opening this year. Looking back on previous Oscars where hosts like Billy Crystal, Hugh Jackman, and Seth Macfarlane delivered epic open-

ings that in some way combined all the major nominees, I couldn’t help but feel a bit let down by this year. Instead, we got Justin Timberlake singing that song that radios have already played to death. He was one of the several performances, all of them nominees for Best Original Song. The standout in my mind was Moana’s Auli’i Cravalho, who at the age of 16 managed to give a downright impressive performance, even shaking off being smacked in the face by a flag-waver mid-song. Oh, and that Hamilton guy rapped a prologue for her, so that’s pretty cool, I guess.

There were a decent amount of surprise wins this year, beginning with the modern classic Suicide Squad taking home an award for Makeup & Hairstyling. It appears that we all just didn’t appreciate the true quality in writing “damaged” on Jared Leto’s forehead. This also means that the DC movies now have a 1-0 lead on Marvel in terms of Oscars, as their only nominee this year Doctor Strange lost out to The Jungle Book.

Many were also disappointed in Denzel Washington’s loss to Casey Affleck for Best Actor, and it’s evident that Affleck wasn’t expecting the win seeing as how barebones his speech ended up being. I’m sure that Casey can’t wait to rub it in his brother’s face that he’s now the first Affleck to win an Oscar for acting. Hacksaw Ridge ended up being something of a surprise, as it took home two awards (Sound Mixing and Film Editing), so to paraphrase comedians John Mulaney and Nick Kroll, “it appears that it only took Hollywood eight years to forgive Mel Gibson”.

Seeing first-time winners like

Mahershala Ali, Viola Davis, and Emma Stone give such impassioned speeches was what made this year truly worth watching for me, not to mention the slew of fantastic films nominated. Even with many of the nominees ranging from somber to downright depressing, nearly every one of them pushed the art form to its limits in order to provide us with the very best end result. Here’s to another year of quality cinema entertainment.

.... You’re waiting for me to talk about the Best Picture win, aren’t you? I’m sure as many of you know, La La Land was initially announced as this year’s Best Picture recipient, only to be told mid-speech that Moonlight was the actual winner. I myself didn’t believe what I was seeing until the envelope was shown. I feel bad for several parties – La La Land, Moonlight, Warren Beatty, and that one accountant who most definitely got fired for that blunder. Steve Harvey and M. Night Shyamalan jokes aside, Moonlight was a spectacular film and was absolutely deserving of Best Picture.

Even though I personally was rooting for La La Land, there’s no denying that Moonlight is a powerful work of art, and comes at my highest recommendation to those who haven’t yet seen it. The fact that La La Land took home six awards just goes to show the level of appreciation that the Academy had for the film, so it’s not as if it was ignored in any way. In the end, no accolade will definitively make a film better or worse. So whether you go out and watch La La Land, Moonlight, or even Suicide Squad, it doesn’t matter what anyone says about them. It’s up to you, the viewer, to enjoy the film.

Students Wow Judges at Shakespeare Competition

by Katie Handler ‘17

The Amity Regional High School Media Center became home once again to the Amity Shakespeare Competition on Tuesday, February 7th. In this annual competition, students across all grades volunteer to memorize a Shakespearean monologue or a two-person scene. This competition feeds into the National Shakespeare Competition Greenwich Branch, in which students compete for a spot at the National Competition hosted in New York.

This year, the Amity competition had about twenty contestants and an audience of about fifty students. The judging panel, composed of Amity Principal Anna Mahon, Librarian Robert Musco, and English teachers Emily Clark and Tim Gaipa, awarded first place to senior Yuliya Faryna and second place to junior Maren Westgard. Junior Haegan O’Rourke placed third. First place and second place earned spots at the Greenwich Branch Competition, which took place on March 1st.

Faryna performed Queen Margaret’s monologue from Henry VI at the Amity competition and Helena’s monologue from All’s Well That Ends Well, along with Sonnet 14 at the Greenwich competition.

She said, “It’s a lot of fun to watch the performances because not only do you get to see the contestants’ hard work,

but you’re also able to learn from them.”

She continues that she was “honored to be competing again with all the talented students that enjoy Shakespeare



Yuliya Faryna ’17 and Maren Westgard,

in ’18 at the Greenwich Branch Competition. Photo by Julie Chevan

always about winning. The process can be worth just as much.

