

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

May 11, 2018

Juniors Take State SAT

by Payton Grande '19

Juniors participated in the statewide day of SAT testing on Tuesday, April 24th. Students arrived at school at normal time and reported to their assigned testing room around 7:30 am. Through the first four sessions of the day, students were tested in national standards for reading, grammar, and math.

Student perspectives on the difficulty of the test varied but generally indicated that the junior class didn't believe the test was too challenging.

"Compared to the ACT, I feel like the reading was harder than I expected but I think the math was really easy," said Joey Benedetti '19. "It felt like there was a lot of time to do the math, and I finished with extra time."

Elana Bershtein had similar thoughts about the test in comparison to the ACT, saying, "It was the only SAT I've taken but in comparison to the ACT, the math sections were easier and the reading and English were harder. Overall though, there was more time which was good."

Regarding the length of the test, Alisa Glenbovitch '19 believed that "the SAT was very long and required a lot of concentration but overall I didn't think it's was too difficult."

Students opinions on the movement of the test from its initial date in March to the rescheduled date of April 24th because of inclement weather were generally negative however.

"I didn't like how it was moved because I had been preparing for it for a long time," said Bershtein "and I was looking forward to getting it over with and moving it caused more stress especially considering how close it was to AP exams."

Elina Yang '19 agreed. "I wish it wasn't moved because it was right after spring break, which I couldn't use to study because I was traveling," she said

Ultimately, the testing day occurred without any problems. After testing, juniors were able to leave school as an excused absence around 11:45, which was a silver lining after having to sit through four hours of standardized testing.

Amity Participates in CT SEES Week

by Jack Tajmajer '20

Connecticut SEES week focused on three main goals: encouraging a positive school climate, raising awareness on how to help prevent violence, and stressing the importance of kindness within and outside of school communities.

Throughout the week of April 9-13th, the Amity community showed its support for the efforts to promote safer schools and more positive climates by focusing on a different value for every day of the week.

Senior Ananya Kachru, a member of the State Advisory Council on Education, said, "After the Parkland shooting,

I was constantly on and off calls with my fellow members of the State Advisory Council on Education, and we were really shaken by all that happened. We knew we needed to do something. CT SEES was an idea we came up with that same weekend to promote safer schools and awareness for violence prevention."

Starting in April, school and student leaders were encouraged to, according to the flyer, "See the world, see its problems, and see the need for change." Each day of the week, students were asked to wear a different color to help represent a specific

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Students Honor Educators during Teacher Appreciation Week

by Ameya Menta '20

Teacher appreciation week is nationally recognized as the first week in May and the Amity community made sure to "go the distance" to celebrate.

Starting on May 7th, Amity students, PTSO, and administration collaborated to honor our teachers for the huge impact they have on our lives. The theme of the week was "Teachers are out of this world," and students made sure to plan activities that centered

around this idea.

Over the preceding weeks up until May 7th, the student body, led by Amity Student Government,

was given the chance during lunch waves to add notes of appreciation to their teachers on gold

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The Rock at the entrance to high school painted to show appreciation.

Photo by Kevin Zhao '18

Day of Silence Creates Different Ideas about Expression

by Tim Amarante '18 and Jared Smith '18

To spread awareness about the discrimination that the LGBTQ community may face, Amity students organized and participated in the National Day of Silence on Friday, April 27th.

Starting first period and continuing until the end of the day, many Amity students took an oath to remain quiet during their classes.

While some did not participate in the event, volunteers who did say they chose to be silent for a multitude of reasons, both personal and empathetic.

However, even those who did not take the oath of silence supported the cause, including English teacher Jennifer Bonaldo.

"I think it is a unique way for us to highlight the

struggles that many people have that some of us are not aware of," Bonaldo said. "I will not be silent that day, but I will happily support any student that chooses to be silent."

The Day of Silence reflects the isolation members of the LGBTQ community frequently feel as a result of their sexual orientation. Nearly four in every five members of the LGBTQ community believe there isn't positive representation of their community in schools.

Along with this, nine in ten report experiencing direct verbal harassment because of their sexual orientation. These statistics are what led Amity's PLAHD club to organize the Day of Silence.

English teacher Tasia Kimball is the faculty adviser of PLAHD.

She said, "The day is meant to make people think about why it was so quiet,

and what does that mean?"

The process of organizing the event took time. PLAHD dedicated three separate meetings in which they set up goals and created fliers to put all around the school.

"We also set up a table outside of the lunch room during every lunch wave for the week before the event so students could come sign up," club president Jess Foster '18 said. "On Thursday night, PLAHD members got together and spray painted the rocks together. We chose these forms of communication to spread the word about the DOS this year."

Despite their hard work, the day didn't appear as successful as they originally hoped. "It seemed as though my silence was ineffective and lost in the commotion of school due to a lack of

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concept. Teamwork strength and empathy, involvement and support, diversity, and kindness were all featured.

On Friday, April 13, which featured kindness, students sported maroon and silver in solidarity with the Stoneman Douglas school shooting victims. Though this was its first year at the school, students responded positively to the movement.

Sophomore Alicia Myung said, "CT SEES is an amazing way to really help the students of Amity gain a stronger sense of unity."

Junior Mounisha Anumolu added, "CT SEES was a really great way to unite students all across Connecticut."

CT SEES had a deeper message behind it with the tragic events that inspired



Kate Yuan '19, Evan Hollander '20, and Marty Gnidula '20

Photo Courtesy of Ananya Kachru '18

it. With student activism on the rise and communities arguing over various policies, CT SEES also promoted doing more outside of just one week. Many students

together to hold a statewide student town hall on school safety for early June where students, teachers, administrators, and legislators will be welcome.

were passionate to continue spreading the message outside of school and within their own communities and neighborhoods.

"If you want to see change happen, it's important that you help take real action as well," Anumolu stated.

The momentum has not been lost within the committee, as students are now working to

Career Fair Provides Insight for Sophomores

by Alicia Myung '20

The sophomore class of Amity participated in the Career Fair on Friday, April 27th. Students scheduled to meet with three speakers who they had the opportunity to listen to and learn from. The speakers who attended the career fair came from a diverse selection of around twenty four careers.

The different professions ranged from a strength and conditioning coach to a neuropsychologist. At the career fair, students were able to gain insight on careers that they were interested in by asking questions about how the speakers were able to reach this point in their career and what their job entails.

Many of the sophomores had overall positive reviews for the career fair and found the experience to be interesting and inspiring.

