

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

May 10, 2023

Springfest Fosters Community Among Students and Staff

by Alice Xu '24

With live music performed by students, free ice cream sandwiches, and highly entertaining activities hosted by many of Amity's clubs, students and faculty alike greatly enjoyed the newly created Springfest. The event was hosted during each of the SSP periods on Thursday, April 6. It was created as an opportunity for the varied and widely accomplished clubs of Amity to showcase the work they have done throughout the year and attract new members. Springfest certainly accomplished this, while also encouraging a spirit of fun before the upcoming spring vacation to start the very next day.

Highlights of the day included the ever-popular "Pi-Your-Teacher" event hosted by Mu Alpha Theta. In the week prior to the day, a raffle was held where students (and staff!) could purchase tickets in hopes of being chosen to have the chance to "pi" one of the several teachers who volunteered. The event drew a considerable crowd with each throw as students vied to see their beloved teachers smeared in whipped cream.

Other clubs hosted, perhaps less messy, but equally lively tables, ranging from Leo Club's "Pin the Tail on the Leo!" to the rousing games of chess by the Chess Club. Leo Club president Rommell Lopez-Burrell '23 commented that, while the games and fun of Springfest were apparent to any who attended, it was also "a great time to show our classmates what Leo Club was up to. We were able to have fun, and we could also explain the things we do for the community." Being held in a small area and with various attractions such as dynamic music and ever-flowing

pep-Burrell '23 commented that, while the games and fun of Springfest were apparent to any who attended, it was also "a great time to show our classmates what Leo Club was up to. We were able to have fun, and we could also explain the things we do for the community." Being held in a small area and with various attractions such as dynamic music and ever-flowing

ibly community-focused- a time for celebration and camaraderie.

Though similar in vein to Club Day, an event held near the start of the school year to expose new and old students to the varied clubs Amity has to offer, Springfest was an invention entirely of its own.

Ellen Ko '24 said, "Club Day was all about recruiting, but Springfest was more about promoting

enjoyed the atmosphere of the day and thought that the various activities and the band playing really added immensely to the overall experience. It was definitely an event that will hopefully continue to cultivate our school spirit and a perfect one near the close of the year."

This feeling was certainly felt by many of the students in attendance, including Rose Megyola '24. Her time at Springfest was marked by what it meant for Amity's community, for "it's rare for so many people to be together at school in one place for one cause. I liked meeting up with everybody and talking and experiencing all the things Springfest had to offer."

Suhail Irshad '24 wholeheartedly agreed; his time at Springfest was marked by what it meant for Amity's community. For him, "Springfest was a great event which really brought together the Amity community, students and faculty alike. I think we should do more events like this to help build the unity in our Amity family so that we can help provide for a welcoming environment in this great school."

Events like Springfest are crucial, as students make connections and memories. Springfest will certainly be a tradition at Amity for years to come; the joy that its execution brought members of the community, and its hand at strengthening such a community, were remarkable.



Photo contributed by Scarlett Zhai '25

Math teacher Michael Gelada is "pi"-ed during Springfest.

ice cream sandwich supplies, the atmosphere of the day was incred-

each other and showcasing each club's accomplishments. I really

Academic Decathlon Team Is National Rookie of the Year

by Bridget Lowder '24

After winning the state competition in February, Amity's Academic Decathlon team had the unbelievable opportunity to advance to the 2023 USAD National Competition held in Frisco, Texas April 27-29.

Team members included Anchal Bahel '23, Sena Ho '23, Selin Ho '23, Sophia Liu '23, Ali Khan '24, Shaofei Ong '24, and Bridget Lowder '24. They were extremely excited to compete and represent Amity Regional High School and Con-

necticut at the national level.

Over the course of their time in Texas, team members participated in the speech, interview, and Super Quiz events in addition to the economics, social science, mathematics, and science tests. As a result of their hard work and dedication, the team won the Rookie of the Year Award. This award is presented to the highest scoring rookie U.S. team in each division, defined as a team that has not competed at Nationals for 10 or more

years. Reflecting on the competition, Khan said, "I'm proud of how we really came together as a team and pushed each other to succeed. This type of attitude is what led to us winning Rookie Team of the Year as well as several other awards, and it wouldn't have been possible otherwise."

Team members also took home various individual titles in addition to the Rookie of the Year plaque. Selin Ho was named as the highest scorer on Amity's team and earned a

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World Language Wellness Day Celebrates Honor Society Inductees

On April 28th, the Latin, French, Spanish, and Chinese Honor Societies hosted a World Language Wellness Day in the school cafe.

This event was aimed at celebrating this year's new

inductees. Complete with activities such as ping-pong and zumba classes, as well as snacks and refreshments, the teachers presiding over Amity's Language Honor Societies certainly

achieved this goal of celebration.

Wellness Day provided students with opportunities to interact with other Language Honor Society members in a fun, stress-free environment.



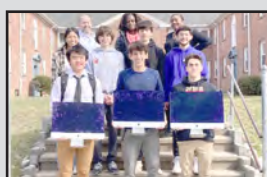
Photo contributed by Emily Russo '24

World Language teachers celebrate at Wellness Day

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Sophomores Enjoy Annual Career Day

by Soma Kim '25 and Sabrina Osowiecki '25

All students have dreams for their future. However, these dreams and career paths sometimes are not backed up with the proper knowledge. In order to develop an understanding of one's desired career, there must be a source of information one can rely on. Sophomores had the opportunity to develop this understanding on April 28th as they participated in Career Day.

Dr. Dallas S. Passerine is a veterinarian at Country Companions Veterinary Clinic in Bethany. From a young age, she loved animals and worked on a farm. She originally pursued a career in law enforcement but ended up applying for veterinary school, getting accepted on her first attempt. While she explained that veterinary medicine can be a difficult career path due to the fact that it is impossible to save every animal, she also says that it is extremely rewarding.

As a partner at Beers, Hamerman, Cohen & Burger, Jennifer Schempp entered Amity Regional High School to share her experience as Certified Public Accountant (CPA). She shared how her career was incorporated into her daily life, and how there were key traits that corresponded with the job. In

the form of a quiz, she gave students examples of her activities at work, and the students answered with the correct key trait. Some of these traits included critical thinking, time management, communication, and organization.

Later, she began to inform the students of the advantages and disadvantages of working at different-sized accounting firms.

According to Carleta

munohematology, and immunology.

As a medical laboratory scientist, it is possible to work in multiple or all of these fields. While in school, students get much hands-on experience in laboratories. This career is growing rapidly and is very in demand; after students earn their degree, they are often able to find a job nearly immediately.

Moreover, it is a very crucial and important job due to its relevance in diagnosing and treating patients.

Aside from describing their career paths, the presenters shared general advice for finding a fulfilling career path. They suggested being well-rounded and open to new experiences.

The presenters' stories implied that everyone takes a different path to their desired career. Overall, Career Day left a positive impact on Amity students.

Lynn Cocco,

college and career counselor, said, "Career Day is always successful here, as it gives students an opportunity to learn about careers directly from people in the field."

"There's no substitute for meeting with someone who is working in and has passion for their chosen profession. Sharing in their excitement helps to fuel our own aspirations," Cocco added.



Photo contributed by Soma Kim '25
West Haven firefighter Jacob Urban and his fire dog

Maurice, "Without medical laboratory scientists, doctors would be guessing."

Medical laboratory science is often an underappreciated career path that acts "behind the scenes" in medical diagnosis. Medical laboratory scientists work in research, clinical laboratories, and industry, for studies such as clinical chemistry, hematology, urology, microbiology, im-

Academic Decathlon Is Rookie of the Year

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and a silver for essay in the honor category.

Anchal Bahel was voted the team MVP, winning a gold medal for interview in the scholastic category. Ali Khan won silver for varsity interview and Shaofei Ong won silver for essay and bronze for science in the varsity category.

When asked about her experience, team captain Bahel said, "Going to Nationals with such a driven team was truly a rewarding process, as we got to connect with like-minded individuals from across the nation, and this wouldn't have been possible if it weren't for the support of the Amity community."

Of course, the team would not have even been able to travel and compete at the national championship if it were not for chaperone and coach Alison Beres Nork.

