

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

November 15, 2019

Hall of Honor Inductees Inspire Students

by Tracy Lu '20 and Simran Jain '23

Twelve honorees were inducted into Amity's Hall of Honor on Thursday, October 24th. The Hall of Honor recognizes present and former staff members and alumni that embody the Amity District's goal of promoting lifelong learning so that an individual can be "a literate, caring, creative, and effective world citizen."

This year, inductees came from a variety of backgrounds and careers. Three of the inductees, Nic Novicki '01 (actor), Jack Santucci '01 (professor), and Michael Eflery '88 (FBI agent), spoke to students during the school day on Thursday, October 24th, and Friday, October 25th.

During period 3 on October 24th, the AP U.S. Government classes met Jack Santucci, an assistant teaching professor of political science at Drexel University. Santucci graduated from Amity in 2001 and attended McGill University in Canada. Following McGill, he returned to the US, moving from Connecticut to Washington D.C. He spent the next year interning at FairVote, a non-profit agency that works for electoral reform in the United States; this was the start of his career in political science. Santucci used his

ability to code and write to stand out from the crowd.

When talking about how he got his job, Santucci said, "These were skills that they needed, people who can write... every job that I've ever had in my life, literally, has in part [been] because I knew how to program a computer." He also told students, "If you want to be doing something in life, and you want to get paid to doing that thing in life, don't wait until you're getting paid to [do] it; just start doing it."

Santucci's presentation related strongly to the AP Government curriculum, and many students found the presentation to be very informative. Ethan Lavi '21 said, "He answered our questions, which was really cool, and I liked that. I thought he had a very interesting job."

Later that day during period 6, fellow inductee Nic Novicki presented to theater students at Amity. Novicki; a producer, actor, and comedian; was a part of the Amity graduating class of 2001. Novicki has been in the filming industry since he was eight years old. Throughout his career, he has not let his dwarfism, shortness in height that results from genetic or other conditions, stop him from achieving success on

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Hall of Honor inductee and actor Nic Novicki '01 spoke with students last month.

Photo by Robert Kennedy

Amity Honors Our Nation's Veterans

by Weiss Yuan '21 and Kevin Lu '21

On the 11th hour of the 11th day of the 11th month, 100 years ago from this past Monday, America celebrated its first Armistice Day. Ever since, Veterans Day has been a day to honor those who have fought for our country and put their lives on the line for our freedoms and democracy. Most importantly, Veterans Day is a day where we come together and realize the great sacrifice that many took for our country.

Veterans Day started as Armistice Day with President Woodrow Wilson addressing Americans on November 11, 1919, one year after the end of World War I. Since then, the tradition of honoring those who have served in World War I continued. However, after World War II, the name of the holiday changed to Veterans Day, becoming a day to remember all veterans who have served our country.

This Monday, Amity hosted six vet-



A missing person table was displayed in the cafeteria on Monday to honor service members who have made the ultimate sacrifice for our country.

Photo by Weiss Yuan '21

erans at an assembly in the Brady Center for freshman students to learn more about Veterans Day by listening to those from our community who have served in the armed forces. These veterans were Thomas

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Freshmen Bond at Annual Tailgate Event

by Connor Gustafson '20

Link Crew hosted its annual freshmen tailgate at Amity Regional High School on Friday, October 18th. It was held at the practice football field at 5:30 pm, two hours before Amity faced Brien McMahon High School of Norwalk.

Roughly half of the class of 2023 attended the tailgate, which English teacher and Link Crew coordinator Jennifer Bonaldo said was typical for the 10 years the event has occurred.

"The freshmen brought a lot of enthusiasm and excitement to the tailgate," added Link Crew leader Michael Decesare '20. He said the atmosphere was dictated primarily by the attitude the freshmen brought to the pre-game.

However, the Link Crew leaders and teachers also played major roles in the tailgate. They made sure it ran smoothly and did not get too rambunctious.

Their main responsibilities included cooking hot dogs on the grill, ensuring

everyone was having a good time, and directing games.

The activities were mostly small games of soccer and football. Decesare said the games "went well with getting people involved."

Timothy Everett '23 held a similar opinion. He said, "It was really fun. My friends and I had a great time."

When asked if he would go back to more Amity football games, Everett said, "Definitely. I want to support the boys."

The tailgate event has multiple goals, Bonaldo said. "It encourages freshmen to participate in activities at Amity."

Following a similar thought, Link Crew leader Wil Gambardella '21 said, "The main goal of the occasion is to get the freshmen to get to know each other, make friends, and intertwine with each other in the community."

After the tailgate, freshmen were allowed into the game for free. Amity beat McMahon 14-7.



Freshmen and Link Leaders pose at the annual Freshmen Tailgate on October 18.

Photo by Tasia Kimball

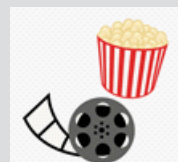
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Inductees Inspire Students

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shows such as Boardwalk Empire, The Sopranos, Austin and Alley, and more. In addition, he has performed on six continents.

Novicki has worked to change the community through his Easternseals Disability Film Challenge, a competition that challenges its participants to make a film that changes the way people view disabilities. This is important to Novicki because he himself has dealt with having dwarfism.

Students, such as Halle Syrop '20 found Novicki's presentation inspiring and impactful. Syrop said, "Nic did such an amazing job of explaining where hardworking and dedication gets you. He talked about how his difference helped him in many cases, and how ours can too!"

The following day, October 25th, Michael Effley, a 1988 Amity graduate, spoke to students in the main gymnasium. Effley, now an agent for the Federal Bureau of Investigation, shared how Amity helped him start his career journey.

Effley expressed gratitude for the support he got from the Amity community, especially from his football coach. "You cannot have character in the absence of adversity," he stated as he described the challenging yet valuable experience during high school.

This character-building continued when he went into the US Coast Guard Academy, which Effley described as one of the most difficult experiences of his life. It was the encouragement of teachers and coaches,

he said, that helped him persevere. After graduating from the Academy, Effley joined the Coast Guard for five years. He then began his career as a military social aid at the White House while attending night school at George Washington University. Effley decided to go into banking after three years of work at the White House, but found this job to be unfulfilling. That was when he decided he wanted to become an FBI agent.

Effley applied, and after two years of extensive screenings, polygraphs, and written tests; Effley got a call inviting him to attend sixteen weeks of training in Quantico, Virginia. He was then assigned to the Miami field office, where he worked with the drug squad. Later, he worked for the gang squad in DC.

Despite constantly facing tragedy, crime, and danger, Effley described his time in Miami as "the best experience of [his] life." He and other agents became extremely close friends as they went through challenging experiences together. "We all took this job to make a difference," he said.

Although currently working apart, Effley still makes time to contact his former squadmates. Due to his past experiences, Effley emphasizes teamwork and collaboration among agents in the corporate fraud squad that he now supervises. He encouraged students to have an idea of their future plans but not let that prevent the exploration of unexpected paths in life.

With each Amity alumni presentation, students were given the opportunity to see the difference previous Amity students have made in their communities and the world.

Students Prepare for Standardized Testing with the PreACT and PSAT

by Jennifer Xu '21

Every October, high schools across the country administer the PreACT and PSAT to sophomores and juniors, respectively. The PreACT is a preliminary, shortened version of the ACT, while the PSAT is the same for the SAT.

Students at Amity tested with their homeroom classes on the morning of October 16th.

Students take these tests for many reasons. The PreACT and PSAT help students determine which test they may want to take in the future by helping them understand their strengths and weaknesses with each test.

Anna Mahon, principal of Amity Regional High School, explained that these tests are given "because it is an opportunity to practice these two specific types of standardized tests. Standardized test-taking is a skill that needs to be practiced and each type of standardized test is unique in some way."

The PreACT tests English, math, reading, and science, similar to the ACT. The practice tests are scored from 1-35 while the actual test is from 1-36, with subscores of the same range for each section.

As this is many sophomores' first time taking a test like this, it can be "very stressful," as Ivy Zheng said.

Others, such as Eveleen Jiang '22, held different views. Jiang said, "I think it's just another standardized test to add on to the pile."

The goal of the PreACT is to give students an idea of how they might score on the actual ACT, especially since the

scoring scale is similar to that of the ACT. The ACT is an option for the standardized testing that most colleges require.

Mahon said, "Many of our students find success with the ACT while others prefer the SAT when they are looking to take one of the accepted college admissions exams, and it is beneficial for students to have exposure to both of these tests early in their high school career."

