

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

September 13, 2019

School Year Kicks Off with Alumni Visits

by Audrey Marin '22

Amity Regional High School students returned for the 2019-2020 school year on Wednesday, August 28th at the end of summer break. Students had an exciting first day in which they visited all eight classes for brief 19 minute periods, meeting their teachers and settling back into the school environment quickly. During the lunch blocks, students would rotate into the Brady Center for an introduction by the administration and an overview of Amity rules.

Students started the day with an extended Spartan Seminar in which they learned about social and civic expectations, watched a welcome video, and learned the 2019-2020 motto, "Be true. Be you." They also listened to the journey of two Amity alumni: Margaux Farrell, former Olympic swimmer, and Darren Haynes, award-winning sports broadcaster.

Ava Swain '23 said, "Listening to the Amity alumni speakers has motivated me to be persistent in my life goals. It was astonishing to hear about the obstacles each one of them had to overcome to reach their dreams. I feel comfortable knowing that I am beginning right where they began."

Margaux Farrell is a Fox61 news anchor and retired Olympic swimmer. Farrell grew up in Woodbridge and was part of the Amity class of 2008. She reached new heights for girls swimming at Amity and was titled State Swimmer of the Year in 2007.

Katie O'Connor '22, an athlete on the Amity Girls Swim Team, said, "Seeing Margaux's name on the board at the Orange town pool inspires me to work to possibly have my name up there."

After her collegiate career at Indiana University, Farrell used her dual citizenship to compete on the

French national team. Farrell was ultimately part of a bronze medal-winning relay team for the 2012 London Olympics. She portrayed her occasional struggle to love the sport, frustration with various injuries, efforts to thrive academically, and her hard work maintaining good relationships with friends and family.

Farrell furthered her education at the University of South Carolina and was hired as a morning reporter for Fox61 in April 2017. Farrell was excited to be back in Connecticut and was inducted into the Amity High School Athletic Hall of Fame in 2018. She demonstrated the importance of being one's authentic self, just like this year's school motto.

Tina Burland '22 said, "Farrell worked through her struggles and never let her problems define her. Instead, she defined herself as a hard working individual who can accomplish their goals."

Farrell's story of grit and success was similar to that of Darren Haynes, the second alumni speaker.

Darren Haynes is a double Emmy award-winning sports anchor, currently working as a sports director and main anchor at WUSA in Washington, D.C. Haynes was a football and track athlete at Amity who graduated in 1999. With a previous job at ESPN, Haynes has met countless influential athletes. He has covered the Super Bowl, NBA Finals, Stanley Cup Finals, NASCAR Cup Series Championship, the World Series, and more widely popular athletic events.

Haynes won countless awards in his field, including Associated Press Sportscaster of the Year and A.P. Best News Anchor. Haynes's awards reflect his strong commentary abilities, his positive energy, and his ease with attracting attention.

Rob Long, Haynes' former coach and history

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District Upgrades Security Measures

by Tracy Lu '20

For the 2019-2020 school year, Amity Regional High School and both middle schools upgraded their security system through a series of renovations. After a school evaluation, the proposal for improved security was presented to the school board in the spring before being carried out during the summer of 2019.

Throughout the high school, there have been changes in how visitors enter the building, prompting the addition of a new security desk at the front entrance of the school.

"We wanted to have the double-locking door system," said Monica Kreuzer, associate principal.

She explained that the former buzzer system was inadequate, as security would have to let people in without knowing who they were and why they were at the school.



The new security desk at Amity Regional High School where guests will have to sign in.

Photo by Tracy Lu '20.

Now, the second set of front doors remains locked even after a visitor has been

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Link Crew Holds Another Successful Freshman Orientation

by Ava Gross '22

Amity Link Crew hosted their annual Freshmen Orientation on August 23rd. Every year, Link Crew helps freshmen acclimate to the high school through activities and a tour. First, they joined the freshmen in the gym and participated in opening activities together. Then, they split into their link crew groups where they continued activities and later went on the school tour. After the

tours, they reconvened in the gym for a closing ceremony.

Maya Dworkin '23, a current freshman, said "I really like the Link Crew Leaders because they were kind and welcoming." Another freshman, Marin Cunningham '23, said "It was really fun. My favorite part was meeting everyone in my group and going on the tour."

Link Crew Leaders also held positive feelings about freshmen orientation this year. Ella Marin '20, a Link Crew Leader, said, "[It] went very well. The atten-

dance was very high and the freshmen were very participatory." Tasia Kimball, one of the Link Crew advisors, shared a similar sentiment. She said, "Freshmen orientation was a great day. The morning was high energy."

Before everyone else arrived, over sixty Link Leaders filled with anticipation and enthusiasm arrived bright and early to set up. This level of dedication showed the care the upperclassmen have and will inevitably spread into

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teacher, said, “When Darren became a sports anchor, it didn’t surprise me. He was always charismatic and outgoing. It was clear that he liked to be in the spotlight.”

Long also commented on Haynes’ football career at Amity, “He was one of the most talented athletes I have ever coached. He was a great teammate and had a lot of good friends around school.” Haynes was inducted into the Amity Regional High School Hall of Honor in 2016. Above all, Haynes is proud of the opportunity to speak at the high school which gave him the foundation to thrive.

Overall, the first day of school allowed students to acclimate to their new classes while also learning profound life lessons from exceptional Amity Alumni.

Aditi Chalasani ‘22 felt that she “could relate to them more since we all started



from the same place.”

The alumni perfectly enhanced Amity’s motto for the year; staying true to oneself and one’s passions will put you on the path of success in the end.

Principal Anna Mahon poses with Margaux Farrell and Darren Haynes after the alumni spoke during activities on the first day of school.

Photo contributed by Margaux Farrell.

District Upgrades Security

Continued from page 1

buzzed in, and visitors need to check in with the new security desk with a license or other form of identification before gaining entrance into the main building. This allows for security to easily verify that the visitor is not a person who isn’t permitted to have contact with a student or staff member.

This added security also has implications for parents dropping off items for students. In the past, they were able to enter the building after being buzzed in to leave their items in the main office. With the new double-locking doors, they will no longer be able to enter the school and must instead give their items to the security desk.

John Reshotnick, a security guard at the High School, said the new system “limits the access of people coming into the school. They don’t actually come into the school anymore, so there’s less foot traffic coming in, less distractions for students and staff.”

To staff the new security desks, which have also been added to the Amity middle schools, five additional security guards have been hired for the entire district. Additionally, all of the Amity schools are in the process of having impact-proof film installed on the first-floor windows. The middle schools will now also be locked at night, like the high

school has been, in order to increase building security.

Students at the High School have noticed both the physical and procedural changes that came with new security.

“I’m glad the school is safer now in a way that doesn’t make the kids feel trapped but still upholds security,” said Caelan Watson ‘20.

Arnav Paliwal ‘21 said, “I think they are good since you barely notice them but they increase the safety of everyone.”

The security guards are also making an adjustment. After three years at Amity, Reshotnik says, “It’s different because we have to get used to a different system.”

Despite these added measures, Amity still has plans to improve security in the future. Kreuzer said that large planters were supposed to be added in front of the outdoor lunch area to prevent cars from being able to drive in while students are outside, but the installation has been delayed due to an ordering issue. She added that having more cameras outside the school and giving athletic coaches IDs in order to gain access to field houses and locker rooms would be important security measures to consider for the future.