Ella Marin '20 called the career fair a "very informative experience where I had

the chance to be exposed to a wide variety of careers. It helped to give me clarity on what careers are not for me, and it also helped me figure out what careers I may be more interested in, like an environmental engineer."

A multitude of students found the career fair to be rather reassuring in that they were able to see adults who are satisfied with their careers.

Akanksha Paul '20 called the experience "very inspiring to hear the love and passion those who came had for their professions and how we, as young adults trying to find our own place in possible careers, can achieve the same satisfaction in our own jobs."

The career fair provided the sophomore class a rare opportunity to meet with speakers from a wide variety of careers. The experience had many different positive impacts on the students who attended the fair, however, it seems the greatest help was the examples of people who love what they do.

AP Exams Week Commences for Juniors and Seniors

by Niha Irshad '19

With AP exams right around the corner, Amity students finish the final units of their AP classes, and get ready to take their exams. AP exam week commences on Monday, May 7, 2018, with the first exam being AP Chemistry at 7:45 am followed by AP Psychology at 12 pm.

The final round of exams will be given on May 18th, concluding AP exam testing for the 2017-2018 school year.

While AP exam testing

can be strenuous, the success achieved is rewarding. Advanced Placement classes allow students to get exposed to and prepare for courses in college.

In addition, if a student obtains a passing score on a AP exam, and depending on the colleges they are applying to, they may be able to enter their freshman year with enough credits that they would not have to take that course again.

According to College Board, the administrators of AP exams, a passing grade for most, if not all AP exams

that can grant a student college credits is a 3 or above on a 5 point scale.

Swetha Tadeballi '19 said, "They give you a good taste of how college is, which is something that I like about taking AP classes and eventually the exams that come with them, but the stress of preparing and excelling on these exams can get overwhelming at times."

While success achieved on an AP exam can be satisfying, there are also some cons. The price of AP exams has been debated among students, their families, as well

as administrators.

They claim that the price to take AP exams is exceedingly high, ranging from \$89 to \$95 per test. Not only are the prices of concern for many students, but also the time of each test, which lasts about three hours long on average.

Some students claim that they often feel rushed in their AP classes, especially the week before the AP exam when teachers are finishing up their lesson plans and giving important tips for the exam.

Madison Tom '19 said, "I never know what to expect.

I am constantly stressed out and have to cram a lot, especially the last week leading up to the exam."

Many students take the AP exam not only to qualify for college credit, but to also see how well they have mastered the course.

Those who have taken AP classes at Amity have said that they feel more than prepared to tackle the difficulties thrown at them on AP exams, as well as in college. This result allows Amity to continue preparing students and allowing them to strive for greatness.

Teacher Appreciation Week

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stars.

Students led the faculty meeting Monday, May 7th where teachers embarked on a space themed journey through four activity stations to receive clues to reach their own stars covered with personal student messages.

"The teachers in this school have been so supportive and caring to their students and this is a way to give back to them in a fun and exciting way for the them," Kayla Zamkov '18 said. "Having students organize and run teacher appreciation week definitely shows teachers how much we appreciate them!"

Lani Beaudette '19 worked to create a personal video as an introduction for the meeting, that highlighted messages from

members of the student body to their teachers to show how much they care.

Beaudette said, "Teacher appreciation week is a perfect opportunity for us as a student body to come and work together on a project that gives back to our teachers who have taught us so much. It's not often that teachers hear that we appreciate them and that they have a major impact in our life and this is a way in which we can show and tell them"

Senior Ananya Kachru said, "I absolutely love planning for Teacher Appreciation Week. It's a really fun and exciting week, and we all want to make sure our teachers know how appreciated they are! Many of our teachers, quite literally, transform our interests and aspirations, and it's important

to show our gratitude."

Kachru's sentiments were echoed by many other students at Amity.

Without the work of members of Principal's Committee which is led by Samantha Fleischman '18 who worked to show teachers our appreciation by baking star shaped treats, creating stars, organizing scavenger hunts, and decorating the rock, the event wouldn't have been as successful as it was.

Members of the PTSO also marked the week by providing the teachers with snacks and meals, and Principal Anna Mahon gave teachers a pen that commemorated the theme.

Through different avenues, the entire week was a success in honoring the "out of this world" work teachers do every day!

Amity's Day of Silence

Continued from page 1

participation in the event. It was disappointing to see apathy toward the Day of Silence coming from our student body," said Foster.

Aside from this, some students did choose to participate and were proud to send their message in support of the LGBTQ community.

Zack Cassadento '18 said, "I feel it's been pretty successful today so far. I've had a few classmates and have seen quite a few students who were participating in the event."

Regarding its origin, the Day of Silence was first organized by a group of students from the University of Virginia who decided to remain silent for a non-violent protest assignment for a college course.

The next year, they took it national and expanded from merely 150 students to include 100 different colleges and schools all around the U.S.

It proceeded to grow further until, in 2001, the Gay, Lesbian & Straight Education Network (GLSEN) became the official sponsor. It has begun to spread all around the world.

Since then, Amity has taken the initiative to have this day once every year for the last few years. With it, they promote support and encourage others in the school community to do the same.

This year's Day of Silence may not have been a success in the eyes of those running it and participating, but students and teachers at Amity continue to give their support to this cause.

High Hopes for the U.S. - D.P.R.K.

by Evan Kindseth '20

With the United States-North Korean summit coming up soon, there are a lot of factors that could make it go well or poorly.

The landscape is set for a good outcome for the United States. United Nation sanctions have been applied to North Korea for many years and they have slowly become increasingly strong.

The North has been able to avoid much of the pressure applied by these by trading with China which for years has been non-compliant. Recently China has joined the international community in sanctioning the North even

applying sanctions on top of the United Nation sanctions. This has damaged the North Korean economy to a state where Kim feels the need to help all of his people.

Now that Kim has decided to go to the negotiating table, the North and the South are setting the stage for the main act: an upcoming meeting with the United States.

In preparation for the summit, South Korea has stopped playing propaganda into the North. According to the South, the North has said they will not require the removal of United States troops.

This is a very good sign because for the United States, removing troops

was never on the table. A much more important development is that North Korea has stopped missile testing. Some have said that this is because they already have nuclear weapons capable of hitting the mainland of the United States.

Nevertheless, North Korea has said they would be willing to denuclearize in exchange for United States non-aggression.

This makes it a very good deal for the United States. Our goal in the region is denuclearization as well as preventing aggression.

With the summit on the horizon, the forecast is looking pretty bright.

New Exam Schedule May Be Beneficial for Students

by David Sugarmann '20

Recently, I found out some pretty shocking news. Unlike previous years, the final exam schedule is reversed.