The PSAT includes the same four testing sections as the SAT: Evidence-Based Reading and Writing, Writing and Language, and two math sections. Since it is an abbreviated test, the PSAT is only scored up to 1520, while the SAT goes to 1600.

The PSAT is meant to give students a sense of what the SAT is like, and many juniors believe the assessment helped them prepare for the SAT, which juniors will be taking in March of 2020.

Tiana Amendola '21 believed that the test was "very informative." She added, "It [the test] gave me an experience of the real SAT."

Shyam Viswanathan '21 agreed, stating, "It helped me gauge the amount of time each question required."

The PSAT also doubles as the National Merit Scholarship Qualifying Test, or NMSQT, offering top-scorers the opportunity to win scholarships.

Out of the approximately 1.6 million entrants in the competition, 7,600 will win a National Merit Scholarship, and 1,100 will win a Special Scholarship sponsored by a corporation.

For now, Amity's sophomores and juniors await the results that are expected to be released in December.

Amity Honors Veterans

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Norton, a member of the Amity faculty who served in the U.S. Army; David Strickland, who served in the U.S. Army; Peter J. Militrano Jr, who served in the U.S. Marine Corps; Peter J. MacDonald, who served in the U.S. Army; Veasna Roseun, who served in the U.S. Army; and Ryan Gunning of the Amity Class of 2014 who served in the U.S. Marine Corps.

In this assembly, history teacher Peter Downhour, also a veteran, moderated a conversation among the six veterans, which focused on the factors that led them to serve, what service was like, and how life has since been after serving.

The program ended with the veterans giving advice to students who wish to serve and encouraging everyone to do their part.

Freshmen understood the importance of this assembly. Isabelle Rosewater '23 said, "It was an interesting assembly that the school put together. It's always fascinating to hear people's experiences and memories from their lives, hearing their perspectives and reflections."

Downhour held a similar opinion, saying, "The benefit to the Amity community was that we were able to hear about veterans and learn

about service directly from those who served. We were also able to celebrate with veterans by hearing their stor[ies]. We were able to see the diversity within the United States Armed Forces."

During lunch, Amity also set up a "Missing Person Table" in the cafeteria to honor those service people who are no longer with us. Such a table is often put on display at most military ceremonies, usually on either Veterans Day or Memorial Day, to honor those who have made the ultimate sacrifice, fallen in the line of duty, and fought to uphold peace and liberty for their country and the world.

The remembrance and appreciation of veterans does not only apply to events on Veterans Day. Rather, it is necessary to always cherish the service of all those who have fought for our country and all those who continue to fight for our liberty every day.

Downhour said, "There are many things we can do beyond today, other than saying thank you. There exist many organizations, locally and nationally, that support veterans. Find one, find out what help they need and provide whatever support you are capable of and have the means to do."

NHS Blood Drive Donations Benefit Many

by Jacob Silbert '21

On Friday, October 25th, over 30 seniors and many staff members took time out of their day to donate blood to the American Red Cross. Each year, the National Honor Society (NHS) leads this drive at Amity.

This year, the school "donated about 35 pints of blood, with each pint able to help around 3 individuals," said Jack Tajmajer '20, president of Amity's NHS. In one day, students were able to help around 100 patients in need.

During this all-day event, the blood donation process was very smooth. Mina Kim '20, one of the donors, said, "the blood drive was well organized, and there were a lot of people there who helped me relax.

The nurses were very nice and made the whole experience a lot easier."

After blood was drawn, the nurses offered sweet treats to help students replenish their sugars and reward them for their donation.

Tajmajer noted that NHS is "going to try and have another drive in the spring to maximize our impact," which could benefit hopeful donors. Some students weren't able to donate on the 25th for various reasons, but they will have another opportunity.

Senior Danielle Lee '20, said, "Even though I couldn't put my pint towards the blood drive, I still felt that it was worth a try. I'm planning to give it another shot."

There are only a few requirements to be a donor. Donors must be 17 years old and in good general health.

Eligible donors are encouraged to get involved; a single blood donation can make a huge difference in the life of someone in need.



Students and faculty donated blood as part of the National Honor Society Blood Drive

Photo from @AmityRegionalHS

Should Physical Education Classes Be Mandatory?

by Abby Ball '22

A subject that should be debated more is whether gym class should be mandatory for students in high school. Since Connecticut law PA 17-42 requires the completion of one full credit of physical education in high school before graduation, most high schools do make gym mandatory.

However, there are some exceptions commonly found in private schools.

Some private schools choose to have gym as an elective. At nearby Hopkins School, students are required to do a sport, and gym is offered as a course.

This is quite a different approach to athletics compared to Amity, which requires students to take gym but not that students do a sport. Either way, students

still get needed exercise.

Gym classes should clearly be mandatory in elementary and middle schools to get children into the habit of practicing a healthy lifestyle. High schoolers should also be required to take gym, but it should be taken into consideration that many students are also involved in athletics after school.

It seems somewhat unnecessary for students who are already participating in a sport to be required to take gym since those students exercise competitively on their own time.

However, gym class does teach students about other ways to stay fit and provides them with information that they may not learn within their sport.

Gym is also beneficial for the educational aspect of

the class; it informs students about nutrition and methods of how they can be healthier.

This is a valid reason to make gym mandatory since staying healthy should be a priority for teenagers, and physical education makes that more possible.

It is a difficult decision to make regarding whether gym requirements should be altered or kept mandatory for everyone.

It is without a doubt that gym needs to stay a part of every school's curriculum, but some changes could be implemented.

Physical education classes should be mandatory for students not involved in a sport, but perhaps schools like Amity should consider adjusting their current requirements for the students who do participate in a sport.

College Visits: A Valid Reason for an Excused Absence

by Ryan Anastasio '20

At the end of October, many seniors were scrambling to finish college applications. The November 1st early application deadline was looming and if you walked into a senior class you could sense the anxiety. The college application process can be very stressful and daunting.

Fortunately, Amity does a very good job to help students through the process. The school hosts speakers for students and parents, allows college admission officers to give on-site information sessions, and school counselors are always available to answer questions.

Last school year, Amity hosted Ann Fleming Brown, the admissions director at Union College. She talked about the admission process and gave many helpful tips to the audience of students and parents. These types of events can be very helpful to families that have never been through the college admission process before.

If you walk by the Ca-

reer Center in the fall, you will see a list of colleges that are holding information sessions at Amity. I applaud the counseling department for setting up the sessions that allow students to learn more about colleges and interact with a representative from an admission office. Students that attend these sessions at Amity are excused from the classes they miss.

Where Amity falls short is with providing students time to visit colleges. The best time to visit is over April vacation. Colleges are in session then, so it is a perfect time to see the campus flooded with students. However, this five-day period is not adequate. Tours frequently fill up and can be crowded. On one of my college tours in April, 40 people were assigned to one guide. I was not able to experience the college as I would have liked to during the crowded tour.

Amity does not give any excused absences for visiting a college. Students who wish to visit a college on a school day are required to use an unexcused absence. I have been forced to use sev-

eral absences while I was on a college tour. Many colleges offer weekend tours, but they do not provide the same experience as a weekday tour.

On weekends, the campus is empty and bare. In contrast, on a weekday, college campuses are vibrant and fast-paced. Many decide whether a college is for them if they can see themselves fitting in on the campus. Weekend visits do not allow students to get an accurate portrayal of the school. While summertime may be an easy time to visit colleges, the same issue arises. Students are not on campus and you are not able to see what the school is like during the academic year.

I ask the administration and counseling department to work together to provide students with time to visit colleges. To prevent students from faking a visit, the school can require proof that the student was on an official tour. By giving students excused absences to visit colleges, they will be able to do so in session without being unfairly penalized with an absence.

THE TRIDENT

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CORRECTIONS

In the October 2019 issue of *The Trident*, the article entitled "Freshmen Inducted into Student Government" included a misspelling of the name Hanin Anwer.

The Trident apologizes to Hanin for this error.

For any corrections or tips, please email amitytridentnewspaper@gmail.com
To sign up to write or take photographs for *The Trident*, contact the Editors-in-Chief, Mrs. Clark, or email amitytridentnewspaper@gmail.com

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Amity Needs to Change Its Stance on AP Exams

by Sam Epstein '20

Currently, around 30 Advanced Placement courses are offered at Amity. Many can relate to the emphasis that teachers place on taking multiple AP courses to demonstrate readiness for college, and on taking the supposedly requisite exam.

