

Revealing the Best Kept Secret about Principal Hauser

by Anchal Bahel '23

In the halls during passing time, many students simply walk by their principal Andre Hauser, knowing him as just the head of Amity Regional High School; however, there is one profession he has kept secret.

Before joining the district, he was a professional dancer winning many awards worldwide. Only some of his trophies could fit in the trophy cases here at Amity, so he decided to keep all of them on the third floor of the high school, right next to the pool.

A snippet of his abilities were shown at the first day of school pep rally, when the Amity Class Presidents requested him to accompany them for their favorite dance move. Junior Class President Ben Aviad said, "I may seem to have been the one out there teaching him, but boy were the roles reversed!"

With the knowledge that everyone at Amity cherishes pep rallies, especially seniors, at the November Pep Rally, he coached the Amity High School Dance Team with the hope that they could match his skill.

Dance team captain Jenna Chizmadia '23 said, "All the countless hours being trained by Mr. Hauser definitely paid off in the end. Being coached by a professional dancer was truly an unforgettable and once-in-a-lifetime experience!"

Hauser picked a few members of the Amity staff to accompany the routine, which may have further contributed to the national teacher shortage. It is a well-known issue that teachers are leaving the field to become professional dancers.

Keeping in mind that the pep rallies are an event that no Amity student wants to miss out on, there were many hours, many sleepless nights, and an unbeatable imagination to make it a memorable experience for the Amity Community.

Although disappointing to the Moms of Orange, Woodbridge,

and Bethany Facebook group, the Amity Trident would like to thank Mr. Hauser for choosing to be our principal over debuting on Dance Moms, in hopes of becoming the next Abby Lee Miller.

Watch out Amity, you may never know when Mr. Hauser will show off a new extraordinary dance move!



Photo contributed by Amity Embers Yearbook

Principal Andre Hauser (left center) shows off his award-winning dance moves at the pep rally in November.

Few Snow Days Contribute to Making This a Nearly Perfect School Year

by Alice Xu '24

It has been a school year interrupted by just two and a half stormy days, and students at Amity could not be any more ecstatic. The answer to the question everyone asks throughout the winter, the "Will there be a snow day?" has thankfully been "no" time and time again.

Mother Nature has truly blessed Amity with such a constant sight of dead grass and the noise of a six o'clock alarm. This has given students no inconvenient, unwelcome disruptions to furthering their education, a much welcome change from past years where an ill-timed shroud of icy snow may have prevented one from taking an assessment they were most looking forward to.

For Annika Yun '24, this sentiment could not be more true. She recalls with contempt how snow days in past years had been a terrible roadblock in her school year.

She said with regret, "My performance in school was never quite the same after a snow day. I had an extra two hours of sleep and finished all my homework for that week. I was treacherously bored the rest of the week and I even had to pay attention in Science Research class instead of catching up on work."

Truly, there is no better feeling than

crawling out of one's warm, pillow-lined igloo of a bed into the frigid, dark morning and smiling into the nothingness at the beautiful absence of snow. Or perhaps there is! Even better would be witnessing a light blanket of snow, the type perfect for packing into lumpy spheres and still being able to attend school, rescuing any unfortunate students from a day in the snow. This is enough to put any reasonable person in rapture.

Rommell Lopez-Burrell '23 is immensely delighted at the turnout from this school year and the hope that the rest of it will not be marred by even one more snow day.

"I am extremely excited that we're coming up on warmer weather. There's barely any risk a school day will be snowed out!" he said. "I wish I could come back next year, just to experience having no snow days again."

Without a doubt, any other 12th grader at Amity would express the same such feelings.

The risk of a snow day is nearly gone, and for that, students are eternally grateful for the changing seasons. Spring showers are a sign of uninterrupted school, save that pesky week-long gap that is April vacation.

With any luck, students will be able make it to the end of the school year without any infelicitous snow to hinder it, before they will sadly be denied access for the agonizing length of two and a half months, when even a lack of snow cannot save them.

Removal of Comfy Chairs and Mood Lights Creates a Positive Impact on Students

by Emily Russo '24

The recent removal of all cushions and LED lights has genuinely been a relief to all students and teachers. This policy has improved the atmosphere of all classrooms, effectively creating an environment that makes Amity students even more excited to come to school.

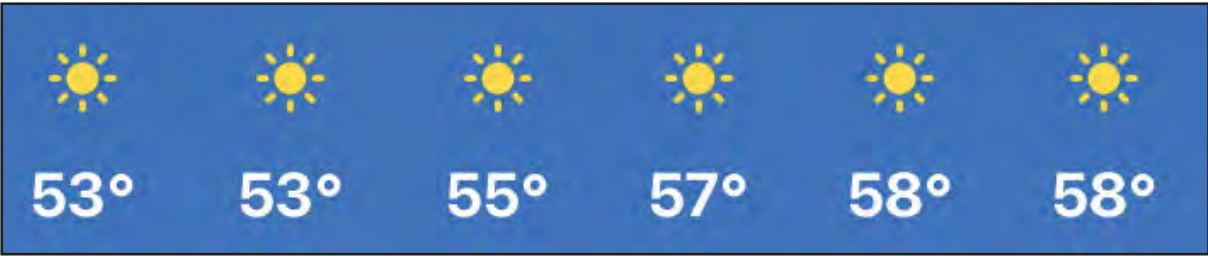
The blank walls, uncomfortable chairs, and recessed lighting all contribute to the festive but academic ambiance of classrooms. School is already enjoyable enough.

Who needs all those distractions to enjoy their time at Amity?

Moreover, the lack of decor has prevented many students from losing their focus in class. While some may argue that students' ability to pay attention has nothing to do with the room they're in and is actually about a multitude of other factors, these people are wrong.

Jackie Barnes '25 said, "I feel way more awake now that classrooms are completely void of comfort and personality! The terrible lighting and stiff, cramped desks have done wonders to greatly improve my concentration."

Ultimately, many people claim that this policy has drastically improved the Amity community. There is a noticeable, positive difference in students' and teachers' attitudes alike! It is certain that as the days without comfy chairs and LED lights go by, this positivity will only increase.



A survey of 100 Amity students' dream weather.

Seniors Ecstatic about No Late Arrival or Early Dismissal

by Sena Ho ‘23

As many people know, seniors are granted the opportunity of late arrival in the mornings and early dismissal in the afternoons if their study halls land on either first or eighth period.

However, to the graduating class of 2023, extra hours at home are highly overrated. While typical students would enjoy arriving at school after the sun has risen or stopping by Starbucks at 1:30 to relax, the bustling parking lot each and every day would suggest otherwise.

After the enthusiastic morning announcements ring through Amity hallways, seniors congregate within the Media Center or cafeteria, ready to get their work done and socialize with peers. In fact, these 12th graders have shown so much respect for the school that many even requested their counselors to place their study halls during second period and seventh period to avoid the nuisance of setting their alarms an hour later.

Faryal Akbar ‘23 enjoys the time she spends sitting on the floor in the school library finishing up assignments that were due the week prior. She

said, “There is such a community in period seven study hall, and I am able to be more productive there than if I were to go home!”

Although the school year is coming to an end and the amount of work that seniors are given is waning, these students find ways to occupy themselves by wandering the corridors and visiting their teachers’ classrooms, like AP Psychology instructor Rick Bourdeau.

There are many other ways that seniors take advantage of this great opportunity, as musician Marin Korenaga ‘23 practices violin during her second period study hall. She said, “I would rather come into school than stay in the warm vicinity of my home. Amity’s white stone walls and rigid environment are what make my day, and improve the quality of my playing.”

Administration has noted the positive impact that these study halls have had on the students and are considering implementing the removal of late arrival and early leave for future years. Seniors can only hope that the underclassmen will follow in the current seniors’ footsteps and utilize this precious school time to the best of their abilities.

