

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

March 11, 2020

Narrative 4 Promotes Empathy for Students

by Nicole Grosso '22

Narrative 4, a program aimed at teaching empathy through storytelling and art, was brought to Amity on Wednesday, February 12th. The program, headed by English teacher Jennifer Bonaldo, was brought to extended Spartan Seminar classes by trained student facilitators.

Grace Lodewick '22, one of these facilitators, explained that students who volunteered to lead the program within their Spartan Seminar classes were exempt from two class periods so they could be trained to help lead Narrative 4 in their respective Spartan Seminar groups.

"They explained the

foundation for the program, then took us through a story exchange ourselves," said Lodewick.

In the first part of the training, the two facilitators from each Spartan Seminar exchanged stories with each other. Then, a couple weeks later, they could choose to share their partner's story with the group. This process was ultimately replicated in Spartan Seminar classes where the facilitators gave directions and asked questions to maximize students' understanding of the activity.

Narrative 4 has held programs in schools and workplaces all over the world; thus far, Narrative 4 has been done on

Continued on page 2

OBOA Trivia Night Challenges Students, Faculty

by Jennifer Xu '21

One Book One Amity's first Trivia Night was held on January 31st, attracting students and faculty alike for a night of questions and prizes.

Student teams and faculty teams of six people or less competed against one another to determine who had the most knowledge.

Samantha Hass '21, a One Book One Amity club member, said that Trivia Night was designed to be a "fundraiser for future programming," as well as a fun event for students and teachers.

The evening was run by Heather Persson, a professional trivia moderator, Amity alumna of 1995, and math teacher from Daniel Hand High School. Teams were asked questions in five different categories: music, food, current events, One Book One Amity, and Disney. Nine teams worked to earn as many points per category as possible.

Participants enjoyed a DJ and refreshments and had a fun time answering the questions.

Rose Parady '21 said, "I really enjoyed being able to spend time with my friends and my teachers." Prizes included

Continued on page 2



Jack Ranani '21, Sydney Cohen '21, Evan Gorelick '21, Samantha Hass '21, Nicholas Matalote '21, and Jacob Silbert '21 won One Book One Amity's first Trivia Night.

Photo by Bethany Qian '21

Introducing Miguel Pickering Amity's New Associate Principal

by Audrey Marin '22

Miguel Pickering became the new Amity Regional High School Associate Principal on February 10th, 2020 after Dr. Jason Tracy left to become the new Principal at Amity Middle School in Bethany.

Pickering started his

career as a language arts teacher at Bridge Academy in Bridgeport. While many new experiences came with his first teaching position, Pickering wanted to make a larger impact on the school community as an administrator. He then

Continued on page 2



Miguel Pickering is the new Associate Principal at Amity Regional High School.

Photo by Audrey Marin '22

Science Research Students Shine in Mock Fair

by Melita Collins '21

The Amity Science Research Program is an elective course offered to students with a passion for science.

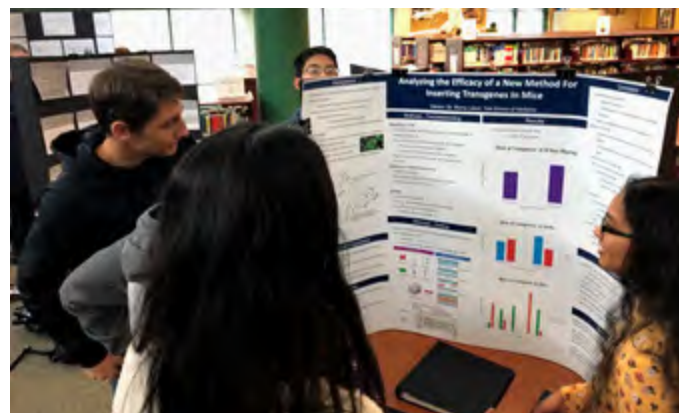
Under the supervision of teachers Catherine Piscitelli and Nicholas Shamp, students are able to research and establish fundamental skills in scientific research and engineering by designing and conducting original projects.

Students are also given the opportunity to attend science fairs, such as CT STEM, to share and potentially earn special recognition for their work. In preparation for the CT STEM, students showcased their work for the Amity community during this Mock Fair.

The Fair took place in the media center on February 2nd during student's respective Science Research class periods. Students presented to those who attended and received questions and feedback

to prepare for their upcoming CT STEM Science Fair.

Science Research students found this experience helpful. Srilekha Kadimi '21 said, "The Mock Science Fair [was] a fun way to get practice presenting our project before the actual science fairs."



Science Research students present at Mock Science Fair.

Photo by Catherine Piscitelli

Jodi Liu '20 had a similar opinion, saying, "The Mock Science Fair was good practice for the actual CT STEM. It helped me prepare. . . and it was also fun to show off my research because I'm proud of what I have done."

One difference about this year's Science Research pro-

gram is the addition of new teacher: Nicholas Shamp who joined Amity this year and is impressed with the program.

"I like the idea that I have gotten a chance to explore more than just one type of science and help students do something that I wasn't able to do until my master's year of college," he said.

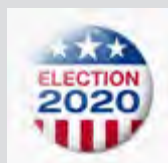
Along with helping Science Research students prepare for CT STEM, the fair inspired attendees.

Mattea Salati '20 found the experience very beneficial. She said, "It was very relatable for me because I am in the AP

Capstone course conducting my own research as well, so I found it helpful to listen to their different views in a variety of research topics."

This year's Mock Science Fair was a success for many, and Amity Science Research looks forward to future Mock Science Fairs.

IN THIS
ISSUE



2020 Election
Opinions, 4



Teacher Profile
Features, 5



Movie Review
Arts, 9



Girls Hockey
Sports, 11

Introducing Mr. Pickering

Continued from page 1 took a principal position at Trailblazers Academy, a small public charter middle school in Stamford.

Pickering reflects, "I had the chance to work with some amazing people and had the opportunity to learn a lot about helping to run a school." Pickering stayed at Trailblazers until its closing this past July, at which point he took a principal position at Kenneth B. Clark Academy in Dobbs Ferry New York.

Pickering made the transition to Amity in search of a larger school with more potential interactions with students. He looks forward to the opportunity to operate as part of a team, saying, "In all of my experiences the thing that I enjoyed the most is the camaraderie of working with people toward a goal. In my last position as a principal in a small school I felt at times isolated, so when I interviewed and got an opportunity to feel the sense of teamwork here, I was extremely excited."

Amity is the largest school that Pickering has ever been an administrator at, and he looks forward to the opportunity to contribute and learn as part of a larger school community.

Principal Anna Mahon interviewed a variety of both internal and external applicants for the position. She hosted a meeting with student government representatives in the principal's committee to discuss some qualities the students

deemed important in an associate principal. Students noted that the ability to connect with students is a major quality that would be important in an associate principal.

Mahon elaborated on this position, saying, "The role of the associate principal is dependent on building positive relationships with members of the school community, particularly students, staff and parents. It also entails being a strong educational leader, understanding the intricacies of school functions, and being passionate about teaching and learning."

Ameya Menta '20, student leader of the principal's committee, agreed. "Our school wanted to see an associate principal who had open communication with the students, an approachable manner as well as authoritative without being feared," she said.

Pickering made a great impression and stood out as a clear candidate. With ample experience in the educational field, he was prepared and excited to get the chance to know Amity students.

Mahon said, "Mr. Pickering has a breadth of experience at the classroom and building administration level. He also has strong interpersonal skills and an authenticity that is impressive."

Students look forward to seeing Pickering's contributions to the Amity Regional High School community as he adapts to his new position.

Narrative 4 Promotes Empathy for Students

Continued from page 1 four continents, in 12 countries, and 18 states.

The program is based around the concept that "The one true democracy we have is storytelling. It goes across borders... everyone has a story to tell" according to President and Cofounder Colum McCann.

A recent survey by the Yale Center for Emotional Intelligence shows that schools that have consistently used Narrative 4 have better classroom climates and the students in Narrative 4 schools tend to

feel less negative emotions.