In light of the recent AP exam sign-up deadline passing, I believe we must take a closer look at the benefits (both real and exaggerated) that AP exams provide and how the Amity administration should act with regards to AP courses and exams.

CollegeBoard, the corporation running the AP program, has an interesting stance on the issue. While

they recommend taking AP courses and exams, Trevor Packer, head of the AP program, suggests diminishing returns after taking six AP courses. After this, he claims, students demonstrated similar success in higher education regardless of any additional AP courses taken.

This is a sign, perhaps, that Amity should discourage a culture where students feel pressured to take as many APs as will fit into their schedules.

The main reason many of us do so is for benefits in college admissions. Given that selective colleges and universities view taking the most challenging course-load available at your school to be a prerequisite for mere consideration, this benefit is real. The myth, however, is

the idea that taking the exams themselves is just as important. Even top universities admit in their common data set that AP scores are technically considered, but not weighted heavily.

Why, then, are we encouraged to spend the entire year perseverating over two-hour exams or wringing our hands as we worriedly await our scores in the summer? This reflects Amity's potentially toxic competitive culture; if others are doing something for college, then we must as well.

The strongest argument for taking AP courses and exams is to gain credit in college. The University of Connecticut, one of the most popular destinations for Amity graduates, offers generous

amounts of credit for passing AP scores. For example, were I to do well on my exams this year, and send in all of my scores from the past two years as well, I could gain 36 credits at UConn. They require 120 credits to be accumulated throughout university; this is close to a third of that. This could save me a staggering amount of time and money, but not every school is as generous as UConn: most have a cap on the number of credits that can be earned, or simply don't accept AP credit at all.

The best use I can see for my own AP scores is to waive out of intro 100 level courses, particularly in languages and mathematics. Yet I remain doubtful a high school course I took junior year would be a suitable substitute for the

knowledge gained in a semester of college.

While I concede that AP courses and exams have their own (albeit limited) uses in both the college admissions process and in college itself, I still believe Amity needs to place less emphasis on their importance, and provide fee waivers for either the first exam taken or exams after a certain number taken per year.

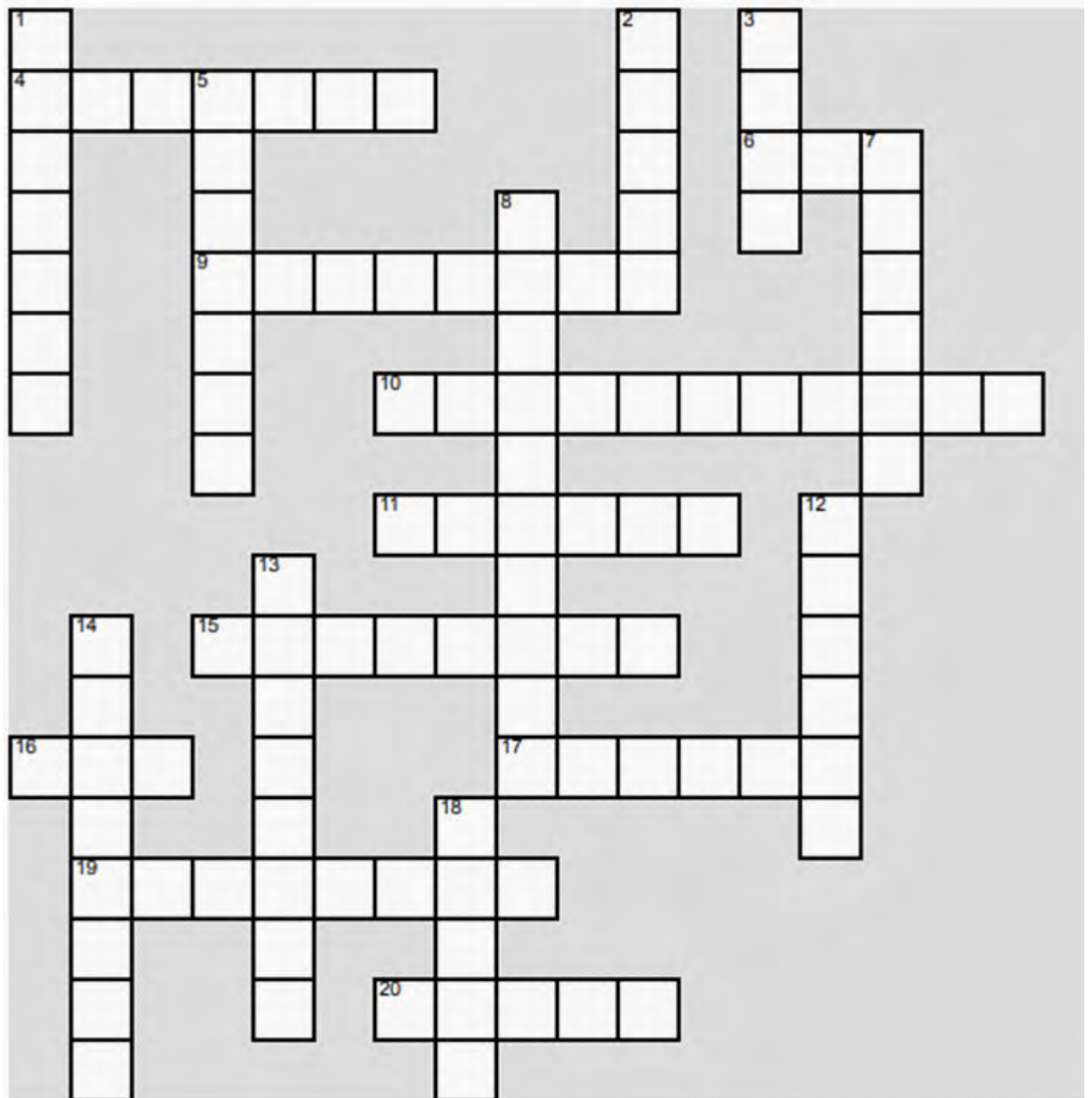
Were I to take the exam for every course in my schedule this year, it would cost me \$630 — more than the cost of all of my college applications combined. For myself and for most Amity students, I believe the stress, cost, and perceived importance of AP courses and exams simply aren't worth it.

November Crossword Puzzle by Zachary Garfinkle '22

Good luck to those who attempt this very difficult puzzle!

Pictures of completed puzzles should be emailed to amitytrident-newspaper@gmail.com.

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



Across

- 4. Link Crew leader and English teacher
- 6. Point value of each vowel in Scrabble
- 9. Turkey's bone that plays a part in Thanksgiving
- 10. Number of movies in the Marvel Cinematic Universe
- 11. Generation before Gen X
- 15. Cards Against _____
- 16. "The Big Apple" _____
- 17. Country that produced the idea of the cornucopia
- 19. Opposite of pessimist
- 20. Popular Thanksgiving parade presented by this company

Down

- 1. Impeachment scandal concerns this country
- 2. Number of editors-in-chief at the Trident
- 3. Surname of Apple's CEO
- 5. APUSH and Critical Issues teacher
- 7. Official name of Amity yearbook
- 8. Upcoming dance at Amity
- 12. Joe Biden's son
- 13. Executive, legislator, _____
- 14. First Thanksgiving feast took place here
- 18. Career-oriented opol test administered on November 14th at Amity

Tabletop Gaming Club: Role-Playing, Strategy, and Community

by Annie Liu '23

Tabletop Gaming is a club open to everyone at Amity to discuss, teach, learn, and play tabletop games. Contrary to popular belief, tabletop gaming is a social and community-based activity that brings people together. The club meets every Tuesday and Wednesday immediately after school until 3:30. Sometimes, the club hosts sessions over Skype calls on weekends or days off of the school calendar.

There are two groups: one that wants to play Magic: The Gathering and one that wants to play Dungeons and Dragons. These are the two primary games that the club plays. Both are vastly different, catering to all people and players of all sorts.

"[Dungeons and Dragons is] a role-playing game," Nora Losty '23 said.

"You battle some dragons, some monsters... you go on wild stories—role-playing stories—and you do other random stuff," Wendy Losty '23 added.