When asked how she memorized these monologues, Faryna explained that she has photographic memory and views it as structural. However, at the same time, memorization is “a lot easier when you connect emotion and action to the word. It also makes it more enjoyable for the audience,” she added.

All of the contestants’ work paid off. Ali Hagani (’18), who performed a scene with a friend, stayed to watch the other performers. She said, “It was amazing to see so many people channel their inner Shakespeare; it was really inspiring.”

The National Competition was established in 1983, with a mission of helping students develop skills in communication and learning to appreciate “the power of language and literature,” something the students at Amity definitely achieved this year.

Leo Club Helps Community

by Susanna Liu ‘17

Amity Leo Club is the Woodbridge Branch of the Leo Club. It consists of about 15 members—mostly seniors and juniors. The club’s co-presidents are Alicia Chen ’17 and Maren Westgard ’18. The club’s main goal is to serve our community and organize various activities such as volunteering at the VA Hospital, playing bingo with veterans, facilitating other activities with the elderly at nursing homes like The Willows and the Coachmen Square.

In the summer, the club members are still active outside of the school year by volunteering at Woodbridge concerts on the Woodbridge Green to face paint and entertain children. In the winter, they have an annual food drive for the unfortunate during the holiday season. However, the main fundraisers the Leo Club holds are the food drive and clothing drive.

Qingli Hu ’18 said, “The food drive is for the holidays in December, and the food collected are arranged into food baskets that go to local families in need. The clothing drive benefits the homeless in New Haven. In addition, during Thanksgiving, we decorate a Christmas tree for

the Ronald McDonald house in new haven that gets auctioned, and that money goes funding the place where visitors of patients in Yale New Haven Hospital can stay for free.”

The club also spreads kindness



Back Row Left to Right: Jen Diblanda, Henry Westgard ’20, Jason Luciani ’19, Jason Lee ’19.

Middle Row Left to Right: Sebin Park ’18, Yuqi Zhou ’18, Amy Ky ’17, Jason Ky ’19, Priti Khire ’17.

Front Row Left to Right: Qingli Hu ’18, Maren Westgard ’18, Amy Chen ’17, Evelyn Luciani ’17, Alicia Chen ’17.

Contributed Photo.

among its members. “We raise club activities and materials for the club such as T-shirts, pins, and prizes for the people who volunteer at our club,” said Amy Chen, the treasure of the Leo Club. She added, “Leo is fun and the people are really energetic.”

For the next event, Leo Club members are preparing to sell duct tape pencils and handmade bags at a table during lunch periods. This is to raise fund for their medical closet business. Chen says, “I hope the business really takes off. We are

still collecting donations right now.”

While the club has expanded in recent years, Chen realizes the difference in meeting times in comparison to other clubs at Amity.

“The current schedule works

well for me, but I know that some students can’t participate due to a lack of transportation. The meetings aren’t held at school, but rather in the Amity Teen Center. Kids can take the late bus there but may not have a ride home. Currently, we’ve been giving each

other rides, but I hope in the future, we can involve more participants by perhaps hosting extra meetings at school!”

Although the Leo Club has accomplished a lot over the year already, many members hope the spirit of service continues to make an impact in the local community.

“I hope Leo Club can become more involved in the community as a whole and I hope our non-profit will continue to expand,” Evelyn Luciani ’17 says.

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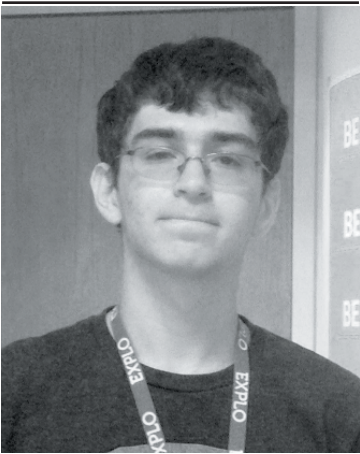
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At the Movies With Tyler Jennes: Logan

by Tyler Jennes ‘17



Over 17 years ago, a then-unknown Australian theater actor named Hugh Jackman was cast as Wolverine. After having appeared in nine X-Men films, Jackman is hanging up his claws. His last film portraying Logan is simply named Logan, and if there was ever a film to go out on, it's this one. X-Men as a film franchise has seen some genuine hits as well as duds. Surprisingly, this film is able to reference the entire history of the franchise, warts and all. Put simply, this movie marks the end of an era. It's a perfect bookend to the character, as well as a brilliant analysis of what it means to be "the best there is at what he does".