Free Lunch Program Restart Upsets Majority of Students

by CJ Brinton ‘24

Students were visibly devastated on the morning of March 1st, knowing that they would no longer have to pay for meals in the cafeteria. They can still revel in paying for “a la carte items,” such as sandwiches, drinks, chips, and those precious morning tater tots.

Students got used to free meals during the COVID-19 pandemic, as federal funding provided them during the 20-21 and 21-22 school year.

A Very Hungry Student said, “We were already deprived of so much during the pandemic, and then my mom no longer had to pay the convenience fee on MyPaymentsPlus to load my lunch money. It was really difficult to

cope, losing that sense of normalcy.”

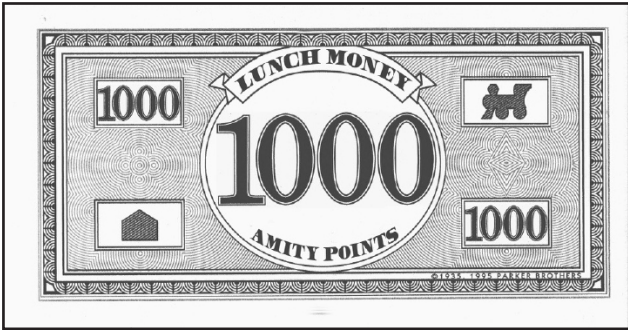
Students were filled with hope of paying for meals in January, as Governor Ned Lamont announced the end of this program. After Winter Break - to everyone’s surprise - and certainly without several email reminders from both administration and the cafeteria company, that cheesy, stuffed-crust pizza at lunch suddenly ran students \$3.50.

The change in the moods of students was indeed noticeable, particularly every day of midterms week when students bought their grab-and-go lunch just before going home. What kids will do for those containers of carrots!

Savannah Gallagher ‘24, an avid supporter of paid meals in the cafeteria, says, “In my free time, I love spending money, so when I found out, I was heartbroken. The beef in the tacos just isn’t the same.”

Free meals are only ensured for the remainder of the school year, leaving many seniors feeling lost without their chance to pay once more.

The uncertainty of the duration of this program does fill underclassmen with hope, however, as they wish for renewed cafeteria premiums in the fall.



Contributed by Selin Ho ‘23

With the return of this premium rate and with meals costing between \$2.50-\$4.50, students became much happier at school.

Acers, Wifi, Google Classroom: Technology Makes School a Breeze

by Bridget Lowder ‘24

In recent surveys, Amity students have reported being incredibly satisfied and happy with their school-issued devices. Many even stated that they much prefer the high-tech Acer technology to that of their slow Macbooks. Teachers have not seen anyone bring in or use anything other than their school laptops and this has been an expected but amazing observation nonetheless.

While a small minority of students still complain of Internet difficulties, constant updates, and overall slowness, the vast majority of Amity students are unable to stop singing their praises for their Acers.

Those in Amity’s AP Computer Science Applications classes are especially pleased with the speediness of the school computers and love

how they always compile programs with peak efficiency.

When asked about her thoughts on the



Photo contributed by Bridget Lowder ‘24

school-issued computers, Jeslyn Jacob ‘24 said, “The school computers work perfectly with the

wonderful Amity Wifi and they never let us down. It only takes a quick 15 seconds to load up my Google Classroom and assignments for the day, and I know that most students have the same experience.”

In addition to their school computers, everyone at Amity knows that they can also always count on the FollowMe printers and copiers when they are in a pinch. The printers never fail to print everything a student could ever want and the copiers also work magnificently.

There are never any issues using either of these machines and students even wait to print out their homework assignments at school because the school printers are much more reliable than anything they may have at home.

All in all, it can be concluded that technology throughout the Amity district is certainly top-notch.

District Decides Against Schoology; Opts for More Innovative Platform

by Andie Napolitano ‘24

This year, Amity students and teachers have been eagerly anticipating the switch to Schoology in the upcoming 2023-2024 school year. Over 40 teachers throughout the district have piloted the platform, and almost every Amity student has at least one class that uses Schoology.

The response to Schoology has been overwhelmingly positive. Ron Weasley ‘23 says, “I absolutely love how user-friendly Schoology is. It never fails to send me emails and notifications about upcoming assignments and deadlines.”

However, in a dramatic turn of events, the Amity High School administration recently announced that Amity will no longer be switching to Schoology, but rather to a new, innovative platform called

SwipeOnline. This news caused widespread shock among students and teachers alike, who were greatly looking forward to the upcoming switch to Schoology.

When asked about the reason for the change from Schoology to SwipeOnline, Headmaster Albus Dumbledore says, “We realized that Schoology was far too simple for our students and staff. We wanted to find a platform that is more similar to what our students will be using in college. Luckily, we found SwipeOnline.”

SwipeOnline is a new online learning platform founded by SwipeK12, which is also the creator of Amity’s efficient and universally-loved attendance system. SwipeOnline differs from other online learning platforms like Google Classroom and Schoology because it expects students to ‘swipe in’ their assignments rather than turn them in online.

Instead of swiping in for attendance as they did during the 2021-2022 school year, students will now swipe in their assignments when they come to class.

When an assignment is completed on SwipeOnline, a barcode will be generated, and students will be expected to scan all necessary barcodes as soon as they walk into their class. These barcodes will generate links, which teachers can then click on to view their students’ assignments.

As the initial shock has begun to wear off, students and staff are beginning to get excited about this progressive learning platform. Hermione Granger ‘23 says, “At first I was disappointed that we are not switching to Schoology, but Swipe-

Online sounds even better!”

We are not joking around when we say Amity students and staff are looking forward to switching to SwipeOnline!



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CPTV Photojournalist Shares Best Tips, Impactful Experiences with Students

by Aachal Gupta '25

Mark Mirko, a photojournalist and the Deputy Director of Visuals at Connecticut Public, spoke to Amity students on the morning of March 3rd. Mirko has decades of experience in the photography field, as his photos have appeared in many Connecticut newspapers, as well as The New York Times, Time, and National Geographic. Before working at Connecticut Public, he was a photographer for The Palm Beach Post and The Hartford Courant.

During Mirko's presentation, he touched upon the essential skills that are required in photography and photo editing. He went further into detail about contrast and the aesthetics of an image that make it more appealing to the eye.

Mirko also described the rigorous process of capturing and publishing photographs in media, saying that he often takes hundreds of photos just to find the perfect shot. He explained that each photo that gets published in newspapers and magazines has gone through many people, and hours of editing to make sure it is conveying its intended purpose.

Freshman Michael Mordecai found Mirko's presentation and comments to be insightful. "The

photos [he showed] were very engaging and showed a new side of journalism," Mordecai said.

Mirko discussed how photos have the ability to change people's lives, and the raw emo-

It showed the raw emotion of a man who had suffered through years of trauma and could not afford a headstone for his departed mother. In the photo, he is leaning up a wooden cross



Photo contributed by Trident Staff

Mark Mirko talks with a group of students about photojournalism.

tion captured by the camera can invoke feelings in others and spoke about the importance of detail in communicating the overall message of a photograph.

Kasey Smith '23 applauded Mirko's presentation abilities saying, "I thought the presentation was really interesting, and I especially loved how he kept it so interactive."

While Mirko has been a photographer for decades, his favorite photo still remains one that he took early on in his career.

in place of a stone headstone.

Mirko's photograph changed that man's life forever; it was published in the local newspaper the next day, and his community was so moved by the story and the photograph that they chipped in to buy an engraved headstone for him. This example is a testament to the power of photography; a singular photograph is capable of holding such deep meaning and can make a profound impact on people's lives.

