

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

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OPINION

TikTok's 'Devious Licks' Trend Bedevils Amity

by Allen Liu '23

One of TikTok's latest viral trends, known as "Devious Licks," has led to stealing and vandalizing items from schools all across America. Bathroom essentials, such as soap dispensers, mirrors, floor and ceiling tiles, and even sinks and urinals have all been subject to kidnapping and hooliganism. Despite the dozens of arrests related to the trend, it continues to grow and viralize on social media. Unfortunately, even Amity has been forced to shut down its bathrooms due to this extreme student vandalism.

Personally, I've found myself and many of my peers enraged about the trend's influence at our school. On September 21st, Amity posted a new "bathroom" schedule" for when bathrooms would be locked during school hours. Other than the bathroom next to the senior lounge, others are closed for at least one period, usually before period one or during lunch. However, for various reasons, bathrooms are often still locked even when they are scheduled to be open throughout the day, especially the math and science wing ones.

One of the most pressing and obvious issues with bathroom vandalism is the increased time it takes to simply find an open bathroom. Amity's four main bathrooms are conveniently located in four of the busiest quadrants of the high school, but now that they are intermittently locked throughout most of the day, I've found I have to walk to two or three bathrooms just to find one that's open.

After school, every single bathroom except the one near the senior lounge is locked. Teachers and other faculty members at school have also been exponentially more strict when it comes to just walking around the

school, and for good reason. As a result, the majority of students at Amity who haven't participated in the trend have lost many of the freedoms and privileges students should have.

I think this trend is also particularly daunting to the school's newest addition: the class of 2025. Not only is it their first year at the high school, but they have experienced an abnormal couple of years to get here.

AJ Capecelatro '25 says that the "Devious Licks" trend has negatively affected him and class time. "I don't remember which bathroom I was at, but it took me too long to get to class and I missed the bell. I don't want to get the reputation of being late to class because kids vandalized the bathrooms."

Although the vandalism is most prevalent in the boys' bathrooms, Ava Gross '22 said that it has also affected the girls' bathrooms and has been equally frustrating.

"I think it's really disappointing that a certain group of students has decided to engage in this. While it may seem entertaining in other schools where we're not personally affected, it's really sad that Amity students have decided to just do this trend because other people have," she said. "It's annoying to try to go to the bathroom, walk across the entire school, wait in a line for four minutes, all while missing valuable class time... it's causing a lot of stress, and there's no way around it."

It's disheartening and unfair that diligent and scholarly students have faced repercussions due to the actions of others, especially over a TikTok trend that encourages stealing and vandalism. Like many other students have reflected, Andrew Khairallah '23 urges Amity students to stop participating and inciting more vandalism. "People should stop doing it because

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Clubs and Organizations Showcased When In-Person Event Returns

by Jason Marino '22 and Clem Neary '22

After a long wait due to COVID-19, Amity Regional High School set off its annual Club Day on Thursday, September 30. It presented an opportunity for students to either showcase their club or choose to join one.

Last year, many of the clubs had a hard time hosting meetings; some were virtual through Zoom, while others did not even occur. The difficulty of both joining and running a club was at an all-time high, as many students missed out on a whole year of extracurricular activities. Without an official

Club Day, group advisors and leaders struggled to find a sufficient number of members.

Rick Bourdeau, coach of the Amity Flag Football Intramural Club, stressed his thankfulness for being able to have a game this year. "Last year we weren't able to compete against any other school. We had three practices, and then the season was over," said Bourdeau. "But this year, there are no restrictions during our practices, and we are scheduled to play against our usual competitor, North Haven High School."

This Club Day emulated those of years' past with the typical stands set up to pro-



Photo by Trident staff
Maggie Liu '22 and Liliana Restrepo '22 are all smiles at the Amity Envirothon Club table.

vide information about each club, along with the popular incentives - like candy - to join. There was also the same casual environment that allowed students to roam the front school parking lot and

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Embracing Diversity: The Day of Dialogue

by Audrey Cummings '23 and Shreya Hebbar '23

The Day of Dialogue, held on Thursday, October 14th, occurred during the second half of the school day. Students participated in a variety of workshops intended to encourage community discussion about social justice issues.

Many of the workshops were run by clubs and students themselves. Each student in the school selected three workshops they found interesting and participated in them throughout the day. Workshops focused on issues including world hunger, healthcare, mental health, race, and numerous others.

For example, in the workshop on world hunger, some students were given hot meals while others were just given crackers. This was to create a feeling of empathy among participants about how a large percentage of the world suffers from hunger and do not make enough money to live comfortably.

In the healthcare workshop, different groups were assigned scenarios of people

struggling to get a vaccine, and students had to partake in a debate about why their person should be prioritized to receive the vaccine.

Following the workshops, students had different perspectives on the events of the day.

Daniela Abreu '22 said, "I thought it was a good start, but difficult for kids



Photo by Nicole Grosso '22
Students attend the Real Talk workshop in the Brady Center during the Day of Dialogue.

to speak up as many lacked the confidence in the big groups. I think the administration should listen to the students' feedback and use it as a starting point to improve on in the future."

Nina Carmeli '23 said "My favorite part of the day was attending the interactive workshops and my least favorite part was how in certain workshops it just felt like

we were being lectured."

Samantha Drane '23 said, "I really liked the Get Your Head in the Game workshop where we talked about mental health and athletes. I think mental health is very important and we had a really good discussion."

Some, however, had other thoughts regarding the workshop Real Talk. Lillie Kaempffer '23 said it "separated the school even more." Many felt this reaction was mainly limited to the one workshop.

Furthermore, a handful of students felt that the event was not necessary to attend and left for the second half of the day. Absent students missed out on a great opportunity to expand their knowledge in the variety of interesting topics that were discussed during this event.

While there were mixed reactions about the day, it was an overall success in helping to begin the necessary conversation in our school about the many issues within and outside of our community.

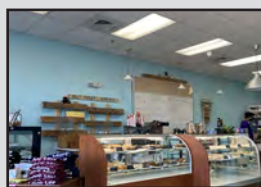
Julie Chevan, the Eng-

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Hispanic Heritage Month Highlights Tradition and Culture

by Sarah Shaikh '25

Hispanic Heritage Month is a time of remembrance for people whose ancestors had come from South or Central America. During this month, people from all over America commemorate their hispanic history, traditions and cultures. Unfortunately, hispanic/latinx people were not always celebrated or remembered in America. They used to and, in some cases, still are treated with discrimination and ignorance.

Some strides were made in 1968 when Congress asked the president to pass a decree for National Hispanic Heritage Week.

Juan Rodriguez '22 said, "It was started to recognize and celebrate the hispanic/latinx community in our country. It was established to be between September 15th and October 15th because several Spanish speaking countries have their independence days during that time."

Amity has honored this month by putting up posters in the Language Arts hall of

famous Latinos or Hispanic who have influenced American society, such as Sonia Maria Sotomayor, who was the first Hispanic, Latina, and woman of color who was a member of the Supreme Court. Students learned of Juila Alvarez, is a famous writer who has written many novels and poems, Ellen Ochoa, the first Hispanic woman to go into space and later the first Latina director of NASA Johnson Space Center, as well as many others. Amity has done many activities relating to the Hispanic Heri-

tage month, such as playing hispanic/latinx music in the hallways and learning about a hispanic people through classroom discussion.