Kreuzer says she is happy with the progress, stating that the security renovations are “a great added level of security for entry into the building.”

Freshmen Orientation

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the incoming class, making the base of our school even stronger.

However, the Link Leaders were not the only ones eager that morning. Kimball also explained how great the ninth graders were saying, “They were energetic

and enthusiastic.”

After the tours and activities, everyone enjoyed a barbeque by the pond. With clear weather, the freshmen and link leaders were able to eat and socialize outside.

Link Crew now looks forward to a year full of promising activities with the freshmen.

High School Welcomes New Staff

by Jennifer Xu ‘21

As the 2019-2020 school year began, Amity welcomed new additions to its faculty and staff to account for the ever-changing and adapting environment.

In the District Offices, Thomas Brant is the new Director of Pupil Personnel and Kathleen Kovalik is the new Assistant Director of Finance. Colin McGrath and Matthew Stanley were welcomed to Amity’s Career and Technical Education Department.

In the Physical Education department, Robert Rosner, a previous bench substitute, is now a teacher, taking over for Sean Mahon, who became the new department chairperson. In the Reading Department, Bernadette Schwartz is a new teacher.

John Pellicani is the new Head Custodian, and George Cuzio, Anthony Kaczyski, and Darcia Siclari are new members of the Security Department. Cuzio said that Amity has “been great so far” and commented on the “nice, positive environment and great kids.”

Elizabeth Benedict and Wendy Carrafiello,

a previous Social Studies teacher at Amity, joined the Special Education department. In Support Services, Amity welcomes Nicole DeNara. As substitute teachers and interns, Jesse DiPietro, Tucker Wakefield, Nivea Acosta, and Lee Stewart Evans will be assisting as needed. In Mathematics, Sarah Dowling and Michael Gelada are new teachers.

Gelada said that “the school has met the high expectations that [he] had for it, and the staff has been amazing.” Moreover, he expressed that his students have been “the reason [he] leaves each day with a smile.”

Shelby Mendillo and Meiya Ma join the English and World Language departments, respectively. Ma, a Chinese teacher that formerly taught at East Hartford Middle School and in Hamden before that, said her move to Amity “has been a roller coaster ride. It’s fun and exhilarating.” Ma also said, “Everyone has been very kind and very welcoming” as she continues to adapt to Amity. The Science Department welcomes Nicholas Shamp while Thomas Norton and Lisa Zaleski join the Social Studies Department. In discussing her transition, Zaleski said, “Faculty, staff

and students have all been so welcoming!”

Sarah Dowling of the Math Department and Thomas Norton of the Social Studies Department are two former teachers from Amity Middle School Bethany (AMSB). Dowling taught eighth-grade math and now teaches Algebra I and Algebra 2 at the High School. She’s noticed differences between the middle and high school and said, “The pace of the school is very calm...there’s just so much more happening at the middle schools.”

She expressed great appreciation for her fellow staff members, saying, “Within the math department, they have been very helpful and accomodating.”

At AMSB, Norton, who taught there for 18 years, was the gold team’s social studies teacher. He said “It wasn’t an easy decision” to move to the high school but “was excited when the opportunity presented itself.” Norton has been enjoying his time at the High School. He said, “The staff has been great, and it’s been fantastic seeing old faces and meeting new ones!”

As the school year progresses, Amity looks forward to getting to know all of the new staff members.



Video Games: An Unexpected Teacher of Empathy

by Ian Glassman '21

In lieu of the polarized political climate of the country, people need to start having civil discussions—a wild concept, I am aware. Society tends to be narrow-minded, finding scapegoats for issues, whether it be a group of people or a subject of association.

Recently, video games have been under fire for promoting a violent culture. Following the Walmart shooting in El Paso, Texas, Walmart pledged to remove “violent video game displays” from its locations.

Many were outraged that the company restricted video game advertisements yet took no action to regulate its sale of guns, claiming they’re ignoring the real issue at hand.

Gaming has, understandably, been looked down upon by many. This is not entirely without reason, as some gamers with large platforms have previously promoted discriminatory rhetoric in their

videos. I am entirely against discrimination and think it’s vital to hold these YouTubers accountable for their actions, but this is not a fair representation of the effects of video games. It would be folly to ignore video games’ positive potential.

This past summer, I watched a let’s-play of *Life Is Strange 2* on YouTube, which I found topical and educational, regarding the pervasive xenophobia across the country.

The general storyline follows two runaway brothers, Sean and Daniel, who flee the crime scene where their own father gets shot. They travel from Seattle down the west coast in hopes to escape to Mexico. Despite being born in the U.S, the brothers face several instances of racism throughout their journey. They even face other obstacles that people would typically overlook, such as conserving money for supplies.

What I enjoyed about *Life Is Strange 2* was it made

me think about my privileges and gave me insight into how other people don’t necessarily have the same privileges I do because of their race.

Additionally, *Life Is Strange 2* did well at representing diverse characters in a respectful and accurate way. The main character, Sean, is canonically bisexual, without it playing into the trope of “just another sexually confused person” or ending tragically. While seemingly small, this video game normalizes people who have different experiences in society and allows people to relate to others. In other words, it teaches empathy.

To sum up, video games actually serve as an educational source for many, as well as a teacher of empathy.

Regardless of video games’ reputation in mainstream culture, there are so many niche games out there that people can find to help bridge the emotional connection between themselves and others.

This Year’s One Book One Amity Is a Step in the Right Direction

by Sam Epstein '20

It is a seemingly impossible task: to select a single novel from innumerable options, that will somehow represent or please or enlighten the entire diverse student body. And what to do with said novel? It’s a no-win situation: non-mandatory activities will ensure the book goes largely unread; whereas in-class essays and quizzes merely promote the use of SparkNotes and rote plot memorization. For the past several years, the One Book One Amity committee has grappled with these issues, and it’s hard to call any of the previous selections a rousing success: *Every Day* faced derision as students felt the androgynous main character hard to relate to, and *All American Boys* by many accounts failed to spark a real change in Amity’s attitude towards race relations. Each year, the committee admirably goes in a different direction based on student feedback, but they have yet to truly bring the Amity community together in response to literature. It is, to reiterate, a seemingly impossible task. While I found this year’s offering to be rather lukewarm, I believe significant strides have been made in the structuring of OBOA-based activities.

This year marked a decidedly different approach: the committee has done away with the in-class essays and assessments and instead facilitated class-wide discussions. Basing these discussions around a list of adaptable, open-ended questions was a great move, as it allowed each individual class to have an entirely different, and more student-led, discussion. The questions gave a solid base for further reflection on the novel’s main themes as they relate to us.

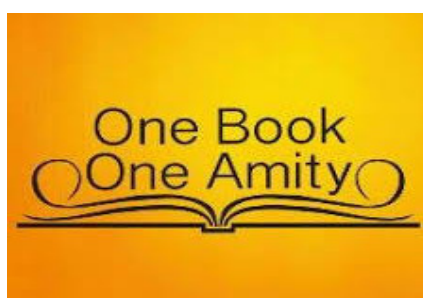
The issue I found (while this is purely anecdotal evidence) was an unfortunate lack of participation: many took the absence of graded assignments as an invitation to ignore the book entirely. While it is their own prerogative to do so, it degrades the experience for others. A discussion with only two people engaged is hardly riveting, and at that point,

seems almost a waste of time. I attended the summer OBOA event, an ice cream social/discussion, which I

found worked quite well — the main reason being that everyone involved wanted to be there and to participate. It seems to me that this format could be quite successful in the future. Perhaps the promise of extra credit from English teachers would incentivize more to attend. Since you cannot force everyone to read the book of choice (and I would confidently assume that a significant portion of the student body did not), then it logically follows that activities should be structured for students that have, as outside-of-school events.