Audrey Marin '22, one of the students who participated, said, "It was fascinating to hear and experience the stories of others in a new way. It helped me to understand the true meaning of empathy."

JC Rodriguez '22 agreed, calling the story exchange a "very good experience."

"It served as a reminder that if empathy is a goal that people want to achieve, then the key is to truly listen to others," Rodriguez continued.

Amity looks to continue incorporating Narrative 4 to promote empathy even further in future events.

Chess Team Competes in Tournament



The Amity Chess Club competed in the CT State Scholastic Championships on Saturday February 29th at the Hopkins School in New Haven. Beginning chess player Sam Epstein '20, went undefeated in the unrated section and won 2nd place. Veteran players Christian Chen '21 and Daniel Li '20 placed 2nd and 3rd in the ranked section.

Photo by Danielle Lee '20

OBOA Trivia Night Challenges Students, Faculty

Continued from page 1

gift cards, mini trophies, and tickets to a haunted house.

In the end, two teams, one of students and one of faculty members, prevailed over the others.

The student team, When It Rains It Poes, consisted of juniors Samantha Hass, Nicholas Matalote, Sydney Cohen, Jack Ranani, Jacob Silbert, and Evan Gorelick.

Matalote said, "It was a lot of fun and a great way to fundraise for OBOA."

The faculty team, The

PowerSchoolers, consisted of Math teacher Joycelyn Romero, English teacher Ken Clark, Librarian Victoria Hulse, Ken Hulse, and Reading teacher Nicole Raiola.

William Zhang '21 said Trivia Night was "craziness" and that "Mrs. Romero's group dominated the entire thing."

Amity hopes to hold more Trivia Nights in the future. OBOA adviser Julie Chevan says that in nights to come, "it would be fun to have some 'intergenerational' teams." OBOA looks forward to future events.

Program of Studies Fair Helps Underclassmen Select Courses

by Emily Paolozzi '21

The Program of Studies Fair took place in the main hallway on Friday, February 6th with tables showcasing different courses and extracurriculars that Amity has to offer. Courses specific to soon-to-be seniors like Psychology as well as those open to students of all grades like Broadcast Journalism had tables with posters, signs, and even TVs or cameras to give students a better understanding of what was to be expected in the course.

The elaborate setups also helped engage students. "[The event] really showed me the vast number of classes and programs that the school has to offer," said Alessandro Rivera '21.

The Program of Studies Fair started five years ago to give students a better idea of what each course entails and "also to get students planning for, excited for, and thinking about the following school year," said Principal Anna Mahon.

Although Amir Jarad '22 already had predetermined decisions about his courses for next year, he decided to

attend the event as "it [still] had a slight influence" on his selections.

Shannon Carrier '22 said that visiting the different booths and discussing course details with her fellow students made "more of an impact than just reading about [the courses]."

The event mainly attracted underclassmen. Many were there to get an idea of what classes to choose for the next school year.

Some students, like Grace Blanchard '21, were behind tables explaining the courses. Blanchard stood at the Amity Creative Theater table, encouraging peers to join the Amity theater program.

The founders of the Program of Studies Fair on the Building Leadership Team have discussed more effective ways to highlight electives while getting the student body excited for course selection.

"We would love to entertain other ideas (from students) as to how to reach these objectives," said Principal Anna Mahon.

After this year's Program of Studies Fair, the students of Amity were fully equipped to select courses for the 2020-2021 school year.



Physical Education Department Chair Sean Mahon stands at a table for Unified Physical Education.

Photo by Joy Shane

What It Means to Be American

by Weiss Yuan '21

America today has become completely divided, with civility nearly nonexistent in partisan politics. Gone are the days of the importance of civility and decency before winning elections.

An example that comes to mind is when Senator John McCain defended his opponent, Barack Obama at a rally. Obama was accused of being "Muslim" by a bigoted supporter of McCain, but McCain spoke out against his base, even when he was behind in the polls. In contrast, we are now embattled in political chaos, disarray, smears, and attacks; interpolated in the political divide that forgets almost everyone else between two extremes.

In these times, I want us to all remember what it means to be an American, what connects us, and the values that we share. Politics shouldn't be focused on what divides us the most, nor what the

two political extremes react best to, but instead on what brings us together while focusing on the common-sense ideas that most Americans can agree on.

My parents immigrated to this country to live the American dream. From there, I was born in Milwaukee which is the very city that will host the 2020 Democratic National Convention. This country, to me and many others, was a country of hope and prosperity, with a strong vision of unbounded and limitless potential, offering the freedoms and liberties no other country on Earth offers. This country was the land of Lincoln, the home of the brave, and the land of the free. A country of faith and devotion to our creator where goals can be met, our dreams can be reached, and the impossible can be conquered.

This is the America our parents and so many of those before us have experienced, but this is an America that we are slowly forgetting.

Being an American also means being together. It is the idea that we are part of a larger American story, the idea that we are the United States of America with the motto E Pluribus Unum: out of many, one. This is the country of assimilation where people from all walks of life can come to be part of its greatness, work hard, and achieve the American dream. It is imperative the country does not stray from these ideals.

To close, here's a quote from Ronald Reagan that I'd like to share: "America represents something universal in the human spirit. I received a letter not long ago from a man who said, 'You can go to Japan to live, but you cannot become a Japanese. You can go to France to live and not become a Frenchman. You can go to live in Germany or Turkey, and you won't become a German or a Turk.' But then he added, 'Anyone from any corner of the world can come to America to live and become an American.'"

The Impact and Future of COVID-19

by Mason Zhang '21 and Hyunjin Kim '21

Ever since it broke out in the Chinese city of Wuhan, cases of the coronavirus have seen an unexpected spike in magnitude. It has spread, infecting people all over the world in countries like Italy, South Korea, and Iran. This surge of coronavirus has led to widespread fears that are largely responsible for the tremendous economic and social impacts of the virus on a global scale.

China's workplaces are in a state of inactivity, with people isolating themselves at home. Cities in China are like ghost towns, and consequently, many major transnational corporations like Apple have suffered because of the paralyzing effect of the coronavirus. Almost all stocks plummeted significantly and the Dow Jones Industrial average had one of its worst daily point drops in, finishing 1031.6 points lower.

This economic slump is largely due to investors' fear of coronavirus, with the CBOE volatility index and Wall Street fear gauge at a

one year high.

Although there are nearly 80,000 cases worldwide and 2595 deaths in China, this fear is largely unfounded. Though the world was initially unprepared, the global response is now largely adequate. Italy, China, and the United States have taken great preparations in terms of medical resources and safeguards to contain the disease. Even though it was believed researching a vaccine would take more than a year, on February 26, a biotech company shipped an experimental coronavirus vaccine to U.S. government researchers.

The impacted nations' colossal amount of human and fiscal resources can substantially mitigate the effects. China was even able to build a 600,000 square-foot hospital containing space for 1000 beds in only 10 days. Such a display of manpower and priority should reaffirm the idea that the coronavirus is not as rampant as it is portrayed and perceived to be.

However, precautions definitely should be taken, as the coronavirus is still spreading quickly and there are areas in the world with

incompetent and unprepared public health and outbreak response systems.

There have also been many conspiracy theories that have stemmed from the outbreak of the coronavirus. Many social media posts have singled out the Wuhan Institute of Virology as the source of the coronavirus because of their study of coronavirus from bats. Many have speculated that the virus was bioengineered in the or a lab worker was contaminated with the virus, further spreading it. A group of public health scientists wrote a letter addressing the unfounded claims. Many have worked to pinpoint the source of the virus to prevent further outbreaks. The recent culprit—the pangolin, a Chinese delicacy—is one contender in their excavation for the source of the virus.

The global effort to contain the virus is an over-reaction and a surrender to primitive fears. Many fear COVID-19 will become a pandemic and a regular disease like the flu. However, we need to not to fall prey to hysteria and proceed with cautious optimism.