The acting in this film is top-tier, with both Hugh Jackman and Sir Patrick Stewart giving the best performances that they ever have in an X-Men film. Taking place in 2029, the characters of Logan and Charles Xavier live in a world where mutantkind has been near

eradicated. At several points in the movie, they reflect on how they've changed as the years have progressed, both mentally and physically. Both actors are able to give heartbreaking and memorable speeches during the film's runtime, and to me it's not unreasonable to say that if this didn't have the stigma of being a comic book flick, it could very well be in contention for awards. Logan is able to elevate the franchise to heights that will be incredibly difficult to top, and has a level of respect and care for the source material that I haven't seen in a long time.

From a story standpoint, the concepts in this film mark some of the best I've seen in any piece of X-Men media. The movie itself takes the most inspiration from the 2008 graphic novel Old Man Logan, a gritty dystopian tale featuring an aged Wolverine. Seeing as how the comic was chock-full of Marvel Studios-owned characters that 20th Century Fox doesn't have access to, the writers had no way of making this a direct adaptation. The result is instead a completely new story, taking only the framework of the source material in order to make an epic of an analysis on the character.

The film pulls zero punches, showing Wolverine in his full glory. Gone is the bloodless slashing, with this being one of the roughest action films in quite a while. This was the definitive Wolverine story that X-Men Origins: Wolverine failed to be. It makes the wise decision of structuring the film as a western, even going so far as showing clips from the iconic 1953

cowboy movie Shane so as to pay homage to its influences. And of course, the film features the long-awaited screen debut of X-23, the genetic female twin of Wolverine in the form of a pre-teen. She is one of the many highlights of the film - taking part in several of the film's key action scenes. The child actor portraying her, Dafne Keen, was able to pull off the character with flying colors, as she nails every nuance of the character from the comics.

It's been documented that director/co-writer/producer James Mangold fought to get this movie its R-rating. His reasoning was that in order to tell the story properly, there could be no sanitization involved. He was willing to make the film as low-budget as he could in order to achieve the creative freedom he desired for the film. Luckily, the heads at Fox realized that he was correct, and gave him all the resources he would need in order to do justice to the story.

It's also interesting to note that Mangold's previous Wolverine film, The Wolverine (2013), was vastly improved by its R-rated extended cut. So if films like Logan and Deadpool prove anything, it's that an R-rated superhero film can absolutely be just as profitable as its PG-13 brethren. It's my hope that this opens the door for more creative freedom in future comic book films. And now, finally, Hugh Jackman can rest easy knowing that he has made the most definitive film for his most iconic role.

Final Verdict: 9.5/10

National Art Honor Society Creates Cards for Cancer Patients

by Kate Yuan ‘19

The National Art Honor Society gathered on Friday, February 24th to create hand-made get-well cards for cancer patients which were sent to Smilow Cancer Hospital in New Haven.

Sometimes, people must stay in the hospital for months at a time receiving the proper treatment. This can be especially tough for kids who may not be used to this setting quite yet, and their treatments may be strict, preventing them from going outside or playing around very often.

To help brighten these children's days, the National Art Honor Society, including co-presidents Charlotte Ghoram



Charlotte Gorham '17 making a Card for Smilow Patients (Photo Taken by Padmini Balaji '17)

and Cassie Marry, decided to use their creativity and send cus-

tomized cards to the patients at Smilow.

Ghoram said, "The society gathered on Friday to paint, draw, and toe and finger paint cards, as get well presents for cancer patients."

To the members or the Art Honor Society, it may have been just doing something that they love - creating beautiful art - but to the recipients of the cards, it could mean much more.

Senior Jackie Snow said, "I hope the cards can add an extra smile or two to a kid's day."

Art is a beautiful medium that spreads joy in a creative way. Amity's National Art Honor Society shared their gift with patients at Smilow, adding something special to the patients' days.

Artist of the Month: Carys Alsgaard

by Emily Criscuolo ‘19

February's Artist of the Month is Amity senior Bianca

Society hosted in October.