During the first Spartan Seminar of Hispanic Heritage Month, students learned about what being Hispanic/Latinx means. In the second seminar, students learned about America Ferrera, a Latina actress who changed the American film industry. America wanted to be the main actress in movies, but due to her ethnicity, she was declined these roles. Talking about how she

overcame those hardships and stereotypes helped students understand how she was able to change representation in movies. This was an empowering video about latina/hispanic women. Another empowering video students watched was about hispanic people that were stereotyped or felt abandoned because of their ethnicity.

All of these activities helped educate students about latinx people and culture, as well as how they have influenced American history and society.



Posters of noteworthy Hispanic celebrities are displayed on a bulletin board in the World Language hallway to commemorate Hispanic Heritage Month. They were also studied in Spanish classes and Spartan Seminar.

Photos by Trident staff

OPINION

TikTok's "Devious Licks" Trend Bedevils Amity

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I want to go to the bathroom in peace. I hate walking across the school just to go to the bathroom, and it's terrible for the custodians and staff."

These actions have only done harm to the custodial staff, admins, and students.

As a united Amity community, I urge us to actively prevent this deviant behavior among our peers and shut down the "Devious Licks" influence.

To those who still find these acts of vandalism and theft entertaining: for the sake of using the bathroom and preserving class time, please stop.

Embracing Diversity: The Day of Dialogue

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lish department chair and one of the event organizers, spoke on the success of the day, saying "Given what we set out to do, I think we achieved it. We wanted to give people a chance to have conversations and learn a little bit more about topics they were interested in and meet new people.

"It was meant to be a day of conversation and we encouraged presenters to do things that were interactive so people weren't just listening and sitting for 40 minutes," she added.

Students also enjoyed the interactive aspect of the day and the diversity that accompanied it.



Photo by Nicole Grosso '22

Students attend Intro to Martial Arts: Personal Safety and Self-Defense in the back gym during the Day of Dialogue.

In-Person Club Day Returns

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inquire about any and every club. Varun Prabhu '22, head of Amity Sports Debate Club, talked about how he displayed his club to other students.

"All of the bright color jerseys on our poster board and the candy spread across the table is really what draws the most attention," said Prabhu.

After grabbing the interest of the students, the final goal of club leaders is to get emails to officially register people for their club.

Ava Gross '22 mentioned the success her group had with this. "We had 140 signups through three lunch waves," said Gross, vice president of the UMTTR Club.

Although things were running close to normal, Amity's first time having full days since before the pandemic created a slight twist on Club Day's structure. The school has taken a four lunch wave approach instead of its typical three, adding a 22 minute period called SSP to allow students to get work done.

With the new scheduling for Club Day, people were assigned to go during their SSP; however, because lunch falls next to SSP, many students were outside for both, making the day more crowded than expected.

Freshman Katie Coughlin enjoyed her first Club Day and signed up for several clubs including Empower Her

and Teen Teaching. "I found it extremely helpful to get to see all of the clubs and what they do," she said. "I didn't know Amity had that many."

As the day closed out, some staff members began to evaluate the success of the day and shared their opinions about how they thought it went.

Associate Principal Miguel Pick-



Photo by Trident staff

Students mingle outside the school during Club Day.

ering offered his thoughts on the day.

"I think it's pretty awesome and fun seeing all students come out and have a good time," he said.

While COVID makes future Club Days hard to picture, this one ran as it typically had, creating a space for students to display their interests while allowing others to get involved in those activities.



Photo by Trident staff

Samantha DaSilva '24 looks to gain new members for the Cooking Club.



Photo by Trident staff

Club Day attendees try their hand at a game of chess.

Students Share Differing Views on College and University Visits

College Representative Sessions Have Improved

by **Simran Jain '23**

One of the many things that the pandemic has impacted is college representative visits, and this year, they are better than ever. Now, students can make more personal connections and have more flexibility in choosing the college visits they want to attend.

Like previous years, students have to register for college visits ahead of time through Naviance and take time out of their day to attend. However, this year, college visits are also being held virtually after school which introduces many new benefits. But, why is it so

important to attend college visits? ested in attending. Some schools also consider student-demonstrated interest when reviewing someone's application. The best way students can show interest besides campus visits, which are expensive and time-consuming, is by attending these virtual or non-virtual visits at their high school.

This year's process is similar to previous years, but there is a key difference: students have a lot more flexibility in attending visits. The visits held on Zoom now after school allow students to form a personal connection with each representative because, even though they aren't face to face, students have a chance to stand out.

When you are in person, though you can make an in-person connection, it is very easy to get lost in a crowd; however, online you can easily stand out by directly messaging with the representative and displaying your name and face right on the screen.

Virtual visits are also more efficient and timely and provide things like visual examples and slideshows

for viewers to follow.

Most importantly, online visits can eliminate the need to miss out on class time. Whether in person or online, college visits can last anywhere from 15 minutes to 30 minutes, depending on the group size. This means that a student would be missing a significant portion of class for something that may help them get into their desired college.

Not to mention, it's also an inconvenience when trying to catch up on missed classwork.

Holding online college representative meetings can also mean that students are more relaxed because many people, at least those like me, may feel more comfortable speaking with a stranger through Zoom rather than in person. Additionally, if you cannot attend the whole session, it is much easier to attend part of it online and then exit the meeting.

Overall, the addition of online visits to in-school visits provides students greater flexibility for the visits they want to attend, helps them stand out as an individual, and can offer a lot more convenience while still providing information about their college or university of choice.



important to attend college visits?

College visits are a great way for students to show colleges and universities that they are inter-

COVID Has Ruined College Tour Experiences

by **Zachary Garfinkle '22**

As early admissions deadlines approach, many seniors are beginning to finalize their college lists. This is a task made a lot harder by the COVID-19 pandemic, which caused colleges and universities across the world to change their tour rules and even eliminate tours altogether in some cases. College tours are far from the only thing affected by the pandemic, but even as regulations loosen and vaccination rates rise, COVID has left its mark on many college-bound seniors.

In a normal year, students tour colleges during spring break of their junior year. This wasn't an option for the majority of schools at the time, leading to students spending their summers and early falls frantically attending tours. Personally, I wasn't able to tour my top school until recently, even though early action deadlines are extremely soon. This adds a lot of unnecessary stress to the process, especially in terms of the "Why Us" essay. A lot of applicants have no clue "Why Them," and this makes it harder to put together a good application and makes applicants wonder why they want to apply in the first place. Students often don't know what they want from a school until right before the application deadlines.

The few tours that seniors were able to take were vastly different from how they would otherwise have been, with many schools opting for virtual tours. While these are an adequate substitute, they do not give the whole experience that in-person visits offer.

It is also impossible to get a sense of the school's social environment or whether you like the campus without physically being there.

I think one of the most important parts of visiting colleges in person is getting to see the students on campus, and yet this wasn't possible for many of the Seniors. In early fall, some restrictions did loosen and students were allowed back on campus, but overall the experience was much more limited than normal. It seems like a lot of Amity students think that virtual tours weren't very helpful, especially since most of the information they provide can be found online, unlike viewing the social scene, buildings, and greater community of a school when in person.