THE TRIDENT

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Bernie Sanders: The Wrong Kind of Revolution

by Ali Bowler '22

Currently, Vermont Senator Bernie Sanders is surging in the primaries. Known for his bold policies, civil rights history, and notable accent, Sanders' values have resonated strongly with young Americans, causing him to overtake his fellow 2020 candidates in the delegate count.

Sanders has stirring plans for America and is loved by his millions of loyal followers, and seems to be forging a pathway to potentially securing the nomination. However, I would argue that in doing so, he might also be killing the Democratic Party.

One has to look no further than Sanders' devoted

fanbase to get a sense of the divisiveness that the candidate implores. Followers of the candidate snipe at those who dare support Elizabeth Warren, or, God forbid, Joe Biden. Most of the fans are young, and their loyalty to Sanders makes perfect sense. The message that he sends is what they want to hear.

Similarly, Sanders appeals to young Americans by charging against the issues that are most pertinent to them: student debt, the availability of healthcare, and climate change, to name a few. Unfortunately, because the campaign only pitches that side of the issues to its followers, they fail to recognize the implausibility of the plans.

The blind trust is dangerous, but also understandable. This generation craves comfort for the issues that seem to have no solution, and Sanders' policies appear to offer a rapid resolution.

So, where does this fit into the Democratic Party's stability? I pose you a question: if you did not know that Sanders and Biden were from the same party and instead only looked at their policy plans and speeches, would you think that they were both liberals? Probably not. There's no issue with belonging to a diverse party.

In fact, one of the Democratic Party's most attractive qualities is its range of opinions. Despite this, unification

is vital if Democrats plan to take back the White House in the 2020 Election. Sanders fails to offer such cooperation; he's a proud socialist and has admitted that working with Republicans is not something he plans to focus on when in the White House. His policies leave even experienced Democrats desiring much more.

If he is the Democratic nominee, the party will undoubtedly fracture, splitting into two groups; old Democrats and the new generation of Berniecrats (or democratic socialists).

This might not be an issue at any other point in time. However, at a time where Democrats desperately need

to unify, nominating a candidate as polarizing and radical as Sanders will not just kill their chances at attracting the moderate vote and winning back the White House. It will also weaken Democrats' drive to achieve their party goals.

The Democratic Party is fundamentally divided, and a Sanders nomination will only highlight the cracks in the foundation by putting Trump in the White House for four more years and by destroying any chance of a cooperative liberal fight against the right's policies. The Sanders Campaign prides itself on being a revolution, but is it the right one for America?

Undoubtedly, no.

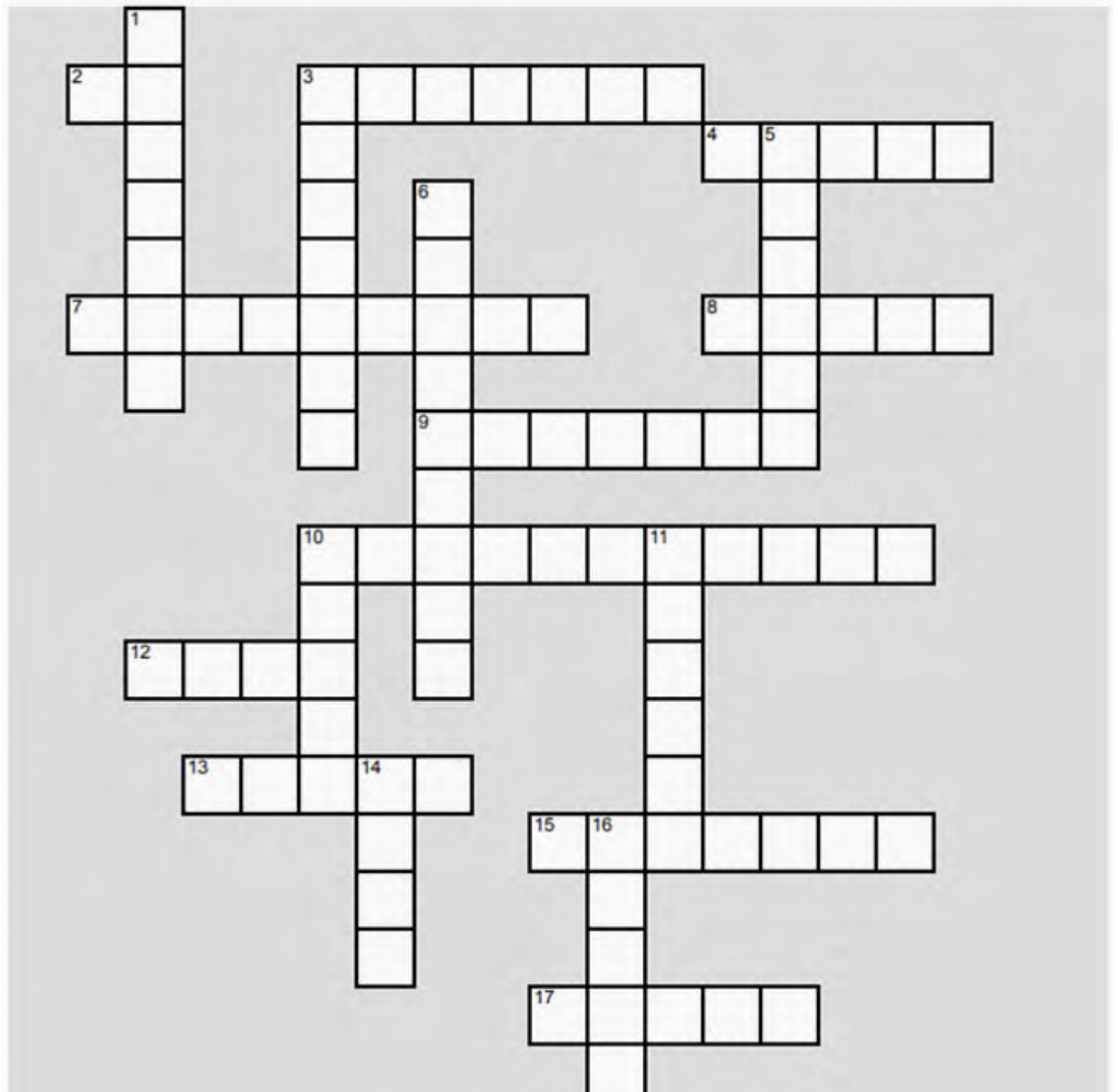
March Crossword Puzzle

by Zachary Garfinkle '22

Good luck to those who attempt this very difficult puzzle!

Pictures of completed puzzles should be emailed to amity-tridentnewspaper@gmail.com.

The first person who submits a correct puzzle will win a gift card!



Across

- 2. Predecessor to the current Supreme Leader of North Korea: Kim Jong-__
- 3. Current Chief Justice
- 4. Grand Apizza of Bethany is on this road
- 7. Graduating class of '22
- 8. Big primary day that was held on March 3rd: _____ Tuesday
- 9. Woodbridge farm
- 10. Number of days in February 2100
- 12. National English Honor Society is running a _____ drive
- 13. Nearby university that appeals to a lot of Amity graduates
- 15. Month without a Trident issue
- 17. Faculty member who was a former Olympic athlete

Down

- 1. President #42
- 3. Boys tennis coach
- 5. Venezuelan leader that the U.S. has pronounced "illegitimate"
- 6. Former Presidential candidate with a media company of the same name
- 10. Location of the 2020 Summer Olympics
- 11. Number of live-action Star Wars movies on the big screen
- 14. Number of "periods" in the APUSH curriculum
- 16. Optional vocational career test administered at Amity

Maison Mathis: The Ever So Popular Waffle Cafe

by Megan Wu '22

If you ever scroll through Instagram and see a picture of people in a beautiful restaurant posing next to delicious waffles, chances are, the picture was taken at Maison Mathis: a popular bakery and cafe which specializes in Belgian waffles. It is conveniently located in New Haven near Yale. After seeing countless pictures of mouthwatering waffles, I took it upon myself to find out what everyone was raving about.