Gibbons-Morales plays an active role in many art related activities here at Amity, as she is the Vice President for the



Ceramic Bowl Made by Bianca Gibbons-Morales ‘17

Gibbons-Morales, nominated by ceramics teacher Jessica Zamachaj.

Gibbons-Morales has shown an interest in art since her freshman year, having taken the following classes: 3D sculpture, Photo I, and Ceramics (including Intro, Advanced, and Honors), in addition to Materials Function and Design.

The featured photo shows one of Bianca's favorite pieces. She enjoys working with ceramics and made several bowls for the Empty Bowls fundraiser, which the National Art Honors

National Art Honor Society, as well as the head of the costume crew for the play this spring.

What's in store for this Amity senior?

She is currently working on a bust of an unannounced person, which hopefully will be revealed in the coming months. She hopes to continue taking art classes in college, and is considering minoring in some art-related studies.

If not, Gibbons-Morales says that she "will definitely continue to make more things like this on [her] own time."

Local Artist Visits Amity

by Rosie Du ‘19

Gar Waterman, an artist from New Haven, recently visited Amity on March 6th to give a talk to art students about his sculptures, which recently have been more focused on the micro scale.

Waterman said, "Most of my art is inspired by nature." When he was younger, his family lived in Tahiti for a year for his father's job. The marine life Waterman was exposed to led him to his early work. One of his earliest pieces of a big fan shaped lamp was inspired by the huge sponges he saw attached to rocks when he went scuba diving off the coast of the island.

Waterman introduced the method of scale shift, which is usually done when a piece of art is made into a bigger size, "taking the mundane and make it heroic." He uses this technique in his artwork a lot, such as an exhibit he made for PayPal, when

he caste shapes of currency notes centuries ago and turned them into enormous glass sculptures.

Waterman combines his interest in the natural world, whether it be insect exoskeletons or marine life, and his passion for sculpting to create masterpieces. He hope that by showing the beauty of creatures people do not like, such as beetles, he can encourage acceptance and open mindedness.

Zoe Franklin, a sophomore who attended the event, said, "I found it interesting that his inspiration came from his childhood. Also i was impressed by the patience and the work that the artist put into his pieces because it just seemed like a really tedious process."

Waterman ended by saying, "The natural world is this vast resource.... That can lead you down some really interesting paths." He hopes that the experiences he shared will perhaps inspire Amity students and their own artwork.

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Fans and Families Give Spartans Great Send-Off on Senior Night

by Nick Ricciardi '20

Amity basketball's senior night festivities kicked off on February 20 as the Spartans hosted the Southington Blue Knights in front of proud parents of Amity seniors and a large, rowdy student crowd. Seniors walked onto the court with their families to the audience's thundering applause. After warm-up and "hype up" huddles from both teams, it was time to tip off.

Southington won the tip, but it was stolen by the Spartans and then dunked in quick succession. Although the game started off with a bang, the game saw a lull until Tyler Thomas ('18) and Bobby Kirpas ('17) rang in a three-pointer each, getting the ball rolling for the Amity offense. Due to Amity's strong defensive ability, lots of turnovers were forced, providing plenty of 3-point opportuni-

ties to Thomas who continued to make deep threes well into the 1st quarter.

Although Southington scored here and there, Amity was dominating. In the highlight of the first quarter, during a Southington possession, Kirpas was able to steal and the pass the ball to Thomas for an electric dunk, putting on a show for the crowd. At the end of the 1st quarter, Amity held a towering 23-6 lead.

Southington had possession of the ball to begin the 2nd quarter and began to find their rhythm, making more shots and playing better defense. The

Amity was quiet for a few possessions until a sharp pass to Teddy Weber ('17) was sunk in the paint for an easy 2 points. Amity fans held their breath when Thomas took a hard fall driving to the basket, but were relieved to see he wasn't hurt after he got up. Southington continued to run the clock down and chipped away

an Amity foul on Southington. The Spartans fought back as Colin Beaulieu ('17) had a defensive rebound and then got fouled. Kirpas drained a 3 off of

ended with Amity leading by 42-31.