Students go on campus tours to gauge the atmosphere of the school, but it looks like there is a long way to go until college tours can return to how they used to be. This is significant since not being able to see students on campus or observe campus life has made many Amity seniors uncertain about their choices and adds a lot of unnecessary stress.



the TRIDENT

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Amity's Efforts for Hispanic Heritage Month Break the Surface

by Nina Carmeli '23

Hispanic Heritage Month is observed every year in the United States from September 15 to October 15 to celebrate the contributions, cultures, and histories of the Latinx community.

Addressing minority cultures in a predominantly white school is difficult, but Amity started to break the silence this year by dedicating two Spartan Seminars to Hispanic culture. These focused on celebrating the month and recognizing some of the struggles Hispanic Americans face and their contributions to our society. In addition, the art featured in front of the world language hall paid homage to trailblazing Latinxs in our society, and music was selected and played on the loudspeakers to celebrate Latinx artists.

Even though on paper, our school's effort to address Hispanic heritage and its place in the BOW community and larger society looks triumphant, we must break past the surface level. According to School Digger CT, Hispanic students make up 1.9% of the Amity student population, a meager number compared to the 74.7% white student population, meaning we want to ensure that the 98% of non-Hispanic students here are aware of the issues they may not be familiar with.

The first Spartan Seminar felt ineffective, despite its inclusion of an empowering video, since the Kahoot did not spur discussion or successfully immerse students in the topic. In the U.S, oftentimes the Latinx experience is reduced to a single narrative and a single image. Though the Kahoot did not add to the lesson plan, the video did a

much better job reflecting a more realistic idea of what it means to be a Latinx and the diversity of people who fit within that label.

On the other hand, the second Spartan Seminar was thought-provoking and attention grasping. Listening to America Ferrera in her TED talk demonstrated a story I believe resonates with many Latinxs in the Amity community and showcased an aspect of the Latinx experience in the U.S to students who may be oblivious. While most Amity students were unable to relate to her stories, her eloquent words hopefully guided them to see the tumultuous lives that Hispanics live and how external factors in America cause this suffering.

While these Spartan Seminar talks were a great start, it is simply a start. When reflecting, I realized that this was the first time I

could recall Amity celebrating Hispanic Heritage Month as a schoolwide event. This is not to say that the National Spanish Honors Society or other diversity clubs have not celebrated Hispanic heritage during this month or in years past, but it has not been such a prominent topic of discussion until this year.

This raises the question: are we only shedding light on topics when they become widespread and demand attention?

I spoke with a student who told me that their sibling who graduated more than four years ago was bullied for being a Puerto Rican girl, a part of her identity she prided herself on. She was called racial slurs and told she would be reported to ICE to deport her parents. Besides the point that all Puerto Ricans are United States citizens, this illustrates that discrimination against

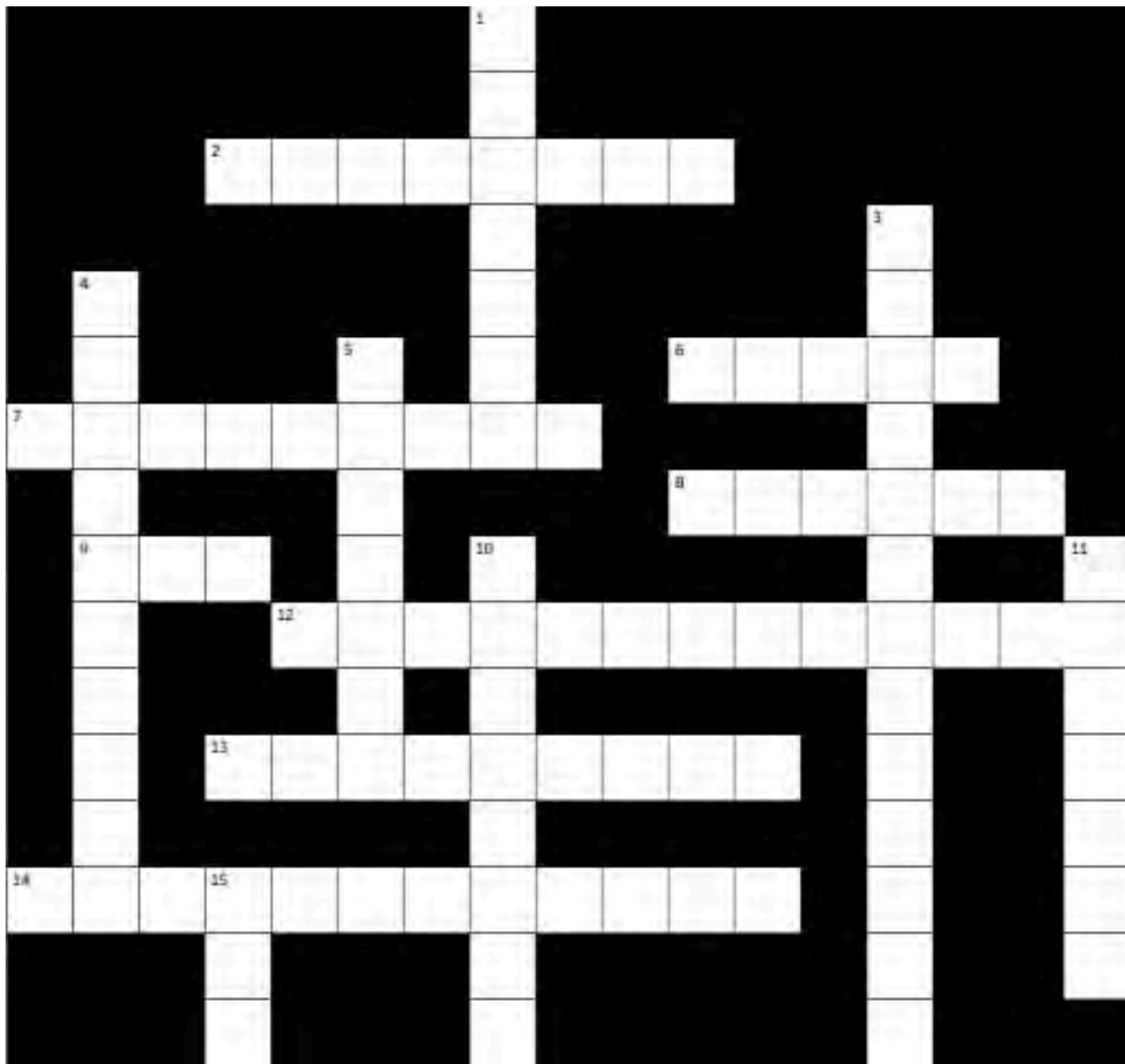
Hispanic students is not a new issue. It is deeply rooted in school culture, along with other forms of hate. I am certain that many other students share similar experiences.

I acknowledge that the Amity administration has taken steps to improve the deeply rooted issues of race and discrimination embedded within the community. However, it is clear that more needs to be done to educate students not only about appreciation for Hispanic culture and heritage, but also about differences among all races, ethnicities, cultures, religions, and identities.

By appreciating the diversity in our community, we can strengthen friendships, conversations, and our collective community. We can unite as a student body when given the opportunity to contemplate, discuss, re-evaluate, and advocate.

October Crossword Puzzle

by Izabela Kurpios '23



Across

6. After what war did Halloween become popular again?
7. According to the National Retail Federation, Americans spend \$2.6 billion on _____ during Halloween.
10. In 1952, Disney featured Donald Duck and his three nephews Dewey, Huey, and _____, in a cartoon called "Trick or Treat".
11. A popular phrase established in American culture in the year of 1951 because of a Peanuts comic strip.
13. What traditional festival did Halloween originate from?
14. What bright yellow-colored flower is October's birth flower?