It would be remiss for me to conclude without at least briefly mentioning my thoughts on *Dear Evan Hansen*. I found the plot to be engaging, although perhaps only because of the second-hand cringe that unfolded page after page. *Dear Evan Hansen* is a deeply uncomfortable book; not because of its depiction of mental illness and suicide, but because none of its characters are particularly likable. I’d imagine other readers felt the same frustration with Evan as I did for the entirety of the novel, and the people around him aren’t much better in their decision making or moral compasses. This resulted in a less than enjoyable read, yet I wouldn’t consider it a major detriment; instead, *Dear Evan Hansen* is uncomfortable because it exposes many of the same insecurities and personal flaws we can find in ourselves.

In the end, however, Evan is set on a journey towards self-improvement. It is my belief that OBOA is continuing on the same path.



THE TRIDENT

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CORRECTIONS

In the June 2019 issue of the *Trident*, the article titled “Holocaust Survivor Educates Freshmen with Personal Stories” misspelled the name of Andy Sarkany. The *Trident* apologizes to Mr. Sarkany 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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What Do 350 Mass Shootings in 248 Days Say about America?

by Alison Bowler '22

It's 9:00 on a Sunday morning. The date is August 4th, a day overshadowed by the heavy cloud of the previous day's El Pasoan tragedy. As I groggily remember what happened, I reach for my phone. Several notifications alert me to what should have been a shocking sight – another mass shooting, this time in Dayton, Ohio.

What worried me the most was that I wasn't surprised. The dominant emotion I felt was a hybrid of numbness and frustration; it bothered me that this shooting wasn't big news to me. But I quickly saw that I wasn't the only one. By next weekend, Twitter had moved onto another fad. Stations like NBC failed to discuss the shootings themselves, but rather the reactions of forgettable

politicians. I recognized that I wasn't alone in my apathy – America had grown numb.

"Another mass shooting!" my history teacher exclaims, referring to a tragedy in Midland. "Just add it to the list," she continues starkly. Her comment made me wonder: Why didn't America seem to care?

When New Zealand experienced a mass mosque shooting earlier this year, Prime Minister Jacinda Ardern was quick to take a fierce stance on gun control and to condemn white nationalism. Last May, Ardern made her view on the United States' impotence clear: "Australia experienced a massacre and changed their laws. New Zealand had its experience and changed its laws... I do not understand the United States."

The topic of gun control is a divisive subject in the

states, with most advocates on the left and opponents on the right. Conservatives often claim that an increase in guns is good for national security. Liberals fire back that if more guns made us safe, why isn't America the safest country on Earth? The debate continues, with neither side being able to compromise.

To me, the solution has always been obvious. Amending a right from the 18th Century is far from unconstitutional when such a right threatens the fundamental American guarantee of life.

The Second Amendment was included so that Americans could protect themselves from intruders in a time when the scale of our modern military was unthinkable. Allowing Americans access to modern weapons of war that can injure dozens in under a minute is a simply ludicrous idea.

"They're trying to take away our guns!" This is a popular cry made by those who have obtained assault weapons. My response to this? Yes, liberal politicians wish to take away war weapons. Only the military needs access to these firearms.

"Are you going to take away knives next?" No, because the sole intent of a gun is to kill, and is therefore incomparable to a knife. Also, when a couple of knives kill 58 people at a music festival, then bring up knife control.

"You let people drive cars, and there are so many more car accidents than mass shootings." However, the intended purposes of guns and cars are extremely different. And where only 32% of Americans own guns, 90% drive cars. Clearly, car death rates are far more scattered than gun deaths. The acquirement of a driving license in

comparison to a gun license, how often a gun versus a car is used, and the nature of the casualties are all additional factors that shut down the exhausted and overused car argument.

Of course, I understand the want for guns. Self-defense, patriotism, and a general feeling of control are all staples of the liberty of having easy access to weapons. However, when an antiquated amendment threatens an American's basic right to live, then what good does egotism and patriotism do?

The answer is plain to see. Gun control is an integral step to the consolation of polarization in this country. When and if the partisan fight ends, I'm certain that the solution will be clearer. The constitution has been amended before – the only obstacle is segregation fueled by closed-mindedness.