Trades Week Showcases Post-Secondary Alternate Career Options

by Sarah Shaikh '25

Amity's first Trades Week was a five-day event held from February 13th to February 17th. During lunch waves, tables were set up outside the cafeteria with representatives from various trades and specialties, allowing students to learn more about them. Over 20 local tradespeople from the BOWA area were in-

vited to share their careers with Amity students.

During the span of the week, many students visited the tables to learn about the different trades and explore alternate career options after high school. The screen printing class at Amity even created specialized mugs for the tradespeople and the organizers of this event.

College and Career Counselors Lynn Cocco and Paula

Vallie worked to organize the event. Vallie says they decided to create this event because they "wanted something that allowed students to be exposed to alternatives to four-year colleges and share the many trade opportunities available through one to two years of schooling or on-the-job experience."

Trades week allows students who prefer learning hands-on jobs or thinking of entering a ca-

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Three Years Later Masks and Social Distancing Have Faded but the Impact of COVID-19 Remains

by Kacey Tam '26 and Andie Napolitano '24

This March marks three years since the lockdown which shuttered schools, businesses, and so much more due to the COVID-19 pandemic.

Much like the rest of the world, Amity Community has had to adapt to constantly changing protocols and schedules over the past three years, and this school year marks the first 'normal' year without mask or remote-learning restrictions since the 2018-2019 school year four years ago. While most COVID restrictions have been lifted, the pandemic has had a long-lasting impact on our school.

On March 13th of 2020, Amity schools officially switched to remote learning, which continued through the rest of the 2020-2021 school year. At the beginning of the 2020-2021 school year, Amity students were able to choose to return to in-person learning on a hybrid, minimum-day schedule. There were many restrictions in

place to minimize the spread of COVID in the building, including taped arrows on the floor indicating which directions students should walk in, a mask requirement, and the absence of in-school lunch, with a free take-home lunch at the end of the day.

In March of 2021, Amity pivoted from the hybrid learning model of having designated in-person days for A-K students and L-Z students to allowing all students to come to school in-person 5 days per week.

The 2021-2022 school year marked the end of remote learning with full school days with lunch waves, along with the addition of a fourth lunch and Student Success Planning period (SSP) to help reduce the number of students in the cafeteria. In March 2022, the mask requirement was lifted, the last step in the return to 'normal' schooling.

After three years, most pandemic restric-

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Photo contributed by Trident Staff

Students walk down the hallway during hybrid learning in the 2020-2021 school year.

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Academic Decathlon Team Wins

by Shaofi Ong ‘24

On February 25th, Amity’s Academic Decathlon team qualified for nationals after winning first place and garnering the title of Connecticut State Champions. The team members that competed were Anchal Bahel ‘23, Elise Sheehe ‘23, Sophia Liu ‘23, Selin Ho ‘23, Sena Ho ‘23, Bridget Lowder ‘24, Ali Khan ‘24, and Shaofei Ong ‘24. The Academic Decathlon is a competition between schools to see which school contains the most well-rounded and academically achieving students in a series

of 10 tests: art, economics, essay, interview, speech, and literature, math, music, science, and social science. This year’s theme was the American Revolution, meaning that the team had to study in relevance to it as the tests would relate back to matters regarding the Revolution. The group comprises three divisions, honors, scholastic, and varsity. The honors team with Liu and the Ho twins placed first in the essay and music. The scholastic team with Bahel and Lowder placed first in speech, interview, music, art, and essay. The varsity team with Khan and Ong placed first in science,

essay, literature, and interview. Because of their commitment and efforts, the team will be flying out to Texas in late April to compete against schools from across the country. Reflecting on the win, Lowder said, “I’m very happy I joined the academic decathlon team this year and I’m grateful that we have the opportunity to represent Amity and Connecticut at the national competition in a few weeks.” Her words clearly express the sentiments of the whole team and their drive to continue on. Good luck to the team as they advance to Nationals!



Academic Decathlon Team after winning the title of Connecticut State Champions. Photo contributed by Laura Roessler

Trades Week Showcases Options

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reer that does not require going to college to have the opportunity to learn about this path. Cocco said, “Trades Week is beneficial to students because it allows them to see how many well-paying jobs there are that do not require a college education.” Many students showed interest in career paths that were showcased at Trades Week. Matia Malish ‘23 said, “I loved learning about the experience of being a welder and becoming aware about more women entering this workforce. I would absolutely attend this event again.” Alexis Steger ‘24 enjoyed learning about the Tool and Die Maker. “It was reassuring knowing that there are these options,” she said. “I am interested in pursuing this job as it is a business that has been in my family for generations.” Getting the opportunity to learn about these trades helps reassure many students that they aren’t required to go to a four-year college,

as the cost of college is increasing each year. Alternate Pathways to College is an additional initiative created by. Cocco to give students the opportunity to learn about careers, apprenticeships, specialized programs, centers, and schools. Whether it be carpentry, construction, boat design, broadcasting, or fire science, there are many options that students can choose from. Due to the success of this Trades Week, Cocco and Vallie decided to host

it again with a couple of new trades to allow new students and incoming freshmen to experience this event. Next year, a medical career week will be organized to allow students who choose a career in medicine to be able to have the same options as well. Overall, Trades Week was a beneficial learning opportunity and a great way for local community members with trades professions to talk about their trade to the local high school students.



Local tradespeople talk about their professions at lunch waves. Photo contributed by Anchal Bahel ‘23

Principal’s Committee Column

by Anchal Bahel ‘23

The Principal’s Committee met earlier this month to discuss the wide range of happenings that have occurred last quarter. Much of the committee’s efforts go towards Teacher’s Appreciation week. The committee worked hard to create a slogan for the week that is representative of the efforts of the Amity Staff. They decided on “Amity Teachers Piece Us Together” to signify they are the glue of the community. The committee recapped the efforts of the elected officials day, a first-ever event. Town officials came into the school to immerse themselves in the vast variety of opportunities here, along with hearing from student presenters. This experience exposed town officials who made decisions regarding education to understand firsthand what the school has to offer currently. Due to it success, administration hopes to make it a recurring yearly event. Furthermore, feedback from students was given regarding the most recent

Spartan Seminar activity on bullying. Students felt it had both positive and negative impacts. Following that conversation, students expressed their concern for a lack of non-stem AP courses. Amity has a variety of advanced placement courses, however many felt that there should be increased representation across all academic disciplines. In the next coming years, committee members hope to implement AP Macroeconomics and AP Microeconomics. It is a long process to add an additional course, as there are a variety of steps involved from finding a certified teacher to gaining enough student interest. Lastly, there was a second meeting this month where committee members had the opportunity to provide feedback regarding Portrait of the Graduate. Members across all grade levels voice their opinions so that the framing of the material is best suited for students. With only a few meetings left in this school year, the committee hopes to focus much of its efforts on creating a memorable Teachers Appreciation Week.

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Three Years Later

continued from page 1

tions have faded away, but COVID has left a strong impact on the Amity community. COVID-era protocols and modifications like free lunches and breakfast continue, as well as the change to four lunches and the addition of SSP. Many people continue to wear masks. Randy Liu ‘24 said, “I feel like wearing masks is so normalized now. [Before], it was so rare to see someone with a mask on.” Also, many students have noticed a decline in social skills due to the isolation caused by the COVID-19

lockdown and pandemic restrictions. Quin Cohen ‘26 said, “My social skills decreased during COVID since I had no IRL friends to talk to. I’m still trying to regain them, but it’s hard.” Over the past three years, the world have experienced immense changes due to the COVID-19 pandemic. Through this changing time, the Amity community has displayed immense unity and compassion for one another. While COVID has left both positive and negative effects, it has allowed us as a community to learn to be resilient and understanding of one another.