It was Southington's ball to start the 4th quarter and they scored fast and early. Nick Hurril ('18) got an offensive rebound which he then passed it to Thomas for another triple. Seeking to dramatically reduce Amity's lead, a Southington player tried to take a shot a few feet outside of the three point arc. After he airballed and completely missed the hoop, he met loud taunts from the Amity fan section.

In a stellar defensive performance, Beaulieu made an impressive block then passed it to Weber who swung it to John Ahern ('17), who then got fouled and scored both foul shots. Thomas had his 3rd electric dunk of the night over a Southington player.

In a touching gesture, Amity coach Jeff Nielsen decided to put in all the seniors out of respect for their dedication to the program.

After the final buzzer rang, the scoreboard read 61-44, and the Spartans went home in celebration.



Left: Bobby Kirpas ('17) in action.
Above: Amity Spartans in game against Daniel Hand.
Photos by Dave Phillips

at Amity's once commanding lead. Jack Nolan ('18) lifted Amity's spirits with a 2 point shot to end the quarter 27-19 in Amity's favor.

The 3rd quarter started with

the inbound. Southington found themselves at the free throw line pretty frequently during the 3rd quarter and had to try to ignore a loud fan, screaming to distract them. Thomas was on fire again and slam dunked the ball once more, met by Amity cheers and groans from the Southington Fan Section. The third quarter



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Wrestling Team Sees Improvement

by Jacob Gross '18

The majority of Amity's sports teams enjoy large teams, expensive equipment, and school wide renown, making their athletic participation easily recognizable to everyone in the school. Many students know how these popular teams are performing, who their coaches are, and who the star players are. Amity's smaller teams, although less well-known, are no less exciting. Take the wrestling team, for example. With a roster of only eighteen, this tight-knit group may not be as prominent - at least at a glance - but their story is far from boring.

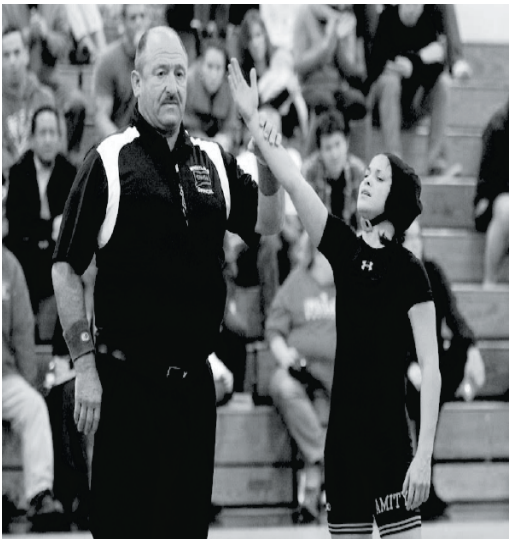
Under the guidance of Head Coach Roddy and two other assistant coaches, the wrestling team enjoyed a season much better than past years. A 12-12 win/loss record puts the team at a 50% win rate, which may not seem impressive at first glance. However, according to Matt Rothman ('18), this is the first year in a couple where the team has made the

0.500 hurdle. Individually, each athlete has a win/loss record, decided at meets, where the total performance of Amity wrestlers contributes to whether the team itself wins or loses. Although

Prep was not the final match for everyone. The two girls on the team, Shayna Goldblatt ('18) and Claire Jackson ('20), wrestled in the Girls State Open Tournament on March 5 at New London High School. Goldblatt and Jackson placed 2nd and 3rd, respectively, in their weight classes.

Goldblatt joined the team during her sophomore year, and she says it has been an outstanding experience. She continued that going to the girls tournament was quite different, because "going in and wrestling girls is a whole other world. And it was amazing to finally have the chance to shine and truly show what I can do and hit the moves that I want to hit." Goldblatt says the the boys have been very accepting of her, and when Jackson joined this year, the two bonded and experienced the season together.

As she looks forward to her final season, she remarks that being on the team has been the best experience of her high school career. Rothman says, "We're basically a family. We may fight and we may yell at each other, but at the end we're all brothers and sisters and we all love each other."



Above: Shayna Goldblatt ('18) at the Girls State Open. Photo by Terri Miles.