Dungeons and Dragons is like going on a make-believe, high-stakes fantasy quest with your friends. As Wendy said, you battle monsters, dragons, and creatures of all types, and you can do so as almost anything—a fearsome half-orc fighter, an elegant and beautiful druid, or a knavish rogue

with a tendency to steal things from your friends. Nora also mentioned that "[players] roll a dice to decide how well you do," which adds the element of surprise and chance to the game, giving it more of an organic feel. Dungeons and Dragons is a game to bring groups of students together to solve problems, puzzles, make ethical/moral decisions, and have fun.

Magic: The Gathering, on the other hand, is intense and strategy-based. An intriguing fact is that Magic: The Gathering is actually the first ever trading card game. In the game, players are wizards who cast spells, use artifacts, and summon creatures as depicted on individual cards in order to defeat their opponents. Players must construct decks of these cards, keeping in mind strategies, abilities, and card synergies all at the same time. Magic is a game for all the strategists, puzzlers, cards players, and thinkers at Amity.

Tabletop Gaming is a club that celebrates community, especially getting together, having fun, and meeting and getting to know more about new people along the way.

Many people who joined the club joined just to play games but later made incredible friendships. The club members are grateful that they were able to create such a tightly-knit group to hang out and share a common interest with.

How to Host a Fun Friendsgiving

by Nicole Grosso '22

As Thanksgiving approaches, many are showing their gratitude in different ways. Some donate to charity while others spend time with loved ones.

One increasingly common way for people to show gratitude toward their friends is by hosting a Friendsgiving—a large meal shared by a group of friends on or near Thanksgiving.

Friendsgivings, popularized by the well-known TV show Friends, are becoming increasingly more common, since they are a fun and easy way to show appreciation of friendships.

During a Friendsgiving, friends cook a Thanksgiving meal almost as though they are a family—the host typically cooks the turkey and everyone else brings a side dish to share. In this way, a Friendsgiving might be considered a Thanksgiving potluck of best friends.

Ella Marin '20, who has attended a Friendsgiving for the past couple years, says that organizing who brings what dish is crucial. "It's not as fun if

everyone brings potatoes or everyone brings pies," she says. "A little of everything makes the best meal!"

Communication with all attendees leading up to the meal is suggested to avoid this dilemma. Planning in advance is also important so that everyone has time to make their assigned dish. Since there is no set amount of people to attend a Friendsgiving, the amount of food may vary. For larger groups, certain people can be assigned to desserts or appetizers to make sure everyone brings a different food.

After the main course, friends will typically do different activities together. Some common Friendsgiving activities are crafts, card games, board games, watching movies, and, if the weather permits, pickup games (basketball, football, etc.) and other outdoor activities.

Friendsgivings are typically hosted the weekend before Thanksgiving, though they can take place any time in the month of November. The flexibility of the date of this "holiday" is part of what makes Friendsgiving such a simple event to host.

Automotive Students Drive School Spirit

by Josh Ford '20

Making its way from a rusty grave to a golden spotlight, an old Jeep is being refurbished and may become an Amity mascot by the automotive classes led by the new CTE teacher Colin McGrath.

Since its debut at the start of the school year, McGrath's 1994 Jeep Cherokee has served as a symbol for what's in store for the future of not only the automotive classes but also the future of the Amity community.

When asked about his goals for his classes as well as his Jeep, McGrath said, "I hope that I can give everyone an overall understanding of all vehicles. And for the car... I hope it inspires that knowledge for the students and serves as a mascot."

These aspirations can be seen not only from McGrath, but also from the students, who have a desire to restore and improve this hunk of machinery. When asking students in the "Know Your Car" classes about their involvement with the vehicle, seniors Andrew Martija and Alan Reames said they sanded it for painting and changed the fuel pump.

"I can't wait to see the car fully painted and finished," said Martija, showing how McGrath's introduction to the project has been a great opportunity for his students and gives them a goal for the school year.

"The Jeep was built with new racing suspensions and fiberglass fenders," added McGrath. "It's ready for competition."

The competition he is referring to is the drive to transform his car into a symbol of our school spirit. Ever since he introduced the project to his classes, it sparked the idea of turning the Jeep into an Amity sponsored powerhouse, used

to give extra school spirit at our sporting events. However, there have been some bumps along the way for the car. When asked about what makes the car such a challenge to work on, McGrath said that tinkering with older, rusty vehicles can be a difficult task. One of the biggest issues with rust is that it makes it hard to weld and customize different areas of the car.

Despite the car proving to be a popular topic among the automotive classes, this would not have been a part of our school without Amity's new staff member.

When asked about his first impression of the school community, McGrath responded, "Welcoming, friendly, and joyful." These initial impressions of our school has led him to put his trust in the students with his own vehicles, allowing for more interesting projects and hands-on experience.

Students have also found his form of teaching not only engaging but also fun and enjoyable. Martija said that McGrath is very involved with his students and helps them understand the parts of the car. Now that a new car lift has been installed in the automotive shop, there are going to be more opportunities for small group projects,

creating a closer and more connected group of students, said McGrath.

Just within his first few months as a teacher, McGrath has been able to use a single car to accom-

plish multiple goals. The first is to have his students become more familiar with cars and their components. The second is to rebuild and improve his Jeep with the help of his classes.

The last is for his students' love for cars to help spread school spirit throughout the classroom and throughout all of Amity.



Colin McGrath's 1994 Jeep Cherokee

Photo courtesy of Colin McGrath

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Model United Nations Club Visits Headquarters in New York City

by Hanin Anwer '22

On October 24, the Model United Nations (MUN) club visited the United Nations headquarters in New York City to learn more about the United Nations, how they address issues around the globe, and what they do to find diplomatic solutions.

The club members took this trip to help them write their position papers on issues in Finland for an upcoming MUN conference at the University of Hartford on December 6 and 7.

In MUN, members roleplay as delegates of a specific nation and simulate real-life UN committees.

For the December MUN conference, Amity will represent Finland. In these stimulated UN committees, delegates representing different nations around the globe discuss issues that are prominent in the delegates' nations and try to reason with each other for a solution.

The UN's seventeen goals, such as no poverty and quality education, are all pursued in the name of maintaining international peace and order, and the MUN members keep these goals in mind when they deliberate about their countries' affairs.

On the day of the trip, Social Studies teacher Jennifer Brechlin, and her MUN members boarded the coach bus headed to New York. She planned on taking her club members on a tour of the headquarters and had scheduled a meeting with a Finland delegate so her students could learn more about Finland, its specific issues, and Finland's relations with other countries.

The delegate informed the group about how he got his job, how members of the Model UN could have a career similar to his, and how culturally enriching working at the UN is.

After the meeting of a delegate from Finland and a couple of group photos, it was time for the group to explore the UN building. Brechlin and her group could not make it to a professional tour, so they explored the building by themselves, which still allowed them the opportunity to appreciate the cultural artwork displayed around the building and the stories that surround it.

Brechlin also planned a presentation about biological weapons by a UN delegate and after their exploration, the group attended the presentation. The delegate who gave the presentation informed his audience about the history of biological weapons, its legality in the past, and how we address this topic today.

As the day ended, Brechlin and her club members had to board their coach bus back to school in Connecticut.

Many of the attendees of the MUN trip were opened up to different cultures and left with a deeper understanding about the UN and how it benefits the world.

Jasmina Krehic '22, a sophomore member, said, "I got to learn about other countries and their roles in the UN as well as important issues going on around the world today."

Other members who attended the trip also thought it was memorable and enjoyable.

Cindy Chen '22, a sophomore member of MUN, said, "I enjoyed the trip to the Model UN headquarters; the



Model UN Members at the NY UN Headquarters

Photo courtesy of Jennifer Brechlin

The members arrived in New York not too long after and ate at a Starbucks close to the UN headquarters to wait for their allowed time slot to begin the UN tour.

Once they were allowed to enter the headquarters, Brechlin and club members attended their scheduled meeting with a Finland delegate.

Members asked him questions about what his life was like in Finland, how he feels about his job, and educational questions on issues like plastic pollution and climate change.

artwork displayed there was beautiful and meaningful, and it was interesting to watch delegates work even though we weren't able to enter the General Assembly."

"I found the briefing on biological weapons fascinating and the building itself is impressive. It was also fun to just walk around with friends," Chen added.

MUN members learned more about the UN and Finland from this trip and have a better idea of what to expect at their conference in December.

Victoria Hulse: Media Center Superwoman

by Adithi Wijesekera '22

A true superwoman, Victoria Hulse has provided students and staff with guidance at Amity's library for the past three years.