"I'm so fortunate to have had the opportunity

to accompany this group of students because they have such great team chemistry," said Beres Nork, "It was so fun to see them work together."

Overall, the team had a truly amazing time in Texas and are proud of all that they have accomplished at both the state and national academic

decathlon competitions.

They have set a great precedent, as they are the first team from Amity that has qualified for Nationals. Hopefully the AcDec Team will keep this momentum going so they can compete at the national competition next year in Pittsburgh, Pennsylvania.



Photo contributed by Bridget Lowder '24
Amity's AcDec Team was this year's Rookie of the Year.

Investment Team Places Second Internationally in Wharton Global Youth Investment Competition

by Annie Yun '25

In April, the Investment Team, also known as Amity 7 Chakras Investments (Aarav Patel '24, Piyush Bahel '23,

take tours of the campus, and meet students from around the world. The global finale included teams from Virginia, California, Georgia, Indiana, Texas, Canada, South Korea, India, and the Czech Republic.

On the morning of April 22, these ten teams competed for the global finale. Each team had 10 minutes to pitch their unique investment

strategies, and then

received 5 minutes of questioning from the judges.

For four hours, the teams took turns presenting their stock filtering algorithms, international market analysis, carefully crafted portfolios, Environmental, Social & Governance considerations, and the varying pillars of their investment strategies. The final results were very competitive, and Judge Michael DeFlorio stated that it took him and the other judges over an hour to select the winning teams.

His colleague, Andrea Vittorelli, asked the students to "Please stay in touch with us and let us know what's going on with your lives. We will be very proud to have met you when you were in high school."

Team Amity 7 Chakras Investments placed 2nd overall with their disciplined investment strategy rooted in seven "chakras."

Eydan Lavi '24 said, "It was a once in a lifetime experience. Seeing the countless hours of work we put in throughout the competition culminating in a second place victory made the experience all the more special!"

The team took home a second place and finalist trophy, and they presented both to Principal Hauser back at Amity.




Photo contributed by Scott Ranani
Members of the Investment Team celebrate success at Wharton Investment Competition

Lucas Rodriguez-Herlihy '23, Anchal Bahel '23, Eydan Lavi '24, Henry Ranani '24, and Annie Yun '24), traveled to the Wharton School at the University of Pennsylvania to compete in the Wharton Global Youth Investment Competition.

Over 3000 registered teams from 53 countries competed in this competition, which focused on a case study of a client, Peter Hjemdahl. Since September, these seven students have developed an investing strategy for Hjemdahl with several "chakras," or stages, which involved quantitative and qualitative analysis, corporate responsibility requirements, a Monte Carlo algorithm, macroeconomic analysis, mid-term analysis, and teamwork. They also accompanied this with virtual, simulation trading to employ their strategy.

In December, the team submitted their final report, and were announced as semi-finalists (top 55 teams) just one month later.

After submitting a video presentation, the Amity 7 Chakras Investments qualified for the global finals, placing within the top 10 teams. These final teams traveled to Philadelphia, PA from April 20 to April 22, where they had the opportunity to listen to keynote speakers,



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Counselor Opinion

Mental Health Awareness Month: The Importance of Taking Care of You

by Nicole Buxton
School Social Worker

In recognition of May as Mental Health Awareness Month (MHAM), it is a time for us, as a community, to reflect and acknowledge the tasks that we have accomplished thus far this school year. It was no easy feat! It is equally important for us all to recognize the challenges that we faced, and often overcame, to get where we are today.

That said, the year is not yet over. In the next few weeks, we all will be preparing for “endings,” whether in the form of summative assessments, such as AP and Final Exams, formal celebrations, such as Prom and Graduation, and everything and anything in between!

These last weeks we are all together can be extremely demanding and stressful. In order for each of us to meet these increased demands, it is imperative that we first recognize that our mental wellbeing is our foundation for success in anything that we do, so be sure to take care of you.

This month, I challenge you all to look at this time as an opportunity to continue to grow as an individual. Our mental health is influenced by the narratives we create for ourselves; choose one that can work for you, not against you. Challenge your negativity biases and intentionally recognize your successes, past and present, (however small), as this will afford you the ability to navigate future events. It is easier for us to attend to the adverse events that have occurred in our lives, whether it is that failing grade on a recent

exam, a negative text received by a friend, or the fight you recently had with your sibling.

You, and only you, have the ability to change your script - to choose to frame your realities to work with you rather than against you. Do not dismiss your struggles, but remember that your struggles do not define you. It is how you choose to navigate these struggles that do.

Reframe the “I can’t’s” to “I cans” and the “I won’t’s” to “I’ll try’s,” as there is power in our thoughts and it affects what we do (and don’t do). This year, remember that you can if you try.

Our mental health is directly correlated to our physical health; one cannot succeed if the other is neglected. Be mindful of your schedules and the impact they have on your functioning. Are you sleeping enough? Eating enough? Drinking enough fluids? Are you physically active in the capacity in which you are able to be?

If we are not taking care of ourselves, we are not able to care for anyone - or anything - else. Reflect on your daily responsibilities and tasks as we enter the end of the school year. If something is not helping you to accomplish your goals, there is still time to make adjustments to your day to prevent burnout. Set boundaries for yourself. Manage your time effectively. Connect with others. Ask for assistance - we all need support. Say no to things that will prevent you from succeeding. Identify healthy strategies to help you relax and then, do them! Find balance in your daily life and remember to take care of you.

A Senior’s Closing Remarks

by Michael Perrone ‘23

In September, I wrote an opinion piece illustrating my predictions for an acceptable senior year. It was something I wanted to write not only because I thought it would be a good first article to kick off my final year as a Trident writer but also because I thought it would be interesting to look back on my thoughts from the start of my final hoo-rah as an Amity student and compare them to the different viewpoints I’ve obtained today as someone who’s been through the social and academic jungles all graduating students face.

Before I make my final statements on this past year, I need to summarize what I thought my senior year would look like in September. I compared my thoughts on senior year to the classic 1990s film *Dazed and Confused*, saying that, like in the movie, it would be a time that balances friend-filled kooky adventures with looming fears of growing older and inevitably facing the atrocious monster called Maturation. I tried to adopt a proactive approach, realizing the importance of actually enjoying my senior year without compromising my academic integrity. Above all, however, I wanted readers, and to a certain extent, myself, to leave the article understanding the importance of perseverance and courage, two things we would all eventually need to tap into over the coming months.

Pardon my cynicism, but I reread the article a few days ago, and by the end, I was laughing.

It isn’t that anything I said was inherently untrue; I still value the importance of making fond memories, remaining intellectually curious, and not allowing challenges to stop me from pursuing my goals. I think looking back on my optimistic approach when writing the article is what caused the laughter.

To sit here and adopt the bleak outlook of a stereotypical veteran of war since I’m pretty much done with high school would be both disrespectful and wrong, but I’d be lying if I said that optimism was just as strong

today as it was several months ago. Senior year, for me, was filled with disappointment, fairly difficult classes, and an endless array of problems among my friends and I that seemed unsolvable. I was rejected from top-choice colleges (go Syracuse!), got Cs and Ds on “easy” quizzes, and endured enough mindless bickering to make even the characters from *Seinfeld* roll their eyes in complete and utter annoyance. Describing senior year as an easy ride would be an insult to all those who went through it with me, and a lie to any underclassmen willing to read this article.

And yet, as I sit back and reflect on these past few months, I regret nothing.

Nothing worth pursuing is going to be easy. Journeys that reward you are meant to have long, bumpy roads, because when you finally reach your goal, it feels so much better for the hardships to be over. Sure, there were lots of negatives that came with my senior year, but for some reason, right now, I feel like I wouldn’t change a thing.

I might not have gotten into my top choice college, but I’m still attending a university I feel proud to be a part of. I might’ve gotten a few rough grades on assessments throughout this year, but I let those grades motivate me and push me toward my better self. I might’ve gotten into a bunch of fights with my friends, but at the end of the day, we all know it means nothing and we’re not going to stop hanging out.

Come to think of it, this philosophy can be applied to my entire high school experience. Getting my freshman year cut short was a turn nobody saw coming, but to begin high school with such a shock makes this relatively normal senior year feel all the better. I can’t express in words how happy I am that I can actually experience senior prom, let alone inside an actual building rather than not at all or out in the parking lot.