Right: (left to right) Claire Jackson ('20), Coach Ryan Roddy, Shayna Goldblatt ('18). Photo by Mitch Goldblatt



the season is over now, it ended on a high note; the team won its final match of the year against Fairfield Prep early last month. Rothman says, "We're on the road to improvement. We're finally getting the right attitude in the room... and we're definitely excited for next year." The match at Fairfield

Swimmers Prepare to Take the SCC Championship

by Jordan Conn '18

The Amity Boys Swimming and Diving Team has had a very strong season thus far, with a record of 8-4. They look to continue their success into the SCC Championship meet and the State Opens. The Spartans are captained by Zac Babbitz ('17) and Matt Hill ('17), with Colin Roy ('18), Kevin Yanagisawa ('18), and Dan Madsen ('17) also stepping up into big leadership roles. Some other strong contributors this year for the Spartans, along with previous swimmers, were Sergey Savelyev ('17), Casey Donovan ('20), Tyler Roy ('20), and Shiva Gowda ('19).

Their last win came in a competition with Xavier. The meet was at the Wesleyan pool, which is also where the state meet will take place, so it served as preparation for the state meet. Senior Captain Matt Hill said, "We had multiple season best times in that meet." Their best meet of the season was at home against North Haven. Although they did not win, they had 15 best times amongst 24 of their swimmers. In the 50 Yard Freestyle, Madsen achieved his record time with season finishing in 24.25 seconds, beating his previous best by .53 seconds. In the 100 Yard Freestyle, Tyler Roy finished in first place and broke his own

record this season by 4.19 seconds. His older brother, Colin Roy, also claimed first place against North Haven in the 100 Yard Butterfly. The SCC Championship meet took place on Wednesday, March 1st, at Southern Connecticut State University. Hill said, "We had a strong regular season and going into the SCC Championship we wanted to use that momentum. To prepare, we decreased the distance we swam per day to stay fresh and rested for the big meet." The Class LL State Championship Finals takes place at Wesleyan University on March 14, at 6 p.m. The Spartans look to continue their successful season into that meet.

Amity Boys Hockey Comes to a Close

by Anthony Tom '19

So far this winter, the Amity hockey team has a 6-14 record, narrowly qualifying them for participation in the State Tournament. Before the season began, the team took a trip to Germany. On the trip, the team saw German sights such as the BMW museum and Dachau concentration camp. Various team members expressed their enjoyment of the activities, and others remarked on the historic significance of the Dachau camp or appreciated visiting castles. While abroad, the Spartans participated in contests with German hockey teams, as well. The hockey program will face a devastating blow as longtime coach Gary Lindgren will be stepping down from his position af-



Spartans celebrate after a goal. Photo by Kellie Martino

ter this season. One member of the team, who chose to remain anonymous, stated that "Gary has been an asset to both the hockey team and Amity as a whole. The coming years will be exciting to see as the [h]ockey team will turn a new page and wishes the best for Gary."

In the midst of one of its most exciting and eventful seasons in its history, the 16th-seeded Amity hockey program hoped for success in its playoff game against number-1-ranked East Haven in the 2017 Division II CIAC Boys Hockey State Championship. Unfortunately, the team lost the game on March 7 with a final score of 8-0. Amity will now turn over a new leaf, playing under a new coach and looking to improve in the coming seasons.

Spartan Runners Tear Up the Track

by Matt Hill '17

The Amity Girls and Boys Indoor Track teams both finished up successful seasons at the State Open meet. The Open concluded a rigorous postseason that began with the SCC Championship and continued with the Class LL Championship. The boys and girls finished sixth and seventh respectively at the SCC meet. For the SCC meet Julia Potter ('19), Natalie Iwaszkiewicz, Nicole Koshes ('18), Jenna Ciola, Kyle Beaudette ('17), Andrew Burford ('18), Jake Mattei ('18), Daniel Koproski, Askia Sierra ('19), Matthew D'Onofrio ('17), Joesph Antaya ('17), and

Zachary Bailey ('17) had top five finishes in their events. They followed up this success at the state meet. The boys finished 8th and the girls finished in a tie for 19th place. Even though neither team finished in the top five they both competed very well with multiple personal records by the competitors. Iwaszkiewicz, Amy Chen ('17), Beaudette, Sierra, Antaya, and Bailey all advanced to the highest level of competition: the State Open. Both teams used this meet as a way to close out a great season. They are both likely to continue their success during Outdoor Track this spring.

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