Down

1. Who invented Candy Corn at the Wunderle Candy Company in the 1880s?
2. The statue arrived in the United States from France in October of 1886.
3. October's official _____ are opal and tourmaline.
4. Commonly celebrated holiday in the United States, Ireland, and Canada on October 31st.
5. In October of 1971, Florida opened what famous park?
8. What is the original name for Candy Corn?
9. The famous book by Louisa May Alcott published in October 1868.

Former Amity History Teacher Opens Bakery

Love, Lera Supports Adults with Special Needs

by Ava Gross '22

What showed itself as a gap in the workforce, sprouted as an idea to give adults with disabilities real work and purpose, and eventually bloomed as a successful bakery with the majority of their employees disabled.

Love, Lera Bakery opened their doors on June 9, 2021 and has already established a place in the North Haven community. The owners, Carol Aspirelli, a long time history teacher at Amity, and her husband, Ernie, named the bakery after their daughter, Lera, who they adopted along with her sister, Vera, from the Jewish Autonomous Region of Russia. Lera had to



Photo by Ava Gross '22

The charming interior of Love, Lera Bakery welcomes customers.

undergo many surgeries to help control her epilepsy. As she grew older, she developed cognitive issues and challenges.

They decided to open their bakery when they realized that a very limited life existed for Lera once

she graduated from Amity. Ernie Aspirelli said, "As Lera went through special needs programs, we realized that she and many of her classmates were not going to be able to work in a traditional job setting."

After high school, adults with disabilities go on to a vocational three-year program where they are taught "life skills." However, after they graduate from the program, they are left to figure out their future employment alone. Very few jobs exist for people with disabilities due to discrimination and accessibility.

The Aspirellis hope to change that narrative. Right now, Lera and four other individuals with disabilities are employed and paid meaningful wages. To increase exposure for people with disabilities to the workforce, five students from SARAH inc., an organization committed to helping the lives of people with disabilities, come and intern at the bakery every week.

As the bakery expands, the plan is to hire more people with disabilities. It is all just a matter of time. Even in the four short months that they have been open, Aspirelli expressed the need for an assistant manager because they are looking to expand their open hours. Right now, they open at 8 am and close at 2 pm. In the bakery world, they are getting a late start, despite the bakers arriving around 4 am to begin the day. However, at this moment, they just need the manpower.

From the minute the lights are turned on and the ovens are fired, everything that is put in the display case is freshly made that day. While other bakeries may outsource some of their products, everything Love, Lera sells is made in-house. The Aspirellis believe in a "smaller number of high quality products rather than a large volume of prepared [products]."

And the community seems to agree as well. Despite being a very new enterprise in the town of North Haven, Love, Lera has already established a steady stream of regular customers. People like to go in for breakfast and sit down at their cozy table-and-chair set up.

This fall, they have opened up online sales which allow more people to have access to this incredible bakery. When asked about the town's opinion on the new bakery, Aspirelli said, "The community understands what we are trying to accomplish - employing special needs adults - and they are extremely supportive."

I went in on a Sunday morning around 8:30 am, only a half an hour after they opened, and I expected

it to be fairly quiet. However, I was extremely mistaken when I entered and saw a group of moms and daughters all clustered around the display case.

After much deliberation from them, I realized I was going to be in the same position. I knew indefinitely that I wanted a large coffee, but all of the dazzling baked goods, from blueberry scones to pumpkin muffins to freshly made bagels, made it a very hard decision. I immediately understood why the previous customers, who I quickly realized were steadfast regulars as they discussed the possibility of each pastry with insider-knowledge level detail, had such difficulty choosing.

After sitting down and examining the bakery, it was so obvious how deeply they cared about their mission. At the register, there is a little story about each of the people with disabilities working that day. All of the quotations, one by Winnie the Pooh, a few silly ones that looked Pinterest-esque, further solidified their purpose.

While many places may project some crafted mission, Love, Lera is truly dedicated to assisting and improving the lives of people with disabilities.



Photo by Ava Gross '22

A sign outside the bakery displays a motivational message.

“Witchful” Thinking: Have Some Skele-fun This Halloween

by Grace Cavallaro '24

Boo! Another Halloween is well on its way, yet most students at Amity find their homework to be more frightening than the horror movies. While Halloween is not the most meaningful holiday, it is still a great time to relax and enjoy some time with friends or family during a busy season.

Struggling to find a fun way to spend the evening? You may enjoy trying out a new tasty recipe, creating a dashing costume, or watching a new scary movie. Do not take advice from the characters, however. It is never a good idea to hide behind the rack of chainsaws when zombies are chasing you.

Just about everyone who was asked insisted that apple cider donuts are the best fall desserts. Of course, those sold at the supermarket are great in a pinch, but it is still straightforward to bake apple cider donuts from scratch, and they taste much better.

One such recipe can be found on Sally's Baking Addiction website. The recipe is for baked apple cider donuts, which are much cleaner than frying and somewhat healthier. If you do not have a donut pan, you can bake the donuts in a mini muffin tin, and the flavor and texture will come out just as delicious. Should you have some free time this Halloween to give the recipe a try, go for it! It wouldn't hurt to share some with your friends, either.

Many high school students avoid dressing up for Halloween because they

think they are too old. Dressing up in a fun costume may seem juvenile, but it can still be lots of fun, even for teenagers. Are you looking for costume ideas? Putting together a full outfit may seem like a lot of effort, but costumes can be very simple and easy while still looking fabulous. You may enjoy creating a group costume with some friends.

Some themes might be to dress up as all different types of candy or to pick a favorite movie and dress up as the various characters. Are you flying solo? The options are still endless. If you have the time, one fun DIY costume is a gumball machine. Take an oversized white T-shirt and a ton of small colored pom-pom balls, which can be easily found at a local craft store. Find a large round object that you can use to trace a perfect circle on your shirt. A hamper top is a good size, depending on the size of your shirt.

Next, use hot glue to stick all of your pom-poms onto the shirt. Be sure to use a large variety of colors. Stick the pom-poms inside the circle you traced, making sure to stick them as close together as you can. Once you fill in the whole circle, take a gray paper and stick it right underneath the circle. You can then print out a logo that says 25 cents, and stick it on the gray paper, to act as the dispenser.

Now, you have a perfect costume for a Halloween party that will give you compliments to last the entire evening.

Halloween may seem like a holiday that is somewhat of a waste of time, but it

can be fun depending on how you look at it.

To Mia Birowski '24, Halloween is a fun day to spend with friends. "I love Halloween," she says. "I really like the whole vibe of the holiday. You get to dress up, you get to eat candy, and it's an excuse to eat terrible food."

Randy Liu '24 thinks Halloween is a time when the community comes together to bring joy to small children, one candy bar at a time.

"There's a beauty in receiving things from people you don't know," Lin says. It's a time when people are actually generous to one another, something that isn't seen every day.

Even if Halloween is not your favorite holiday, try to make the best of it. Perhaps you will perfect your homemade apple cider donuts, or maybe you will create a gorgeous costume. Even if the true meaning of the holiday is not very significant, it can still be a fun time to spend with friends and show some generosity to your community.

So if you aren't being haunted too much by your homework, give Halloween a try this year. Though it may be witchful thinking, you won't regret it.