Another Way to Celebrate Women's History Month

The Obligatory Senior Slide

The Amity Trident

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Great opportunity to get involved!

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Check your email and listen to the announcements for information on a writers meeting for the May issue.

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Standardized Tests and the Innately American Urge to Conform

by Ellen Ko '24

Standardized tests reveal an integral part of American education and, by extension, American society: the innately human urge to conform. In a country that prides itself on individualism, the SAT – among other standardized tests – perpetuates conformity.

Despite being founded on the basis that everyone is entitled to their individuality and that this individuality is key to success, our education system has grown to fight against these ideals. The emphasis placed on standardized tests forces students and teachers alike to rearrange what is prioritized in the classroom. Students focus on memorizing content rather than taking the time to learn the material. Moreover, this model does not work for all students.

Students feel a need to conform to a certain curriculum in order to thrive. The formula to achieve the American Dream is simple: work hard, and you will move up in socioeconomic status. This is a formula that my parents worked tirelessly to achieve when they first immigrated to the United States.

However, they – like many other Americans – did not realize that there are systemic roadblocks to achieving this, particularly in education. In college admissions, a good SAT score means accep-

tance into top schools. Top schools mean top jobs at competitive companies. These jobs mean a step up in our society.

While some students may be preparing for the SAT on their own, however, there are others that are pouring thousands of dollars into the preparation process. With this, the divide becomes even greater, and the ladder of success lengthens.

The SAT is regarded as a vital step in this journey toward success, yet it continues to perpetuate conformity. Accepting these standards means conforming to the one-size-fits-all curriculum, which disregards different learning styles and forms of in-

telligence.

These scores determine what schools a student might get into or even what classes they can take. The SAT and other standardized tests reduce students to numbers, effectively ignoring any other abilities they may have.



Enjoy the April Break, Amity!



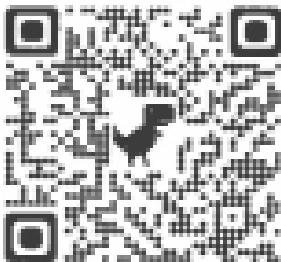
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Fair Haven Elementary School Welcomes NSHS for a Day of Fun

by Soumya Wijsekera ‘25

Field trips at Amity are an exciting time for students, as it allows members of clubs and those in classes to apply their understanding outside of the classroom. Amity’s National Spanish Honor Society (NSHS) strives to promote the Spanish language, as well as the cultural experiences associated with Hispanic countries. Not only does Amity’s NSHS bring awareness to those in our school community, but members also strive to connect with those outside of Amity. This past month, members of the NSHS applied their learning outside of school by traveling to Fair Haven Elementary School in New Haven.

Fair Haven Elementary School is Amity’s sister school. For the past 15 years, Amity has supported Fair Haven schools through food drives, fundraisers, and mentoring opportunities. In March, NSHS members visited the elementary school to interact with Fair Haven’s second graders. While there, members worked closely with the students throughout their school day and collaborated with them

on exciting activities, such as St. Patrick’s Day crafts.

Claudia Mirci, the head of the National Spanish Honors Society, reflects on what a wonderful opportunity these field trips are for all students involved, saying, “The benefits of this field trip are mutual both for Amity students, as well as Fair Haven students. The forward to this field trip time and time again, saying, “At Fair Haven we spend the day with the elementary school students. It is always so much fun to spend time with them, and you can really tell how much it means to them.”

This school year, Amity has visited Fair Haven a total of three times and is hoping to visit again



Photo contributed by Claudia Mirci

Students in National Spanish Honors Society collaborate with 2nd graders at Fair Haven Elementary School.

Fair Haven kids really love the company of the Amity students, and in return, our students gain a rewarding experience.”

Audrey Cummings ’23 looks at the end of April. Through these visits, Amity members have developed close bonds with the students and are excited to continue the longstanding tradition.

Colony: The Irish Pub Pizza Place

by Owen Chadbourne ‘23

I had been craving this for weeks. The day finally came when I could text my friend asking him if he would like to get lunch. Every second of the half-hour drive is always worth it for this incredible pizza experience in downtown Milford.

I opened the doors to the black building with brick accents, the smell of fresh pizza making the Irish pub-style environment that much better. The rustic decorations behind the bar paired with the noise of happy customers elevated my Colony Grill experience.

We requested a table for two and were escorted down a small hallway revealing a beautiful dining room with walls covered in photos, including pictures of soldiers. The menu was painted in black and white along the brick walls, and a large sign hung above the hallway saying “hardware,” reminiscent of an

old store called Harrison’s Hardware which formerly occupied the space. It was remodeled and rebuilt into the Colony Grill we see today. Keeping the sign to remember the building’s history adds a nice touch to the interior decor.

There are hundreds of photos lining every wall in Colony Grill. I asked one of the waitresses what the story was behind the pictures, and she responded by saying it was the “wall of heroes.” Anyone can come in and request that a picture be hung up of someone who has served their community or the country. There are pictures of firefighters, police officers, soldiers, and pilots, dead and alive. Colony does this to honor the sacrifices these people have made to make their community or country a better place.

My friend and I were seated at a booth with comfortable

chairs and a clean wooden table. The waitress, dressed in jeans and a black shirt with a clover, asked if we would like any drinks. My friend and I requested two glasses of water, which were brought out with incredible speed. Next came the impossible decision: what pizza to order. The menu lists all the classics such as cheese, pepperoni, bacon, and more. They even have a “salad pizza.” This option is pretty much what the name entails: a salad on top of a delicious pizza. I am a huge fan of the classic pepperoni pie, so that’s what I ordered. My friend chose the same, and the waitress exited with a warm smile.

I expected the pizzas to take a long time given the number of happy customers in the restaurant, but I was proven wrong when the two pies arrived at our table in just 15-20 minutes. Two thin-crust pizzas with golden-colored



Photo contributed by Jeslyn Jacobs ‘24

bite. After finishing a slice, it was hard to not pick up another one. Sadly, all good things must come to an end when I finish the sixth slice.

It’s no doubt that Colony Grill is an incredible place for everyone to enjoy some delicious food and drinks. Every staff member in Colony had a smile the size of the world on their face. One of the waitresses stated that the workers pride themselves in being nice to customers and putting them first in every situation. This appears true, as I did not see a single customer without a joyful expression on their face. My friend

A Beginner’s Guide to Understanding Ramadan

by Sarah Shaikh ‘25

Ramadan is an important month of observance for Muslims around the globe. It is the holy month of Islam and is celebrated as the time during which the Quran, the holy book for Muslims, was sent down to Prophet Muhammad (PBUH) in 610 A.D. Allah sent phrases and paragraphs of the Quran to the Prophet through the Angel Gabriel along with revelations and messages about the importance of Islam. Prophet Muhammad (PBUH) had compiled the Quran by the end of Ramadan, which is 114 chapters in total. This year, Ramadan begins on March 23rd and ends on April 21st.

Muslims all over the world fast during Ramadan from sunrise to sunset. Doing so allows their body and soul to be cleansed from all impurities. Fasting is mandatory for Muslims once they are 14 years old, however, the elderly, pregnant/breastfeeding women, and those with medical conditions are exceptions to this rule. Suhoor is the meal which Muslims eat before the sun rises and the meal that they break their fast with at sunset with the Maghrib prayer is called Iftar.

The most typical way of breaking your fast is by eating a date and drinking water. Besides fasting and praying, most Muslims try to complete the Quran by reading a chapter every night at a mosque, a place of worship for Muslims, and this is called Tarawih.