At first, I was a little skeptical. In addition to studying ahead of time, doing well also depends on your mental state. By changing our normal routine, I thought it would lower our grades.

Despite originally looking at this as a negative thing, I now believe that the administration did a good thing. Instead of

trying to throw us off, the administrators are trying to help out the people taking exams in periods one and two.

Statistically, Amity has seen that periods one and two consistently have lower scores than the later periods. The reasons for this are unknown but it would be unfair to put people at a disadvantage without even giving them a chance.

With this attempt for change, it is also worth thinking about the future. There are three options moving forward.

One, the order of midterms and finals will stay how it has always been.

Two, midterms and finals will use this format in the upcoming years.

Or three, midterms will be one way, and finals will be the reverse. Personally, I think the third option is most appealing. It will eliminate the advantage of taking the final later in the week, which is very desirable.

Will this drastic change pay off? Will the students like the change? Will the teachers like the change? That remains to be seen.

We will just have to go with the flow and study hard.

The Country Club of Woodbridge: A Never-Ending Issue

by Ryan Anastasio '20

An issue that has been prevalent in the town of Woodbridge for quite some time is what to do with the former Country Club of Woodbridge.

For those of you that are unaware of the issue, the Club was run as a private golf and country club for many years until the town bought the property in 2009 for \$7 million, as the club was facing financial difficulties.

The town paid an outside company to run the golf course until its closure in 2016. Today, the property is open space owned by the town.

As an avid golfer, I played the course multi-

ple times a week over the spring and summer. I was very disappointed when the town decided to end golf operations. Currently, the property serves virtually no use and the golf course has since been ruined by the overgrown grass.

The town has spent a lot of money on the property over the last nine years and it is a shame what it has turned into today. A recent survey done by students at Amity and history teacher Rick Bourdeau found that the town is divided on the issue.

Some residents want a golf course, others want open space, and still others want 55-and-over housing. With no clear consensus from the survey, First Selectman Beth Heller has

expressed interest in having a referendum vote on the issue.

The town of Woodbridge should do the right thing and allow the area to become a golf course again.

Whether it is publicly or privately owned, the course is one of the top courses in the area and was played by people across the state. Woodbridge already has open space for people to walk such as the Fitzgerald track and the trail system.

I hope Woodbridge First Selectman Beth Heller and the Board of Selectman do what is best for the town and bring back golf to the Country Club of Woodbridge.

THE TRIDENT

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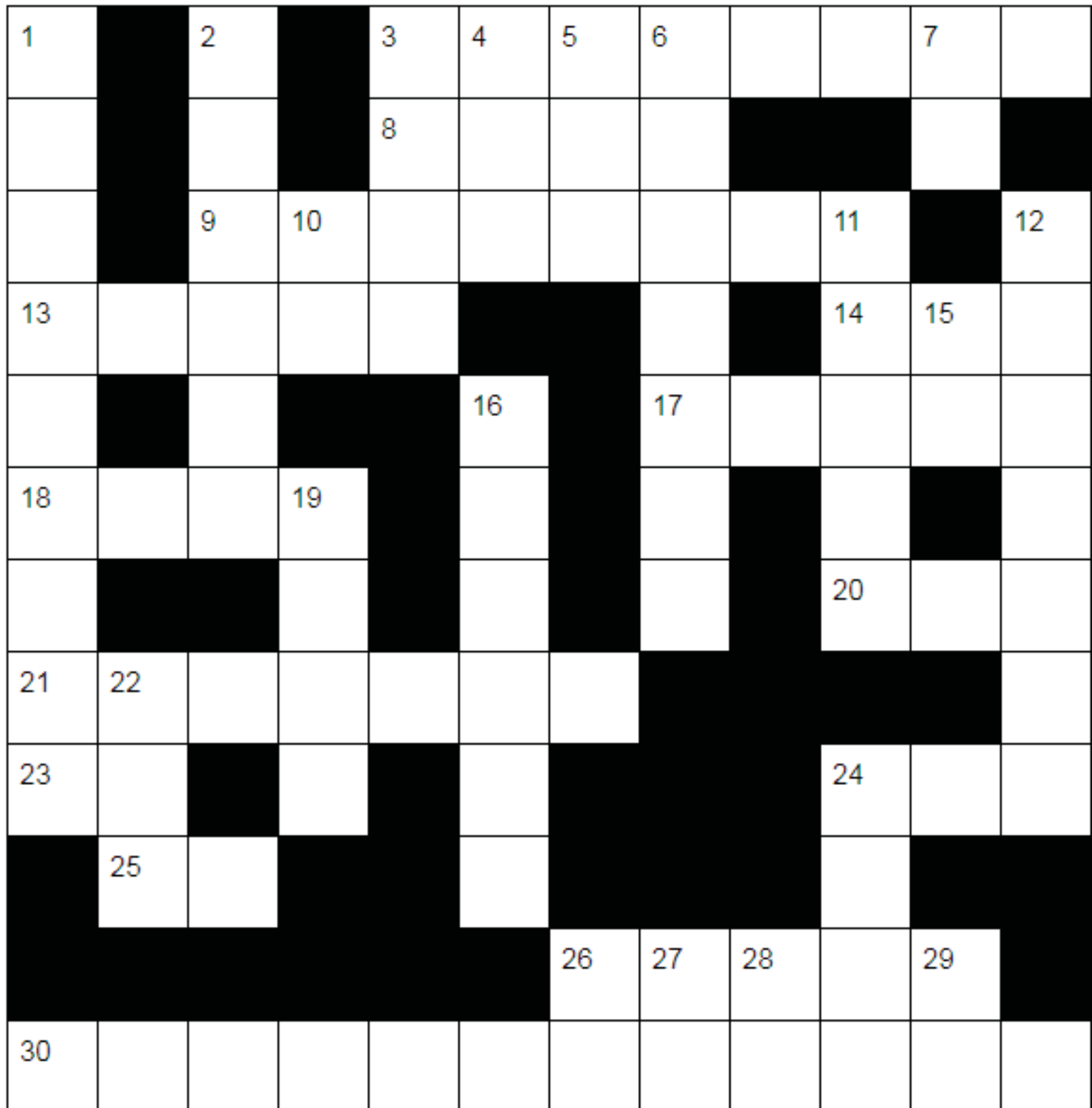
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Crossword Puzzle



Across:

3. Top-of-the-line VW
8. Happy, idiomatically
9. Defunct aerospace firm responsible for controversial product
13. Soft drink popular in Maine
14. Popular drink in Middle Ages
17. Clock and watch firm formerly headquartered in Waterbury
18. Polaroid inventor
20. Caspian, for example
21. "Bone Wars" victor
23. Irritating chant of Monty Python knights
24. Thinly veiled IQ test, according to some
25. Late Kubrick/Spielberg collaboration
26. Willie and Linda
30. The Bard's better half

Down:

1. "My Fair Lady" source
2. "Ah-oooh-gah!"
3. Zenith or apex
4. Former name of IRA
5. "2001" antagonist
6. 1841 court case involving John Quincy Adams
7. Yiddish onomatopoeia
10. One might find a school of design here
11. Modern luxury chair designer
12. Brass device used for naval navigation
16. Wilhelm, for example
19. God's condition, according to Nietzsche
22. Anthony Bordain's Alma mater
24. "The Sting" actor Robert
26. Columbo's rank
27. Oten meaning "I see"
28. Twice governed by John Hancock
29. Alcoholics Anonymous sister program

If you correctly complete this crossword puzzle, email a picture to amitytridentnewspaper@gmail.com, and the first person to send us a correct puzzle will receive a prize (likely a gift card). Submissions begin at 3 p.m. on Friday.

This month's crossword puzzle was created by Brian Forbes '18. Thanks to Brian for making this incredibly difficult puzzle and good luck to all of our readers! (It's hard!)

(All previous crosswords were created by Sophie Baum '18.)

Maddy Adzigian: Rising Javelin Thrower

by Caroline Chen '21

On April 24, 2018, Maddy Adzigian '19 set an outstanding personal record of 117 feet in the javelin throw at the Amity and Shelton track and field meet.

Adzigian has experienced quite a journey throwing the javelin, a spear-like object thrown competitively since the first Greek Olympics. She joined track and field in eighth grade. She found the sport intriguing, but she also played lacrosse.

She said, "When freshman year came around, I needed to make a choice [between track and lacrosse], and it was a tough one, but I chose lacrosse."

Although she played lacrosse freshman year, she remained curious about track and hoped to return to the sport.

"Then sophomore year," she said, "I fell in love with [track] all over again."

She returned to the field and threw discus, yet something did not feel right. She convinced her coach, Coach Thomas Haley, to let her try javelin.

"Jav was definitely for me from the start, and I couldn't imagine doing

anything else as a spring sport besides throwing jav," she said.

As her sophomore year continued, she faced adversity. Between playing travel volleyball and throwing, she overworked her arm and eventually pulled her bicep tendon. Despite the pain, she worked through the injury and continued to throw javelin.

As a junior, Adzigian continues to improve with every meet and practice, as seen by her impressive performance at the Shelton meet.



Adzigian celebrating after throwing her personal best.

Photo courtesy of Maddy Adzigian '19.

"I was nervous, anxious, and excited all at the same time. I had no idea why. Then, once I threw it, I knew exactly why," Adzigian said.

She surprised herself and even Haley, coach of both long distance and throwing, who remarked, "I was a little surprised that she made a ten-foot jump in one meet."

Adzigian further stated that her personal record has shown her that her daily

practices, including additional 30-40-minute sessions of throwing and lifting, were worth it.

With such a success, Adzigian is especially thankful for her coach's guidance. She said, "I would like to thank Coach Haley for working with me on my technique and [for] having so much patience with me when I [couldn't] understand how to do the footwork or when I just didn't do it right. He helped me get to where I am today, and if it wasn't for him then I would not be throwing nearly as far as I am today. He believes in me, and that's one of the best feelings in the world."

As for Coach Haley, he has seen her potential since watching her compete in middle school. With such a success, Adzigian has inspired her Amity teammates.

Charlotte Delvecchio '21, discus and shot-put thrower, said that "Maddy and her success inspire me to become a better thrower and to work harder."

With her inspirational accomplishment, Adzigian shows that hard work pays off and that pursuing what you love may mean letting go of something else, or as Coach Haley said, "To reach your full potential . . . you have to select things that are most important, which might mean you have to make sacrifices along the way."

Love, Simon Touches the Hearts of Amity

by Arielle Lavi '19

With Love, Simon being released earlier this year, its observed impact on the LGBTQ community cannot be understated.

The film follows the journey of Simon Spier, a closeted teenager, as he comes to embrace his sexual orientation and find acceptance. Played by Nick Robinson, Simon describes himself to live a normal life, with loving and supportive friends and family by his side. He seems to fit into every high school crowd and feels secure in his surroundings. Internally, however, he differs from most teenagers, harboring the secret that he's gay.

The Atlantic describes the film, writing, "That's the best of the film--the dramatization of a search for community and the isolation that many gay teenagers can experience even if they live in relatively supportive environments."

After a fellow student posts an anonymous blog in which he expresses his sexuality, the main character starts up a relationship with him, finally exposing the feelings he's been hiding for most of his lifetime. When these

private conversations fall into the wrong hands, Simon risks coming out to the world before being ready, fearful of individuals perceiving and treating him otherwise due to his sexuality.

When asked about the message individuals should take from the film, Kaohom Boonyalai '19 said, "People should see that representation in the media really matters and can have a big impact on someone's life, as it's difficult for LGBTQ individuals to find something to relate to and connect with in mainstream media."

The lack of queer cinema in the film industry causes Love, Simon to be powerful. Not only does it enlighten society on the struggles of the LGBTQ community, it shows the power and significance of accepting one for who they are.

According to Katie O'Brien '19, "I felt Love, Simon sent a great message of acceptance to all, no matter their size, race, religion, gender, or sexual orientation. I believe that the world still has a lot of progress to make as far as equality for everyone, but this movie did an amazing job aiding that progression."

Even within the Amity school community, students

are making efforts to assure LGBTQ individuals feel safe and accepted here at Amity. Members of the PLAHD club, for instance, work together to educate the student body and faculty and harness a more inclusive environment for all.

"PLAHD participates in the Day of Silence every year and invites all school members to join," says Jess Foster '18, an active member of the club. "In the past, we have shown a video featuring LGBTQIA+ youth to the junior and senior class, intended to bring awareness to the discrimination and struggles they face everyday."

Additionally, PLAHD set up a workshop this past November before Thanksgiving for all students, to learn the basics about the LGBTQIA+ community. We try to include our classmates in positive, educational experiences so students of all identities can feel safe, welcome, and comfortable in school."

As demonstrated by Love, Simon, the power of embracing diversity is so important in today's society, and by working as a school community we are one step closer to establishing a more welcoming environment that makes everyone feel accepted, no matter who they are.