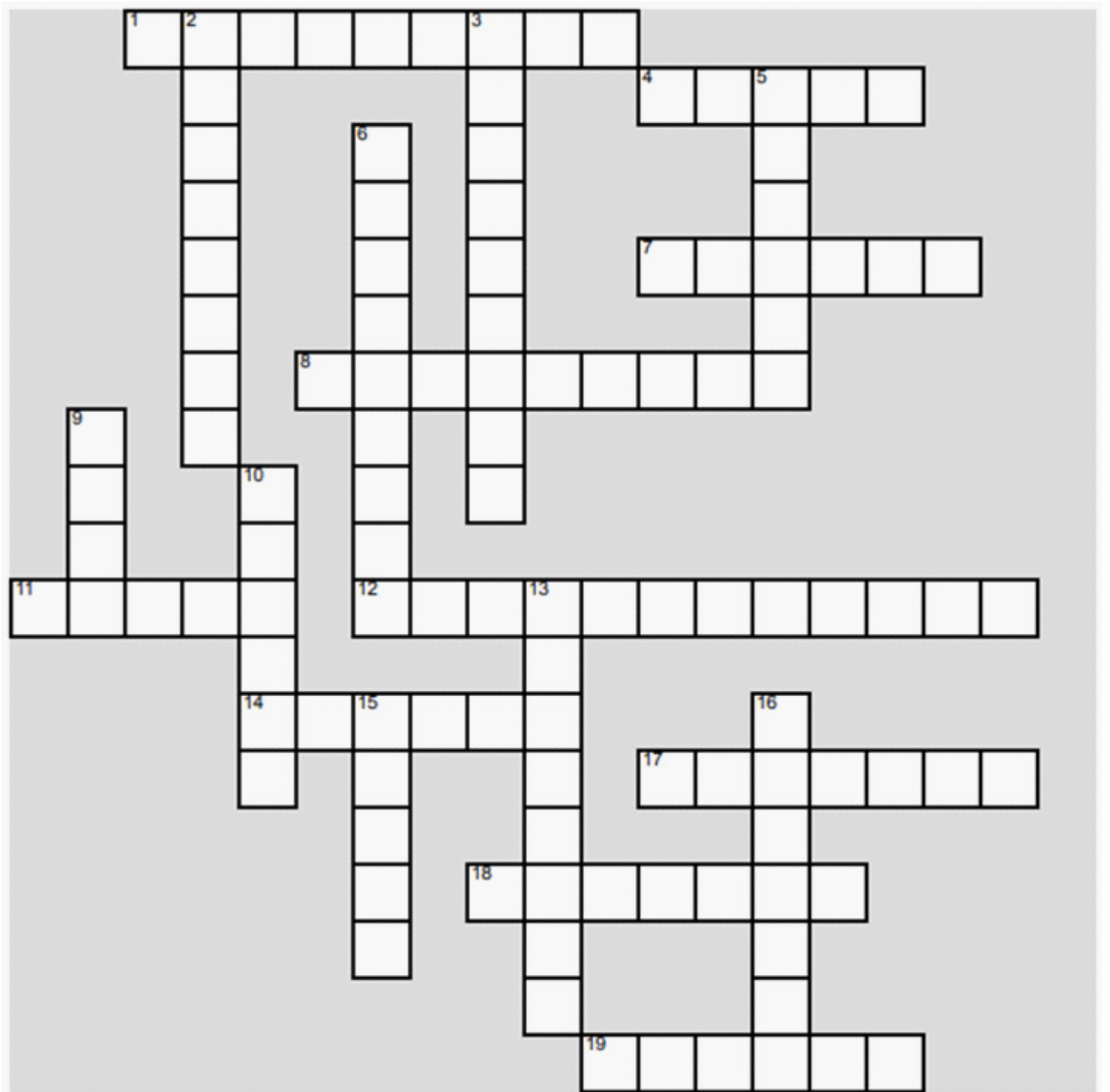
September Crossword Puzzle

by Zachary Garfinkle '22

Good luck to those who attempt this very difficult puzzle!

Pictures of completed puzzles should be emailed to amitytridentnewspaper@gmail.com no earlier than 3:00 p.m. on Friday, Sept. 13.

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



Across

1. Popular YouTuber who recently reached 100 million subscribers
4. Hammer-thrower in the Olympics
7. Climate-change oriented presidential candidate that dropped out
8. Surname of former Game of Thrones actor transitioning to Marvel
11. Upcoming movie starring Joaquin Phoenix
12. Jewish holiday on September 30th this year
14. Location of recent massive rainforest fire
17. First name of the Olympic swimmer from the first day of school
18. "Game of Thrones" king that succeeded Robert
19. President of France

Down

2. Netflix's Breaking Bad movie arriving in October
3. Villain in the newly released Stephen King horror movie
5. Last word of OBOA's title
6. Last word in the title of the upcoming Star Wars movie
9. State where the October Democratic Debate will be held
10. Recent devastatingly strong hurricane
13. Region in China with a newfound wave of pro-democracy protests
15. Advanced history class available for sophomores
16. _____, awww man

Nicholas Shamp: On Physics, Forensics, and the Magic School Bus

by Sienna Wang '20

As students welcome the new school year, they are greeted by a plethora of new faces, both freshmen and faculty.

Among the new teachers joining the faculty is Nicholas Shamp ("I like shampoo," as he likes to put it), a new addition to the science department. Shamp is teaching

AP Physics 1, Physics L2, and a freshman Science Research class this school year.

Shamp started his teaching career as a student teacher at East Hartford before transferring to the Sport and Medical Sciences Academy in Hartford.

Prior to becoming a part of the Amity faculty, he taught at North Branford High School for three years. His experience at North Branford High School was drastically different from the one at Amity.

Shamp vocalized his interest in being in an environment like the one at Amity, saying, "I came from a school where Physics was an elective and not stressed as an important course."

At his previous high school, Shamp was the only Physics teacher. This is a stark difference from Amity, where students have a physics department at their hands.

Amity students have at their hands here. Shamp described his experiences as "too busy inventing the wheel without being able to drive the car."

He articulated his happiness for being given the opportunity to work with others and to grow as a teacher.

At North Branford High School, Shamp also served as the Forensics teacher, taking into account his Biology background. He related his lifelong passion for STEM to The Magic School Bus and how he wanted to be just like Ms. Frizzle when he was older. From there, he discovered his love for biology in high school.

In college, he followed this path and decided to work towards a bachelor's degree in biological education, with a

cross-endorsement in physics, and later a master's degree in education. Although he admitted that he was more interested in physics as a subject, he wanted to relate to the students more.

table. When asked about the other AP Physics 1 teacher, Angelo Amato, he described his different method of teaching, opting to "hit the floor running and incorporate the important basic skills needed

for later units organically."

Mina Kim '20, a student in his AP Physics 1 class, noted that "I love Mr. Shamp because he is very passionate about physics and that makes it easier and more fun to learn."

Shamp's teaching style pushes students to understand

difficult topics in an engaging, memorable way.

Shamp noted that the unit he is looking forward to teaching the most is waves, sound, and sub-harmonic motion, since it "lands at a point where we change from the same style of physics we have been doing for a while, which awakens something inside the students."

Shamp expanded on that point by stating that the units up to the sub-harmonic motion unit are very interconnected. However, the sound unit serves as a breath of fresh air for the students as it represents its own idea and is very entertaining to demonstrate.

Shamp is also one of the Year 1 Science Research teachers.

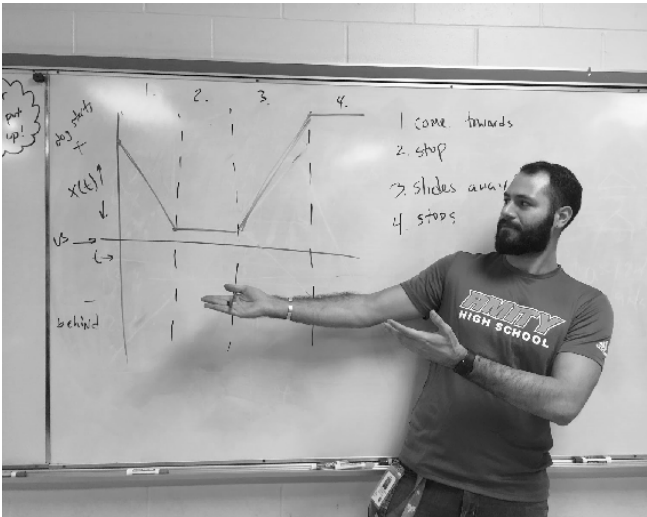
When asked about the class, he described how unique the program was, as he is "excited to give a group of freshmen what [he] was only able to experience when pursuing [his] Master's degree." Mr. Shamp was very enthusiastic to not only prepare the freshmen for the rest of the program but also to work with such a diverse group of students.

Catherine Piscitelli, the Science Research Program Director, described Shamp, saying "I think he's very energetic and brings a lot of great ideas to the program."

Shamp has already changed some of the activities in the class, making them better for the students and more self-reflective.

The Amity community is fortunate to have gained such a dynamic, interdisciplinary teacher.

His unique experiences and genuine passion will certainly be reflected in his teaching and involvement in the community.



Nicholas Shamp demonstrating position graphs in AP Physics 1

Photo courtesy of Sienna Wang '20

Since Physics 1 and 2 constitute merely two semesters in college, Mr. Shamp did not want to be out of the depths by learning physics at a college level.

If he had, he would not understand the struggles of a high school student today.

In this regard, Shamp believed that pursuing a biology degree, where each unit in biology is essentially a separate course that a student might take in college, would allow him the freedom to both address his interests and remain as a relatable source to his students.

Shamp also noted that Forensics allowed him to incorporate all of his knowledge and appreciation for the field of biology.

As a teacher, Shamp was able to completely invent the curriculum and make a mark on the school.