Inviting two of my friends to come with me, we went to Maison Mathis on a sunny Saturday at noon. When we walked into the cafe, we were overwhelmed by two things. First, the ambience. The cafe has a beautiful, clean, and modern interior; it is exactly what I envision an authentic European cafe to be.

Secondly, there were

many people jam-packed in the cafe; the place was extremely crowded, and the seating was cramped. Luckily, we were able to get a table to ourselves, but by the time we left, there were no empty seats available.

When we got to the cash register, the cashier informed us that it would be a 50 minute wait for waffles. We were a bit disappointed (and hungry), but we decided to order them anyway. I got waffles with strawberries and nutella, my friend got chocolate waffles and strawberries, and the other got caramel waffles with strawberries.

We each also bought a Belgian mocha latte. The waffles were upwards of \$12.50 each, and the lattes were \$3.75 each, which were a tad pricey. Furthermore, the cafe does not accept cash, only debit or credit card, so if you decide to eat at Maison Mathis, make sure you bring

a card with you.

Since our waffles would not be ready for about an hour, we had my mom sit at our table to save our seats. For the time being, we went across the street to shop at Urban Outfitters.

Since our lattes came almost immediately after ordering, we were able to sip on them while shopping. Although they were creamy and rich, the drinks tasted like an average mocha latte: nothing special. By the time our waffles came, we were starving, but my friend insisted on taking pictures first. Then, we dug in!

My waffles were light, fluffy, and had the perfect amount of sweetness. The

fresh strawberries added a tangy flavor, while the nutella complemented the dish well. The chocolate waffles were a bit too sweet for my friend's liking, but luckily, the strawberries helped to balance it out. My other friend said the car-

amel waffles were unique and nothing like she's ever tasted before. We spent about half an hour in the cafe talking, taking pictures, and enjoying our meal.

Overall, we thought Maison Mathis was a cute cafe that gave us a taste of what real Belgian waffles should be. They were delicious, unique, and the perfect portion size; furthermore, the waffles were beautiful to look at and aesthetically pleasing. Even though the cafe had a longer waiting time, the wait gave us an excuse to shop at the various stores around New Haven. If you're going to Maison Mathis just for food, I would not recommend going for brunch or lunch, because of the crowds. However, if you're looking to spend the day with your friends shopping, eating good food, and just having a grand ol' time, you should definitely look into Maison Mathis!



Waffles at Maison Mathis
Photo by Megan Wu '22

Jim Clifford Inspires the Future as a Teacher, Lawyer, Environmentalist

by Hanin Anwer '22

Jim Clifford has been a social studies teacher here at Amity for the last nineteen years. Even though most students know him as a Hawaiian shirt-loving historian, Clifford has an accomplished past as a lawyer with a promising future of helping the environment.

Clifford studied at Georgetown University with a major in American Studies in the school's honors program. Since the course was interdisciplinary, he gained an in-depth understanding of American history, literature, politics, art, and sociology, which would prepare him for his future career paths in law and education.

After graduating from Georgetown, Clifford was accepted to the Boston College Law School. However, the scheduling clashed. As he considered attending law school, Clifford was also offered a teaching job at a school in Washington D.C., where he had volunteered in the past to help students with intellectual disabilities.

He needed to make a choice: he could not be in two places at once and it seemed extremely difficult to pursue two demanding careers.

Alas, Clifford was determined to make it work. He was accepted to a law school in Washington, D.C. at Catholic University and decided to attend law school at night.

For two years, he taught students in history classes during the day and studied at the law school at night. It was a stressful time: Clifford's days were filled with preparing classroom lesson plans and studying for all his exams.

However, he skillfully navigated through both professions by integrating lessons learned as a lawyer into his career in education.

Clifford commented, "Having a background as a lawyer definitely helped me as a teacher because I learned how to work well with people and size them up and also work long hours. Preparing for cases would be like preparing for lessons. I developed persuasion skills as a lawyer, which I then used as a teacher."

Within both professions, Clifford also enjoyed the process of argumentation and research.

For a period of time, he chose to pursue a career in law and worked at the National Wildlife Federation as a lawyer, but did not stay there for long because the job demanded eighty-hour weeks, which were challenging to balance with family.

After experiencing a minor health scare, Clifford came to the realization that time is both limited and precious.

This realization, paired with his natural love for teaching, helped Clifford begin transitioning into a permanent career in



Mr. Clifford donning a famous
Hawaiian shirt

Photo by Hanin Anwer '22

education.

He recalled, "I did like the law, but it was too all-encompassing. My full day was tied up, being a lawyer, and I wanted to do more."

His roots as a lawyer help diversify the schools he teaches at. At East Haven High School, where Clifford taught for six years, he would reenact historical cases with students at a courthouse in New Haven.

He used his skills as a lawyer to ask questions using an inquiry-based approach to study cases, which students thoroughly enjoyed.

In fact, the State of Connecticut adopted inquiry-based standards as a framework for social studies courses, but Clifford had been using them in the classroom for over twenty years.

The influence from his years as a lawyer did not end there: Clifford began his own personal study of the civil rights movements eight to nine years ago, which led him to create a group called Exploring Justice.

Every year, students from the Amity and New Haven school districts participate in a week-long program at Yale over the summer to learn about pressing social issues.

Clifford noted, "The energy that these students have is very contagious, and I really love working with students who care

about what they're learning."

Clifford has an impressive past, but his future is just as exciting. Last year, he noticed that the most critical issues for his Exploring Justice group were environmental.

Without sufficient emphasis in United States' politics today, Clifford sought to find a local environmental program, but the lack of such programming was evident.

During his research, he noticed that teachers in New Zealand have been taking environmental issues very seriously for over twenty years and have even embedded them in the classroom.

Inspired, Clifford applied for funds provided by the group Fund For Teachers, which supports teachers' professional growth, helping them gain new skills and knowledge to later impact students.

If chosen for a grant, Clifford will study in New Zealand, return to Amity with a reinvigorated and enhanced understanding of the environment, and incorporate interdisciplinary

lesson plans from New Zealand into his classroom.

Even if he is not funded, Clifford said, "I think I'm gonna go. I'll find a way."

When asked how he would like to see the Modern American History curriculum change, Clifford replied, "I would like to see more applied learning instead of just tests, and I would like to see more concrete applications of knowledge through action projects like what I am doing with some of my classes now."

Clifford's range of skills, experience, and light-hearted personality have made him a personal favorite of many Amity students.

Student Olivia Romanacci '22 commented, "Mr. Clifford has very interesting stories to tell and is good at interacting with his students."

Another student of Clifford's, Elise Annitone '22, said, "He cares about his students and makes history more interesting by doing debates and acting out what happened; he has helped me come out of my comfort zone."

Eesha Acharya '21, who had Clifford last year, noted, "Mr. Clifford has taught me to question what I hear from other people and the media."

"He has taught me how to learn from the mistakes of the past to create a better future," she added.

Debate Team Advances in IPPF Competition

Successful Run Continues

by Melita Collins '21

The Amity Debate Team has made great strides of success for the 2019-2020 academic year in the International Public Policy Forum (IPPF) debate competition. Starting in November, the team was chosen out of more than one hundred teams worldwide to advance in the competition's round of 64.

Come January, they were selected once again for the competition's top 32, debating against teams from Canada, China, Korea, Mongolia, and Vietnam.

This past February, the team, represented by senior Jack Tajmajer and juniors Kevin Lu, Margaret Luo, Arnav Paliwal, Peter Scully, Zhengyang Wang, Weiss Yuan, and Wendy Zhang, advanced to the "Sweet 16" round.

The IPPF is a very prestigious competition, as it is the only debate competition that allows for students across the globe to participate in oral and written debates centered around public policy. This contest results in many rounds of competition, allotting the winning team a \$10,000 prize.

In reaching the "Sweet 16" round of this competition, the team has a chance of reaching the "Elite 8" round, which would award the team an all-expense paid trip to New York to compete in the IPPF Finals.