Previously an English teacher, she discovered her passion for literature and has used this to benefit students in the media center.

Working with the Amity community, Hulse helps with many aspects of Amity life. Often co-teaching with Amity's English teachers, she provides students with a solid foundation for utilizing technology.

In her lesson plans, she teaches how to use databases, where to find reliable sources, and the procedure to create a works cited page; all are useful technological abilities that are integral throughout high school and even college.

Keerthi Kongani '21 said, "She taught me how to cite my sources correctly."

Hulse also helps students edit their writing assignments or college essays, giving them another opportunity for constructive feedback.

Megan Wu '22 noted, "Mrs. Hulse is always around to help me with an English essay, pick a good book, or anything I might need." Considering her background as an English teacher, Hulse knows a substantial amount about this topic.

Additionally, Hulse's favorite activity in her workplace is helping students locate a book to read. Ironically, she strongly disliked reading until college.

Hulse comments, "I didn't read the books in high school." It was not until a literature course in college that she began to develop into the avid reader she is currently. The media center is filled to a greater capacity during English independent reading units.

Striving to satisfy every student, Hulse ensures that everyone has chosen a book they are interested in. Kongani

'21 said, "Mrs Hulse is a really nice teacher. I always go into the library and she has a list of books ready for me." A dedicated individual, she makes it a mission to find books that will satisfy even the pickiest of students.

As it is one of her many superpowers,



Media Center Specialist Victoria Hulse

Photo courtesy of Adithi Wijesekera '22

Hulse has been told, "You're like a match-maker for books." She explains that kids often perceive reading in a negative way since they are forced to read specific pieces of literature

for class.

Once they have more freedom and are permitted to choose for themselves, they will read a greater amount overall.

Furthermore, high school students often do not read simply because of a lack of time. On top of sports, clubs, and homework, students barely have enough time to complete daily tasks.

Thus, Hulse proposes embedding reading into academic lessons themselves to guarantee high school students experience reading in the most fulfilling method.

When asked about society's growing reliance on technology and what this may bring for the future of books, Hulse replies that books are irreplaceable.

Although she listens to podcasts in the car as she drives to work, Hulse feels there is a certain component about books that make them more pleasurable than e-books.

A hard-working member of the Amity Library staff, Hulse assists the student body in their media-related issues.

Robert Musco, who works alongside Hulse, describes her as an open-minded individual "who is up for anything." Committed to her job, she enjoys taking part in the community and watching freshmen grow into accomplished seniors.

Head down to the Media Center and meet Hulse for yourself.

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Rise and Grind Nutrition: A New Cafe in Woodbridge

by Ava Gross '22

While the extent of Woodbridge's restaurant scene is usually limited to delis and local joints, we are happy to welcome a new smoothie and tea cafe.

Rise and Grind Nutrition is located right next to the Amity Starbucks and Katz's Deli on the Litchfield Turnpike. Open 7am-6pm Monday through Friday, 10am-4pm on Saturday, 10am-2pm on Sunday and offering smoothies, teas, and specialty drinks, Rise and Grind is dedicated to creating a healthier community. Whether you want to hang out with friends, enjoy a quick snack, or take a study break, Rise and Grind is the perfect place.

The smoothies range from 200-250 calories, each packed with 24 grams of protein. With all 48 of their flavors stemming from either a chocolate, vanilla, peanut butter, coffee, or fruity base, the drinks are sure to be delicious. Each smoothie is made with three basic ingredients, ice, water, and protein powder, to ensure a predictable product.

To meet all of your exercise snack needs, Rise and Grind also offers a fat burning smoothie enhanced with a fat burning shot and a Lava Smoothie infused with vitamin B12 for an energy boost. The Fat Burning Smoothie comes in three wonderful flavors including Teddy Graham, Banana Nut Bread, and S'mores, while the Lava Smoothie comes in Orange Creamsicle, Key Lime Pie, PB&J, and White Chocolate Berry.

When I went with a couple of my friends, I got the Double Chocolate Smoothie with a chocolate drizzle which just hit the spot. Emma Schaffer '22 ordered the Caramel Macchiato Smoothie and shared the same sentiment, saying that, "it was just filling enough to be a well portioned snack, but not too much that it encroaches on your dinner appetite."

Along with a wide variety of smoothies, Rise and Grind also has a large selection of teas to choose from. With four different types, each metabolism boosting and green tea and aloe based, there is something for everyone. The Basic Tea is sugar free with 5 calories, 85 milligrams of caffeine, and comes in 16 different flavors with 5 additional unsweetened flavors. For a more substantial beverage, the Loaded Mega Tea has collagen, 10 grams of protein, 75 calories, 245 milligrams of caffeine and has four tropical inspired flavors.

Last week, when Avery Butt '22 went, she ordered an Acai Berry Basic Tea and absolutely loved it. She does not usually like fruity teas but said, "I was pleasantly surprised that it was not too sweet and very refreshing."

Another regular customer, Blythe Reis '20 said, "I always get a different flavor each time but I always get a tea and shake."

With a warm and welcoming environment, Rise and Grind is surely going to prosper here in Woodbridge. The large selection of smoothies and teas ensures there will be something for everyone.



Rise and Grind Drinks

Photo courtesy of Rise and Grind Nutrition

A Day in the Life of an Amity Custodian

by Sienna Wang '20

Every member of the Amity staff works together seamlessly for the school to run smoothly. Custodians like John Pellicani lie at the basis of this system, keeping the school environment clean. As the new head custodian at Amity Regional High School, Pellicani has an important job and a large impact on the school.

Born in Brooklyn and raised in Queens, Pellicani was brought up in a completely different environment from the one found in the BOW area. He went to high school on Long Island and eventually started working for Sikorsky. Later, Pellicani retired and found a job at the high school.

After working at the high school for four years, he transferred to the Bethany middle school and worked there for fifteen. At the middle school, Pellicani worked the second shift from 1:30 pm to 10:00 pm. His work, spanning well past the school day of students and most other staff members, helped to prepare for the following day.

Returning to the high school, Pellicani brings with him nineteen years of experience already in the Amity school system.

Pellicani arrives at the school at around 5:45 am. Before students and other staff members arrive, he performs many tasks, from organizing and distributing mail to ensuring that the school is ready for another school day.

During the day, Pellicani answers

calls from the phone or radio to address issues ranging from spills and bathroom issues to deliveries of tissues

puts the tables back and prepares everything for the next day.

When asked about how the Bethany middle school and Amity High School environments are different, Pellicani described how the middle school is slower paced than the high school, on account of fewer students and teachers, as well as fewer activities. He additionally stated that he liked working at the high school better, noting that his shift is now from 6:00 am to 2:30 pm.

"I'm home when it's still light out," he said.

However, regarding the custodians from the two schools, Pellicani describes how the experience is very similar. At both school environments, he got along very well with the staff.

He said, "We're like a family, just like you and your friends are."

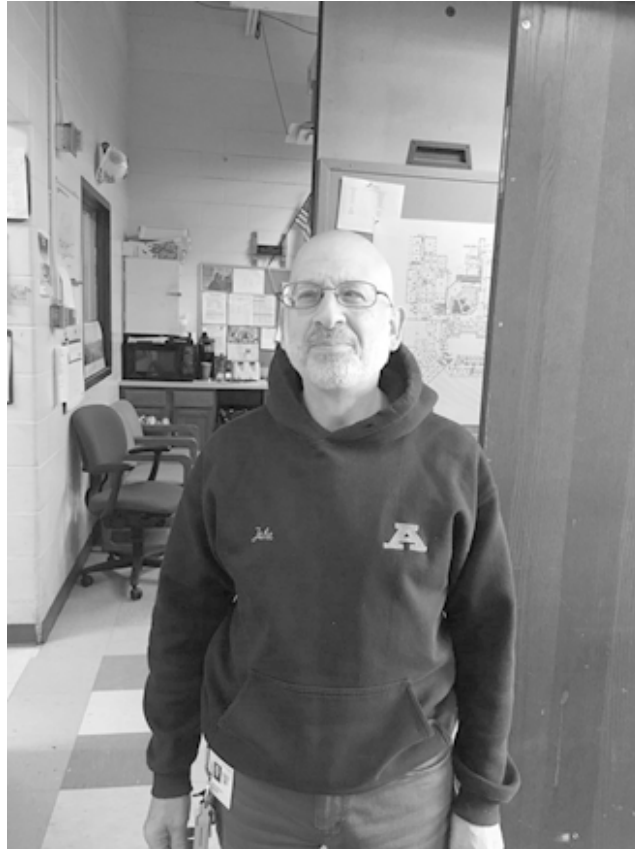
He continued to discuss how the custodians sometimes spend time together outside of work. Whether that be through Christmas and holiday get-togethers or picnics and barbecues, the custodial staff has formed a well-rounded sense of community.