Shamp stated, "I had no curriculum starting out, so I had to invent everything myself. I was able to transform the class from a Level 2 or 3 semester class to a full-year, higher level class."

When asked about his favorite aspect of the class, he described passionately and in full detail his love for the bugs unit, which constitutes forensic entomology, the scientific study of the succession patterns and developmental stages of larvae found on decomposed cadavers at the crime scene.

Shamp discussed his passion for the class, saying that "[he] would be interested in working with the Forensics teacher at Amity sometime in the future."

As the new AP Physics 1 teacher, Shamp definitely brings something new to the

Junior State of America (JSA) Offers Open Political Debate

by Evan Hollander '20

Many people get stressed out about having to give a presentation in front of the whole class. So, students looking for a relaxing way to practice public speaking, while learning and having fun, can turn to Amity's chapter of Junior State of America, or JSA.

JSA meets every Wednesday in the Lecture Hall. Meetings can vary widely, though they are always grounded in politics; some days, members all engage in spirited discussions about current events. This format is called a "thought-talk." There's no structure, and members are chosen to speak by a moderator, who ensures that everyone has the ability to talk.

The other main type of discussion is a debate. These are more formal, and main speakers are encouraged to prepare ahead of time. They help prepare members for conventions, as JSA holds many conventions throughout the year, including various events that occur over one day or several days. Fall State, Winter Congress, and Spring State are the main events, and members from many states attend.

"The Fall State Convention is so fun! I got to meet people from all over the northeast and attend debates that I was truly interested in. From climate change to 'Game of Thrones' theories, they have conferences on almost everything you can think of!" said Emily Kline '20, who attended the Fall State Convention.

Winter Congress is many people's favorite event; hundreds of members from the northeast and Texas gather in Washington D.C. to create and debate bills like a real legislature. This event will take place this year on February 6-9, 2019, while Fall State is in Providence, RI from November 23-24, 2019, and Spring State will be held April 25-26 in Stamford, CT.

It's not all formal, though. Many chapter meetings are fun, more easygoing activities. A favorite of Amity JSA are tournament debates.

Members choose to debate on behalf of, say, a state or country, to argue why they are the best. It is inherently unserious, making it a great, lighthearted activity in between serious debates.

These components result in the close-knit community of JSA. Each year, the club quickly welcomes new members as if they have always known them.

Samuel Epstein '20, who is currently serving as the Vice President of Amity JSA for 2019-2020, said, "JSA is a great community of people that really helped me to improve my public speaking skills and be more civically engaged."

All are welcome regardless of their beliefs. Everybody is respected, but people are always willing to disagree. Tina Burland '22, the club's Secretary for 2019-2020, said that this component of JSA is central to why she continues to be a member of JSA. "My favorite part of JSA is how my views are both challenged and enhanced by the other members," Burland said.

Ryan Anastasio '20, who is currently serving as the President of Amity JSA for 2019-2020, is excited for the new year because JSA "allows all ideologies and beliefs to voice their opinions in a relaxed and engaging environment."

Peter Downhour is JSA's teacher advisor. He started just over a decade ago, when the previous advisor left the role. Mr. Downhour said he fulfilled the role because he thought it was "a natural connection for what I teach. I teach the government courses and history course, but it's a natural connection because it's nonpartisan non-competitive political debate that engages people and it connects to the school's mission about becoming effective world citizens."

Anyone who is interested is encouraged to attend a meeting. The first meeting will be held on October 2 and will serve as an introduction for new members and will feature special programming. But if you can't wait, there will also be regular meetings held on the last two Wednesdays of September.

Annual Club Day Scheduled for September 26

On September 26th, students will have the opportunity to explore the various clubs offered at Amity through the Club Day Program.

During Club Day, students will be split into two lunch periods, where they will interact with various club members. Clubs will be set up throughout the driveway and entrance of the school. With clubs ranging from the National

Association of Students Against Gun Violence (NASAGV) to Teen Teaching, students have many opportunities to be proactive within the community and meet like-minded individuals, whether it be at a local or national scale.

Be sure to check out the Amity Trident table during Club Day and get involved with the journalistic endeavors of the school newspaper!

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HOW DO YOU PLAN TO “BE TRUE, BE YOU”

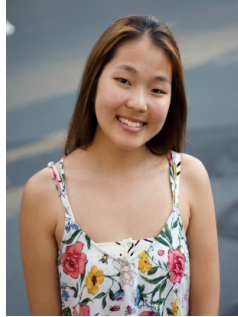
Here at Amity, a diverse group of students and staff make up our unique community. Each person in their own way has the opportunity to “Be True, Be You” this year, whether it be for personal improvement or for helping our school. The beauty of having a “catchphrase” that sums up Amity’s goal for the year is that everyone can interpret it differently with their own idea of how to make a lasting change. The *Trident* interviewed members of the Amity community on how they are going to contribute to this year’s theme.

Ian Glassman '21: “I think be true, be you means not to do things because of standards, but more for yourself. To me, it’s important to create a more dynamic and accepting community for people who don’t necessarily have the same values or characteristics that another might have.”



Caitlyn Shanley '23: “Be True, Be You means to be selfless and not let anyone change you.”

Danielle Lee '20: “This year, my objective is to learn to accept and be proud of who I am without worrying about what others think. My self worth isn’t a reflection of any label or number that is attached to me; I am simply me, and that’s enough, for me or for anyone.”



Sean Mahon, teacher: “I will continue the path that’s put before me that I designate. I always try to make other people feel good. I always try to live optimistically, and I try to have a lot of fun every day so that when I look back on the day or the week, I don’t regret anything. I always make it a point to make every day better than the last one. I hope that this can be contagious to students and faculty in our building.”



Julie Chevan, teacher: “This year, I will really strive to be patient with myself and honest with others -- my students, my colleagues, my friends, and my family. And I hope my students, especially, will feel comfortable being their true, authentic selves in my classroom.”

Jade Krukar '22: “Be your true self and don’t let what others think influence you. I’m going to be myself and join the clubs I want.”



Siavash Raissi '20: “Rather than confine myself within the box I’ve grown comfortable in, I want to explore my options and think more and more about exactly who do I want to be in college, whether it involves my actual character traits or my interests.”

Wendy Zhang '21: “Part of [be true, be you] is being honest with yourself and in the ways you act. I will set goals and do things not because of what other people do but because I am passionate and want to do it.”



Monica Kreuzer, administrator: “Be True, Be You means that no matter what the circumstances, you should always feel you can be you. And if you aren’t being you than you are not being true to yourself. This year I plan to be true by getting out into classrooms and Spartan Seminars so students and staff can become more familiar with who I truly am.”

Val Cournoyer, teacher: “Being true to oneself requires introspection, self-awareness and honesty. I stay in touch with my inner voice by spending quiet time outdoors or talking with friends. Hiking, biking or listening to music usually creates an introspective environment.”



FIND YOUR PASSION...MAKE IT HAPPEN

TRUE, BE YOU” THIS YEAR?

Lindsay Berke '21: “Be true, be you” to me means to stay true to yourself and follow your heart. I plan to do this by always following my instinct and being independent by doing what I want to do not what others around me do.”

Jessica Zamachaj, teacher: “[My goal is] to continue my passion of ceramics and give that to other people through classes and community events. Just be yourself and don’t be ashamed of that.”