Saving Lives One Team at a Time

by Brooke Matyasovsky '18

Just a regular checkup turned into a nightmare for retired Amity teacher Debbie Davis. After a suspicious growth spotting in a mammogram, Davis was diagnosed with cancer. The doctors had luckily caught it in its early stages, however, every six months they found more and more growths, so she had to continuously receive lumpectomies.

A couple of years passed, and more kept appearing. Her oncologist suggested a full mastectomy, saying that it would be the best course of action.

"I had to decide whether I wanted to live with this process or have a mastectomy," Davis said. "I am a strong believer in solving problems rather than putting them off." So, she went ahead with the mastectomy.

One in three people in the United States will be diagnosed with cancer at some point in their life. To help the fight against this horrible killer, the American Cancer Society organizes Relay for Life all across the nation.

The Bethany, Orange, and Woodbridge community comes together once a year to bring awareness, show support, and fundraise for cancer patients and survivors. At the High Plains Community Center green in Orange, students, friends, and families gather for a night of fun for a good cause.

To participate in Relay, members need to form a group of at ten or more people, who all must raise at least \$100 to stay the full night, though most teams end up raising much more than just the mandatory funds.

Elizabeth Lafo, a member of the Amity staff and one of the co-chairs for Relay for Life, handles the Amity student portion of the event. While collecting forms and making sure everyone has a team, she also monitors fundraising.

"Fundraising is only successful if you work for it," Lafo said. "When it comes to fundraising, organizations and people aren't going to come to you, you need to go to them. The Relay committee is filled with those 'go getter' types."

Amity senior Grace Whitman has raised over \$2,000 individually over the past four years.

"No matter how much you can give, a donation of any amount will help save lives," said Whitman who encourages others to raise as much as they can.

Starting at 1 o'clock in the afternoon on May 19th, teams begin to set up their tents and prepare tables with dozens of snacks and games for the night. On average, there are usually one hundred tents set up within the walking track. With a band playing music on the

gazebo, the atmosphere is nothing but welcoming to these selfless individuals sacrificing their Saturday night for this great cause.

The opening ceremonies begin just a few hours later, where every team is called one by one to start their first walk around the track as one whole community. By the time the last team is called, the green is empty and the track is full of supporters. Teams continue through the night with at least one member of their team walking the track, to express the fact that "cancer doesn't sleep".

Volleyball tournaments, recreational football, frisbee tosses, and games of Spike Ball and Can Jam are all common sights along the track. Not only are these activities enjoyable, but they are also fundraisers towards the event. Everyone is involved, and everyone is having a great time competing against their friends and teammates.

A table is set up alongside the walking trail where blank bags and markers are arranged. Anyone is welcome to come and write a name of a cancer patient or survivor on the bags, or just a positive remark to express hope. Then, they are placed in a large circle surrounding the gazebo.

When the sun goes down, all teams are called to grab a glow stick, and gather around the arrangement of the luminary bags, with one person behind each bag. Someone then goes on the microphone, and says, "If you are a cancer patient, please crack your glow stick." Neon yellow paints the dark night sky. This continues from survivors, to family members, and so on, until each glow stick is lit.

This moving ceremony is completed with "The Relay Song" as everyone walks around the bags, dropping their glow sticks into one, illuminating the names of each person or quote. By the time the song is over, every bag is glowing, bringing light to this awful disease.

The luminary ceremony is Davis's favorite part of the event. "When you walk around and see how many bags are lit," she said, "it hits you at how many people are affected by cancer."

It opens the eyes of the community to the extremity of cancer, and its effects on their community.

Davis's decision to go through with the mastectomy was a difficult one, but she wanted to be able to be called "Bubbe", or grandma, by her soon-to-be grandchildren. The upcoming wedding for her daughter was something that she did not want to miss.

Without events like Relay For Life with the support from her community, she may not be lucky enough to be living the happy, cancer free life that she is now.

SAT? COLLEGE SEARCH

Sophomore year is harder than it may seem. Although most students have adapted to the Amity community and (usually) don't get lost in the halls, this year is a huge step up from freshman year, in terms of the increased workload and expectations from teachers. Sophomores have the option of taking honors or AP classes, and these courses are rigorous and fast-paced. Sophomores give current freshmen the advice that they wish they had received before entering this deceptive year.

"For freshman, they have to realize that they're not the top dogs anymore and they've got to start from the bottom, again" -Mat Haiday

"You really need to think about your interests and whether or not you are actually enjoying something enough to work at it constantly."
-Tracy Lu

"Find a good way to handle your stress, either by making new friends or by constantly making un-funny inside jokes."
-Ariba Chaudhry

"Don't take more AP or Honors classes than you honestly want to or than you can handle." -Claire Hosey

"You should persevere. And buy the review books."
-Henry Westgard

"Don't be afraid to ask for help because it's harder than it looks." -Lena Hildrich

"There's no point in doing something if it doesn't make you happy anymore, so find what does! Find a good balance between school and life. Think about maybe not taking an honors class if you don't love the subject, and try not to overload yourself. Have an open mind about where life takes you." -Alex Barnes

"Spread out your homework according to your schedule. If you have a lot of work, focus on the work that's more important first. If you have study halls, you can plan what work to do there, depending on what classes you have after study hall." -Tassos Kyriakides

"Don't procrastinate. Do your work." -Kayla Morgan



Often considered the year of the highest stakes, junior year can be a difficult time for many students. Juniors are finally considered upperclassmen and are only one year away from college applications and leaving home. During their junior year, the students take many standardized tests, including a combination of the SAT, the ACT, and the SAT Subject Tests, begin to hold leadership positions in their extracurricular activities, and start to consider their life after high school. Despite these challenges, junior year can also be exciting as students have the chance to go to prom and are finally adapted to the Amity community. Current juniors give advice to rising ones.



"Listen to your teachers when they tell you to start studying for an exam or something. They know."
-Emily Berkeley

"If you want to succeed in your junior year, make sure you leave enough time in your schedule for homework and time to relax and decompress. Junior year is stressful so it's important to make time for more than just homework, sports, and clubs." -Tommy Livesay

"Don't procrastinate because it definitely will catch up to you." - Avital Sutin

"Junior year is going to be a lot. Take it day by day, and work your hardest. Do what you can, and do your best, but make sure not to lose sight of who you are and what you want!" - Mounisha Anumolu

"Study smarter, not harder. It's a lot easier to do 15 minutes a night, then cramming everything the night before. Be conscious of your schedule, and how busy you'll be come springtime when the standardized tests and AP Exams come around." -Billy McKeon

"Don't worry too much." -Rian Lebreck



? AMITY GIVES ADVICE

As the culmination of one’s high school experience, senior year can be both gratifying and difficult. With college applications and the Senior Service Learning Project, as well as other exciting experiences, such as senior prom and the senior picnic, the year goes by very quickly. Current seniors give advice to current juniors on how to both enjoy and survive this busy year.