Mr. Amenda, a custodian who works alongside Pellicani as part of the morning crew, noted that although Pellicani is new here and has just come on in the beginning of the school year, he "gets along very well with him, and he is very nice to work with."

As a suggestion for students and teachers, Pellicani indicated the importance of cleaning up after yourself.

He articulated how you should "clean the tables off when you're done in the cafeteria, and make friendly suggestions to your peers when you see certain things that students shouldn't be doing."

With this sentiment in mind, students and staff alike should practice these actions to not only make life easier but also to foster a positive school environment and allow the seamless functioning of our school.



Head custodian John Pellicani
Photo courtesy of Sienna Wang '20

or copy paper to specific classrooms.

Catherine Piscitelli, the Science Research teacher, conveyed her gratitude towards the custodial staff. "The custodians here are extremely helpful and always greet me by name and with a smile," she said.

She added that they are both efficient and hardworking, allowing events like science fairs, which are essential to the Science Research Program, to run smoothly.

Pellicani continues these tasks up until around 11:30 am, when he enters the cafeteria to help out with the lunch waves. After dealing with custodial duties from lunch, Pellicani, along with the rest of the custodial staff, lifts tables. Utilizing the Auto Scrubber to clean all the floors, he

Red Cross Blood Drive

by Caelan Watson '20



NAHS Students Support Community

by Kayla Morgan '20

Twice a month, 13 students can be seen meeting in one of the art rooms. These 13 students are all members of Amity's chapter of the National Art Honor Society.

Under the guidance of advisers Jessica Zamachaj and Lisa Toto, Amity's ceramics and photo teachers, the Society organizes and carries out many community service projects through the school year.

The process of being selected and inducted into the Art National Honor Society is long but necessary to make sure that all inductees are worthy of being a part of this society.

Before students can complete an application they must be nominated by an art teacher. Art teachers will only nominate sophomores and juniors who they believe have demonstrated commitment, passion, and skill in the visual arts.

After being nominated, the application requires students to submit pieces of their art and write a paragraph about their art as a whole. The meetings that are held twice a month are used to touch base about exhibitions and events.

The students also participate in activities that bring each other closer like swapping sketchbooks to get inspiration from other artists or meeting with local artists to get advice on creating art.

Since its first year, the Art National Honor Society has organized many exhibitions and events that bring the Amity community closer together. These exhibitions they hold within the community are located at the Clark Memorial Library in Bethany and at the Case Memorial Library in Orange.

At Amity, in past years, they have held an event called Empty Bowls which truly brings together Amity because culinary classes and art classes contribute to the creation of the event.

In the weeks before this event art students spend time throwing, firing, and glazing bowls to sell. The culinary students spend time mak-

ing soup and bread so people can eat during the event. This event also brings Amity closer to the community because all proceeds made from selling the bowls go to soup kitchens in and around the Bethany, Orange, and Woodbridge area.

Also within Amity, during the Art Slam at the end of the year, the Society hangs as much student artwork to showcase the award winning works.

Zamachaj said, "It's

really great to see everyone's hard work put on display. Each year I love seeing the students' art and I can't wait to see what this amazing group of artists have in store."



Artwork by Caelan Watson '20

Photo contributed by Caelan Watson '20

Senior, Caelan Watson said, "As someone who is very passionate about art, I feel it is really important to be able to spread that passion to the members of the community... Art is extremely important in bringing people together."

Volunteering at the Jaime Hulley Gala each year and compiling pieces of art to put into the district calendar are just a couple of more examples of what the National Art Honor Society does.

Senior, Tracy Lu said, "The best part of being in the National Art Honor Society is that I can see a lot of diverse artworks. Because I do drawing and painting, I usually do not get a chance to see photography or ceramics pieces in class. The National Art Honor Society gives me this opportunity to appreciate all forms of art."

Watson is "looking forward to the new ideas and activities we have planned. We've done a lot of re-vamping this year, and as a group, we've tried to come up with new events that would engage the surrounding community even more."

One of these new events they have planned is a school-wide student 2D art exhibition at the Woodbridge Town Library that will be held on November 26th from five to seven.

Stop by and be sure to check it out!

Dear Evan Hansen Cast Attends Amity Workshop

by Elizabeth Amankwah '22

On November 4th, 2019, Sky Lakota Lynch and Gabrielle Carruba, actors who starred in the Broadway show *Dear Evan Hansen*, visited Amity Regional High School. They acted as Jared Kleinman and Zoe Murphy in the Tony award-winning musical.

Lynch and Carruba participated in a workshop organized by Amity's Creative Theatre, Rob Kennedy, the OBOA committee, and the PTSO.

The workshop covered a wide variety of subjects centered around the obstacles that are faced in the journey to becoming a Broadway actor, the message that the *Dear Evan Hansen* musical had been attempting to send through its plot, the advice that they would give to anyone looking to become an actor in addition to the advice they would give to people suffering through overwhelming amounts of anxiety, fear, or pressure.

"Something that they really made clear is that you shouldn't be ashamed of having anxiety and feeling uncomfortable about things and being anxious. It's what you do with that anxiety and how you process that, that matters," said Victoria Hulse, one of the OBOA advisers.

Both actors had much to say, not only on the subject of their professional lives but on their personal lives, experiences, and lessons learned since the start of their careers, including the parts they played in the *Dear Evan Hansen* Broadway.

Numerous students who had taken the time out of their classes appeared at the workshop in the Brady Center to listen to the two speakers.

The workshop began with Lynch and Carruba regaling the audience with the story of their beginnings and their experiences. Lynch actually began his Broadway experience in high school. For most of his time in high school he was a participating member in his school's wrestling team, before withdrawing and becoming a productive member of his school's musical theater.

After high school, he discovered that with his talents he could join the musical industry and applied to The Neighborhood Playhouse School of Theatre. After graduating, he worked in small musicals like *Panic at the Disco* before eventually working up to acting on the shows *Iron Fist* and *Dear Evan Hansen*.

Gabrielle Carruba's past experiences were not unlike Lynch's. She began her work in theatre at a young age and continued throughout her high school life. She graduated from the Boston conservatory and gained fame partly in *The American Idol* reality tv show and *The G-avatars*, a European tv show, before eventually landing her role in *Dear Evan Hansen*.

Both actors spoke an ample amount about what being a part of the cast of *Dear Evan Hansen* had done for them, and personal advice for aspiring actors. They highlighted how being a part of it all could make you feel anxious, emotional, or even become the wind be-

neath your wings throughout the entire performance.

In addition to touching on the subject of how being a part of the *Dear Evan Hansen* cast had given them a lifestyle change, they also talked about how it had heightened their awareness of mental health.

Carruba said, "I feel that being in a show that deals with such sensitive topics made me more educated [on] how to provide more resources to people and how to have conversations, take initiative, and get help."

Once given the opportunity for a Q&A, the audience of around 50 students had questions about the actors' experiences in Broadway and on the set of *Dear Evan Hansen*.

The most striking piece of advice from the actors was said by Lynch on the subject of backlash when replacing an actor.

He said, "You have to block it all out and do your job. There's really nothing else you can do."

Moving on while ignoring negative perceptions was an important lesson that the audience took away from the talk. Following the workshop, students were given the privilege of photos and autographs before returning to class.

Members of the audience left with a contented hum, a set of souvenirs to commemorate the presentation, and advice that would ring in their ears for years to come.

Comments included "It was cool learning about Broadway from real life actors and hearing how the show impacted them" and "Their advice impacted me in ways that I had never even thought of."

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Music Department Celebrates 10 Successful Years of Music in Motion

by Melita Collins '21

On Friday, October 25 and Saturday, October 26, the Amity Band and Chamber Singers put on a performance to celebrate the ten year anniversary of Music in Motion.

Since the theme of the show was Ten Year Anniversary, the best songs from each show were mashed up to make this year's production.

The show started with a sentimental "Hey Jude" arranged by the band. This included solos from Evan Gorelick '21, Simon Khairallah '21, and Dylan Russ '22. This opening act was made special with the swaying of phone flashlights to engage the audience.