Throughout this special month, the reward for praying/reading the Quran is multiplied by 80 times. Muslims pray to Allah seeking repentance and forgiveness. They also work on improving their relationships with friends and family during this time. The goal is to make

oneself into a better Muslim by giving up bad habits and reflecting on our actions. Muslims also give zakat, or charity, to those in need. All of these actions help them strengthen, focus and create a closer relationship with Allah. Suhail Irshad ‘24 emphasized this, saying, “Ramadan is a time I use to get closer to God and really is a time to be grateful for what you have.”

During the final ten days of Ramadan, Muslims stay up every or every other night. These are considered to be the most virtuous and blessed nights of the entire month. Muslims spend the whole night praying and seeking forgiveness/rewards for a better life in this world and the one hereafter. They perform acts of goodness throughout the day. These acts include not talking ill about people, helping

Eid al-Fitr is a holiday where friends and family gather together to celebrate the end of Ramadan. It is filled with delicious foods from different cultures, vibrant decorations, and festive outfits. Every Muslim has special clothes that they wear for Eid and it is popular for young girls and women to adorn their hands with henna. Families typically go to mosques on the morning of Eid to pray.

They also give fidya, a monetary donation to the poor, which is followed by the Eid al-Fitr prayer. This prayer allows Muslims to express their gratitude towards Allah. After this, families usually come together to have a grand feast for lunch. The food cooked for Eid usually depends upon each family’s specific culture, but the most typical dessert made is a rich, creamy pudding



those in need, visiting their loved ones, and much more.

Co-president of Amity’s Muslim Student Association Zainab Rizan ‘24 reflects upon this, saying, “Ramadan is a time I use to improve my moral character and grow closer to God by practicing patience and self-discipline, as well as gratitude.”

Ramadan ends when a crescent moon appears in the sky at the end of the month. This sighting determines whether the fast will be 29 or 30 days. If a crescent moon is seen, the next day will be Eid al Fitr. Otherwise, Ramadan continues for another day. Since Islam utilizes a lunar calendar instead of the Gregorian calendar, the crescent moon’s appearance is very significant.

those in need, visiting their loved ones, and much more.

known as Sheer Khurma. Young children often receive Eidi, money or gifts, from their family members. Eid al-Fitr is a highly anticipated holiday by every Muslim as it is one of only two major holidays Muslims celebrate.

Zainab Rizan ‘24 expressed this sentiment, saying, “I am looking forward to rejoicing with family and friends on Eid!”

Ramadan is a sacred month for all Muslims and it is recognized as a time for praying, fasting, and remembering Allah. Since it is such a sacred and holy period for Muslims, it is important for the Amity community to recognize the significance of Ramadan and support Muslims who are fasting even if you are not a Muslim yourself.

Science Research Students Continue to Excel at Recent Fairs

by Anousha Shahid ‘24

Students in the Amity Science Research Program work diligently on projects of their interest throughout the entire year, and present their findings at numerous fairs at the state, national, or even international level. Project topics vary, and may include astronomy, medical diagnoses, prosthetics, and many more.

While students work very hard to study complex subjects and gather and analyze data, science fairs challenge students to be able to present their findings and test skills like public speaking.

Avani Kulkarni ‘24, whose project was about the evolution of blue straggler stars, said, “One of the most challenging parts about participating in a science fair is being able to communicate your ideas to the common person who doesn’t know all the ins and outs of your project.”

Additionally, Aditi Bhattamishra ‘24, whose project was focused on redesigning a mechanical fluidic actuator for ankle prosthetics, said that her favorite part of the whole science fair experience is “during the build up to the fairs, when you have to look at your project from an outside perspective, and narrow in on the most crucial information.”

While most fairs follow a similar structure of presentations and judgment, “Each fair is really different, and offers a unique experience,” explained Kulkarni.

Most students at Amity either attended CSEF (Connecticut Science and Engineering Fair) or

JSHS (Junior Science and Humanities Symposium). Bhattamishra discussed her experience at CSEF, saying that she went through one round of virtual presenting and judging, and could only move on to a second round after qualifying as a finalist.

As CSEF was online this year due to weather disruptions, many students missed an excit-

many unique experiences. “Students traveled to UCONN Health in Farmington, and participated in workshops on teamwork and epidemiology,” said Aanchal Poddar ‘23, whose project was to use machine learning to create medical diagnoses from medical chest x-rays.

Participants were also able to look around and observe projects



Photo contributed by Catherine Piscatelli

ing public speaking opportunity, but Bhattamishra felt that virtual presentations allowed students to “speak more freely.”

Amity was incredibly successful at CSEF this year, with 10 out of 18 Amity students becoming finalists (a near record high). The Amity finalists received many high honors and awards, including Has-eeb Chaudhry ‘24 winning second in his category and Suhail Irshad ‘24 winning third in his category.

Additionally, Chaudhry and Aarav Patel ‘24 each took home significant scholarships to the University of New Haven, and Annika Yun won the Bob Wisner Award.

JSHS was in-person, and participants were able to have

of students from different high schools and expose themselves to topics they may not have heard of before.

For example, a high school specializing in marine sciences attended the fair, and participants could read about projects that required entirely different resources and information than their own.

All in all, participating in science fairs is a rewarding experience for science research students, no matter the ultimate outcome. Preparation for fairs “fosters an environment of teamwork,” Poddar added, while participation in a fair provides a unique and challenging experience for passionate students to communicate their ideas and interact with others

Investing Team Places Impressively at Wharton Investment Competition

by Rebecca Chen ‘25

In March, the Amity Investing Team was notified that they were Global Finalists in the Wharton Global Youth Investment Competition. The team placed in the top 10 from around 1400 teams globally.

Club advisor Scott Ranani said, “I have seen how hard they work and I am extremely proud of them. To be among the top 10 teams in a global competition is an amazing opportunity.

“We drew teams from Canada, India, China, Puerto Rico, South Korea, Singapore and other US teams from New York, New Jersey, Pennsylvania, and Texas in our group. It’s really amazing to see what our team has done.”

The students on Amity’s team include captain Piyush Bahel ‘23, captain Aarav Patel ‘24, Aanchal Bahel ‘23, Henry Ranani ‘24, Eydan Lavi ‘24, Lucas

Rodriguez ‘23, and Annie Yun ‘24.

This is an international competition

that is a part of the Wharton Global Youth Program and is sponsored by Citi. This competition aims to inspire students of all backgrounds to gain more investing knowledge and to inspire future business students.

The club has weekly meetings on Wednesdays to discuss and analyze market trends, along with learning fundamentals and the overall basics of business.

Ranani also said, “This club is completely student-driven. They keep themselves accountable and organized. The students are analytical problem solvers and have the ability to communicate their ideas.

“I have learned a lot from them, and they have impacted my

to create a 10 minute presentation to share their strategy and the outcome of it. They were invited to present their report in-person at the University of Pennsylvania.

This will give them the opportunity to answer any questions from judges, along with networking with professionals in the field.

Annie Yun ‘24 said, “This competition gave us the hands-on experience of what investing is like in the real world, and it was so cool that we could compete internationally. It’s amazing to see our names listed next to so many other countries.”

If you see these students in the halls or in your classes feel free to congratulate them. The



approach to investing.”

The next steps in the competition entail teams collaborating

community is excited to see their progression through the duration of the competition.

Not Just for St. Patrick’s Day: Appreciating Irish Dancing

by Hannah Guo ‘25

Irish dance is a culturally rich, traditional form of dance that has become a popular practice all over the world. It has a long and significant history, dating back to the early 17th century.

There are many interpretations as to how the dance originated; however, one of the most widely accepted explanations is that the dancers who were forced to perform for Queen Elizabeth I did so in protest due to her tyrannical rule over the Irish plantations. According to legend, Irish dancers were invited to perform for the queen, but they kept their arms stubbornly at their sides, dancing in defiance. This is why so many styles of Irish dance, even today, include little to no arm movement with straight arms extended tightly at the sides.