Seth Davis, teacher: “[Be True, Be You] means that you always set your own goals regardless of what other people think. [This year, I want to] treat all my classes how they deserve to be treated regardless of preconceived notions.”

Kyah Francis '23: “Be True, Be You means making sure you choose the right people to be around and not have to pretend to be someone else, because it’s not a good friendship otherwise. [I want to] make sure I’m myself around my friends and not fake.”



LeeAnn Browett, teacher: “I think ‘Be True, Be You,’ means be your best self without feeling like you have to be perfect. It’s about celebrating strengths and acknowledging weaknesses. Either improve on them or simply accept them for what they are. I am going to try hard to balance my work and home lives better and carve some room for myself in my effort to ‘be true, be you’ this year.”

Rhea Dey '20: Be True, Be You means don’t hold back who you are. People often feel as if they have to act, dress, and speak the way others do. In order to be you, you need to accept who you are and embrace it. I plan on doing the same, as I will not compare myself to others. I will focus on myself and be who I am.



Anna Mahon, principal: “Be true be you to me means being really true to who you are and that partly means discovering who you are in different situations. I am trying to use it as the foundation for all the different decisions I make. So making sure I stay true to myself and being true to all the different kids.”

Joy Romero, teacher: “When I think of this year’s theme, ‘Be true, be you,’ I think of embracing my authentic self unapologetically.”

Marian Boyns, counselor: “[Be True, Be You] means just be yourself and be happy with who you are and accepting of who you are and not afraid to show who you are. Be authentic. This year, I want to be my best self and live my best life at school. Every day I come in ready to new things.”

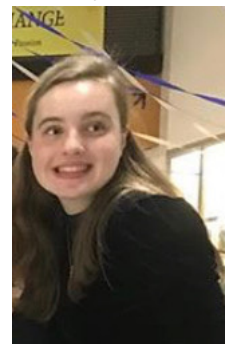


Akanksha Paul '20: “I intend to follow ‘Be True Be You’ by being more considerate and putting more of a filter on when I talk to people so that I can be more respectful of others and their emotions instead of hurting them.”

Jack Tajmajer '20: “So how I intend to follow the ‘Be True, Be You’ movement of this year is I really just want to start setting goals for myself and genuinely following through on them. Be True, Be You really just means, other than literally being yourself, to take every opportunity, take everything you think, and make sure you’re willing to stand by them. Be yourself but also be true and honest and let other people know who you really are.”



Brigitte Gagnon '21: “‘Be True, Be You’ means being your truest self and following your own values and knowing that your opinion is the most important. I will work hard to reach my goals I made at the beginning of the year and strive to be my truest self.”



Maya Piorek '20: “‘Be True, Be You’ means to always be yourself no matter any other outside circumstances or situations. Just stick to yourself. I will stick to what I feel is right.”

N...GO THE DISTANCE...BE THE CHANGE

Book Review

Dear Evan Hansen

by Melita Collins '21

This year, the One Book One Amity committee invited the school to help choose the summer reading book. In the end, the novel Dear Evan Hansen was chosen. In reading this, we were able to follow the life of Evan who begins to live a lie.

The novel starts off with him explaining that he is battling anxiety and his therapist had advised him to write letters to himself with positive messages to

Although I enjoyed the story, I didn't really connect with any of the characters. I did not find any of them to be likeable. However, these faults in the characters only made them more realistic. People, especially teenagers who feel secluded, want attention. Sometimes that leads them to be dishonest with not only themselves but others.

Each year, the One Book One Amity read is chosen with the hopes of sparking a conversation among students at Amity. Overall, I found this novel to be quite interesting and



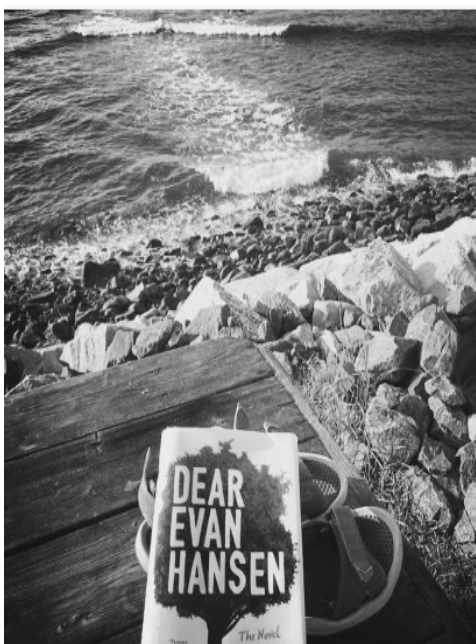
Senior Olivia Gross takes Dear Evan Hansen to Spain.

Photo from @onebookoneamity

cope with this anxiety. Unfortunately, Evan does not feel up to making positive letters everyday. However, one day Evan writes out all of his feelings including those about his secret crush, Zoe Murphy.

This leads to conflict because Zoe's brother, Connor Murphy, reads the letter and takes it from him, creating the main conflict of the book.

Personally, I enjoyed the novel as I found it to be a very interesting story that I'd never read before. The writing style also intrigued me: it was personal. It felt as if a teenage boy was actually speaking to me. This is a style that many authors try but fail to accomplish.



Science teacher Val Cournoyer enjoys Dear Evan Hansen over the summer.

Photo from @onebookoneamity

Annual Greek Festival Brings Community Together with Music and Food

by Rhea Dey '20

From August 30th to September 2nd, the St. Barbara Greek Orthodox Church in Orange, CT hosted its 39th annual Greek Festival. This event allowed the community to have a taste, sight, and sound of Greek Culture.

At the festival, people listened to the rhythmic beat of Greek music, participated in cooking demonstrations, and tasted the sweet pastries that they have delicately created.

Ruth Cortright '20, an attendee of the festival, said, "It was such an embracing, family-friendly environment that was filled with so much culture."

Everyone could also enjoy the beautiful view of the church and grounds as admission was free.

Ellie Maniatis '20 said, "The festival went very successfully. People seemed to very much enjoy all of the food and music. It's also always special to see everyone interacting with each other even if they had never met. I think that's one of the best parts of the whole experience."

The dance performed by the Senior Odyssey Dance Group has been a highlight of the festival

always been part of who [she] is culturally. Performing this dance is hard work and so is the preparation,



Seniors Sofia Halepas and Ephemias Nicolakis

Photo contributed by Patrick Marchitto

for many years. For the four months leading up to the festival, the group practiced two hours a week and allowed the dance to bring them closer together.

Gia Dalakas '20 said, "Greek dancing has

but we all know how much it pays off in the end."

Performers and organizers of the event are proud to see the end result of all their hard work.