Photo by Grace Cavallaro '24

A DIY gumball machine costume

Day of Dialogue's Diversity Book Club

by Abigail Ball '22

When I signed up for Day of Dialogue workshops, I wanted to participate in meaningful and engaging activities; one of the workshops that really jumped out was the "Book Club Diversity" workshop, which combined discussing reading and the importance of diversity in books.

This workshop was led by two students, Megan Wu and Keziah Smith. They opened the workshop with a quick introduction on why they believe diversity is essential and what it means to them. Next, Smith talked about how she has been a long-term member of her mother's book club that focuses on books with positive diversity, and Wu spoke about not seeing people that look like her in books and how that negatively impacted her.

After that, the two leaders opened up the floor with the question: "How was diversity positively shown in your OBOA books?" which led to a thoughtful discussion on how when there is diversity, it's usually token characters that are stereotypes: the sassy black sidekick, the gay person who faces the same struggles, etc. This limiting diversity fosters the idea that all minorities act the same way, look the same, and face the same struggles, which is not only demeaning and untrue but makes readers doubt their own identity.

One thing I enjoyed about this workshop is how organically the conversation flowed. We didn't stop at our OBOA books: we talked about other aspects that limit diversity, like businesses who are scared they won't make money off of novels with a diverse lead, or that behind a diverse movie cast are cis-white directors

and producers, which invalidates the authenticity of the production. An example of this someone brought up was in *Crazy Rich Asians*, where the director considered switching the main character from Asian to white.

Another person commented on how stilted and fake books and movies with diversity seem when the writers don't know what it's like to be in their shoes. A highlight of this discussion is that so many people were comfortable sharing their own stories and bouncing thoughts and ideas off of each other; it was great to be a part of such an impactful conversation.

Another one of my favorite parts of the workshop was sharing books that included positive diversity. Everyone had so many suggestions, and many people had even read the same books. Furthermore, the recommendations themselves were diverse; there were suggestions about interracial relationships, LGBTQ+ relationships, racially diverse main characters, and more. Fantasy, rom-coms, historical fiction, thrillers, and non-fiction were all represented. Everyone left the workshop with at least one book they were interested in.

Overall, the "Diversity Book Club" workshop was everything I wanted from Day of Dialogue. I was given an opportunity to speak, be a part of a meaningful conversation (and learn something new through it), and also have a fun time in the process. People bonded over shared experiences, fangirled over books, and avidly participated in the conversation. I loved that this workshop wasn't a lecture and was reminiscent of an actual book club.

If you're like me and are always on the hunt for a good book (with diversity!), I included a list of some books we came up with, and... there's a lot. Happy reading!



Positive Diversity Book List

Enjoy this great list of books created by the Diversity Book Club Workshop!

1. *These Violent Delights* by Chloe Gong
2. *Six of Crows* by Leigh Bardugo
3. *Out of My Mind* by Sharon M. Drimmer
4. *Parable of the Sower* by Octavia Butler
5. *Everybody Looking* by Candice Iloh
6. *The Vanishing Half* by Brit Bennett
7. *Black Enough* by Ibi Zoboi
8. *Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid
9. *The Sun Is Also a Star* by Nicola Yoon
10. *Everything, Everything* by Nicola Yoon
11. *They Both Die at the End* by Adam Silvera
12. *The Wrath and the Dawn* by Renee Ahdieh
13. *Naughts and Crosses* by Malorie Blackman
14. *Small Great Things* by Jodi Picoult
15. *All-American Muslim Girl* by Nadine Joline Courtney
16. *Love is a Revolution* by Renee Watson
17. *Not So Pure and Simple* by Lamar Giles
18. *Monday's Not Coming* by Tiffany D. Jackson

Hollow-een Festivities

by Jennifer Li '23

Happy Halloween, Spartans!



Amity Pre-Med Club: Eager to Promote the Study of Medicine

by Scott Lowder '22

Are you interested in helping others? Have an urge to connect with students in the Amity community and also explore medical careers? Then the

new Pre-Med Club at Amity, advised by Meaghan Carbone, is the opportunity that will enable you to learn more about the medical field and medicine.

Led by the club president Aaron Babajanyan '23, the club focuses on hosting various professional speakers and other guest presenters to inform students about their profession. Additionally, the club holds many fun activities such as mock case studies and provides post opportunities such as internships, volunteering, and more!

For a typical meeting, the protocol could be conducting a case study that analyzes inflammation. Through the study, club members would need to work together to hypothesize what occurred to the patient and what may have caused it based on the described medical records.

Then, as a group, members would have to decide the best diagnosis based on the circumstance. In addition to case studies, guest speakers have yet to be definite; however, the club plans on obtaining a guest pediatrician from Yale, a medical student at Yale, and potentially a psychiatrist in the near future.

As a new club formed during the 2020-2021 school year, the Pre-Med Club is excited to have new members, especially after the recent Amity club day. As the founder of the club, Babajanyan explained why he created the club, saying he was "passionate and very interested in the field of medicine." Furthermore, he explained the importance of the Pre-Med Club, especially during such a crucial time as now with the global pandemic.

"With the high demand of medical workers now, it is important to introduce the field of medicine to many people and share my interests," Babajanyan said. In general, the club is interested in introducing new members to the significance of medical professionals and their work in the medical field.

Overall, the Pre-Med club can expose you to a diverse group of students who also aspire to a career in medicine. "By the end of the year, I hope to inspire many to pursue the field of medicine, and if not, I hope everyone has fun," he said.

If interested in joining, meetings for the Pre-Med club are held in room 249 on Thursdays from 2:30 to 3:15. Additionally, if you have any questions, new members can contact Aaron through his school email: babajanyanaa23@amityschools.org.



Photo by Scott Lowder '22
Pre-Med Club President Aaron Babajanyan '23



Wind, Sun, Water

by Abigail Ball '22

She walks down
the boardwalk to the beach
alone.
She closes her eyes and
lets the ocean breeze attack
her hair, lets it tangle and
fly in front of her eyes.
She listens to the sound
of the wind blowing the sand,
losing herself in
the small grains scratching
against her bare ankles.
She reaches her arms out
and smiles wide, almost as wide as
the ocean,
laughing when the waves
lap at her feet,
trying to drag her into their den.
She lets her feet sink
into the plush sand,
lets the sun extend its arms
toward her, trying to splash
more color
on her pale face.
She embraces its warmth,
turning towards
its light and letting it
wash over her.
Here, on this tranquil beach,
the girl can let loose.
She can simply
be.
Nothing prys at her
to get done, no self doubts
scream at her for her
incompetence.
And when the girl finally
opens her eyes,
the lighthouse stands tall
before her, right on
the edge of the dunes,

a stubborn front.
The lighthouse with its dim
light, its sole purpose to
uncover each
crawling, hidden secret
and sleek, silent ship
it can find.

The girls turns back to
the sea just in time:
the sun is setting all around her,
red and orange and yellow painting
the boundless sky.
She salutes and falls back
into the frigid, salty water.
She exhales loudly as the liquid
surrounds her,
sealing her in a dark layer.
But deep, deep beneath
the surface, she can breathe
better than ever.
Because this ocean is where
she belongs.
She craves the hot,
sweltering days and
breeze-filled, noisy nights.
She needs the stickers on the path
to cling to her feet and
the sting of salt water
on her wounds.
The ocean makes room for her,
it silently encloses
her body
and supports her.
Here, she can float.