Within Irish dance, there are subcategories such as step dancing and ceili dancing, with step dancing being the most mainstream. Step

dancing involves intricate footwork, arms at the sides, and rapid leg movements such as kicks and jumps. Ceili dancing involves the same movements, however it is done more so in a group, making it a more social form. Irish dance performances usually involve vibrant, colorful costumes, with updos and intricately embroidered dresses for female dancers, and pants and vests for male dancers.

For footwear, both male and female dancers wear traditional Irish dance shoes, which are similar to tap shoes. They generally have a fiberglass tip and heel, specifically crafted to emphasize the beat and rhythm of a jig.

Gabriela Restrepo ‘25 has been Irish dancing for eleven years. With a twinkle in her eye, she recounted, “I remember being five, seeing all

the girls dancing with their hair done and their costumes, and it seemed so interesting. Within a few weeks I was enrolled in classes.”

As the popularity of this cultural celebration skyrocketed, some



Photo by WMUK

controversy also arose. Many have begun to wonder if Irish dance should be considered cultural appreciation or cultural appropriation.

To Restrepo, “It’s about being able to share a passion and about sharing the culture, about performing

and doing something I love. You don’t have to be Irish to enjoy or do Irish dance, and it’s a form of cultural appreciation to me.”

Depending on the setting, Irish dancing may be either a celebration of culture or its exploitation. The term “cultural appreciation” refers to understanding and appreciating another culture, frequently through sharing and taking part in its customs and traditions in a courteous and respectful manner.

For example, in Restrepo’s case, she takes Irish dancing lessons to learn about the dance’s history and culture, then performs it with pride and authenticity.

On the other hand, “cultural appropriation” refers to the steal-

ing of components from a culture without truly acknowledging or appreciating their historical contexts and values. This usually results in cultural misunderstanding and even exploitation. For example, if Irish dance is performed without any understanding or regard for its cultural significance, or done in a way that promotes harmful stereotypes or misrepresentations of Irish culture, it can be considered cultural appropriation.

In summary, the context and style of Irish dance performance decide whether it is cultural appropriation or appreciation, more so than the act of doing it itself. As Saint Patrick’s Day was a significant holiday for many this March, this rings fresh in our minds.

However, the message here applies to not just Irish dance, but to many other customs and traditions as well. In order to prevent the spread of damaging stereotypes and cultural appropriation, it’s critical to approach every cultural custom with respect and understanding.

Behind the Curtain of *Beauty and the Beast*

by Alice Xu ‘24

Each spring, Amity’s Creative Theatre puts on a spectacular musical performance to a sold-out audience, all of which is a product of the months of work by the stage crew, set makers, lighting, sound crew, orchestra, prop makers, costume crew, choreographers, directors, and of course, the cast, in addition to countless other behind-the-scenes figures.

The hours they dedicate culminate into five shows, spread over two weekends, during which the energy spent late-night rehearsals, long days crafting, and a grueling tech week seems to have been replenished ten times over as evidenced by the vivacity with which the cast dances and all those in the background work to make the musical the wondrous show it is.

A much underappreciated but integral part to the musical can be found in the “pit,” the section under the stage where the orchestra plays its sometimes lilting and sometimes hair-raising melodies.

Jack Morrison ‘24, a tuba and trombone player, has gained new experiences and friendships from participating in the musical. To him, “playing in the pit orchestra is a dream come true. Everyone is incredibly talented, and it is an entirely new kind of musical environment, where I grew a ton as a musician. The music is much different than what you would typically do in a band or strings class, since you have to be ready to react if something goes wrong on stage.

“After all, the music can never stop! I really love the community that was formed; these are not only talented musicians but also incredible people who I enjoy being around!” he added.

The musical is also a place where people can shine behind the stage, even when they are the ones shining the lights. For Viviana Phannenbecker ‘26, this show was her first dip into the waters of what it means to put on a musical.

About the experience, she says, “I have

learned so much and have such a greater appreciation for what goes into a production. It really takes every person on the team to pull it together.

“Everyone has been such a pleasure to work with, and I have made memories I will never forget,” she added. “I’m looking forward to a great production for everyone to enjoy!”

A subsection of stage crew that cannot be forgotten are the incredible props that can evoke equal parts laughter and fear from the audience. These are due to the efforts of “props master”

have more time to focus on school. I absolutely love doing theater.

“This year’s group is absolutely amazing, the people get along really well and everyone works great together,” she added. “I love my job because it is a great creative outlet outside of school. ACT has also become somewhat like my family and I love being around them.”

Costume crew is also largely deserving of an immense shoutout, not least for all the hours they spend sewing, drawing up patterns, and the last-minute fix-ups that are a stressful staple to opening night.

Leah Katz ‘23, one of two crew chiefs, is a veteran of such activities. However, her varied experience has not made this musical’s costuming exploits dull by any accounts, for each year’s needs are different from the other.

She said, “We made so many costumes from the ground up. We also did lots of fittings and alterations on the costumes as well. This costume crew are all first timers, so as a crew chief, it’s been really cool to get to teach them and bring them into ACT. I am sad that it’s my final show, but I loved my time here and will cherish the memories!”

A single common theme for all involved in *Beauty and the Beast* can be summed up in one word: community, whether they’ve participated in the musical for their entire high school career or this is their first.

Ellen Ko ‘24, a long time member of Amity Creative Theatre but whose first year it is in the musical cast, notes

that “Even though rehearsals are really long, the friends I’ve made along the way are definitely my support system. The ACT community is so supportive. I wish I had joined earlier. Everyone works so hard, and it’s inspiring to see the musical grow from rehearsals to what it is now.”

What it is now is a musical just as amazing as ones from years past, and the reason for that is the teamwork of all those involved, both on the stage and off.



Photo provided by Ellen Ko ‘24
From left to right: Annika Lyndgal (Enchantress, Ernastine Lambrquet, Wolf, Rug), Ellen Ko (Jeanne-Marie de Ker-madec, Fork), Grace Mahon (La Fille De La Villes, Sophie d’Houdetot, Napkin), and Lily Parady (Madame De Grande Bouche) in costume.

Sarah Ginsberg ‘24, who both creates and manages the props during the show, with help from costume crew and stage crew. For her, being on crew is a large time commitment, but it is one that is decidedly worth it.

Ginsberg said, “This year has been different from others because last year I was both the assistant stage manager and props master, and it was difficult to manage. This year it is nice to have more time to focus on one thing, as well as

String Orchestra Travels to Hear Wallingford Symphony Orchestra

by Nina Carmeli ‘23

On March 13, members of the Amity Orchestra headed to Choate Rosemary Hall to hear the Wallingford Symphony Orchestra perform their annual children’s concert. Along with the ensemble, students from Wallingford Elementary School joined in the Paul Mellon Arts Center to listen to a selection of music by John Williams and other composers. In addition, audience members got the opportunity to watch the 2023 Mitchell Family Fund Wallingford Symphony Orchestra String Concerto Competition winner perform her viola solo with the orchestral accompaniment.

Children as young as six years old packed the large music hall and enjoyed a plethora of music, from classical tunes by Prokofiev like the Cinderella Suite and Romeo and Juliet Suites 1 and 2, to modern, catchy medleys from Disney’s Frozen and Star Wars. This was an amazing experience for the younger generation to be exposed to classical music and its many beautiful qualities. These days, there aren’t many children who have listened to classical music, let alone went to see it performed live.

Before the concert began, the conductor of the Wallingford Symphony, Phillip T. Ventre, asked the excited crowd if any of them played an instrument. Hands shot up, and Maestro Ventre exclaimed, “Music is a gift that every single one of you has the opportunity to experience, recreate, and spread to the rest of the world. It connects us all.”