The success of the debate team is a reflection of the team's hard work and cooperation. To conduct the majority of the research, the team worked in chats on Discord or meetings in which they drafted, researched, and edited essays.

The IPPF debate competition also created many new experiences for its participants.

When asked about his experience, Jack Tajmajer '20 stated, "It's honestly been a really crazy experience because I've done this for four years now and this is the farthest we've ever gotten. It's really cool to see Amity's name recognition increase throughout the year."

"I'm a senior," he added, "so I've definitely had a bunch of other things going on over the months that we've worked on this, so I really have to thank the rest of the team for the incredible amount of effort that they have all put towards each paper and for letting me finish off on a high note."

Another key aspect to the team's success lies in the research conducted by members like Weiss Yuan '21.

He said, "The small details with the sources and articles were really important with IPPF. We often also looked into the sources our opponents cited to check for their inconsistencies."

The IPPF debate competition allowed the debate team to explore new boundaries. For Wendy Zhang '21, what sets IPPF apart from other debate competitions, is the process.

"It was stressful but also very interesting because most of the time in debate we do debates based off of our background knowledge and we only have one hour to prepare. But with IPPF, it's a lot of research and we read a lot of articles to research our topics in depth."

This year, the Amity debate team continues to succeed with outstanding effort. The final eight winning teams will be announced on March 16, 2020. After that, the debate team will be eligible to make it to the finals.

The Power of Our Words

by Eesha Acharya '21

Our words, their words
Creating a world of doom and a world of beauty
Carefully crafted with proper selection
The possibilities are endless if we listen

Destruction
Pain
Hate
Manipulated by twisting and turning your brain

Life
Healing
Love
Created by inspiration and hope

Not hear but listen, not look but see
Ripping pages, burning books
Letter after letter followed by spaces
Become mumbo-jumbo, become nothing

We talk over each other
Thinking about what we will say next
Rather than what they say
Listen to me, see me

And I'll listen back and see you too
The power is lost when the pen means nothing now
Focused on dancing cats and reality shows
Our words are meaningless

Do you remember? Do you remember?

Let's take it back and start movements
Create discussions and ideas

Take the double-edged sword
that can cut through the soul
And use it to restore faith

Use the ink writings and find meaning again
Listen to the gibberish and find meaning again

We all have power if we choose to use it



Author Eesha Acharya
Photo contributed by Eesha Acharya '21

Side Street Grill: Saucy Wings and a Good Time

by Ben Gurevich '20

Over the years, anytime that I wanted chicken wings, I would just head over to a place at the mall. Over time, that craving grew into something more and those chain restaurants couldn't satisfy my taste buds. Then my friends and I stumbled upon Side Street Grille, the answer to our prayers.

The restaurant is located off Whitney Avenue in Hamden, and its blue and white design makes it stand out. Even though Side Street Grille looks like any typical family-owned restaurant and bar, it holds something truly magnificent.

Walking into the restaurant, you are greeted by photographs and memorabilia that cover the smooth red walls. The sharp yet pleasant smell of the spicy buffalo sauce will enhance your craving for wings. The sound of music being played either live or through the speakers will make you feel right at home.

Side Street Grille may not have the modern feel of some places, but the one thing it does have is the cozy and comforting feel that any business should give to its customers.

Once you are seated by the friendly workers, you cannot resist the temptation to look all around the restaurant and stare at the decorations and jokes on the wall. Either the license plates from different states will capture your attention or the funny jokes will make you laugh until you tear up.

My friends read the funniest joke that we could find on the wall. Soon after sitting down, our waiter asked us about what we wanted to drink. Typically I would go for a Coke or a Sprite, but he eagerly suggested the freshly brewed ice tea. Feeling risky, I accepted the offer and he walked away.

Before ordering your food, the waiter will give your table a basket of popcorn. It's salted perfectly and buttered just right, a perfect food to snack on while waiting for the wings.

It is also great to watch the live football game on the television screens that they have inside. The combination of us binging on popcorn and drinking iced tea made it a night to remember.

Our waiter came back to an empty popcorn basket and cups. He laughed and asked us what we wanted to eat for the evening.

Looking at the menu, you can tell that the people in charge put a lot of extra care into how it was presented. It included funny names for food items, showing once again how important it is to put effort into every little thing.

After reading the menu, my friends and I agreed to order fifty large wings with mild buffalo sauce and blue cheese. The waiter then refilled our drinks – along with the popcorn too.

While waiting for our delicious wings, a band rose up on stage and started performing classic songs by the Beatles. Hearing "Hey Jude" and other classics made the experience so much more relaxing. Playing music through the speakers can help set the mood too, but the satisfaction of hearing live music is truly special.

After a long fifteen minutes of waiting for the chicken wings, they finally arrived at our table. At first glance, the crunchy chicken wing is coated in a beautiful buffalo sauce that radiates so much heat. The wings were crispy and juicy, really hitting the spot.

My friends and I devoured the meal in record time, and at that point, we left no space in our stomachs for anything else.

We asked for the check which came to about fifty dollars, pretty cheap considering that we purchased drinks and refills along with the wings.

Before leaving, we sat down and munched on more of that salty popcorn and finished watching the game.

Side Street Grille is a perfect example of why I prefer restaurants that are small and cozy. They made sure that my experience was great, and they didn't fail.



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More Than Just a Bakery

by Matteo Delsanto '20

In today's society, special needs adults sometimes find it difficult to obtain jobs after high school or college. Many of them decide to work at a grocery or convenience store. However, in recent years, more businesses have found ways to incorporate workers with special needs by offering job opportunities to them which can vary depending on the business.

This is shown in great capacity by a new bakery established by a former Amity Regional High School history teacher, Carol Asprelli.

Retiring from Amity after many years of teaching, Asprelli made a selfless decision to pursue a new career to benefit adults with special needs. This was a very personal decision because her own daughter, Lera, has special needs. A choice like this was not too surprising to people who have worked with Asprelli at Amity.

When former co-worker Jennifer Brechlin was asked about Asprelli, a smile immediately came to her face.

"Just always willing to go the extra mile to make sure you are doing great on a personal level. She really cares about how people are doing. It [the bakery] fits quite perfectly for her next career!" exclaimed Brechlin.

Asprelli has always loved cooking and baking herself, and her daughter has constantly been there assisting her in the kitchen. Lera helps in many ways including reading and following recipes, measuring ingredients, and frosting the desserts.

"I wanted to combine my passion for baking with giving my daughter and other special needs adults meaningful work, a sense of pride, and the opportunity to live out their dreams," explained Asprelli.

Asprelli credits her daughter with being her greatest inspiration to start the bakery. She admires Lera's courage and determination

throughout her life no matter what she faces. Although many challenges have come up for her, she never seems to give up and always has a positive attitude. Lera has already shown this through her time working on the bakery.

When testing out recipes for cupcakes, Lera was tasked with frosting more than fifty cupcakes. Knowing how to use the piping bag, she didn't hesitate and frosted all of them without worrying or rushing the process.

When Asprelli questioned her daughter about her secret to piping, Lera responded by saying, "You have to be slow and steady and have patience. You aren't very patient

plus a variety of different cookies. Recipes are always being added, and the staff is constantly trying new things.

Asprelli is now spending hours searching for and visiting places for the bakery to be located. She believes the location of the bakery will be key in its success. Although they do not have a shop yet, it has not stopped them from baking and testing out recipes along with creating multiple social media platforms to market their bakery and get the word out for the great cause.

The name of the business, Love, Lera Bakery, was thought of by Asprelli herself. One day, she was on a run and thought of how Lera signs her cards and gifts. She sees each baked good as a gift from her. In addition, the goods will come with a story about an employee. This is a perfect example about how the bakery will highlight the cause.

Many students of Asprelli saw her as an all-around great leader and teacher. Zach Young '20 was in Asprelli's history class as a freshman but stayed connected with her in the following years. When asked if he would visit the bakery, Young stated with a nod, "I would definitely be a customer at her bakery. It supports a good cause and she was an incredible teacher, so I would want to support her since she supported me and so many others for years."