“Stay on top of things and don’t wait until the last minute to finish everything.”
-Roberta Bucilli

“Take classes that you enjoy, because it’ll motivate you to keep trying.” -Jess Foster

“Senior year is going to begin with a lot of challenges, but eventually it will devolve into a very relaxing experience where you get to have freedom and a lot of fun.” -Elizabeth Freiden

“Don’t have your heart set on a specific college.”
-Sophie Baum

“Make your college list before senior year starts.”
-David Chen

“Stay focused and persevere. Good things will come to those who work hard.” -Mike Ficaro

“Don’t be afraid to ask for help, and enjoy it while you can because it goes by really fast.”
-Colin Roy

“There is going to be a lot of stress, struggle, and triumph. Throughout the year, though, you will make plenty of new friends and you will begin to feel ready to face a new challenge.”
-Eitan Minsky-Fenick

“Write your Common App essay over the summer!” -Kevin Zhao

“Do your applications early so you don’t have to stress out about them. Space out your supplements [essays] so you don’t have to do them all in one night.”
-Arvand Golbazi

THE COMMON APPLICATION



After graduation, Amity Regional High School alumni go out into the real world. While the majority of students choose to attend a two- or four-year college or university, some students join the workforce, enlist in the military, or take a gap year. Amity faculty and staff provide advice to the current seniors on how to succeed after leaving high school.

“No good story ever began with ‘I stayed in and studied.’” -Mr. Michael Cofrancesco, CTE Department

“Be willing to work hard. Form positive relationships. Be willing to take criticism. Always look to be better than the day before. The world out there is bigger than that so make a positive impact. Focus and work hard to move toward your goals.”
-Mr. Phil Dolan, Music Department

“Academically, stay discipline. Set a schedule. Even if your classes start at noon, try to get up at a certain time. It’ll make life easier. Socially, take risks, especially go and travel and try new things. Be open to experience.”
-Mr. Christian Allard, English Department



“Review the school rules in the systems handbook, and just makes sure to relax and get ready to enjoy the next years of your higher education.” -Mr. Angelo Moscato, Security

“[B]e open minded to new opportunities, and say ‘yes’ to more things. I found that when I was in college, it was very overwhelming at first so I was hesitant to try new things. But I later learned that it’s a good thing to put yourself out there.”
-Mrs. Jeanine Lambrecht, English Department



“Work hard to chase your dreams. Never forget that life is a journey, not a destination, so don’t be afraid to enjoy the ride.” -Mr. Rick Bourdeau, History Department

SENIORS: please fill out *The Trident Senior Intentions Survey* at: goo.gl/iKCAgR for the next and final issue of this year’s newspaper.



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Art Students Paint Amity Teachers

One Finger at a Time

by Sydney Reiner '20

During the first week of May, talented Amity students began a creative art project: fingerprint portraits. The pieces are inspired by the artist Chuck Close, a contemporary artist, working mostly with large scale portraits.

After Close suffered a seizure and was diagnosed with spinal artery collapse, he was forced to find creative ways to paint as he could no longer hold paint brushes. This tragic event led to Close discovering new

techniques to create art, one being with his own fingerprints and ink.

The head of this Amity project, art teacher Elizabeth Smolinsky, explained the idea, saying, "I took inspiration from his process and the larger than life size that he works in."

Students from the Drawing and Painting II class began this extensive process, which includes lots of hard work and time, as it took the students about three weeks.

First, Smolinsky determined which department to focus on for the portraits

and decided on the English department. Photographs then need to be taken of the teachers and printed in black and white for the students to copy from.

To emulate the massive portrait style of Chuck Close, large squares of white paper were cut and hung. From there, the pictures and paintings were divided into grid lines, so they could capture the essence of the teachers and allow the artists to paint on a smaller scale, square by square.

The students then pressed their fingers into stamp ink, and used their

unique fingerprints to create art. Each student had a distinct technique, and process, using their ink and fingerprints differently, to create their desired result.

The teachers chosen to be drawn were honored and amazed by the talent conveyed in the art pieces.

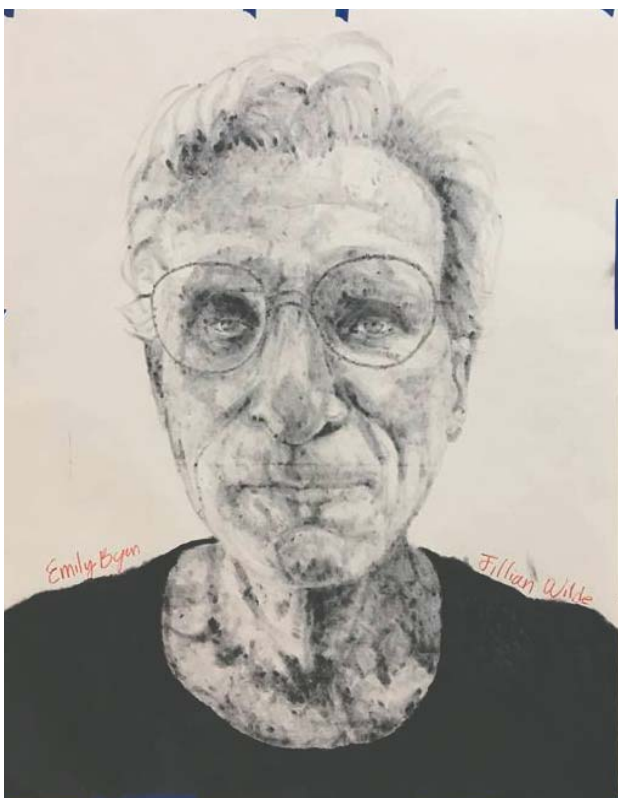
English teacher Jennifer Wentworth, one of those chosen to be drawn, said, "It's so sweet and I feel like they really tried to show my personality!"

The portraits are impactful, not only for the teachers, but also the students. Smolinsky explained

how it expanded and furthered the students' knowledge of the portrait process, as well as enhancing their skills of working together with art.

She said, "You need teamwork... you really have to work together and figure out how you are going to have a common style to keep it consistent throughout."