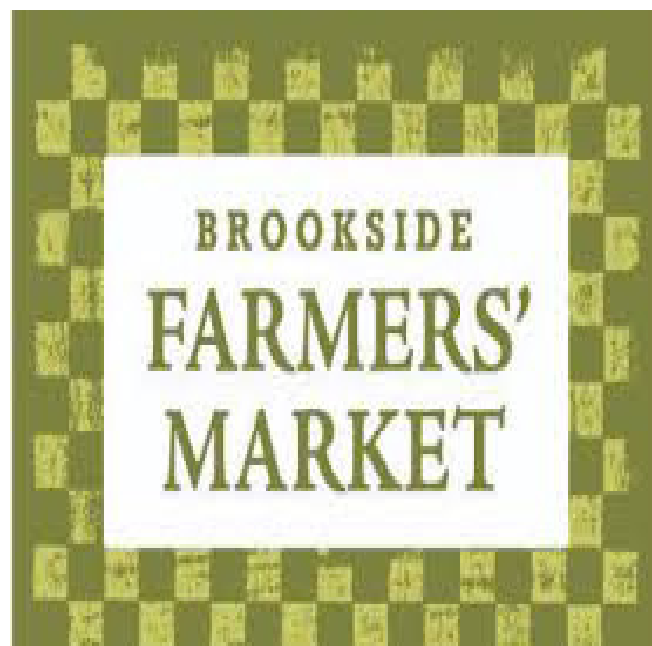
Dalakas said she hopes that more "people go to the Greek Festival because it is a great event where people can socialize with others, listen to Greek Music, and have great food."

Every year this event goes above and beyond, so if you did not get a chance to visit this year be prepared for next year since planning is already under way!



The Senior Odyssey Dance Group performing at the Greek Festival

Photo contributed by Patrick Marchitto



Enjoy Upcoming Arts Events this September

by Kayla Morgan '20

Fall is the perfect time to get outdoors and enjoy some of the region's fairs and festivals.

On September 21st and 22nd, Newtown will be hosting their annual Arts Festival. This festival is a conglomeration of fun activities, music, food trucks, and vendors. The food sold at the festival will range from authentic Jamaican cuisine to a hotdog food truck. Entertainment is provided for all ages.

You can build a kaleidoscope, create iridescent artwork by blowing bubbles, learn gel pressing, or even learn about bees. The two main attractions, however, are the performance of the Merchants of Rhythm Saturday night and the "Hearts on Pavement" art installation by Paula Brinkman. Admission is only five dollars for adults and three dollars for children.

If you are looking for something to do a little closer to home this month, there are many events in New Haven including a new art exhibit going on at the Creative Arts Workshop.

This exhibition is titled Matter and is a group show featuring five artists, Howard el-Yasin, Olivia Bonilla,

Joseph Fucigna, Alan Neider and Thomas Stavovy. These artists aspire to recover a sense of physical connectivity in the digitally virtual world that we live in.

September is also the last month to view the Yale Art Gallery's "A Nation Reflected: Stories in American Glass" exhibition.

This exhibition takes the viewer through the history of glass making starting with the Jamestown settlement and the glasshouses that were built for a short period of time. It also emphasizes how this medium has told us about many parts of American History through pieces like bottles with politicians and celebrities carved into them and the introduction of light bulbs that brought electricity into our houses.

Begun on September 6th, the Ceremonial Dress from Southwest China is the newest exhibition at the Yale Art Gallery. These

ceremonial textiles that are displayed were created by women from Guizhou, Sichuan, Hunan, and Yunnan provinces of southwestern China. Even though each province has a distinguished lifestyle and language, the techniques used to make the ceremonial dresses and the implications for the dresses were very similar. These dresses were worn during life-cycle ceremonies like births and marriages.

The textiles are created



Example of a Chinese Ceremonial Dress

Photo from artgallery.yale.edu

by dyeing the cloth and embellishing them with batik. In addition to the garments, the exhibition features silver headdress ornaments and bracelets that were made by the men of the provinces.

The Year Starts Off "Sweet" with OBOA a la Mode

by Ariba Chaudhry '20

On August 26th, right before school kicked off for the year, One Book One Amity, or OBOA, hosted its first-ever OBOA à la mode.

There, students, parents, and teachers all gathered to discuss the school-wide summer reading book *Dear Evan Hansen*. Many of the discussions were student-led and al-

perspectives, which is why the event was meant for faculty, students, and parents.

Tracy Lu '20 said, "It was a great experience to discuss the book with people we wouldn't typically see in our English classes, including faculty members and students from different grades."

"I thought everyone's comments were really insightful, and it was nice to hear all of the different



Students making their own sundaes at OBOA a la Mode

Photo contributed by Vicki Hulse

lowed for a more comprehensive exploration of the novel's themes.

Julie Chevan, one of the heads of the OBOA committee, said, "The

perspectives," added Lu.

Danielle Lee '20 also focused on having the chance to hear new viewpoints.

"I got to talk to people



Junior Alex Marinescu reading aloud at OBOA a la Mode

Photo contributed by Vicki Hulse

event went really well; everyone who attended was very relaxed and able to participate in meaningful discussions that went beyond the surface of the book."

"We'd love to continue this in some form for next year, and we hope to see more parents then," she added. "The free ice cream was also a benefit for everyone attending!"

A main focus of the event was enabling students to hear different

in different grades about the book, especially freshmen which I would have otherwise never gotten the chance to do since I'm a senior and we mostly talk about the summer books in Spartan Seminar and our English classes. Also, who doesn't love free ice cream?" Lee said.

Overall, OBOA à la mode was a valuable experience for everyone involved, and not just because of the free ice cream.

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Welcome to the Sports Section of the *Trident*

by David Sugarmann '20

As the temperature begins to get colder and the leaves begin to fall, students all over Amity are gearing up for the start of an amazing fall sports season. Last year in the fall, there were a lot of highlights.

The most prominent team was girls volleyball, dominating the rest of Connecticut en route to a victory in the Class LL championships. In the upcoming months, we are looking forward to seeing even more Spartan dominance on the fields and in the pool.

While we have had so many incredible athletes go through the Amity system, many of their paths do not stop after they go off to college.

To the contrary, many Amity alumni have continued their athletic careers on the collegiate level. Just last year, six members of our black and gold family committed to compete in college on signing day: Katelyn Blake '19, Michael Shepa '19, Abby Harbinson '19, Diego Rodriguez '19, Madison Smith '19, and Connor Visnic '19.

While this class has only just started their college life, we have a plethora of athletes who have already proven themselves. Patrick Winkel '18, who was drafted by the Yankees in the 31st round of the MLB draft, just finished up a very impressive freshman year for the UConn Huskies, authoring

a .318 batting average and with 38 Runs Batted In. This is just one of many examples of Spartan Athletes after high school.

Just a couple of weeks ago, we all got to hear Olympic athlete Margaux Farrell speak about her journey in the swimming pool. Getting to her level of success did not just happen automatically; it requires consistent hard work day in and day out. But you don't have to make it to the Olympics in order to be "living the dream."

Every athlete that gets to play the sport they love on the college stage is living the dream. An easy path to compete at such a high level does not exist. The only way to get there is to put in the work.

This year, the Sports Section of The Trident will be running the monthly column "Where Are They Now?" For this column, Amity graduates who are currently participating in Varsity athletics in college will be interviewed and profiled.

The goal of this column is not only to praise the athletes who made it, but to also inspire current Amity students to pursue their dreams. Amity Regional High School is not just a place that we go to school; it is where we are prepared for success.

So even though these athletes are no longer in the confines of Newton Road, this column will give them the credit and recognition they deserve.

by Evan Arovos '20

Last year, the Boys Cross Country team had a spectacular regular season with a record of 10-1. The only loss came in an away meet to a very strong Xavier team.

In the postseason meets, the team finished 4th place at SCC's, 10th place at Class LL, and 14th place at the State Open.