Thinking with this mindset makes high school less like a pain and more like a rewarding experience, and even though I experienced

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The Amity Trident

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Amity Regional High School
25 Newton Road, Woodbridge, CT 06525
203-397-4830
amityregion5.org

EDITORS-IN-CHIEF

Sena Ho ‘23
Aadya Wijesekera ‘23

NEWS

Anchal Bahel ‘23
Andie Napolitano ‘24

FEATURES

Bridget Lowder ‘24
Grace Cavallaro ‘24

SPORTS

CJ Brinton ‘24

OPINIONS

Emily Russo ‘24

ARTS

Nina Carmeli ‘23

SOCIAL MEDIA

Alice Xu ‘24

FACULTY ADVISOR

Emily Clark

CONTRIBUTING WRITERS: Soma Kim ‘25, Sabrina Osowiecki ‘25, Annie Yun ‘25, Michael Perrone ‘23, Raegen French ‘24, Joy Deng ‘26, Soumya Wijesekera ‘25, Kacee Tam ‘26, Eydan Lavi ‘24, Jessie Zheng ‘25, Alex Klee ‘25, Liliana Fleming ‘24, Avery Dillon ‘24, Janet Fan ‘26, Alice McGill ‘25, Jill Barnes ‘24, Jennifer Gu ‘24

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For any corrections or tips, please email amitytrident@amityschools.org

To sign up to write or take photographs for *The Trident*, contact the Editors-in-Chief, Mrs. Clark, or email amitytrident@amityschools.org

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WRITE FOR THE TRIDENT

Great opportunity to get involved!

See your name in print!

Check your email for assignments for the June issue including Senior Intentions.

Get involved. Write for the Trident!



A Senior's Closing Remarks

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hardships, and experiences I'll hold close to my heart for a very long time.

And so, as I sit back and put the finishing touches on what will be my final Trident article, I feel happy with everything I've gone through. My time at Amity was a time I'll never forget, filled with people

Senior year was a fitting close to a four-year escapade with more ups and downs than I could count, and I'm grateful for every second of it.

Thank you, Amity, for everything.

ATTENTION SENIORS!

Remember to complete the form in your Class of 2023 Google Classroom to be included in the Senior Intentions feature in June!

Pride Week: Supporting Diversity, Representation, and Inclusion

by Raegen French '24

Amity's gender-sexuality alliance, PLAHD, has recently held our school's annual Pride Week. For those unaware, pride month is June; however, we hold our pride week in April to help prevent it being overshadowed by finals and the early leave of our seniors. PLAHD's club goals are to help support diversity, representation, and inclusivity in our school community, while educating both its members and our school about the LGBTQ+ community.

These carry over into our Pride Week and are the driving forces of it. For Pride Week itself, we put a variety of pride flags around the school, posted flyers on LGBTQ+ topics in the hallways, painted the rocks, and had a table at lunch run by members of PLAHD where we gave away pride flags, stickers, and had flyers about flag meanings.

Pride Week helps the members of the LGBTQ+ community feel represented, seen, and comfortable in our school. Using visible symbols of the LGBTQ+ community helps such members to not only feel represented in the school but to be validated in their sexualities and/or gender identities. This is

incredibly important for the members of the community who aren't comfortable and/or safe coming out to family or friends. It's incredibly hard on one's mental health to be forced to stay in the closet (unable to come out), and Pride Week helps to combat that struggle.

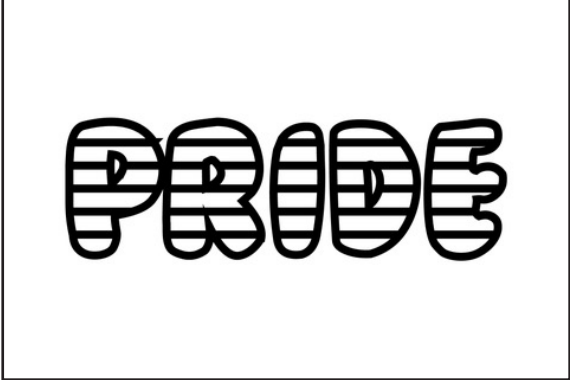
The event allows all members of the community, no matter how out or visible they may be, to still feel validated and proud of their identities, without any pressure to come out. The aspect of representation is also important as it makes everyone both in and out of the community come to know it better and be accepting of it.

Pride Week also promotes the education of the LGBTQ+ community. Education is also a key reason for why we have Pride Week. The community is ever changing and evolving, so making an effort to learn about it is important, even for the members within the community.

Education on topics and areas such as, but not limited to, community labels, history, pronouns, and more, are all important to better understanding the community. It is also a key factor in being accepting

of LGBTQ+ people. Understanding those different from oneself is also necessary when looking at today's society as a whole. It is incredibly difficult to be fully accepting and understanding of something one doesn't understand. The education that comes from the members of PLAHD running the lunch table, as well as the flyers, is really important.

Pride Week is held annually at our school and is one of the events our club always looks forward to holding. It serves as an important reminder to how diverse our



school community really is, and that is something that should be celebrated and shared. At the end of the day, everyone deserves to be treated with kindness, acceptance, respect and inclusivity, regardless of anything else.

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Fencing Club: A New Sport Brings New Opportunities for Students

by Joy Deng '26

After working to establish a group for the past three years, the Fencing Club was created at the start of this school year by junior Emily Gu and has recruited over 40 members.

The club accepts all that are interested in fencing and introduces the fundamentals of the sport and refereeing rules. In order to further encourage the sport and allow students to actively compete in it, Gu and the Fencing Club aim to initiate an official sports team.

The future team will start as a platform open to anyone interested in the sport of fencing. It will host three days of practice a week, consist of Varsity and Junior Varsity teams, and operate like any other sports team at the high school.

Starting with the foil and épée, the team will gradually expand its equipment, build up its stamina, and transcend into a mature state. The team will be able to compete in State Championships and hopefully bring Amity pride and success.

"I hope that we can grow and continue as a sports team in the future, and share the sport with other people, especially since there is a fencing club not even two miles away," said Gu.

The Fencing Club and team will function together. The club will serve as a precursor to the future fencing team. Currently, the fencing club is focused on fundraising for weapons, gear, and other equipment. The club encourages all that are interested to join and contribute.

With the support of the Athletic Board and Amity Students, the Future Fencing team will be able to train and compete next season and encourage all sports of different forms to emerge.

In addition, the fencing team displays more benefits. "Fencing as a school team can not only engage us in an intriguing sport, it also provides us with opportunities to earn scholarships," says Carina Chock '26, a member of the Fencing Club.

If you are interested in joining the fencing club and contributing to the future fencing team, please contact Emily Gu at guem24@amityschools.org.



Members of the Fencing Club during a recent practice.

Photo contributed by Emily Gu '24

Young and Old Benefit from Student Presentations in BOW Community

Students from Amity Regional High School volunteered their time in April with school support staff Nicole Buxton and Jenna DeRosa to give back to the younger and older community members.

On April 24th, several students visited the 6th grade class at Bethany Community School to help the students prepare for their upcoming transition into middle school from a student lens.

The next week, these students volunteered their time once

again to create a mosaic with seniors in the community at the Woodbridge Library. Together, they created a beautiful piece of art.

A special thank you to Melissa Sofuoglu '24, Gabriel Tartaglia '23, Liam Connors '23, Anika Lyngdal '23, Diana Isaacs '23, Ava Coyle '23, Grace Kennedy '24, and Hayden Einbinder '24.

They all took the time to present to the 6th graders and to meet with older members of our community

See page 12 for photos of these special community events.

Reflecting on the Significance of an Irish Heritage

by Bridget Lowder '24

Millions of people around the globe take to the streets, pubs, and restaurants to celebrate St. Patrick's Day and more than half of all Americans partake in these celebrations. When we think of St. Patrick's Day, we often picture parades, shamrocks, leprechauns, and the color green.

However, for some in the Amity community, this holiday can also represent history, faith, heritage, and Irish culture and identity in particular.

In the United States, the day is a massively popular celebration of everything Irish. Given the substantial Irish population in America, which is many times larger than Ireland itself, it makes sense that St. Patrick's Day is such a treasured holiday. St. Patrick's Day is the feast day (March 17) of St. Patrick, patron saint of Ireland.