The portraits are now complete. If you would like to see this creative work by our talented artists, the portraits are in the arts hallway near the band room, as well as in the front hallway outside the auditorium.



Finger portraits painted by Amity art students.

Top row, left to right: Mrs. Jeni Bonaldo, Mrs. Emily Clark, Mr. William Rocco; bottom row, left to right: Mr. Don Barkin, Ms. Jennifer Wentworth, Mr. Christian Allard.

Photos by Sophie Baum '18 and Kevin Zhao '18.

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ACT Travels to Florida for Spring Break

Students Perform for Walt Disney World Visitors

by Talya Braverman '20

Over Spring Break, a group of 58 students traveled to Walt Disney World in Florida for five days. The group was comprised not only of Amity Creative Theater members, but also of members who were in theater, technical theater, and choir classes. The trip consisted of several different activities and culminated in a final performance at Disney Springs.

Before break, performance students participated in several after-school rehearsals to prepare for the performance. During the rehearsals, students learned music, harmonies, and

to run through their set in a rehearsal space. Immediately after the rehearsal, they traveled to Disney Springs to perform in front of friends, family, and many Disney visitors.

Halle Syrop '20 said, "I got such an amazing opportunity to sing, and I won't forget it."

In addition to performing in Disney, each student had the opportunity to attend a workshop

recover."

While choir and theater students attended the performance workshop, technical theater students were given a tour under magic kingdom. There, they learned about the costumes, fireworks, and were given the opportunity to interact with stage managers and other technical theater members employed at Disney.

Avital Sutin '19 spoke about the experience, saying, "It was super cool to learn about my passion... in the real world. The tech theater workshop was definitely the highlight of my trip!"

Overall, the trip provided students with countless unforgettable experiences.



Above: Amity Creative Theater members pose at Disney.
Below: Amity students and staff on performance day.

Photos contributed by Kayla Zamkov '18.



choreography to go along with each number. The three songs that the students prepared were "This is Me" from *The Greatest Showman*, "You Will be Found" from *Dear Evan Hansen*, and a Broadway medley that contained several pieces of music from shows like *Legally Blonde*, *Jersey Boys*, and *Mamma Mia*.

Carly Chervenak '19 described the rehearsal process, saying, "Everyone was so patient and worked so hard. I believe it paid off!"

On the day of the performance, the group was given a brief amount of time

pertaining to their area of interest. Performance students participated in a group activity with a professional Disney acting teacher, who taught students both acting and audition techniques. The instructor even informed students about professional performance opportunities at Disney.

Ben Kemp '18, described one of the major components he learned during the workshop, saying, "When doing a scene, you need to be prepared... [you] need to pay attention because if mistakes are made you need to... improvise to

When asked about the trip, Kayla Zamkov '18, stated, "We were able to make such great memories."

In addition, Sophie Benjamin '19 happily remarked, "This trip was one of the best experiences, going with my friends was the best part because I got so close to them."

Ultimately, the Disney trip was a very positive experience for the students involved, and it allowed members to learn valuable information about their interests while forming long lasting bonds with all their fellow participants.

A Grand Finale Marks the End of the Amity Band Season

by Kayla Morgan '20

The Amity Band Spring Concert was on April 26, 2018. This show consisted of freshmen performing in the Concert Band, joined by the sophomores, juniors, and seniors of the Symphonic Wind Ensemble. The musicians are very experienced, as most of them have been playing in the band since the fourth grade. The band has been rehearsing since the middle of January, and most students practice outside of school. Thus, the band is able to perform very well under various circumstances.

Ella Marin '20, a saxophonist, said, "we had many pieces with varying complexities to perform and we performed them at a very high level." Olivia Gross '20, a clarinetist, remarked on the hard work involved

ris Andersen '18 who plays trumpet and made his conducting debut at the Winter Concert in December.

Outside the auditorium, students ran a concession stand and a silent auction, and the money raised was put toward the Amity Band.

Although it takes much effort from the musicians, this concert could not have been a success without a dedicated conductor. Philip Dolan has been a conductor and music educator at Amity for over 15 years. With all that time comes lots of experience as well.

Gross added that Mr. Dolan "always encourages us to do our best. He is a very funny and passionate person especially when in big band rehearsals and even cracks jokes during the concerts. The band would definitely not be as good as



Amity Band during a performance.
Photo by Sophie Baum '18.

and that "the musicians always put their best efforts into the music and concerts that they play. This leads to having great results at concerts."

The concert also featured the Amity Jazz Band, which performed three numbers before intermission. A highlight of the second act was guest conductor Har-

it is without Mr. Dolan."

If you did not get see the Amity Band at their Spring Concert, you will have an opportunity to do so during Memorial Day weekend.

On May 27, 2018, the band will be playing at the Memorial Day Parade in Orange and in the Bethany Parade the following day.

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Ultimate Frisbee Team Midseason/Player Update

by Eli Lee '19

The Amity Ultimate team is enjoying another solid season. This year, the team has been playing with a mix of Division 1

of the season strong.

Although Ultimate Frisbee is only a club, and not an officially recognized sport, that doesn't mean that the team members take it easy. During the fall and winter sea-

sport, and membership increases each year. This fosters a tradition where the veteran players play a large role in teaching the new players strategies and plays.

The team's captains, Ricky Fagan '18, Howard Ding '18, and Ryan Ford '18, are three notable players that dominate the field. Fagan and Ford specialize in on-the-field plays while Ding both plays and makes strategic calls. They are hoping to lead the group to a dominant season end.

With any team, there will be seniors leaving as they plan to continue with their life in college or university. One such senior is Howard Ding.

As a member of the team since freshman year, he said, "I loved every moment of it. It's really fun to be in a sport that is a bit more laid back than others."

But graduating seniors also have an important duty: to teach the next incoming wave of ultimate players.

With an attitude that equates to being up for the challenge, Howard said, "The other upperclassmen have also helped the team as we get a whole wave of new players and talent to teach this year."

Alongside new talented players, the Ultimate Frisbee team hopes to perform well in their upcoming matches and to win their final games as they reach the end of the season.

sons, the team scrimmages every Friday. In winter, many team members condition together at the school gym. And once the season starts, the athletes practice four or five days every week, running drills and playing small scrimmages.

The team is very open to new players; frisbee is a very beginner-friendly



John Dill makes a catch against Newtown

Photo Courtesy of Nitya Bhattarai '18

and Division 2 teams,

and some are challenging opponents. But the Ultimate Frisbee team, practicing every day after school, is constantly playing and improving.