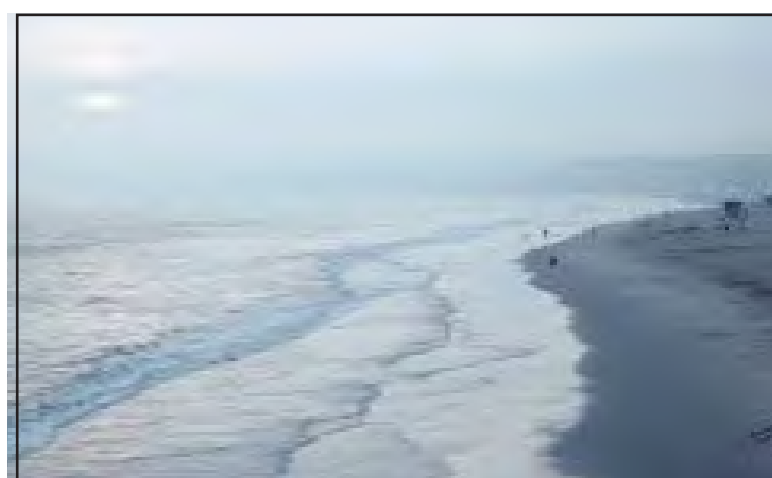


Photo by TripSavvy

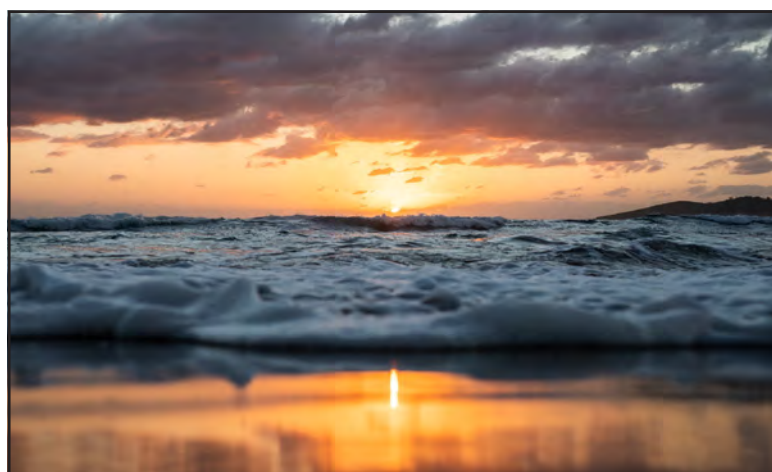


Photo by Medium

“Mona”: From the Eyes of a Shattered Woman

by Sena Ho '23

“Mona” is 176 pages of beautifully woven prose that transcends the language barrier from Spanish to English. It was written by Pola Oloixarac, a fairly underrated Argentine writer, journalist, and translator.

Written from a first-person perspective, the novel tells the story of a rising novelist, Mona, who is invited to an international conference, the Basske-Wortz Prize: “the most important literary award in Europe.”

As the story progresses, readers learn more about Mona’s past throughout her trip to Scandinavia, accompanied by acquaintances, enemies, and ex-lovers. The journey becomes Mona’s pathway towards self-discovery, especially after losing herself in the literary world so long ago.

Mona’s perspective on the world is harsh and unforgiving, however, the more she confronts the people and challenges that have shaped her, the more she is able to let loose and give life a second chance. The novel not only explores the changes in Mona’s own outlook, but the effects of the achievements with someone of her identity—a woman of color.

When fellow South American writer Marco arrives at the scene more than halfway through the book, their acceptance to the hard reality of all such “industries” shines through.

“Okay, Marco, I think I see where you’re going with all this. You’re trying to tell me that now the Academy sympathizes with people from the minority you think I belong to, the Right, and so now there’s a chance for me. And for you, too, right?”

“That’s what you’re trying to say, isn’t it? And that points to boot. So now it will be easier for us.”

Mona tries to navigate this world where she is inferior to the other writ-

Even Mona herself struggles to reimagine that trauma, for it has been buried so deeply within her, like some forgotten dream.

Despite thinking that she has escaped the demons of her past self, Mona dives headfirst into a whirlwind of a patriarchal parallel universe. She invents a new type of feminism: instead of preventing women-directed abuse, she aims to move on from it and fight the “monstrous” that lurks inside.

The other women in the novel see her as the ultimate end goal—classy and well-dressed with a livid personality—but instead of trying to appeal to the other characters, Mona begs for the atten-



Photo from avclub.com

Cover art for “Mona”

ers, even her South American male counterpart. And as the plot unravels, the strange symbolism of bruises and the story of a missing girl, Sandra, start to intertwine. You begin to understand that the brave, socially adept, hard-skinned exterior that Mona presents to the world is a defense mechanism that hides the trauma of her past.

tion of the readers.

From the references that she makes, to the awkward connections she forms with others, everything about her character is genuine.

At last, it is the relationship between the readers and Mona that both reveals the complexity about society and the solution to defeating those inner monsters.

Student Artist Highlight Eveleen Jiang '22

by Grace Lodewick '22

Eveleen Jiang '22 is a standout artist and a member of the senior class here at Amity. Jiang’s interest in art began at a very young age, inspired by watching her older sister Winnie Jiang, an alum from West Haven High, draw and produce work.

Motivated by friendly sibling competition to outdo the

and shows and music videos where the art is really well done and really cool.”

Along with awards she received when she was younger, Jiang has more recently received “Best of Show” for her work in Woodbridge’s “Painted Gallery” opening show, which opened on July 17th.

She is also planning on entering this year’s scholastic art competition, as well as a few other contests. As a senior amidst the application process,



Image contributed by Eveleen Jiang '22
Jiang’s painting depicts an elegant woman.

older artist, Jiang began teaching herself how to draw and exploring the art world.

Now a well rounded artist, Jaing is continuing to develop her skills and has taken several of the art based courses at Amity and is currently enrolled in AP 2D Studio Art. Her favorite medium to work with is pencil art, and she is developing an appreciation for ink.

When asked where she tends to draw inspiration for her work, Jiang replied: “[I’m inspired by] Instagram artists,

Jiang is planning on pursuing art in college.

She said, “[I want to pursue something] revolving about art, like design or architecture.”

When asked about her favorite thing about being an artist, Jiang replied, “Liberation to create whatever I want, whether it’s weird or not, and all the cool opportunities that come with it.”

Jiang is just one of the many skilled artists at Amity High School, and her talents are both unique and inspiring.

Home Organization Service

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**For information on
upcoming artistic
opportunities,
see page 9!**

Contests for Artistic Students Available Across Various Mediums

by Simrain Jain '23

Art competitions are a great way to spruce up your college applications, to fill your portfolio, and most importantly, to enjoy a creative outlet. There are a number of competitions coming up in various disciplines such as the visual arts, film, photography, and writing.

ALL MEDIA

#1 Inspire Through Eco-Art Competition 2022: Plant the Seed

Deadline: January 24, 2022

Prizes: 1st Place-\$1000; 2nd Place-\$500

Contestants can use any medium or combination of media. The subject matter of the art can center around different aspects of this theme. It could focus on the benefits of creating a rain garden to protect a watershed, a community garden to support an urban area, or regenerative farming to improve both water quality and climate change. Find out more at: <https://earthx.org/education/art-competition/>

#2 B.J. Spoke Gallery EXPO 41

Deadline: Currently unknown

Prizes: 1-6 works included in a one month, online exhibition on bjspokegallery.org in March 2022, a virtual opening reception on ZOOM, promotion on all B.J. Spoke Gallery's social media platforms and cash awards for first, second, and third place.