Born in the late fourth century, he was kidnapped at the age of 16 and taken to Ireland as a slave. Once he escaped slavery, he became a priest and converted many of the Irish to Christianity. By the time of his death on March 17, 461, he had established various monasteries, churches, and schools in Ireland.

Many legends grew up around him, for example, that he drove snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

For my grandmother, Anna O'Reilly Whelan, this holiday holds special significance. She immigrated to America as a young girl and has loved St. Patrick's Day ever since she can remember because it reminds her of Ireland, her homeland and the place she grew up.

When asked about her fondest memories of St. Patrick's Day, she told me, "My family and I always

enjoyed going to mass in the morning and then being surrounded by the traditional Irish music and dancing on the streets while watching the parade in New York."

My grandmother has always expressed her culture through cooking and her traditional recipes for shepherd's pie and beef stew have been household favorites. She explained to me that she has "always cooked corned beef, cabbage, carrots, and potatoes for the holiday, and my mother always made my siblings and me delicious Irish soda bread with raisins to celebrate."

St. Patrick's Day is also an important holiday to Savannah Gallagher '24 and her family. They have several unique traditions pertaining to St. Patrick's Day that they look forward to doing each year on March 17th.

Instead of simply wearing green, the Gallagher family takes it a step further and "they always get together and dye mashed potatoes green," according to Gallagher. They are also no strangers to traditional festivities like Irish step dancing since her step dad has extensive experience with Irish dancing.

Additionally, Gallagher says, "My parents' anniversary is on St. Patrick's Day so it is a special day for us".

St. Patrick's Day commemorates Saint Patrick and the arrival of Christianity in Ireland, and, by extension, celebrates the heritage and culture of the Irish in general. It is so popular that it has evolved over time and is now widely celebrated across the

country and around the world.

Although this holiday has become somewhat commercialized over the decades, it is important to acknowledge its roots and those that cherish it for the cultural tribute that it is.



Photo contributed by Bridget Lowder '24

Bridget's grandmother, Anna O'Reilly Whelan

Science Research Program Resumes a Long-Standing Tradition

by Soumya Wijesekera '25

This past month has been exciting for the Science Research students. Not only have they been able to attend fairs to showcase their hard work throughout the year, but they have also had the opportunity to participate in several field trips to expand their knowledge in the STEM field.

Amity's Science Research program has been available to students for several years. The SRP program grants students the ability to select a field of study which interests them and design a scientific project as a possible solution to the problem.

Enrolling in the SRP program allows students to demonstrate initiative, perseverance, creativity, originality, and collaboration with others.

On April 19th, Cathy Piscitelli and Nicholas Shamp, the advisers of the SRP program, took the Year 1 students on a trip to the Cushing Science Center at Yale University in New Haven. For over a decade, Amity has taken the SRP Year 1 students to the Cushing Center, as a part of a program Yale offers our

students. There, the students are able to explore neuroscience and engage in informative activities.

After stopping the tradition for three years due to COVID-19, Piscitelli and Shamp were eager to continue the tradition with their students.

Amity students engaged in many activities at the Yale center. While there, students were able to take part in two different workshops. The first workshop students took part in focused on how the brain worked. Students looked at models of brains and learned about different neurological diseases. Aditi Sidhartha '26 says her "favorite part of the day was the neuroscience workshop. I found it interesting how each disease

has a different effect on the brain, and I enjoyed learning about the anatomy, as well."

The second workshop focused on the perception of taste. Students were able to learn about a tropical, African plant called the miracle berry, which causes sour food subsequently eaten to taste sweet. At the end of the day, the students had the opportunity to listen to a panel of Yale alumnus, hearing about their experiences at the university, what they studied, and what they are pursuing today.

Shamp says, "High school is a linear process, and when you get out you can study what you want and where you want. This was a great experience for the students to see this."

Through these different workshops and activities, Amity students were able to gain new insight into a medical field, and partake in fun, interesting pursuits.

After taking a break from the long-standing tradition, advisors and students were thrilled to get back and explore the Cushing Science Center.



Photo contributed by Trident Staff
SRP students examining a brain model at the Cushing Science Center at Yale University.

An Inside Look at SRP and the Cushing Center

by Kacee Tam '26

Lemons are usually sour and unpleasant to the average person. So, why would a group of thirty students eagerly eat a whole slice of lemon? On the Science Research Program's annual field trip to Yale's Cushing

taste receptors into sweet taste receptors, so lemons simply taste like lemonade!

Next, Amity students learned about Phineas Gage, a famous construction worker whose head got punctured while he was working. Surprisingly he survived, but close friends say that his personality changed after the incident. A



Photo contributed by Kacee Tam '26

A group of students examining brains in the Cushing Center

library, students are given an opportunity like no other.

On this trip, current and former Yale PhD students gave brief lectures on neuroscience. Then, the high schoolers were introduced to a "Miracle Berry," which is a fruit that distorts an individual's taste buds by switching all the sour

3D replica of his brain was kept in the Cushing center, along with many other brains that Cushing himself kept.

Aditi Sidhartha '26 said, "It was very interesting to learn about how Cushing researched brains, and especially seeing them in person made it a real experience."

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World Language National Honor Societies Induct New Members

by **Andie Napolitano '24**

Amity's World Language National Honor Society Induction Ceremony took place in the Brady Center on Friday, April 21st, 2023.

New members for the 2023-2024 school year were inducted into the Latin National Honors Society, French National Honors Society, Spanish National Honors Society, and National Chinese Honors Society.

The ceremony began with the induction of members from the Latin National Honors Society. Latin teacher and society advisor Laura Hamilton and current society members shared messages of encouragement to new members, and reflected on their positive experience in the society this school year.

Inductee CJ Brinton '24 says, "It was a tremendous honor being inducted into this society! We're really looking forward to continuing service work at our sister school, Fair Haven, as well as other opportunities to help our community and incorporate Latin and Roman culture into it."

New members of the French National Honors Society were inducted next, with society presidents Marin Korenaga '23 and Sena Ho '23 sharing how the society has helped build their love of French and how they are planning to integrate French into their lives after they leave high school.

French teacher and FNHS advisor Ashley Caron reflected on the ceremony, saying "The induction ceremony was a success in cultivating a sense of community between all of the language programs at Amity and fostering a greater future for the upcoming seniors.

"I am looking forward to the continuation

of the efforts and enthusiasm the next year will bring!" Caron added.

The Spanish National Honors Society followed, with Spanish teacher Helly Potter reading a speech from SNHS advisor Claudia Mirci, and the current society's executive board inducting new members. Inductees recited "La Promesa de la Sociedad Honoraria" or the National Honor Society's Promise.

The Chinese National Honors Society was the last to be inducted, with introductions from advisor Feng Xia and society presidents Katherine Sim '23 and Maximilian Musial '23.



Photo contributed by Nina Carmeli '23

This year's Spanish National Honors Society Inductees were inducted on April 21.

After inductions, Chinese National Honors Society inductee Kayleigh Fitzpatrick '24 singing "Yi Jian Mei" by Taiwanese singer Fei Yu-ching, and French National Honors Society President Marin Korenaga '23 performing "Songs My Mother Taught Me" by French composer Antonin Dvorak on violin.

The ceremony closed with a speech from Principal André Hauser, expressing his congratulations for society inductees and sharing words from his native Swiss-German language with the audience.

After the ceremony, students and families enjoyed a spread of food, including cultural foods from each society, to celebrate the inducted students' accomplishment.

Computer and Technology Club Students Work to Make a Difference

by **Eydan Lavi '24**

Are you a student passionate about technology and interested in helping others in your community? Well, the Computer and Technology Club, advised by the IT coordinator Shaun DeRosa, is what you need!

By joining this club, you can be a part of a cohesive group of individuals who share an enthusiasm for technology and a desire to make a difference in the lives of others. The club aims to bridge the digital divide by providing access to technology for all. So far, members have refurbished many of Amity's retired desktops in preparation for their donation to various non-profit organizations.

To date, the club has donated computers to Youth Continuum, Concepts for Adaptive Learning, a community in Senegal, Africa, and Integrated Refugee & Immigrant Services (IRIS).