After the opening number, a sword fight between Jerome Del Moro '20 and Dylan Russ '22 could be witnessed in the performance of "Pirates of the Caribbean."

One major tradition of Amity Band that was shown through the ten year anniversary performance was the small groups. This con-

sisted of percussion groups, marimba groups, and jazz groups. Each year for Music in Motion, percussion plays it's own song. This year, a drum buckets number was performed to emulate that of the one in 2014's production.

The show finally concluded with a performance of "Thriller". This part of the show included a dance break—where members of band danced to the choreography of Michael Jackson's iconic thriller video. It was



Amity Band Performing at Music in Motion 2019

Photo contributed by Ella Marin '20

Junior Gurshaan Sidhu who played the buckets for the percussion group, said, "It was a very good bonding experience for the Amity band and a great way for us to show off our percussion."

"Under the Sea" was chosen for the song the marimba group would perform. The jazz groups chose to perform "Soul Bossa Nova" from Austin Powers and Led Zeppelin's "Stairway to Heaven."

Junior Isabella Antonucci said, "I had a lot of fun learning a new instrument like the marimba and playing such a catchy song."

overall a success as junior, Jennifer Xu, said "I really enjoyed the zombie dance."

In addition to the band, there was a spectacular performance from the chamber singers who performed "Dream On" and an Adele mash-up.

Music in Motion would not have reached such success had it not been for the tireless work of the band director Phil Dolan and the choir director, Marcia Risotti who both spent months collaborating on the show.

Starting the week of September 10, members of the band stayed practiced from 6:30 pm to 8:30 pm at least once a week. Along with practices on weekdays after school, many of the small groups made sure to practice outside of school sometimes meeting up at a bandmate's house to practice.

Movie Review

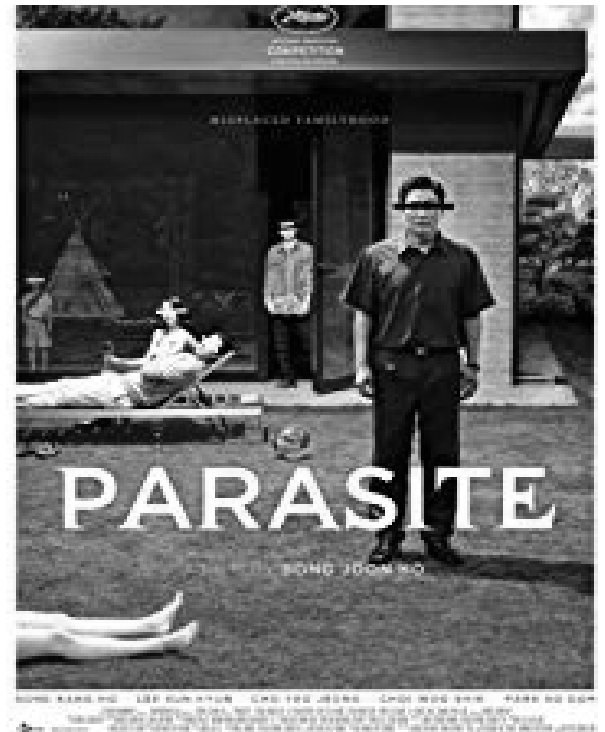
Parasite

by Siavash Raissi '20

Near the beginning of Bong Joon-ho's Parasite, Ki-woo (Choi Woo-shik) enters the beautiful modernist home of the excessively wealthy Mr. and Mrs. Park (Lee Sun Gyun and Cho Yeo-jeong). From the moment he steps through the

luck change for the better. Through manipulating the Park's ignorance and gullibility, the Kim's, one by one, take over the jobs of the Park's previous houseworkers, taking on new roles as housekeeper, art tutor, and valet.

Yet as the Kims dive deeper and deeper into their faux roles, the movie's comedic tone transforms into



Official Cover for Parasite

Photo from imdb.com

gate, it's apparent that he's crossed the threshold into a completely new world, filled with geometric shapes and infinite windows, in contrast to his family's dark, cockroach-infested basement apartment.

Similar to Ki-woo suddenly transitioning between his family's lifestyle and the Park's, halfway through the film, Bong too introduces the viewer to a completely new world: one depicting the harsh truth of societal class structures, and not solely in Korea.

Parasite starts off with a light-hearted, comedic look into the lives of Ki-woo, his sister Ki-jeong (Park So-dam), his father Kim Ki-taek (Song Kang Ho) and his mother Choong-sook (Hyae Jin Chang), as they struggle to make a living off of folding pizza boxes.

Rather than lament their poor economic situation, the family embraces it as they consistently satirize their daily lives, from mooching off another household's Wi-Fi signal to shooing off their drunk neighbors. Yet, when Ki-woo manages to land a spot as an English tutor for the Park's daughter, Da-hye (Jeong Ji-so), the Kim's begin to see their

a brutally gripping thriller about the extreme stakes and boundaries which wealth entails. Once the Park's former housekeeper appears, it's clear that the house contains more secrets than what meets the eye.

As I sat down to analyze the film's message, I found myself struggling with which to focus on. Parasite is filled to the brim with multiple themes, such as the impact of societal class boundaries, the self-destructive nature of humanity, and the true consequences of material wealth.

Every subtle cinematic detail contains its own symbolic significance, from the Park's son's infatuation with American-Indian culture, to the landscape rock which Ki-woo carries by his side.

Despite originating from Korea, Parasite presents a fantastic, gripping experience for any viewer. While still presenting an enticing narrative, the film forces the audience to subconsciously consider Bong's messages. With the Cannes Palme d'Or under its belt, along with international hype for its likely appearance at the Oscars, Parasite is surely an experience to be remembered for years to come.

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Stay Tuned for More Reviews...

Strong Finish for Boys Cross Country

by Mason Beaudette '22

Amity's Boys Cross Country team finished an undefeated regular season, while also doing well at the SCC championships, Class LLs and the State Open.

This success is the fruition of dedicated hours of planning and work by Coach Jon Faitsch and the dedication of his runners.

The bulk of the team's training started back in July with captains practice held by the Captain Matt Floyd

confidence to keep up the pace and catch the person in front of me. It also pushed me to beat other teammates within the season."

As Nichol said, there is a friendly competition among the team. Because in order to make it onto the Varsity team, you have to beat the runners that are faster than you. For Amity's cross country team, a runner needs to be prepared to beat a 1-7 runner 2 consecutive times to move from JV to Varsity.

Unlike other sports, the cross country season is very short. Even throughout the



The top seven Varsity runners at Wickham Park
Photo contributed by Jaime Beaudette

'20. The practice usually consisted of 1 or 2 workouts per week with normal runs the rest of the time. The training over the summer allowed the runners to maintain an edge over the competition, and it let them jump right into the racing season, instead of taking 2 or 3 weeks in the season to get into good shape.

Parker Paragas '22 noted captains practice "builds a base to start the season off with. It is the foundation of endurance which everything else builds on."

The first race of the season was a great way to see the hours of work everyone put in. For the boys, they debuted at the Danbury time trial. This 3000m race (approx. 1.9 miles), allowed the freshmen their first race experience as well as giving upperclassmen the chance to get reacquainted to the racing environment.

James Nichol '22 said that Danbury time trials "helped me to gain the con-

short season, almost every single runner can see substantial improvement they have made by the end of the season. It is one of the most satisfying feelings to cross the finish line and feel an overwhelming sense of accomplishment.

SCC Championships was the final race for everybody besides the Varsity runners. SCC's produced excellent races with John Dill '20 and Mason Beaudette '22 making first-team all SCC.

Additionally, the team got 3rd overall in the Varsity race, only behind Xavier and Guilford.

The season finished out for the Varsity runners at the state open.

Christian Chen '21 noted his thoughts looking back on the season, "I'm satisfied with this year's season, but there is still a lot of work to do. We will be training hard during the winter and spring seasons."

The future is bright for Amity's Distance team.

Girls Swimming and Diving Move to Class LL Championships

by David Sugarmann '20

Most sports teams have a good season once every few years, but the Amity girls swimming and diving team seems to have a successful season year in and year out. In any sport or competition, the beginning of the season can show a lot about what is to come.