Entry Fee: \$35 for up to 6 images and/ or 2 videos; any or all of which could be selected for the online exhibition

B.J. spoke gallery announces EXPO 41, a juried competition for fine artists across the globe, now in its 41st year. Open to all artistic styles and media. Find out more at: <https://artdeadline.com/ops/bjspoke/>

VISUAL ARTS (Paintings, Computer Art, Sculptures or Drawings) Upstream Gallery New Beginning: Small Works

Deadline: December 3, 2021

Prizes: 70% of sale price

Entry Fee: \$45 for a minimum of 3 entries; each additional entry \$4 up to a maximum of 8 entries

Upstream Gallery invites artists to submit small works interpreting the concept of New Beginning for a national juried exhibit to be held at Upstream Gallery. Find out more at: <https://artdeadline.com/ops/upstream/>

PHOTOGRAPHY

2021 Drexel University High School Photography Contest

Deadline: November 22, 2021

Fee: \$10.00

The contest is open to all high school students. High School Students may enter all types of photographic processes (black/white, color, silver prints, digital prints and historical processes). Find out more at: <https://drexelphoto.slideroom.com/#/login/program/63074>

FILM

Bridgeport Film Fest

Deadline: March 18, 2022

Prizes: Cash prize for Grand Jury Award for Best Film

Awards: Various

Through various programming, the festival seeks to showcase, guide, and inspire independent filmmakers from the Bridgeport community and beyond, worldwide. Local

audiences will be enriched by the films, workshops, panel discussions, and other forms of artistic expression curated by the festival team. Find out more at: <https://filmfreeway.com/BridgeportFilmFest>

WRITING

Connecticut Bar Foundation James W. Cooper Fellows Quintin Johnstone Statewide High School Essay Contest

Deadline: December 2021

Prizes: Winner: \$2,000, (2) Runner-Up: \$1,000

Fee: None

The contest is open to all Connecticut students under the age of 21 who are enrolled in grades 9- 12, or their equivalent, at an accredited high school, vocational-technical school or adult high school credit diploma program (collectively "schools") located within the State of Connecticut

Photo from drexel.edu

Advertisement for the Photography Contest

Entry Fee: None

Artists will create a piece of art, either 2-D or 3-D, that illustrates the message of the theme: "Plant the Seed."



Photo from earthxart.edu

Last year's winning submission, 1 Seed and 1 Million Differences, by Theresa Lei.

("Connecticut school").

The contest is also open to all Connecticut homeschooled students in grades equivalent to grades 9-12. Find out more at: <https://www.ctbarfdn.org/essaycontest/>

Consider submitting to one or more of these contests and show off your artistic talent!



Mid-Season Successes Movitate Girls Field Hockey

by CJ Brinton '24

The Field Hockey team's 2021 season is progressing well since the beginning of the school year. Players had a great start, with 5-1 through their first six

games, outscoring their opponents 13-5.

Since then, the team has hit a rough patch, going 0-4-2 in their last six games. This totals their record to 5-5 with an additional two tied games. The team is returning to a "more normal" academic year and athletic season. Fall sports, including field hockey, harshly felt the effects of the COVID-19 pandemic last year.



Photo contributed by @amityfockey

Amity Girls Field Hockey team playing in a game.

With changing mask-wearing guidelines and a higher number of quarantines as a result of the CIAC guidelines, the social aspect of this team sport was significantly damaged.

As COVID-19 guidelines shift, the Spartans have a stronger team bond this year that translates onto the field. Grace Gianquinto '22, a captain and left-wing, comments on the overall unity throughout the team.



Photo contributed by @amityfockey

The players face off against the opposing team.

"We have our wins and our losses," she said, "but we are really doing a great job at recognizing each other's strengths and weaknesses, which I think really helps our team bond."

Field hockey is a sport that relies on teamwork, and therefore companionship is essential to success. Bean Rizzuti '23 agrees on this.

"We are all like sisters," she says, "so our playing is so much more synchronized and we are all very comfortable communicating with each other."

As the Spartans continue their season, they will look to further transform their team bond into strong play. With four games left against Hand, Sacred Heart Academy, Hall, and Guilford, the team is looking to finish strong this season.

William Johnson Stadium Ceremony Kicks Off a New Era of Athletics at Amity

by Ryan Lima '22

Amity Regional High School's newly-renovated

William Johnson Stadium finally had its long-awaited launch featuring a grand opening ceremony.

The event, which took place on September 17th, occurred prior to the varsity football team's game against Shelton High School. The ceremony kicked off with some words by Amity's athletic director, Ernie Goodwin. He spoke of his excitement about the new stadium, which cost around \$2.5 million, including new use for sports like soccer and lacrosse.

Goodwin then introduced Dr. Jennifer Byars, Amity's superintendent. She graciously thanked everyone instrumental in both the construction and approval processes for the stadium.

The mic was then passed to Principal Anna Mahon, who took a similar route to Dr. Byars, congratulating and thanking everybody for their hard work on the project.

After John Belfonti, the chairman of the Board of Education, spoke, the ribbon was cut,

signaling the end of the ceremony and a start to a new era for Amity athletics. The football game then began, with Amity subsequently losing to Shelton 0-14.

The improvements made to the stadium were long overdue, said Goodwin.

"The field was kind of a swamp," he said. "[It was] always wet, not very conducive."

As a result of the field's poor conditions, several limitations were placed on it. Only 15 games per year could be played on it, all of which belonged to the football team. As a result, the field warranted essentially no use in the winter and spring seasons.

"Why have a field that we are paying all this money for, and it gets almost zero use?" Goodwin continued.

"The football team couldn't even practice on it because it would get all torn up."

This leads to one of the most notable improvements of the stadium: the transition to an all-weather field. As a result, the field can be played during weather events like rain or snow. The only thing that prevents play on the field at this point is thunder and lightning.

Varsity football captain Clem Neary '22 said that the field has been a unique experience for him to adjust to.

"The turf is different from anything I've ever played on," he said. "The pellets are green and there's a lot of them, which gives a softer feel."

Amity's track surface also saw improvements in this project. These upgrades hold several benefits for the field overall. Firstly, track runners are awarded a new surface, as the prior surface begins to fade away. The expansion from the narrow track surface, said Goodwin, not only helps the runners but allows the field to have more space for other sports games. Late-night games will also see an improvement, as brand new stadium lights have been added.

Amity's Varsity Football Coach Craig Bruno is pleased with the enhancements to the new stadium.

"I think this is awesome," Bruno said. "I think the players were really excited and I thought it was a great environment."

With the official grand opening of the stadium, it seems Amity will make use of it for years to come.

See page 12 for photos of the new stadium's ribbon-cutting ceremony and football game.

Arian Bobi '21 Dominates College Soccer in his First Season at Albertus Magnus

by Amir Jarad '22

Shortly after graduating from Amity last spring, Arian Bobi '21 has managed to make a name for himself in the college soccer scene.

His work ethic and belief system led him to be named the Greater Northeastern Athletic Conference rookie player of week for soccer. Similarly, he was profiled as Amity's "Player of the Month" in the November 2020 edition of the *Trident*.