For those not familiar, Youth Continuum is a non-profit organization that works with housing insecure youth, providing them with a safe

place to stay and the support they need to thrive. Concepts for Adaptive Learning is an organization that works with at-risk youth in New Haven and provides them with resources and opportunities to succeed. Additionally, IRIS helps refugees and immigrants in the broader New Haven area by empowering them to become self-sufficient and integrated into their new communities.

Luke Canalori '24 said, "Being part of the Computer and Technology Club has not only allowed me to improve my technical skills, but has also given me an opportunity to make a positive impact on my community."

The Computer and Technology Club helps to close the technology gap and provide the necessary resources to help those in need. Don't miss out on this chance to use your skills and knowledge to create positive change!

If you are interested in joining or have any questions, please contact Eydan Lavi at lavi24@amityschools.org. The club is especially looking for underclassmen to get involved and carry the mission forward in the coming years!

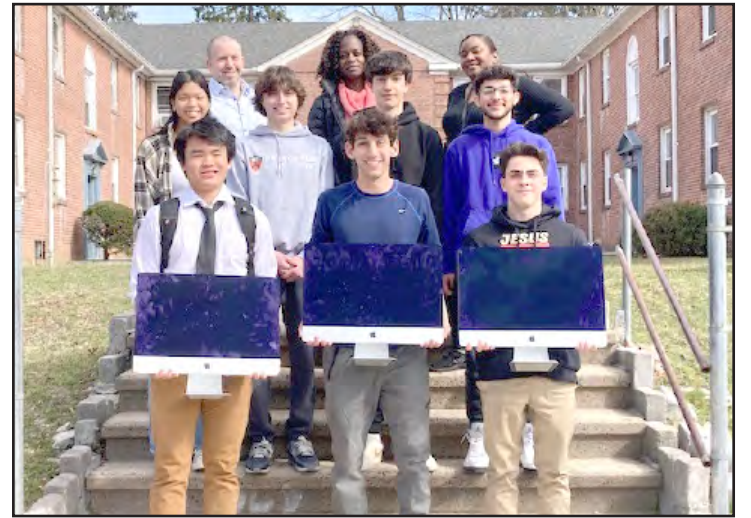


Photo contributed by Eydan Lavi '24

Members of the Computer and Technology Club pose with the computers they will donate

Easter Bread: A Delicious and Classic Family Tradition That Can Be Enjoyed throughout the Springtime

by **Grace Cavallaro '24**

Easter Bread is a classic Italian bread with a bright citrus flair that is perfect for the celebration of new growth and resurrection which you can enjoy all throughout the spring.

It is a dense bread with just the right amount of sweetness, and it can be served with or without butter at any meal.

Ingredients:

- ½ cup milk
- 1 cup butter (2 sticks), cut into pieces
- 5 eggs
- 2 teaspoons lemon extract
- 1 cup sugar
- Grated zest of 1 orange
- ½ cup fresh orange juice (the juice of about 1 orange)
- ¼ cup warm tap water
- 1 tablespoon active dry yeast
- 5 cups unbleached all-purpose flour
- 1 teaspoon baking powder

Directions:

Heat milk and butter in a pot over medium heat until the butter is melted and the milk is scalding (not boiling). Pour into a large bowl and let cool for about 20 minutes. Once it has cooled, beat eggs, lemon extract, sugar, salt, orange zest, and orange juice into the milk mixture.

Measure the warm water into a cup, and then pour in the yeast. Stir and let it sit until it foams, about 5-10 minutes. In the meantime, combine the flour and baking powder.

Add the yeast into the liquid mixture, making sure to scrape the bowl of all of the yeast and water. Beat well with a whisk, then beat in the flour mixture with a spoon until combined.

Spray a 10-inch loaf pan with nonstick cooking spray and turn the batter into the prepared pan. Bake at 325 degrees for 1 hour, or until the top is golden brown and a toothpick inserted into the center comes out clean.

Let cool before cutting and enjoying.

Serving tip: slice cooled bread and lightly toast in the toaster. Serve with butter.



Photo contributed by Grace Cavallaro

Grace Cavallaro's Easter Bread

Building an Art Portfolio That Is as “Vital as a Resume”

by Jessie Zheng '25

The journey of building an art portfolio can be extremely intimidating, especially in the face of college admissions or job hiring. Students in particular have a difficult time composing a sizable portfolio. Oftentimes they lack the experience and guidance that many professionals have access to.

However, with the right feedback and willingness to create your portfolio, you can make an extremely professional and well-crafted portfolio.

When we think of a portfolio, we may



dream of an artist displaying their best works and applying to small, local art colleges. However, a portfolio can be utilized in a variety of fields and resumes, such as an investing, writing, or work portfolio. Whatever you are planning to use your collection for, it is just as vital as a resume, and there are several key components of portfolios that one should keep in mind.

To help you in organizing your portfolio, Selin Ho '23 shared her story and journey, while offering advice and tips. In addition Mat-

thew Stanley, a career and technology education teacher in Graphic Design and Technology, offered feedback from the perspective of a teacher.

To begin, students should focus on the big ideas of their portfolio, and what components they would like to prioritize. When asked what the key components of portfolios were, Stanley highlighted his views on three main aspects of creating a portfolio – range, experimentation, and growth.

“Range demonstrates a variety of your skills and media and demonstrates exploration. Experimentation also shows your exploration and emphasizes specifically creativity. What I



Photos contributed by Selin Ho '23
AP Project, Portfolio Photography

mean by growth is the ability to look at pieces over time—to improve and learn from how challenges you've faced over the past and the design choices you've made,” Stanley said.

In addition to these three steps, though, one must utilize their time wisely, create a general picture of what the portfolio should showcase, and prioritize quality over quantity.

Once a student has completed the works that will be incorporated into their portfolio, organization is the next key step in assembly. Ho's experience includes, but is not limited to, the completion of Honors Studio Art, AP Art History, AP 2D Studio Art, and AP 3D Art. With her passion for art here at Amity, she also plans on continuing her journey and pursuing a visual arts degree in college.

Ho said, “I documented the work straight-on and in good lighting every time I completed a piece. I would then transfer those files onto my laptop and assemble a folder labeling all the pieces I had so far.”

This helps students with the organizational aspect of the portfolio, allowing them to store their articles in a convenient and accessible space to look back on and edit. Another strategy she shared includes, “Numbering the pieces in the order you wish to submit them—since the order is extremely important. When uploading the works onto the Slideroom website, I also made sure that I recorded all the dimensions of the pieces alongside a small write-up that described the background and reasoning behind the artwork.”

While there are many steps and aspects to consider during the creation of a portfolio, don't let this intimidate you or make you shy away from building a place to showcase your work. For those of you who are applying to colleges or job sites, it may be a good idea to begin researching and composing a portfolio.

There are many important aspects to creating a portfolio, and it is not just a display of your best pieces or works. Rather, it is a physical embodiment of the artistic and career journey that led you along the path of your dreams.

While it is a lengthy process that needs to have a lot of thought and care allotted to it, in the end it can be extremely fulfilling and is an amazing way to showcase your passion and effort in the arts.

Tri-M Concert: An Incredible Showcase of Talent



by Alex Klee '25

The Tri-M concert that took place on Thursday, April 27th was a true feast for the senses, showcasing the incredible talent and dedication of some of the high school's music students. The concert featured a wide range of musical genres, all the way from classical, pop, to even video game theme songs. The students demonstrated their incredible skill and versatility in each performance.

The concert began with a stirring rendition of “All I Ask,” by Adele, performed by the talented Yunah Kim '25 and Benjamin Wang '25. Kim sang with power and passion, which set the tone for the rest of the evening. The concert featured a variety of instrumental and vocal performances, including a beautiful piano and voice solo, by Daisy Kusnitz '24 to pop song “Little Talks,” and a lively classic rock piece, “Livin' on a Prayer,” sung by Spencer Fiske '23 accompanied by members of the band.

From the Amity orchestra, JJ Sun '24, wowed the audience with her rendition of “De Los Alamos Vengo, Madre” an opera classic. Additionally, she and Deborah Luo '24 performed “Salut d' Amour, Op. 12” a violin (Sun)

and piano (Luo) duet. To round it off, Sun, Jennifer Li '23, and Charvi Koniki '23 played “Spring from The Four Seasons Op. 8, No. 1” and Wang played “Etude Op. 10, No. 12 in C Minor” on the piano. All of these performances were flawless and well rehearsed, and received vigorous applause from the audience.