Maestro Ventre went on to vividly describe the music his orchestra would play, and called attention to the different dynamic contrasts and melodic shifts throughout the composition.

He told the audience to listen for the moment that Prokofiev illustrates Cinderella losing her shoe, and watch for the ticking of the clock from the chimes, dinging of the hour strike from the percussion, and magical embodiment of her dress through the winds section. By calling attention to these technical choices by the composer, the conductor made his audience aware of the greater meaning of the music.

Ethan Torrens, a member of the Chamber Orchestra, said, “It was a great experience to hear classical music live and really see all the instruments work together to create a masterpiece. I’m glad I got to go and listen carefully to the beautiful songs.”



Photo provided by Lisa Serio

Absurdism: Creative Collaboration Between Art Clubs Yields Beautiful Results

by Sabrina Osowiecki ‘25

Many people find various forms of art to be prime ways of expressing themselves and channeling their creativity into something tangible. There are many art-related classes at Amity, as well as a wide variety of different artistic clubs, notably, the Creative Writing Society and the Art Club.

Focusing mainly on writing narratives, members of the Creative Writing Society meet to share their short stories and other forms of writing. The club is advised by Allyson Wuerth and led by Annie Liu ‘23 and Sarah Fortin ‘24. The Art Club, run by Selin Ho ‘23 and Mingyue Zha ‘23 and advised by Courtney Morrison, meets to share various styles and mediums of visual art. While these clubs are centered around quite different forms of art, they come together annually to collaborate on one united project: a complete publication of their work.

Each year, since its 2021-2022 school year launch, both clubs brainstorm central themes that the publication will be based around and meet jointly to discuss the project. Last year, the theme was escapism; this year, the booklet will focus on absurdism.

Defined as purposeful strangeness or insanity, or even the possibility that humans live a meaningless, undefined existence, it lends itself to be a fascinating subject matter which can be taken many different directions, and is left up to the interpretation of the writers and artists.

To better integrate writers’ short stories and poems with artists’ pieces, each writer is paired with an artist with whom they will collaborate. Annie Liu ‘23, president of the Creative Writing Society, said, “I really love getting to know and work with someone else; it’s super fun to pool together our ideas and ultimately create something I could never have thought of or considered making on my own.”

Together, each pair discusses and brainstorms ideas as well as creates a finished, cohesive project by the due date, at which time all pairs’ creations are combined into one complete booklet. However, writers and artists often find creative ways to fuse their work together, such as the writer creating a script for the artist to illustrate, or even interweaving comics within a narrative.

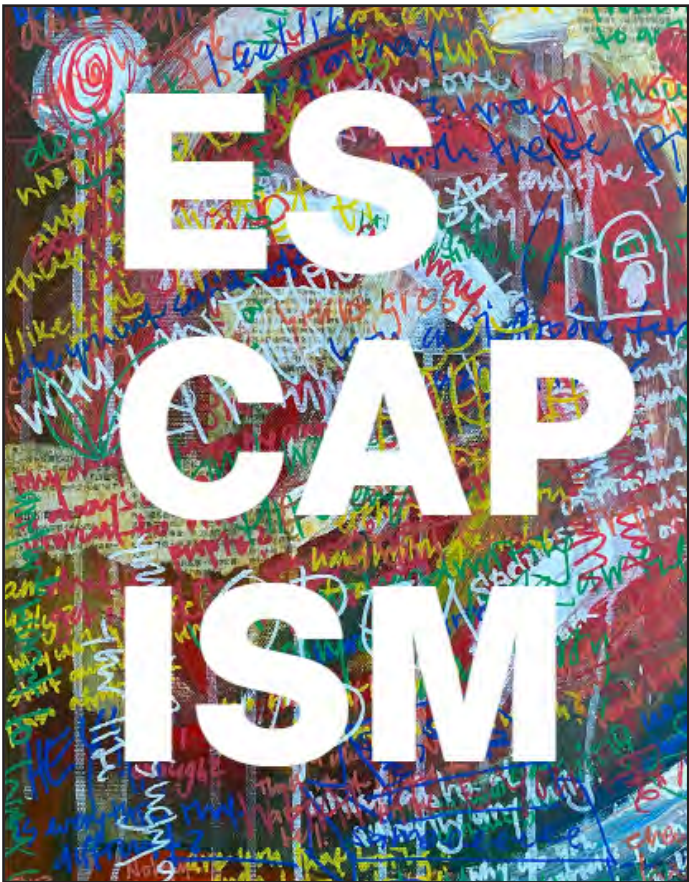
Some pairs choose to write multiple separate scenes or sections that make up one story. Occasionally, individuals choose to work on multiple collaborations, and some even create both a piece of writing and a piece of art. Participants are able to meet new people with whom they share similar interests, and also make new friends.

In future years, students are welcome to sign up for either or both of these clubs to participate in meetings and various activities throughout the year, and to check the Student Happenings newsletter for information about the collaboration.

Additionally, flyers detailing the project are currently posted throughout the school. This exciting opportunity is a rewarding opportunity for anyone interested in creating and sharing art with others.

Liu said, “It [is] super satisfying getting to see and

hold a finished product with all of our creators’ work and seeing how proud my club members [are] to have contributed to the final result.”



Last year’s magazine cover “Escapism”

Tri-M Music Honor Once Again Entertains the Greater Community

by Nina Carmeli ‘23

The Tri-M Music Honor Society returned to Coachman Square for the second time this year on Thursday, March 9. After performing a riveting selection of music during the holiday season for seniors living in the Woodbridge assisted living community, Tri-M members from the band, orchestra, and choir returned with new repertoire for all those lucky enough to hear them.

At Tri-M’s core, its mission as a community based honor society is to enrich the local community with the power of music. Students in this organization continue to spread their passion for music to the greater BOW community.

Tri-M has not only visited senior homes in the area, but has also advocated and advertised the music department’s myriad of opportunities to current 8th graders to gain appeal and participation in the program.

Honor society members played a variety of compositions, from “Howl’s Moving Castle” performed by the strings, a medley of TV show hit songs performed by choir, and an assortment of songs from the Star Trek soundtrack as performed by the band.

Lisa Serio, advisor to Tri-M, said, “The trip was another huge success and I

know for a fact, the residents and staff really appreciated us coming again. To see the smile on their faces and know that our youth can provide such a wonderful concert and joy to their day and lives is a priceless experience.

“We did run into a glitch of only having 3 stands, but we did what musicians do best...improvise! Truly, I am grateful for all of you and your desire to provide for the community around you,” she added.

Sophia McDermott ‘23, saxophone player and Tri-M member, said, “The joy of performing for the community never diminishes. I am glad to be part of a group that values the importance of music and integrates it back into the local community.”

Sophomore Zoe Benton attended both the December and March trips and enjoyed seeing the residents’ excitement. “It was really fun to see their faces light up,” she said. “It’s also nice to do something I love and give back to the community.”

The Tri-M Music Honor Society, though only in its first year, is accomplishing remarkable things to incorporate music into the Amity community. Older adults and young students alike are impacted by their joy and passion for music, and the BOW area is excited to discover how they will continue to leave a mark.



Photo provided by Lisa Serio



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Spring Sports Preview: “Just Having Fun”

by Liliana Fleming ‘24

As March ending and winter sports finish, now comes the start of the spring sports season. Amity has a variety of spring



Photo from @amityathletics on Twitter.
After doing strength and conditioning training all winter, the baseball team starts their season strong on the field at tryouts.

sports including baseball, softball, lacrosse, tennis, golf, track & field, and boys volleyball. The 11 teams are excited to get started with their respective seasons.