A freshman at Albertus Magnus College, Bobi was not a part of the starting lineup for the first three games of the season, in which the Albertus Magnus Falcons went 2-1. However, a September 15th fixture against Elms College would be his first appearance in the starting 11, and he did not disappoint. He converted the only goal of the game in the second half, leading the Falcons to a 1-0 win.

When asked about advice to current Amity soccer players, Bobi says that persistence is necessary.

"It's easy to make excuses as to why you don't get enough playing time, or why you didn't score, but at the end of the day, all of that doesn't matter," he said. "If you work hard, you will see results."

His next performance would have him tally one assist, in a 3-1 win against Colby-Sawyer College and another assist in a 2-1 victory against St. Joseph College. Bobi would get two goals and one assist in his next five games, despite Albertus Magnus putting up a 2-3 record in that stretch.

FALCON SPOTLIGHT

ARIAN BOBI

3 POINTS **1** GOAL **1** ASSIST **1** GAME-WINNING GOAL

TALLIED AT LEAST ONE POINT IN HIS FIRST TWO COLLEGIATE APPEARANCES LAST WEEK

Photo contributed by Albertus Magnus College Athletics Facebook Page

Arian Bobi '21 playing soccer accompanied by his current playing statistics.

When reflecting upon his time at Amity, Bobi recalled a few teachers that had a lasting impact on him.

"Two teachers that left an impact [on me] were Mr. Borrelli and Mr. Fuller, my Spartan seminar teachers," he said. "These teachers showed that they truly cared about every student they interacted with and I knew they would always be there if I needed

Bobi was able to remark on his successes so far throughout the beginning of his college experience.

them."

With three games left on the season at eight wins, four losses, and a tie, Albertus Magnus College is looking to finish the season strong with double digits in the win column. And with the performances that Arian Bobi has had, there is no question that he can help bring them there.

"The key to success is to stay consistent," he said. "Anyone can do everything right in one day, but consistently doing that leads to more success."

Girls Soccer Scores

Team Maintains Record Ahead of Final Few Games

by Ryan Lima '22

The Girls Soccer Team has had a phenomenal season so far. As of mid-October, the team holds an 8-1-2 record through 11 games, including a fiery 6-0 start in which it outscored its opponents 22-3.

Center back Meredyth Laskowski '22 says that the team's overall connection with each other has been critical to their success.

"We have a great bond on and off the field," she says. "When we play as a team, we can connect passes which creates success."

The Spartans currently sit at second place in the Southern Connecticut Housatonic League, second only to Mark T. Sheehan High School in Wallingford.

With a combined record of 4-1 against its remaining opponents, the team is looking to finish strong and secure the first place spot within their league.

Come out to support Girls Soccer at one of their upcoming games.

10/22	Hand (Madison, CT) *
3:45p	Game Details: Amity Regional High School-Amity High School - Fie
10/25	@ Shelton (Shelton, CT) *
7:00p	Game Details: Shelton High School-Finn Stadium
10/27	Lauralton Hall (Milford, CT) *
3:45p	Game Details: Amity Regional High School-Amity High School - Fie

Right: Amity administrators, town dignitaries, members of the Board of Education, and representatives from FieldTurf gather at the ribbon-cutting ceremony of the newly-renovated William Johnson Stadium on September 17.



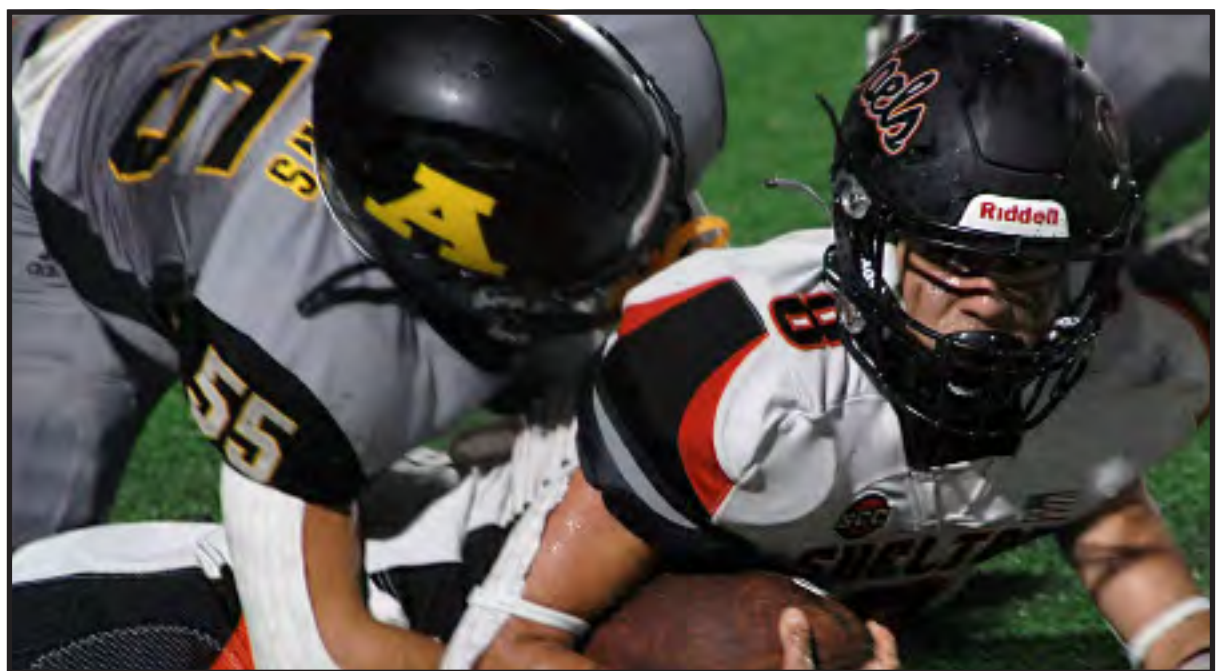
Photo by Cassidy Smith '23

Cutting the Ribbon

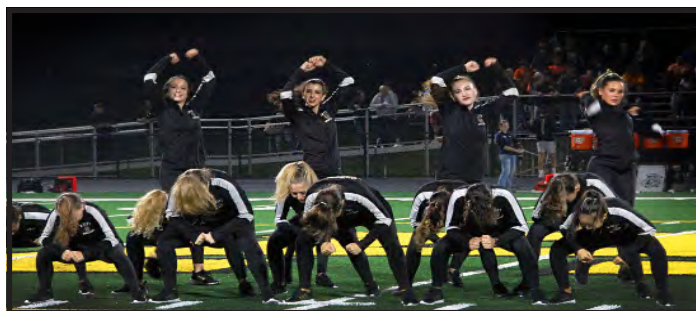
Photos by Melanie Sherrick '22



Above: Superintendent Dr. Jennifer Byars makes a statement at the ribbon-cutting ceremony for the new Amity turf field.



Above: An Amity defender stops the Shelton offense from scoring a touchdown.



Right: Amity's dance team performs during the half time show.



Left: Principal Anna Mahon addresses the crowd at the ribbon-cutting ceremony.



Photo by Melanie Sherrick '22



Above: The football team readies for the game.

Left: Athletic Director Ernie Goodwin and Board of Education Chair John Belfonti cut the ribbon at the newly-renovated William Johnson Stadium on September 17.