From the Amity choir, a group of sophomores, juniors and seniors sang a medley of “Million Dreams,” “This Is Me,” and, “Come Alive,” from The Greatest Showman.

You can hear a longer version of this medley at the upcoming MusicFest concert on May 18th. In terms of smaller groups, Gabi Restrepo '25 and Ellen Ko '24 sang Miley Cyrus' “Flowers,” while Alex Klee '25 played the electric bass.

From the Amity band, Raegan French '24, who played the bells, Manasse Ogendi '24, who played the flute, and Ethan DeCure '24, who played the viola, performed “Fallen Down” from Undertale. This arrangement might be familiar to those who enjoy the infamous video game Minecraft.

On the topic of video games, Benjamin Del Franco '24, who played trumpet, Ian Lee

'23, who played clarinet, and Marco Lopez '23, who played trombone, played the song “Overworld,” from The Legend of Zelda & Super Mario Brothers.

Ultimately, the band's performances were one to remember, and the effort that these students put into their music was clear.

The concert was a testament to the hard work and dedication of the school's music program. The students have clearly been well-trained and supported by their teachers, who have helped them to develop their skills and confidence as musicians.

It is teachers like Mrs. Lisa Serio, the Tri-M advisor and orchestra teacher, who make events and programs like this possible. Her work, and the work of other music department teachers, like Mr. Phil Dolan, Mrs. Marcia Rizzotti, and Mr. Robert Kennedy, have had a tremendous impact on our community.

It is because of these dedicated teachers that the Tri-M concert was a wonderful evening of music and community.



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ACT Performs at Disney World over April Break

by Janet Fan '26

Kennedy, the club puts on shows for the community, many of which have won multiple awards throughout the years.

On Wednesday, April 12th, ACT students performed for visitors on Waterside Stage at Disney Springs. The lineup of songs included fan favorites such as "I Got You" from the musical *Bring It On*, a medley of selections from *The Greatest Showman*, and a *Streaming Sitcoms* medley.



Photo contributed by Annika Lyngdal '23
ACT students at Disney World

Over Spring Break, members of Amity Creative Theater (ACT) packed their bags for Disney World in Florida. Directed by the theater arts teacher, Robert

All the hard work that ACT students dedicated to the performance was reflected in lots of positive feedback from their audience.

"We spent the week before rehearsing the dance numbers and singing and it was all worth it!" said Bianca Lambiase '25, an ACT student who went on the trip.

"I thought this grand experience was a really fun time and worth the wait!"

After their performance, students were treated to a fireworks show and

buffet at EPCOT. Students also had a chance to spend time together exploring all four theme parks.

Lambiase added, "One of the funniest moments [from the trip] was when I got stuck on the Pirates ride in Magic Kingdom and the same scene kept playing over and over again until my friends and I started reciting it out loud!"

Other students also commented on the welcoming and fun environment that ACT offers, and in the wake of a largely successful show, they deserved an exciting, wonderful trip!

"All in all, the trip was a huge success and yet another example of Amity students reaching out to enrich the greater community.

"I made the most amazing memories," said Lambiase, "If I had another opportunity, I would definitely do this again!"



Photo provided by Annika Lyngdal '23
ACT students at Magic Kingdom

"The Idiot" Combines Love, Humor, and Culture

by Alice McGill '25

Elif Batuman's novel *The Idiot* is not your typical coming of age story. Its absurdist style and dry humor make for a truly hilarious read. The daughter of Turkish immigrants, Elif Batuman, is a Harvard graduate born and raised in New Jersey. Similarly, Selin, the protagonist of *The Idiot*, is also a New Jersey native and the daughter of Turkish immigrants.

The book opens as she arrives for the start of her freshman year at Harvard in 1995. She begins her studies in linguistics, and befriends her extroverted Serbian classmate Svetlana. Svetlana introduces Selin to Ivan, a brooding Hungarian senior. Ivan and Selin begin corresponding in long, existential emails, yet continue to barely acknowledge each other in person.

The school year flies by as Selin and Ivan's emails grow longer, in which they discuss their feelings for one another in unique, abstract ways. Still, Selin never works up the courage to ask Ivan about the girl he refers to as his ex-girlfriend and his girlfriend interchangeably.

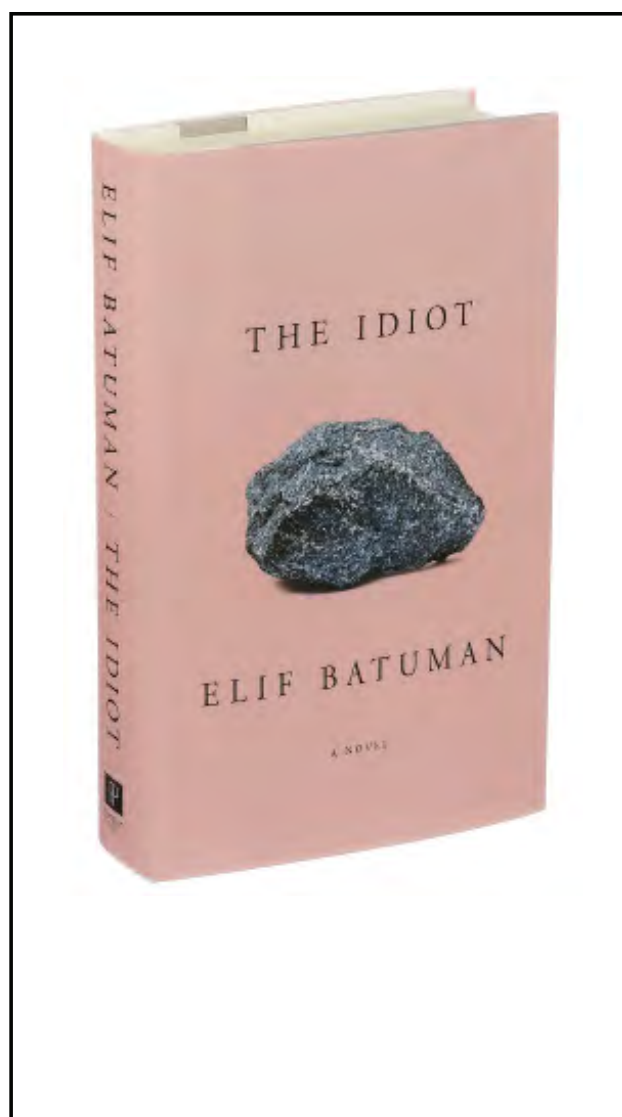
As the school year wraps up, Selin departs for Europe. She teaches English in Hungary in a program suggested to her by Ivan. The culture shock is abrupt, but Selin adjusts quickly

to the harsh European honesty. In Hungary, Selin searches for clues that will help her better understand Ivan, but finds nothing. The two meet briefly when they overlap in Hungary, but Selin still ends up confused by his actions.

When she finishes teaching, Selin flies to Turkey to see her family. She continues her tradition of confusing her mother and spends most of her time with her aunts, who seem to be in a constant state of waiting. Waiting for something to happen, waiting for something to be over.

Spoiler alert: *The Idiot* does not end in some grand, cathartic scene where Ivan flies to Turkey and admits his endless love for Selin. Instead, we leave Selin a little further along on her journey to self understanding than we found her. *The Idiot* is a truthful novel that perfectly captures the feelings of adolescence. I had to read it exclusively in private so as not to humiliate myself with the prolonged fits of laughter it left me in. Selin's deadpan descriptions of life are absolutely hysterical, and the story defies every plot diagram in such a brilliant way that allows the reader to truly feel immersed in the book.

Selin is written so truthfully that when the book ends, you are left feeling as though she is still out there living, conjugating verbs and writing emails. An overall brilliant novel, I wouldn't hesitate to recommend *The Idiot* to anyone.