Currently rolling through with a record of 5-5 as a Division 2 team, the players are also preparing for the upcoming States tournament and to finish the last two weeks

Boys Track Team Triumphs at Mysterious Midnight Meet

by David Sugarmann '20

On May 4, 2018, the Amity Boys Track Team got to race in one of the most anticipated meets of the year. While most meets start right after school, this one took place at night, where the runners got the opportunity to run under the lights. This event is also special for another reason. Throughout the entire season, it is the only time the distance runners get to run the 5 kilometer race. This requires them to run around the track 12 and a half times.

With their only chance to run this race, the Spartans did not disappoint. Amity's top distance runner, Connor Visnic '19, ran the 5K in just 15:10 - setting a record for the fastest 5K by an Amity student. In addition to Visnic's outstanding performance, many other runners got personal records. This is partly due to the fact that a 5k race is typically ran in cross country, which is run on rough terrain. Because the track is flat and easy to run on, the Spartans were able to seize the moment and thrive.

When Joseph Sugar-

mann '18 was asked what the most important thing to do to run a good race, he said, "Stay relaxed and maintain steady breathing."

This should be done in order to avoid psyching yourself out and pacing poorly.

Sugarmann then added, "Towards final laps of the race, don't hold anything back."

It is an awful feeling for a runner to know that they could have done better, and these are just two of many ways of decreasing the chance for a bad race.

Credit also goes to long distance coach Jon Faitsch. Since the season's beginning, he has worked hard at pushing each runner to his true potential by motivating them and having them run many miles per week.

Before the race, he told the runners, "You can't win a 5000m race in the first mile, but you can surely lose it." Again, this stresses the importance of running smart and to properly pace yourself.

Now that the Midnight Meet is behind them, the Spartans are going to focus on performing well for their next race.

Games to Watch This Weekend

V Baseball v. Norwich Free Academy
Home - @ Amity HS 11:00 a.m.
JV Baseball v. Norwich Free Academy
Away - 11:00 a.m.
FR Baseball v. Norwich Free Academy
Home - @ Amity HS 2:00 p.m.

V Boys Lacrosse v. Shelton
Home
Field # 3 - 4:00 p.m.

JV Boys Lacrosse v. Shelton
Home
Field # 3 - 2:00 p.m.

FR Girls Lacrosse v. Hamden
Home
Field # 2 - 9:30 a.m.

FR Softball v. East Haven Home
Center Field
Woodbridge
10:00 a.m.

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Girls Tennis Team Looks Toward Success

by Jared Beltz '19

The Amity Girls Tennis team has made good progress this season despite the loss of many graduating seniors. The team began the season without much success, but they've steadily improved over the last few weeks.

As star singles player Sarah Bullers '19 put it, "We started off to a not so good start, however the hard work of our freshman players, and us older players has paid off and has been leading us to more victories."

Bullers, who was seventh in the state last year for singles tennis, really believes in the upcoming talent on the team.

The team is also backed by a strong group of underclassmen. Significant freshmen include Sydney Pitter

'21, Eesha Acharya '21, and Annika Minotti '21, who have helped the team in both doubles and singles tremendously.

Some of the team's recent success came during their annual "Coaches vs Cancer" fundraiser game on May 4th. There, Amity triumphed over rival Lauralton Hall by a score of 5-2 after losing to them 3-4 in the beginning of the season.

Their hard work pushed them to win and gave them more confidence leading into the heart of the season and the upcoming states competition even though they face some very tough competition.

Bullers spoke on this saying, "We have some harder upcoming matches but I think we'll be able to win those due to the progress we've made this season."

The top significant players for girls singles so far this season include Bullers, Pitter, and Chloe Gherlone '19'.

These three have pushed to win the majority of their matches this season, while having a few losses, their success this season is what has led to the surge in victories for the team.

On the Doubles side of things, the top team has consisted of Hannah Hippona '18 and Catalina Betancur '19, who both have worked very hard to rack up numerous victories, which as well as the singles team, has led to the progress made by the team.

As the trophy season comes closer to reality, the girls have some work to do, but their persistence and progress made throughout the season holds some promise for success.

Despite Struggles, Boys Lacrosse Maintains Popularity

by Mai Chen '18

Amity Boys Lacrosse is known as one of the school's largest and most renowned athletic team. It wasn't always this way, though.

Over the last few years, with the help of Head Coach Brandon Pepe, the team has worked to construct a solid base of upper and underclassmen and worked to train athletes of all ages. Currently, the lacrosse team has a very large roster, showing its ever-increasing popularity.

However, the season has not yet been particularly successful. Currently, with a 4-7 record, the team is looking to improve. Captains Matt Weidenfeller '18 and Paul Buda '18 hope to continue their season as strongly as

possible and bring out the full potential of their fellow teammates.

One notable part of the team is the defense. Spearheaded by goalie Dane Walsh '18, Amity's defense has been exceptionally strong in recent games. All around the field, though, the team has shown consistent positive performance, and they are currently improving their offense to become a very intimidating unit.

The underclassmen this year are also showing very promising results, most prevalent being Aiden Herbert '20, an offense, who has put up some impressive performances and numbers.

The team's spirit truly resounds in their interactions with each other. The team's large numbers contribute to its positive environment and attitude towards change.

As key player Christopher Bierzowicz '18 said, "We're very comfortable with one another, which makes the time enjoyable. We're able to express our goals and concerns as a team with no hesitation."

With such an upbeat mentality and the capacity for change, the lacrosse team is hoping to make this season their best yet.

Sarah Bullers '19 serves against Shelton

Photo courtesy of George Liang '18



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Today marks the last day of Teacher Appreciation Week. *The Trident* Staff would like to thank all of our dedicated teachers for their endless support and passion in helping us grow as young adults and students.

We, this year's Editors-in-Chief, would especially like to thank Mrs. Emily Clark, our faculty adviser, for her lessons in journalism and in life, inside and outside the classroom. As this is our last issue, we will no doubt leave Amity with bittersweet memories of the hours upon hours we have spent in the *Trident* office and Mrs. Clark's room.

To future writers, editors, and next year's Editors-in-Chief, Rosie, Kate, and Sana, we wish you the best of luck and hope you cherish your time on the *Trident* and enjoy your experience as much as we did. Always strive to report the objective truth and remember the importance of journalism.

And of course, we have to thank the Amity community for its endless support and readership.

It's been an honor and a joy to serve as the 2017-2018 Editors-in-Chief, and we hope you have enjoyed this issue of *The Trident*.
¡Viva *El Trident*!

With Gratitude,
Sophie Baum, Ben Sauberman, & Kevin Zhao