Love, Lera Bakery is more than just a bakery. It has a purpose to employ and give meaningful work to adults with special needs. Finding a job can be very difficult for them after they finish their schooling since they don't always have the same opportunities as others. People such as Asprelli are making it a priority to provide such opportunities for these adults, so they have a job that they genuinely enjoy.



"Love, Lera" founders from left to right: Pooja Neelam, Lera Asprelli, and Steven Mazzaco
Photo from portal.ct.gov

sometimes, Mom!"

At the bakery, the adults with special needs will be running the shop daily, creating recipes, baking, assembling, selling, and cleaning. This gives them the opportunity to perform a

wide variety of tasks at work that they usually would not have the opportunity to do at other occupations. Asprelli herself will be the Chief Operating Officer. With that title, she will oversee everything that happens at the bakery.

The business itself will consist of a variety of baked goods, including many breakfast items such as muffins, fruit pies, cinnamon rolls, coffee cakes, and blueberry cakes. Along with these, it will have traditional and nontraditional cakes and cupcakes

New Mural to be Installed in the Senior Lounge

by Alex Barnes '20

Make way for a student-led mural, Amity!

The senior lounge is set to have an art piece put up that will encapsulate our school's core values of fairness, respect, and passion this spring. Jayson Hutchinson, senior class president, decided to propose this project in order to add some color and character to the senior lounge.

Students felt that the space was barren and that a piece of art would brighten up the area while bringing the school community together. Anna Mahon, school principal, is on-board with this plan.

She commented, "The updating and beautification of the senior lounge will enhance both the space for seniors and our school as a whole."

Caelan Watson '20 is leading the project with Hutchinson, along with support from the National Art Honor Society (NAHS) and Student Government.

The current plan is to set two 4'x8' wood panels in the corner of the senior lounge, one on the wall where the cabinets used to be, and one on the wall adjacent. The design itself is meant to be a surprise, but rest assured, it will represent the school.

In fact, Watson explains, "The main goal was to create a decoration that connects the students together at Amity. It is to represent the school as a whole."

As a member of the National Art Honor Society (NAHS), Watson is working with her fellow peers to prime the wood for painting, sketch the design out, and then actually paint it. Students of both Student Government and NAHS are dedicating their free time during study halls and after school to work on this mural: a true group effort!

This year is rapidly coming to a close, so our senior class will only be able to enjoy the mural for a short amount of time. However, to Hutchinson, this isn't what is important.

He believes, "The project is a way for us as club members at Amity High School to leave our marks on the school. It is potentially something that will withstand the test of time."

The mural and the brightened-up space in the senior lounge is a gift which future classes can enjoy as well.

Hopefully, the Class of 2020 will inspire later classes to leave their own unique marks on Amity as well. Collaborative efforts such as this project tend to encourage school spirit, leading other classes to follow in these footsteps for the benefit of the school in general.

After all, students do spend four years of their lives here, and leaving a positive impact on the high school is a legacy to leave behind.

Junior Parking

by Caelan Watson '20



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Clark Memorial Library Hosts NAHS Exhibition

by Sydney Cohen '21

It's the time to shine for young artists in the Amity community! On February 12th, the Clark Memorial Library hosted another art exhibition for young artists wishing to display their work in a gallery setting.

Unlike the last exhibit, which was open to all artists from grades 9-12, this recent exhibition was open

see the whole district's artistic talent."

The National Art Honor Society plans to continue partnering with the middle school to get the community even more involved in arts, which is one of the main goals of their organization. They plan to hold more exhibits in the future and encourage students to submit any 2D or 3D pieces that they are proud of. People are also encouraged to visit future exhibitions for a fun evening of



Last Year's Empty Bowls Fundraiser

Photo taken by Jessica Zamachaj

to Amity middle schoolers as well! Amity's chapter of the National Art Honor Society was responsible for planning and executing the exhibit as well as choosing from numerous submissions from high-school and middle school artists.

National Art Honor Society member and Alex Marinescu '21 explained that "We had a bunch of submissions, and some of the NAHS kids even took some of their pieces out to make room for the middle schoolers' work."

Marinescu expressed that "the National Art Honor Society was really pleased with how the exhibit came together and how many people showed up." Another member who attended, Anna Marinescu, agreed with Alex and said, "The exhibition was amazing and it was a great chance to

food, socializing, and exploring the artistic talent of the community.

In addition to future exhibitions, the National Art Honor Society will be hosting their annual Empty Bowls fundraiser to support local food pantries on May 14 from 5-6:30 pm. At this event, visitors come to Amity High School to have a delicious meal of student-made soup, which they eat out of a unique ceramic bowl made by Amity art students.

For a price of \$10, people get to select a bowl, which they are allowed to take home, and socialize while dining on bread and homemade soup. The event is a wonderful way to give back to the community while also helping the National Art Honor Society display more student artwork, so save the date!

Get Your Tickets for *The Drowsy Chaperone!*



The orchestra, cast, and crew of *The Drowsy Chaperone* have been working hard for the past few months in preparation for Opening Night on March 27th.

Students Excel in Annual Shakespeare Speaking Competition

by Natalie Prinz '20

The Media Center was filled three weeks ago with Amity students participating and simply just watching the annual Shakespeare Speaking Competition.

The participants worked hard to analyze, memorize, and perform a piece from Shakespeare for The English Speaking Union National Shakespeare Competition.

This competition has been around since 1983, and it has reached almost 360,000 young students throughout the years.

The competition has been recognized by the Globe Center (USA), the Children's Theatre Foundation of America, and the American Academy of Achievement.

Every year at Amity, students have the opportunity to participate in this competition first at our local school level, then at the greater state level with an English Speaking Union Branch, and finally at the national competition in New York City.

The program advertises to help students practice essential skills, such as critical thinking, close reading, and

public speaking. Each student has to memorize and perform a piece from any of Shakespeare's work.

This experience allows students to explore universal themes that Shakespeare addresses, challenges students to decode Shakespeare's words, and gives them the opportunity to gain self confidence through analyzing and performing Shakespeare.

Every year, the competition begins in classrooms

Braverman took second place at this level of competition which, although didn't qualify her for nationals, was very impressive.

Braverman said, "There were so many talented people this year and it was really awesome to see all the different ways they approached their pieces. I will definitely miss doing this competition and meeting different students from all over Connecticut with the same interests as me."

The students that did qualify for nationals will have the opportunity to perform in New York City in late April in front of distinguished judges and their fellow

contestants from across the country. Then,

seven to ten students advance to the final round where they compete for cash prizes and an opportunity to attend a summer drama program.

The Shakespeare Speaking Competition is an amazing opportunity for any Amity Student to follow a passion for literature, and it's a fun and exciting way to meet people!

Even if you are not the biggest fan of reading William Shakespeare, it's always great to watch and support your peers.



Braverman and Gnidula at the State Competition

Photo contributed by Talya Braverman '20

nationwide. The Amity Shakespeare competition occurred earlier this month.

Julie Chevan, the head of the English Department, helped organize and run the program, advertising to the student body and encouraging any student to participate.

This year, seniors Talya Braverman and Marty Gnidula took first and second place, respectively, and they were sent to the ESU Branch on February 26th with all of the other winners from Connecticut High Schools.

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Celebrating the Birthday of Harry Houdini, a World Famous Magician

by Sena Ho '23

While March is often attributed with the beginning of spring, this month also celebrates the birthday of Ehrich Weiss. Ehrich Weiss, also known as Harry Houdini, was born on March 24, 1874, in Budapest, Hungary. This little boy barely remembered his home country since his family settled in Appleton, Wisconsin at the age of six.

Their family was quite poor, so Ehrich began begging in the streets to help his family. His knack for creating tricks was soon developed around this time as he would hide money in his hair and clothes to entertain his mother.

He told her "Shake me, I'm magic" and money would come flying off. His interest in magic led to his job as a circus acrobat. During this time he started observing locks and how to pick them with his own tools.