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Connecticut Celebrates as UConn and Quinnipiac Win Historic 2023 NCAA Championships

by Jill Barnes '24

Two words — MARCH MADNESS (and this year, not just in the basketball sense). This past March has sent Connecticut sports fans into a frenzy. Connecticut became only the second state ever to have men's basketball and hockey champions in the same year... the same week for that matter. First off was UConn Men's Basketball winning their fifth national championship, the first under Head Coach Dan Hurley and the first for the Huskies in nearly a decade. This win tied them for the fourth most men's basketball titles of any school in the country, and all five of their titles have come within the past 25 years (1999, 2004, 2011, 2014, & 2023). This solidifies UConn as a Blue-Blood of college basketball.

This year's championship win was the result of an unimaginably dominant tournament run. To start, the Huskies were a 4-seed going into the tournament after a 25-8 regular season. After Selection Sunday only 2.08% of brackets had UConn winning and many predicted a first-round exit, even despite their 14-0 start to the season consisting of all non-conference games.

A first round exit, however, was certainly not the case. The Huskies stormed into the tournament, spearheaded by Captain Andre Jackson Jr., Adama Sanogo, and Jordan Hawkins. Freshman CT native Donovan Clingan, along with grad transfers Tristen Newton and Joey Calcaterra also played critical roles. In the Round of 64 vs (13) Iona, the Huskies started off slow and were down 39-37 at the half, but this did not deter them. The Huskies raged back behind Sanogo's 22 second half points (finished with game-high 28) and secured the 87-63 win. The Huskies would go on to defeat (5) St. Mary's, and (3) Gonzaga before reaching the Final Four. This exhibit of pure dominance was a common theme throughout the entire season, but especially in the tournament -- the average win margin was +20.0 pts. Unheard of.

This year's Final Four was held in Houston, TX, a state that has treated the Huskies very well in the past -- 3 of their 4 standing titles were won in the state of Texas, so they were right at

home. In the Final Four, the Huskies defeated (5) UConn by a score of 72-59, their closest game of the tournament despite winning by double digits yet again.

After three weekends of pure madness, it all came to a close on Monday, April 3rd, when the Huskies returned to glory by defeating (5) San Diego State University with a score of 76-59. Adama Sanogo was named the tournament's Most Outstanding Player. He averaged an unstoppable 19.7 points, 9.8 rebounds and 1.3 blocks across six games as UConn cruised to victory. He, along with Jordan Hawkins, Andre Jackson, and Tristen Newton have declared for the upcoming NBA draft. This win is a return to glory for the Huskies. After almost a decade full of disappointments, new coaching staffs, and a complete rebuild of the pro-



Photo accessed from NCAA

gram, the hard work has finally paid off and the Huskies are on top once again.

And just when you thought it couldn't get any better for college sports in the state of Connecticut, Quinnipiac University made a little bit of history for themselves by winning their first ever Men's Hockey National Championship. They previously reached the title game twice, falling to Yale in 2013 and North Dakota in 2016. Even after winning the most games in program history (34), the Bobcats were perceived (once again) as the "odd-one-out" in a Frozen Four that featured three of the NCAA's most decorated programs - Boston University, UMich, and Minnesota. Quinnipiac knocked off Ohio State in the Bridgeport regional

final, and sent home an explosive Michigan squad in the semis.

Through the first 20 minutes, Minnesota led Quinnipiac, 1-0, and another unlucky sequence in the second led to an even bigger deficit for QU when Minnesota scored their second goal. Halfway through the third period the Bobcats suddenly surged and were all over Minnesota, applying tons of offensive pressure in search of a tying goal as they trailed 2-1. As time was running down, with 4:52 left in the game, QU decided to use one of the riskiest moves in hockey -- pulling the goalie. The power play paid off, however, when Collin Graf tied the game at 2 with just 2:47 left. QU Goalie Yaniv Perets re-entered the game and kept the game tied despite some last chance efforts by Minnesota. As it turns out, 60 minutes wasn't enough. Overtime was needed in the national championship for the first time since 2011 as Minnesota and Quinnipiac were tied, 2-2.

Tensions were running high in the arena, but Bobcat fans didn't need to hold their breath for long. After securing the face off, they strategically snapped the puck around the ice a few times before Jacob Quillian went forehand-backhand off a setup from Sam Lipkin to beat Gophers' goaltender for the game winner. And the best part? It took just 10 seconds. Head Coach Rand Pecknold held back tears as the Tampa Arena exploded with cheers as the Bobcats topped the ultra-talented Gophers — a team that holds two of the three national player of the year award finalists on the same scoring line.

For the first time in program history, Quinnipiac is at the top of the men's college hockey mountain, knocking off Minnesota, 3-2. It was Quillian's third goal of the Frozen Four after he had two goals against Michigan in the semifinals. He finished the tournament with five goals and two assists for seven points in four games. He was also named the tournament's Most Outstanding Player. This title was long overdue for the Bobcats -- after a history of dominant seasons and making a name for themselves as one of the elite hockey schools in the country, they have always fallen just short of victory. Until this year of course. The championship game in Tampa, Florida will undoubtedly go down as one of the most exciting in NCAA Ice Hockey history.

A Late-Season Update on Boys Volleyball

by Liliana Fleming '24 and Jennifer Gu '24

In the midst of their season, the Amity Boys Volleyball team currently has a record of 5-6. They played some tough teams this season including Westhill, Trumbull, Shelton, Rockville, Cheshire, and Pomperaug.

The boys started with a hard fought win against Westhill, who is currently 9-3. One of the team's captains, Adam Martire '23, talked about this game and it being one of his favorite moments of the season so far.

Martire said, "It was against Westhill where we found ourselves down 0 to 2 sets, but came back and took the next three to win the match. It was such a nerve racking experience, but I loved it."

Martire also mentioned the time off the court which they have spent bonding, such as during their pasta parties.

He said, "It was the first time that the



Photo by Liliana Fleming '24

A recent boys volleyball game at home

boys volleyball team had done anything like that since I've been playing, and it was so much fun."

Co-captain Harshil Palmer '23 explained the team's goals for the season saying,

"Winning the SCC championship is a big goal of ours. Also, getting past the first round of states has been a very big talking point for our coach, since we haven't done that in years."

The team is looking forward to trying to accomplish these goals. Palmer also talked about how he is looking forward to both senior night and their game against Xavier.

He mentioned the Xavier game saying, "A teammate and I practiced with a club team at Xavier and we know a few of the players and the coach very well, so it's an exciting matchup for us."

Luhai Tang '23 talked about how the team is looking forward to "improving with the rest of our team this season" and especially with the seniors, "ending off our senior year on a high note."

The team's next game will be on Thursday, May 11th, at 5:15 at Xavier. After that they only have one more regular season home game, which will be against Brookfield on Monday, May 15th, at 5:30.

Senior Committed Athletes Share Their Thoughts on the Future of Playing Sports in College

by Liliana Fleming '24

The recruitment process can be a long and complicated process. Different sports have different timelines, rules, and restrictions. With the impending graduation of the class of 2023, most students pursuing sports at the NCAA level have announced their commitments to where they will be playing.

Amity offers a variety of different sports and is pleased to have over 20 athletes continuing their athletic careers after high school. Of these athletes, most are going to play in college while others will move on to a national team.

For many of these athletes, the dream of playing in college began when they were very little. The honor of participating in athletics at the competitive level these students are committing to after high school is a high achievement.

Michael Kwolek, who will play at Plymouth State University, talked about college football saying, "It's been a goal of mine to play football in college since I started playing in fifth grade so I'm happy to have been able to achieve that."

Teammates Spencer Ferullo and Brendon Johnson will also be playing in college, Ferullo at Franklin Pierce College and Johnson at the Uni-



Photo accessed from @hannah.fletcher15

versity of New England.

Expressing his excitement to play, Johnson said, "I am most looking forward to meeting my teammates and being on the field again. There's nothing like celebrating after a win with your teammates."

A senior on the dance team, Cameron Leslie will be taking her talents to Salve Regina University in Rhode Island.

From the successful Swimming and Diving program, Grace Mahon will be swimming at the University of New Hampshire and Sophia McDermott at Wesleyan University. Matia Malish will dive at Union College, and Benjamin Frazer will continue to swim at Southern Connecticut State University.

Maggie McDonald will continue to play field hockey at Wheaton College. When asked about her commitment, she said, "I decided that I wanted to continue playing field hockey in college because I wanted to keep pursuing what I enjoy doing and I am excited to meet new people on the team and create friendships."