Because if momentum can be gained from the get go, it provides a competitive advantage over the other teams who have lackluster starts. These Spartans definitely hit the ground running; they started off with five consecutive wins, with impressive victories over Mercy, Hamden, Lyman Hall, Sheehan, and Branford. The next test to see how much potential a team has is how they bounce back from adversity.

These girls took this test after a tough loss to Glastonbury. They responded by winning the next five meets and finished the regular season with an impressive record of 10 wins and 2 losses.

Coach Todd Rainey and Captains Vera Belfonti '20, Emma Grabowski '20, Gianna Cooper '20, and Carly Silver '20 make sure to put an emphasis on teamwork. When Silver was asked what she thought the big-

gest factor for success was, she explained that it is, "the relationship our team, we really push each other during practices and keep each other on the right track."

Focusing on teammates' accomplishments and not just personal accomplishments creates an environment that fosters success. Grabowski share a similar sentiment when asked the same question. She said that "the biggest factor for a successful season is definitely motivation from one another because it allows us to train harder to perform better."

Even though there is a notion that swimming and diving is predominantly an individual sport, this group of Amity girls are proving this to be false every time they step onto the pool deck.

But the team bond that the girls share is just as strong out of the pool as in the pool. This can be seen in their team traditions, including weekly pasta parties.

Silver commented on the tradition, explaining that the pasta party takes place "after every Friday practice and after every morning practice on Sunday. We all take turns [hosting]. It's like a big family meal."

This is another testament to the team aspect of the sport and what makes this team in particular so

special. Grabowski also attested to this family feel when she said that her favorite part of being on the team was "the team environment that is built each season. It is such an inclusive environment."

Many teams aspire to feel like a family, but this team is one of the few to actually succeed in doing so.

All this team bonding definitely paid off, evident by the Spartans' tremendous success in the post-season. Out of the 17 teams that swam in the Southern Connecticut Conference finals for Girls Swimming and Diving, Amity placed 2nd, only falling short to Cheshire High School.

This impressive feat did not come without extensive preparation. In the practices leading up to the SCC championship meet, Silver explained that the team tapers, which means that they "lessen our yardage and keep intensity for certain sets to prepare ourselves." She went on to explain that Coach Rainey "really stresses our mentality when training for the postseason."

The season is not done yet. On November 19th, the girls will compete in the Class LL championships, and on the 24th, those who qualify will race in the State Open.

Girls Soccer Team Continues to Go the Distance

by Laurence Lambiase '21

It has been a very wild season for the girl's soccer team. Thanks to their incredible efforts, the team is now moving onto their States game.

According to Maxpreps.com, the team has scored 49 goals and yet only allowed 29 goals. This stat just goes to show how much of an effort the team has put up throughout the year. The team went 8-6-2 in the regular season, which is quite impressive.

In every sport, no matter what game is coming up, a common saying is "try your best." Well, the soccer team takes that quote to another level. For every practice, they always look forward to it. They actually call practice fun, and look at it as a way to improve and learn new skills.

Isabella Annotucci '21 said, "I like learning new skills and I like being with

my team everyday." Family is very important when talking about sports, and when someone looks for-

ing out of these players is inspiring. The final score is not the only thing that this team looks at. Instead, they focus on the effort they put in, and as long as the team puts in the effort they need, anything is achievable.

It's been like that for the whole year, for accepting their ups and downs and improving on them is what drove them to keep on playing.

As the team prepares for states, they have to put up a really good strategy. These Spartans seem up for the task, with Emily

Goodwin '21 saying, "If we ever are down, we have to relax and think of [the score] as 0-0."

With an attitude like this, no wonder they are great.

In the States tournament, the competition is fierce, so Amity will have their work cut out for them. But judging by the mentality of the team right now, they should be able to make a lengthy run in the upcoming tournament.



Senior Day Celebrations
Photo contributed by Ella Marin '20

ward to seeing their team, it shows how much they care about each other. It can also increase the teamwork aspect of the game, which can in turn increase the chances of winning games.

Usually, a team's best game comes when they win a game by a lot. But for Jenna Ciola '20, she thinks that "we played really well at Masuk, even though we lost 3-2. The positivity com-



Volleyball Team Finishes Season with a Bang

by Ben Martin '21

The Amity Girls Volleyball team remained a good team in the 2019-2020 season. The team finished the season with a 12-6 record, and starter Sydney Pitter '21 stated that the team had a "better season than expected."

Along with a 12-6 record, they earned the number six seed in the SCC tournament. In that tournament, Amity was matched up against Career in the first round. The team took the game easily, winning all three sets by over five points.

After taking care of Career, the girls went into their second round matchup against the number three seed and arch ri-

val in the Cheshire Rams.

When Amity senior volleyball player Gabby McGovern was asked how she felt going into this game, she responded, "There are always some nerves when you play your rival on their home court, but we were all excited and ready to play hard."

Going into a game with this mentality is crucial if a team wants to succeed. To start off the game, Cheshire won the first two sets by the score of 25-18.

However, Amity was not going to quit, so they won the third set 25-22. Ultimately, it wasn't enough and the rams won the last set 25-18 yet again. This meant the Rams took the game by a score of 3-1. McGovern, in response to this tough defeat, said,

"Even though we might have lost I feel that we played hard, worked together, and left everything on the court."

Losing to Cheshire was by no means the end of their season. Currently, the girls are participating in the Class LL state tournament where Amity entered the tournament as the number 15 seed.

In the first round, the team took on West Haven. To start out the game, the girls took the first set by a score of 25-14. They would continue to dominate the rest of the game winning each set by at least seven points.

After this impressive victory, Amity is slated to play the two seed Conard in the second round. Whether they win or not, this is yet another spectacular season for the Amity Girls Volleyball team.

Photos from Amity's First Round of States

Photos by Kassiani Nicolakis '23



Unified Sports Program Makes an Impact

by Jade Krukar '22

The Unified Sports team has definitely been making a difference while having fun in sports. Unified Sports pairs students in Amity's Transition Program with peers to play sports, experience competition, and develop sportsmanship.

The program allows the athletes to play three different sports depending on the season, with soccer being the sport in fall. The team has weekly practices on Mondays and Wednesdays, preparing for their tournaments.

Recently, they competed at Shelton High School, going against six other schools such as Shelton and Jonathan Law.

Two Amity athletes, Andrew and Abby, got to lead the opening ceremony of the event by lighting a torch and reciting an oath. The tournament wrapped up the season with a lot of fun.

Sean Lee '20, an Amity student that helps out the team, enjoys the program immensely. He said, "I personally love being able to have the opportunity to be apart of unified sports because I get to develop strong connections with the athletes and be apart of their progresses becoming better at the sports they play and learning what it means to be apart of a team."

The team is looking forward to the winter season, as basketball is a personal favorite among many of the athletes. The Amity community wishes them luck and are excited to see what they do in the future.



All photos by Mattea Salati '20

Monthly Feature

Amity Fall Sports Senior Days



Amity Field Hockey

“Not only senior night, but this whole season was very meaningful to me. I got to play next to my best friends and the things we accomplished this season were incredible.”

- Maria Farace '20



Amity Girls Volleyball

“That day was very special to know that all the hard work that we have put into the sport has gotten us this far. We have been waiting for this day since we tried out our freshman year.”

- Megan Carpenter '20



Amity Girls Swimming and Diving

“Senior Night was really hard for me. The girls on my team mean so much to me and swimming my last home race really made me reflect on all my time at the pool with this team.”

- Carly Silver '20



Amity Girls Soccer

“It was so much fun to remember all of our memories together. Some of us have played together since we were eight years old! It was a really good celebration to end one of the best teams I’ve ever been a part of.”

- Natalie Prinz '20



Amity Girls Cross Country

“Our team this year got really close so the meet was so fun and exciting. The rest of the team did a really good job honoring the seniors! So proud of my team!”

- Dana Della-Giustina '20



Amity Boys Cross Country

“Being a senior has given me the opportunity to see so many guys develop as runners and as people too. I hope those underclassmen will be able to pass on our skills and traditions well into the future.”

- Nick Ricciardi '20



Amity Football

“As seniors, we are all very fortunate for the past four years of Amity football, as it has molded us into the young men we are. I believe I can speak for the collective when I say that we are greatly appreciative for the senior night game and those who beared the cold.”

- Sam Sachs '20



Amity Boys Soccer

“I am proud of how much all of us have grown over the past four years. Playing with these amazing people has been such an honor and I am glad to have won the last home game I will ever play with them.”

- Ali Bobi '20