It was at the age of seventeen that Ehrich quit all the small part time jobs he worked and dove headfirst into show business. That was when he adopted the name "Houdini."

Those who know Houdini know that he is famous for his death-defying stunts. He'd lock himself up in chains, straight jackets, handcuffs, or other confinement strategies. Then, Houdini placed himself in dangerous situations beneath water or underground to escape from.

Once, the magician challenged himself to escape from inside a sea creature; described as "everything from a whale to a leatherback turtle". The beast had been found washed up along the New England shore and was said to be over five hundred years old. Houdini claimed it would be his hardest stunt yet.

On the day of the performance, thousands of people

waited in line to see the magician. Bound by handcuffs and shackles, he took fifteen minutes to emerge from the animal. After the stunt, he collapsed from exhaustion. Houdini admitted that chemical arsenic from the embalming fluids nearly suf-

wrong. Houdini died early at the age of fifty-two years old.

Before he died he told his wife that if he were to die before her, he'd try to communicate with her beyond the grave. Bess held seances on the anniversary of his for ten years. With no communication, she stopped her ways.

During World War I, Houdini continued to do his stunts. Although he did not enlist, the British Secret Service and U.S. Services recruited him to spy for them before World War I. His life working with espionage was kept a secret for many years after his death, but

now the world has a little more insight on what his life was like during the time.

He was the perfect candidate for their operations because of his sleight of hand and ability to speak multiple languages. Interestingly enough, the chief that hired him was also a skilled magician and encouraged the use of magic during their missions.

Houdini worked well to collect information and report back to headquarters during his years as a spy.

Though many other secrets of Houdini are still being researched today, he has had a great influence on other people of his craft and on pop culture. His legacy lives in the soul of magicians today like Penn and Teller.

Although he died almost a century ago, the world can't forget his impact. He did not represent a typical commercial or stage magic that is thought of today but remains an idol for many contemporary artists. Houdini's life is so similar to a myth or an illusion that today, we all can't help but remember his name.

It has survived the test of time and will remain to do so as the "greatest magician to ever live," so be sure to celebrate his birthday this March.



Harry Houdini performing his magic tricks

Photos from Google Images

focused him.

Throughout Houdini's life, he was known to be a hypocrite. He named himself after Robert Houdin, another famous magician, and looked up to him as his only idol. Later in life, Houdini went on to defame him in his own novel "The Unmasking of Robert Houdin."

Houdini accused Robert of being a liar and a fraud after he claimed that he was the discoverer of effects like aerial suspension that had already been around for many years.

Houdini also spent a lot of his life contradicting spiritualism beliefs. When Houdini first learned about the concept of communicating with the dead, he was intrigued. However, over time his infatuation turned to disgust. He tried everything in his power to prove that the ways of the spiritualists were

Movie Review 1917's Award Winning Season Run

by Kayla Morgan '20

Director Sam Mendes' war drama 1917 follows the journey of two soldiers, Lance Corporal Blake and Lance Corporal Schofield, trying to deliver a message to stop an attack. Dur-



windows had the ability to come apart so that the cameras were able to continuously roll. The design team

also built 5,200 feet of trenches for the actors and camera people to walk through. Of course, the film was not filmed in one shot, but to make it seem like it was, Deakin and Mendes utilized cuts to

1917 movie cover

Photo from Google Images



Scene during the filming of 1917

Photo from Google Images

ing award season, 1917 received 10 Oscar nominations, three Golden Globe nominations, eight Critics' Choice Awards nominations, and nine British Academy Film Award nominations, winning an impressive 15 awards in total.

One of the movie's most well deserved awards, however, was their Oscar for Best Cinematography. The movie's main selling point was that it looked like it was all filmed in one take. While this has been done before in movies like Alfred Hitchcock's Rope and Alejandro González Iñárritu Birdman, Cinematographer

Roger Deakin pushed this idea further with the constant action of the film as well as the continuously changing scenery. Before the start of filming, a model of every scene was built in order to plan how it would be filmed and how other aspects like light would affect the filming.

In order to get the perfect shot, the design crew had to build the sets very precisely so that the film crew would be able to get through. Barb wire fences were angled and

make it seem like there were no stops. An object might block the frame or characters would travel through dark doorways.

While 1917 was most definitely one of the best movies of the year, it could not be compared to Best Picture winner Parasite.

The extraordinary cinematography could not carry the simplicity of the story as a whole. The story is centered around two soldiers who were chosen to deliver a message to stop a regiment from stepping into a trap by the Germans. One of the soldiers is hesitant to go on this journey through the war zone while the other soldier is determined because his brother is stationed in the regiment at risk.

This dynamic between the two is quickly dissolved after the determined soldier is killed, and following that the soldier's depth is not developed.

While I do not believe rewatching 1917 would provide me with any new insight into the themes of the movie, the first watching was overall heartwarming and exciting.

Stay Tuned for More Reviews...

Wrestling Team Competes in State Tournaments

by Evan Gorelick '21 & Nick Matalote '21

The Connecticut Interscholastic Athletic Conference (CIAC) hosted its annual state wrestling championship at Floyd Little Athletic Center in New Haven from February 28th to 29th. However, the addition of a

significantly. In 2019, there were 21,124 girls wrestling at the high school level nationally, up from 16,562 girls in 2018, according to data from the National Wrestling Coaches Association.

This year, 20 states have hosted high school wrestling championships for girls, a significant increase as well.



Orosco, DeSouza, Brown, & Jackson (left to right)
Photo from @amitywrestling



Amity Wrestling Poses for a Group Photo
Photo@amitywrestling

separate girls' tournament marks a significant departure from years past.

The Amity team, led by coach Todd Patterson, is proud to foster inclusivity in its program, sending four female wrestlers to the tournament: Ariyanna Orosco '22, Emily De Souza '23, Camryn Brown '23, and Claire Jackson '20.

Patterson said, "Four or five years ago, I could go to a tournament and see one or two girls, including those from our team, and now I can go and see about a dozen."

He and the team have worked to remove barriers of entry to the sport, encouraging anyone interested to give it a try.

Jackson said, "The girls wrestling program has really grown at Amity. Girls are prepared to step out of their comfort zone and work just as hard as anyone else, and I'm glad that opportunity keeps expanding."

In the past few years, the number of girls participating in wrestling programs across the country has increased

Coach Patterson hopes local initiatives, like the one the CIAC has just taken, will stimulate a larger societal transition, providing for both institutional and cultural acceptance.

Patterson said, "I hope that there are little girls in the stands who come to watch. . . and see girls wrestling and say to themselves 'I can do that. . . that can be me someday'." Amity and the CIAC are taking steps to ensure the future of athletic equality.

This year, the Spartans found significant success at both the boys' and girls' tournaments. For the girls, Orosco and Brown achieved first place finishes in their respective weight classes.

Additionally, Simon Flaherty finished in second place in the boys' tournament while advancing to the 14th annual New England Wrestling Championship, which will be held on March 14-15 in Danvers, MA.

Needless to say, this year has been as successful as it has been historic for the Amity wrestling team!

Baseball Warms Up for an Exciting Season

by Ben Martin '21

Coming off of a fourth place finish in the state last season, the Amity varsity baseball team looks to improve upon their season. The team will face big obstacles in their 2020 campaign.

According to their captain and center fielder Julian Stevens '21, these obstacles include "the loss of senior leadership and staying focussed throughout the season."

Amity's coach, Sal Cappola, also believes that losing senior leadership will be a big roadblock. He said, "We have some really key positions to fill. Some big senior losses in particular were shortstop Sebastian Formica '19, third baseman Jon McNellis '19, pitcher John Lumpinsky '19 and left fielder Cole Kuchachik '19. New guys are

three times a week. When Stevens was asked who the toughest opponent in this packed schedule would be, he said, "We treat everybody like they're the toughest opponent honestly."

In such a long schedule, this team is bound to improve and progress throughout the season. Coach Cappola completely agrees with this statement saying that it is "impossible not to improve."