Last year the baseball team went 17-3 throughout the regular season. The team’s captains for this year are Nick Clark ‘23, Trip (Thomas) Waldron ‘23, and Brian Kiska ‘23.

Jack Lewis ‘24 commented on some of the team’s goals for the season. He said, “One goal for this season is to play to our maximum potential and see where that takes us.”

Softball’s 2023 captains are Hannah Fletcher ‘23, Sydney Manzione ‘23, Grace Carrington ‘23, and Cosette Zito ‘23. All four are committed to play softball in college, and highlight the bond that the team shares. Players from each grade have played together since each age group was in fourth grade, meaning they’ve known each other both on and off the field for quite some time, adding a layer of comfort playing together.

Ava Wooldridge ‘24 talked about this bond, especially with the seniors saying, “It won’t be the same without the seniors next year, so we

are going to make the most of it this season!”

The team is looking to stay focused, while keeping up the energy. They are also hoping to win SCC’s. Last year, the boy’s lacrosse team ended the season with a record of 11-5.

Brendan Smith ‘23 said, “This year I’m looking forward to having another successful season, growing our team bond and chemistry, and just having fun.”

The team’s goals are to make and play in the SCC playoffs and continue to improve upon last season’s record.

The girls lacrosse team finished last year with a record of 8-6. The captains of the team are seniors Dylan Lyons, Cami Palermo, Anna Saccente, and Olivia Zalinsky. Last year the team had some hard fought wins against some high level teams. They beat Cheshire for the first time in over 20 years and hope to continue where they left off.

For the boys tennis team, this year they are captained by Aaron Babajanyan ‘23 and Ethan Hass ‘24. Babajanyan talked about what he is looking forward to this season saying, “I look forward to everything! But more specifically, the many intimate moments we will have as a team on and off the courts, whether it’s cheering each other on during the close matches, or helping each other up after a loss.”

The team is aiming to go far in the SCC and state tournaments. They hope to improve on last season’s record and continue to build the future of the program.

Last year the girls tennis team held an impressive undefeated record of 17-0. This year the team is led by captains Aadya Wijesekera ‘23, Kiley Pickens ‘23, and Kyah Harding ‘23.

Wijesekera acknowledged the difference between high school tennis, and many other competitive aspects of the sport saying, “High school tennis is a really fun environment because it makes a mostly individual sport become a team sport.”

The boys and girls golf teams both had successful seasons last year. They look to start

off with the boys first home match being Tuesday, April 4th, and the girls first home match will be on Wednesday, April 19th.

Both the girls and boys track teams will have their first home meet on Tuesday, April 4th. With a plethora of captains leading many different events, and coming off a great indoor season for both boys and girls, the teams are looking to have a great season and break even more records.

Last year the boys volleyball team ended their season with a record of 8-12. The team has their first home game of the season against Westhill on Tuesday, March 4th.

Athletic Director Ernie Goodwin commented on the start of the season saying, “Our students and coaches have worked diligently in the off-season to increase their strength and skills to maximize their potential.”

He continued, “I am anxious to see the hard work pay off as we begin official play on Saturday April 1st and I am hopeful we support each

other throughout the spring by attending games and events.”

All the teams are excited to get back on the field, court, and track and continue working to have fun and successful seasons.



Picture accessed from @amityathletics on Twitter.
The Girls Tennis team warms up during tryouts on the first day of their season.



Photo accessed from CNN
A moment from the game that ended in a severe upset between the Purdue Boilermakers and the Fairleigh Dickinson Knights.



Photo accessed from NY Post

Who’s Excited about March Madness?

by Gavin Storz ‘23 and Chance Starrett ‘23

March Madness is one of the most anticipated men’s and women’s college basketball tournaments in the country. With the tournament’s single elimination element, teams prepare for every game like it is their last. For numerous seniors, it will be their last game.

With the recent announcement of the sixty-eight teams contending in each tournament, many basketball aficionados across the country have been frantically filling out their beloved March Madness brackets.

Developing a personalized bracket is one of the ways that fans can feel included in the games, even after their favored team loses. This year, ESPN states that there were over twenty-million brackets created and, after the first night, only seven hundred eighty-seven perfect brackets remained.

One of the main reasons for brackets busting are “upsets” which are a rousing part of the tournament and stun sports fans around the coun-

try. Many basketball enthusiasts like ourselves love when a lower-seeded team miraculously beats a powerhouse, higher-seeded team.

Bringing serendipity to the nation, in the round of sixty-four, for the second time in March Madness history, the number one-seeded team, the Purdue Boilermakers, was defeated by the sixteenth-seeded team Fairleigh Dickinson Knights. Out rebounding Fairleigh Dickinson 42-33, Purdue heavily utilized their 7 ‘4” center, Zach Edey. However, they allowed Fairleigh Dickinson to surpass them in shooting percentage, steals, and overall points.

Following the Fairleigh Dickinson win, ESPN announced that zero men’s NCAA brackets remain perfect. Another statement by the NCAA read that as of 3:00 o’clock on March 19th, only seven perfect brackets remained in the women’s tournament.

Although the main bracket and second chance brackets are locked in, we encourage you to keep an eye on a few of your favorite teams, because this March we learned that anything is possible. Let the madness begin!

Girls Ice Hockey Co-Op Team

Successful Season Reminds Team of Early Days

by Avery Dillon ‘24

Amity Regional High School has many athletic activities including Girls Ice Hockey. They combines with North Haven High School and Cheshire High School to compete against other schools and co-ops on a team called the Blades. This co-op team kicked off their season on December 7, 2022, against Woodstock.

The Blades played 21 games throughout their season against teams across the state. One of their best games this season was against Greenwich when the Blades returned from behind in the third period and tied the game 3-3. This game became so special because Greenwich was one of the team’s biggest rivals and the Blades were the underdogs going into the game.

Tying the game in the last period showed every other girls Ice Hockey team that the Blades played to win. This pattern reminded many of the 2019 season, the last time the Blades won the Southern Connecticut Conference (SCC) and became champions.

Before the Blades rose to success, there was no girls Ice Hockey league. The SCC created the league in 1994, but it wasn’t until the 2005-

2006 season that there was a state tournament. Considering the quick evolution of this sport, the Blades have done a wonderful job keeping up with this.

In 2015, the Blades hosted their first girls annual alumni game with alumni from all three high schools: Amity, North Haven, and Cheshire. This game has continued every year since 2015 and the Blades intend to continue this tradition.

The SCC and the state of Connecticut along with Amity Regional High School have

done a tremendous job continuing to match the developing and growing world of sports. Girls Ice Hockey is a sport filled with players who love to participate in competitive games and the SCC, the state of Connecticut, and Amity have allowed these players to continue playing the game they love.

The advances in high school sports have been astronomical and continuing to keep up with this is crucial for every high school student in the state.



Photo accessed from @blades.puck on Instagram

Wrestling Team Basks in Their Growth and Achievements

by Emily De Souza ‘23



This wrestling season was one to remember. The team increased immensely from last year, with the players showing that they could keep up with the best and help the team as much as possible.

Compared to last year’s SCC score, the wrestling team realized every goal they set, including beating teams from last year. Nine girls qualified for States, three were State placers, including Camryn Brown ‘23 winning states for her weight division. More than three team members placed for SCC and Class L.

Senior captains Camryn Brown, Spencer Ferullo, and Rob-

by Reinwald helped everyone stay focused and always practice hard from day one.

Brown stated, “The season went really well and our team grew a lot. I can’t wait to see how well the team will do next year, and I wish them the best of luck!”

Additionally, the coaches pushed these athletes as hard as they could because they saw potential in each one of them.


Despite some injuries throughout the season, the team didn’t give up, kept the hype and energy for every tournament, and grew a bond throughout this successful season.

Photo accessed from @blades.puck on Instagram

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