Camryn Brown will continue wrestling at Gannon University while Sarah Granados will continue to play basketball at John Jay College of Criminal Justice.

The girl's lacrosse team has two senior college commits. Liv Zalinsky will play at Merrimack College, and Dylan Lyons will head to the University of New Hampshire.

From the boys lacrosse team, Chance Starrett will continue playing at Western New England University.

Four players on the baseball team will be playing in college, with two of them headed to play together at Springfield College: Steve Ciferelli and Brock Goodwin. Jack Hawes will be playing at Eastern Connecticut State University and Nick Clark at Endicott College.

Cosette Zito, who will play softball at UMass Boston, said she "couldn't imagine not continuing to play it for the next 4 years in college." Her fellow captains, Grace Carrington, Hannah Fletcher, and Sydney Manzione will also continue to play in college. Carrington will be at the University of Maryland, Fletcher at Brandeis University, and Manzione at Nichols College.

One of the senior captains of the girl's tennis team, Kiley Pickens, will be continuing to play at Carleton College.

Max Musial will run track at Southern Connecticut State University and talked about the impact Amity had on him. "Amity's commitment to providing exceptional coaching for its student-athletes has been a game-changer for me," he said. "I have had the privilege of training under amazing coaches like Coach Pope, who have not only



Photo accessed from @kileypickens

helped me to improve my running skills but have also contributed to my personal growth as a young adult."

Looking at the experience and help Amity has provided, he added, "I would like to thank Coach Pope and all the coaches at Amity for their dedication to helping their athletes reach their full potential."

Avery Palmucci, a member of both the cross country and track and field teams, will continue to run at Quinnipiac University.

While Amity does not have a rowing team, Abigail Tirillo rows for a team outside of school and has worked hard to continue rowing next year at Eastern Michigan University.

Ben Qian will head to the Singapore Armed Forces and play hockey for the Singapore National Hockey. Also, Samantha Drane will head to Northfield Mount Hermon School to play hockey.

Not all athletes who are going to play a sport in college commit beforehand. At many colleges, students have the option of playing club sports. David Brown from the boys hockey team decided that he will be trying out for the club hockey team at Arizona State University.

Athletic Director Ernie Goodwin talked about these athletes saying, "We are very proud of the hard work and dedication many of our student-athletes make to their academics and athletics at Amity.

"We are fortunate to have a significant number of them go on to participate at the collegiate level."

Girls Softball Team Excels This Season

by Avery Dillon '24

Amity Athletics has many sports to offer, including softball. The Spartans Softball team has a successful history, including state titles in 2001, 2002, 2003, 2005, 2012, and most recently 2018. Along with this, the team has won many SCC championships. While the softball team is very successful, the most prominent thing on the team is chemistry. The reputation of Amity Softball includes winning and team bonding.

This year, the team has four senior captains who are all committed to playing at the collegiate level starting in the fall. Hannah Fletcher is committed to playing at Brandeis University, Sydney Manzione is committed to playing at Nichols College, Cosette Zito is committed to playing at UMass Boston, and Grace Carrington is committed to playing at the University of Maryland. This year, these captains are hoping to lead the team to another SCC and state title.

Carrington said, "This year we have everything we need to be suc-

cessful. It is all about showing what we can do from here."

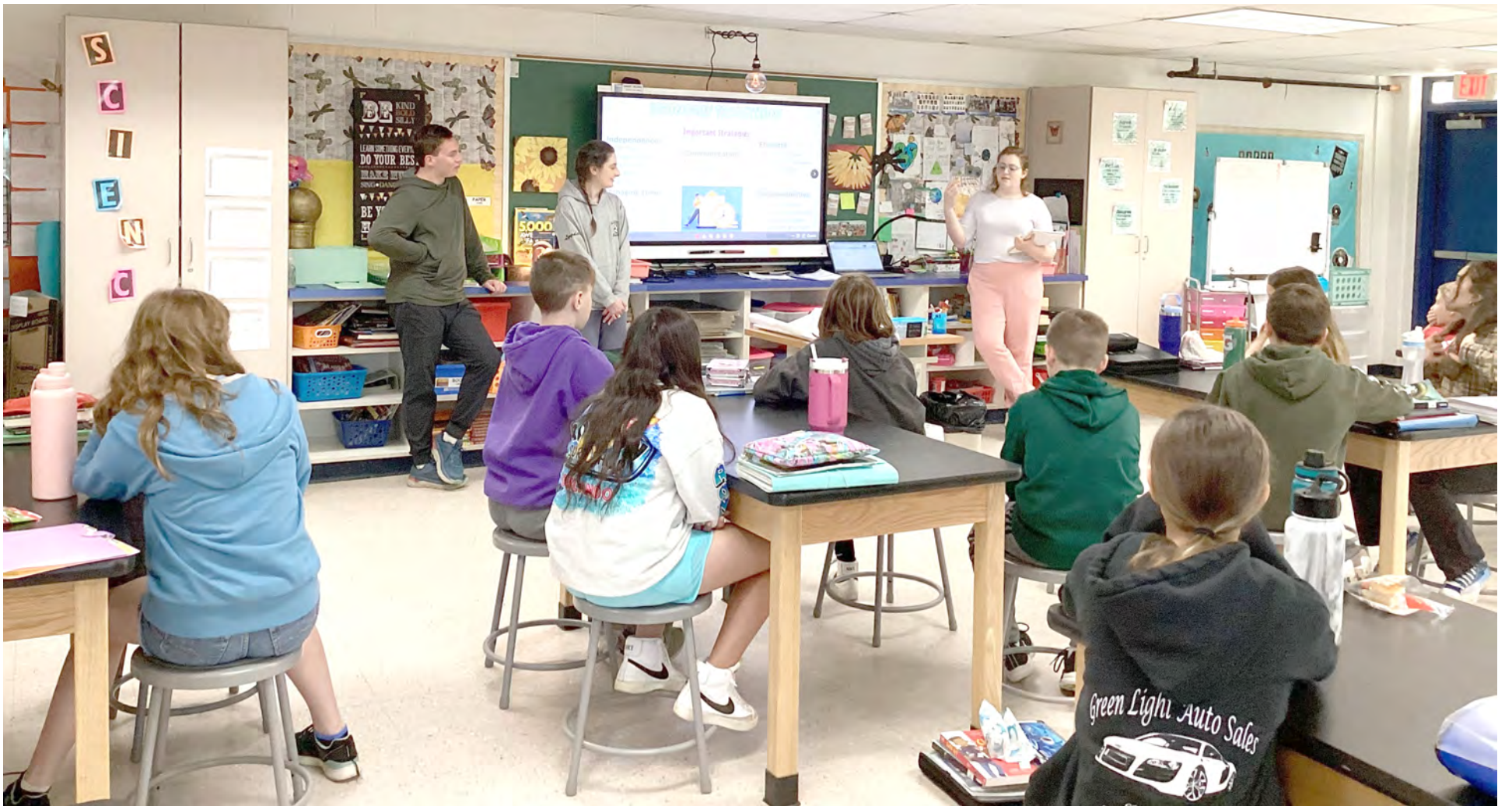
The Spartans have 10 wins with only three losses in the season so far. Four of these wins have been the Spartans mercy ruling their opponents. "Mercy ruling" is a practice that promotes sportsmanship in amateur sports. In high school, when one team is at least 10 runs ahead of their opponent after five innings, the game ends and the leading team wins.

This year, Amity Softball hitting has improved tremendously and helped the Spartans win these games.

Kylee McLain '24, a Monmouth softball commit stated, "Our hitting has drastically improved since last season. Without it, we would not have been able to win some of the games we did. The biggest test will be how we produce hits and runs in the post-season."

As the team enters the back half of their season, titles are not guaranteed, but success is undeniable. Team Coach Amanda Acampora came into the program last year as the new head coach and has improved the way the Spartans have been playing. Hopefully, the Spartans will take home the SCC and state title proving to everyone and how hard they have worked this spring.

Juniors and Seniors Volunteer Their Time to Give Back to Their Community



See page 5 for details on these special community events.
Photos contributed by Nicole Buxton, school social worker