Cappola added, "The boys are hard workers and the coaches will push them and with that combination we'll be good. Also we have a great managerial staff in

Stevens '21 as well as their head coach Sal Cappola and assistant coaches Brendan Moss and Jeff Roteck, looks to create a positive and competitive environment as they embark on their journey to capture another state title.

The team's positive mindset revolves around one philosophy from Cappola. Essentially, he tells the team to play like they're in the backyard."

In Cappola's words, "If the players could find a way to play in game situations like they do in their backyard, growing up you become a dangerous team. You don't let your anxiety

and nervousness get to you. It's when you make your best plays."

Cappola also looks to keep the team motivated "through competitive practices. Tradition of winning state championships will help motivate. When the team does well it helps everybody."

Hopefully the team will be good in the upcoming three month long campaign.

The first game of the season will be against Trumbull on April 6th and another game against Hillhouse on April 8th. Make sure to come out and support your Amity Spartans Baseball team.



Amity Baseball Playing in Annual Game to Raise Money for Cancer Research

Photo contributed by Monica Delsanto

going to have to step up and improve to fill these spots."

All teams have to deal with losing graduating players, so Amity will just have to dig deep to overcome the challenge.

Another obstacle for the team is their grueling three month long schedule, with games typically occurring

yourself."

Stevens concurred with this, stating he believes "the team will improve 100 percent because we have a good mindset going into the season."

This year's team, led by captains Tanner Santos '20, Will Rotko '20, Matteo Delsanto '20, and Julian

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Boys Indoor Track and Field Wraps Up Another Impressive Season

by Jacob Silbert '21

Along with the other winter sports, the boys indoor track and field season is quickly coming to a close. Some of the team members offered their thoughts about how the season went. Amity has a reputation

ing a supportive dynamic can go a long way in helping the team's overall success. Captain Ariel Gordon '20 said, "I'm proud of all the hard work the team put into this season despite some struggles to win." This is a perfect example of the strong leadership that is present on this team. In order to have an elite team like Amity's for

Bryan Laskowski '20, Ryan Ignatowski '20, Aaron Mayerson '22, and Levi Huss '22. They represented Amity in a variety of events such as individual events, relays, high jump, and pole vault. Having 14 people participating at the State Championship is no small feat. Despite having many of the program's top athletes graduate last year, Amity



Pictured from left to right: Max Musial '23, Ariel Gordon '20, PJ London '21, Ali Bobi '20
Photo contributed by Max Musial



Pictured from left to right: Matt Floyd '20, Brian Laskowski '20, John Dill '20, Nick Ricciardi '20
Photo contributed by Matt Floyd

for having a very strong track program; our track athletes are held to a very high standard. Unfortunately, since the team lost many members to the 2019 graduating class, living up to last year's performance was quite difficult. However, the usual camaraderie didn't falter. "The team really came together and supported each other throughout the season," said Ethan Lavi '21. Even though there are certain aspects to track and field that are individual, hav-

such a long time, proper leadership is a necessity. That's not to say that there was any shortage of successes, however. In fact, many of the athletes performed extremely well, and some even qualified for the State Class L meet. Among them were Ariel Gordon '20, Vince Cypress '20, PJ London '21, Aiden Tisher '22, Nick Ricciardi '20, John Dill '20, and Mason Beaudette '22. Also, Matt Floyd '20, Phil Yang '21, Ali Bobi '20,

track and field team is still thriving. Sadly, the seniors on the team will be competing as Spartans for the last time in their Amity career in the next couple of weeks. The Trident wanted to acknowledge these athletes, who act as leaders for their younger teammates. Although the 2020 graduating class for this team was talented, the future is by no means bleak. Amity has a strong group of juniors and sophomores to lead the team next year.

Blades Girls Hockey Team Reflects on Accomplishments

by Evan Arovos '20

The Blades, comprised of Amity, North Haven, and Cheshire, finished a strong season at 12-7-1. Coming into the season, the Blades did not want to dig themselves in the 0-7 hole they found themselves in last

Also, the Blades were able to prevail in another tough game that went to overtime 3-2 against a ND Fairfield-Law-Foran-Weston-Pomperaug squad. Although the Blades had difficulty with some out of conference teams, the Blades stepped up their level of play against their conference competition. The number one seeded Blades



Pictured from left to right: Carly Silver '20, Haley Cable '20, Tess Csejka '20, Sara Cable '20, Nadia DiNatale '20
Photo contributed by Carly Silver

season. Instead this year, the Blades completely flipped the script and went 6-1 in their first seven games. Captains Tess Cjeska '20, Haley Cable '20, and Sara Cable '20 played prominent roles in developing team chemistry early in the season. Throughout the season, the Blades had many exciting games. A win that the girls will never forget was against a West Haven/Sacred Heart team. After falling behind 5-0, the girls managed to tie the game. The game was then sent to overtime where the Blades came out victorious 7-6. Caroline Cadelina '11 said, "It was the best comeback we had all year and everyone was there to support [us]." To be able to come back from a 5-0 deficit is extremely hard. So completing the comeback proved to these girls that anything is possible as long as they all work together.

were rewarded with a first round bye in the SCC tournament. In a close 4-3 game, the Blades defeated a persistent Hamden/Lyman-Hall/Wilbur Cross team to advance to the SCC Championship game. Unfortunately, the Blades fell short of a SCC title. They were defeated 4-2 by a resilient Guilford team. However, the Blades will get another shot at the same Guilford team in the State tournament. At the conclusion of the state tournament, the Blades will welcome incoming freshman to the team for spring league. Soon, this group of girls will wrap up their season. Clearly, they have a lot to be proud of. Making the SCC championship game is extremely impressive, and the Blades only look to build off of this season. Next year, they have their eyes on the prize: The SCC Championship Title.

Upcoming Spring Sports Events Support the Spartans!

- | | |
|--|---|
| Baseball April 6th against Trumbull | Girls Outdoor Track April 7th against Cheshire |
| Boys Golf April 7th against Foran | Softball April 6th against Cheshire |
| Girls Golf April 21st against Mercy | Boys Tennis April 4th against Guilford |
| Boys Lacrosse April 4th against Xavier | Girls Tennis April 6th against Sacred Heart |
| Girls Lacrosse April 6th against North Haven | Boys Volleyball April 8th against Cheshire |
| Boys Outdoor Track April 7th against Cheshire | |



Monthly Feature

Photos of the Amity 1,000 Point Club

by Mattea Salati '20



Captain Jill Martin and her team show their respect during the National Anthem



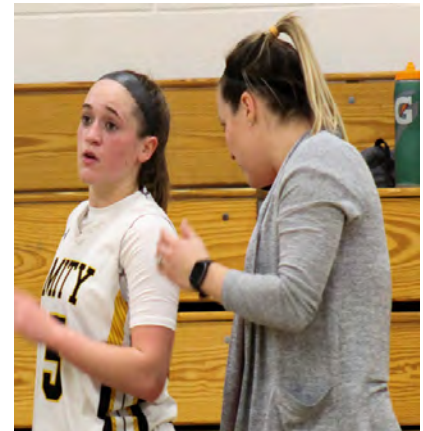
Game action in the 3rd quarter



Martin celebrates her 1,000th point



Martin and her team show sportsmanship after the game



Coach Michelle Shoop instructs Martin during a time out



Martin completes the pass after being blocked by Jonathan Law

AMITY HIGH SCHOOL BASKETBALL 1,000 POINT CLUB	
ED GOLDSTONE	1964
GREG WHITE	1968
GARY BELLO	1971
MIKE GAMBARDILLA	1975
STACY KING	1981
ANN MOSCOVICS	1983
BOB COPPOLA	1999
ZAC CAMPBELL	2013
CHLOE BRINTON	2014
ELISE GRAHAM	2016
TYLER THOMAS	2018
TARA LAUGENI	2019

Captain Jill Martin will be honored by joining the 1,000 Point Club banner

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