Unfortunately, the team heads into this upcoming season without their best runner from last year, Connor Visnic '19.

However, this loss will not deter the team from having a successful season out on the course. The loss to Xavier from last year still stings, so the team has set a goal to go undefeated during the regular season. This task will prove no easy feat.

In addition to topping Xavier, Amity knows that they will have to beat a solid Cheshire team in order to achieve perfection. Cheshire has some fast runners at the top of their team, but Amity feels confident that they will be able to defeat them.

A big part of success in Cross Country requires an internal desire to win, and when the time comes, the Spartans will do whatever they need in order to be victorious.

Another thing that makes this team special is the camaradery displayed throughout the summer. Every weekday at 5:30, an optional Captains practice is held for anyone who can make it.

These practices give the incoming Freshmen a chance to get to know the

team, and it gives the upperclassmen an opportunity to improve alongside their teammates.

Additionally, eleven members of the Boys Cross Country team went to the Berkshire Running Camp for a week in August. This camp is designed to help improve runners' endurance, race

helpful and showed the potential of this team. He said that, "While we do not have any exceptional athletes this year, we have a strong varsity core.

If we can work together in meets this season, I believe we have the ability to go very far this season." This is a great mentality to have.



Amity's Cross Country team poses for a photo at the Berkshire Running Camp

Photo contributed by Matt Floyd '20

strategies, and fitness. The fact that so many Amity XC members showed up proves the dedication that this team has to the sport.

Throughout the year, Amity runners have practiced for the start of the new season. They were able to showcase their talents during the Danbury time trial 3k at the end of August.

This meet was not scored so the team could focus on finding their racing form once again. Senior Nick Ricciardi '20, believed that this preseason meet was very

The team acknowledges that the cards are stacked against them, but they are ready for the fight. Runners that will be critical to the team's success this year are Matthew Floyd '20, John Dill '20, and Alex Zavatkay '21.

On September 10, the team opened its season against Sheehan, Fairfield Prep, and Hamden, sweeping each teams to move to a 3-0 record.

The team will host its home opener at Fitzgerald Field on September 24 against Wilbur Cross.



Amity Signing Day for the Class of 2019
Photo contributed by Jared Beltz '19

Boys Cross Country Ready to Hit the Ground Running

Player Spotlight:

Audrey Marin '22 & Tess Csejka '20



Check out their full articles on gametimect.com!

Photos from gametimect.com

Girls Volleyball Ready to Follow Last Year's Success

by Benjamin Martin '21

Coming off of a state tournament title, the Amity Girls volleyball team is ready to dominate on the court and continue their momentum from last season. This will be a tall task after losing five seniors from last

Pitter believes that they can do this "by playing with passion and love for the sport."

Heart, passion, and swagger are three essential parts of team chemistry and any athletes' drive. This fall, the team is being led by captains Lauren Campos '20 and Megan Carpenter '20.

These captains and

team puts in the most work, they have been striving for these goals all throughout the summer. Pitter said that many players play in travel leagues, and the team had a summer camp at Amity.

One example of utilizing these summer leagues is seen in volleyball starter Zoe DiZenzo '21. DiZenzo played on a travel team based out of Windsor Connecticut throughout the spring and summer, where she ended up competing in the AAU (amateur athletic union) national championships.

When asked her about her experience with this team, she said, "I think it was a great experience, and I learned so much from playing with girls from all over Massachusetts and Connecticut. Playing at a national level challenged me and made me improve."

Looking towards the regular season, the team has a packed schedule including a game on September 19th, which Pitter stated, "will be the toughest game of the year," against their longtime rival, Cheshire.

The two teams met last year in the SCC tournament finals where Cheshire came out on top, so it will be interesting to see if the girls can redeem themselves.

The team opens their

Seth Davis, the head

year's team, including Abby Harbinson '19, who is now playing at Rollins College on a scholarship.

When Varsity starter Sydney Pitter '21 was asked what the plan was to overcome the loss of all these seniors, she said that "preparing new people is the most important way for that to happen."

For any team at any level, it is always a challenge to perform well after losing players. The ability to adjust to this and still compete at a high level is the true indicator of how good a team is.

Along with losing players, the team will encounter other obstacles throughout the season, and they are ready to overcome these roadblocks. One of these obstacles is the very high expectations that have been placed on this team.

Because they won the Class LL state tournament last year, there is a lot more pressure for them to succeed in the upcoming year.

Despite the added pressure, starter Sydney Pitter '21 said, "The team can still improve."

coach for the Girls Volleyball squad, have big goals for the upcoming 2019-2020 season.

Because success is often determined by which

season at home against Hamden today, Friday, September 13th.

So be sure to come out and support the Amity Varsity Girls Volleyball team.



Amity Girls Volleyball players at their recent carwash

Photo contributed by Megan Carpenter '20



Amity Girls Volleyball Players Haile Ebert '20 and Lauren Walsh '20 advertising their recent carwash

Photo contributed by Megan Carpenter '20

Football Tackles the Road Ahead

by Elliott Wyndorf '20

The Amity Football Team looks to get off to a hot start next week on Friday as the Spartans take on Harding.

The road to success will not be easy. For the past two years, Amity's offense has been headed by James Laubstein '21. But now that he is at

to-week plans, we will be very successful." Football requires so much communication, so this mindset will definitely prove to be helpful.

When Sachs was asked what his favorite part of being on the team, he provided more proof that Amity Football is more than just a sport.

"Being able to go into battle seeking victory



Amity's Sam Sachs drives down the field during a 2018 game

Photo from gametimect.com

Hamden Hall, the role of Quarterback will be occupied by someone else. While many teams may back away from tough obstacles, the Amity football team is no ordinary team. They play best when people start to count them out, and they thrive under pressure.

Finishing the 5-5 last season, the Spartans are looking to improve this year.

"The team is hoping for a playoff appearance," said John Healy '20. "The ultimate goal is to change the culture and how football is looked at at Amity."

That seems to be happening so far, as the team has been working hard all summer to make sure the culture is perceived in a fresh new kind of way. Winning is important for the Spartans, but so is their mission of changing the culture of how they're viewed here at Amity.

Sam Sachs '20 has a very similar outlook on the season. When asked what the most essential factor is for the team to improve, he stressed the importance of what happens off the field.

He said, "As long as we stay true to our teammates, coaches, and week-

with your brothers every Friday night is a feeling that cannot be captured in words. Amity football is about carrying on the tradition of those before you and carving the path for those who will come after." These ideas of comradery and legacy show just how powerful this group really is.

One thing that has surrounded Amity football for years is the debate on whether or not the Bethany-Orange-Woodbridge community should fund a turf field. In 2013, BOW voted on it, and 644 voted in favor of a turf field, but 1,159 voted against it, so the motion was struck down (New Haven Register, 2013).

Currently, the Board of Education is preparing to send the motion to referendum once again. The proposed plan includes divided use for all field teams and a greater allowance for community use.

As Sachs explains, however, the team has "been focusing so much on this year that we haven't looked at the plans too closely."

So while they would be happy with the new turf field, their top priority is to work hard, win games, and have fun.

Trident Editors Offer Advice on How to Have Your Best Year Yet!



Ryan Anastasio '20
Editor-In-Chief, News & Opinions

The number one thing you need for a good school year is organization. It is very important to keep all of your notebooks and binders organized so when you need something you can find it. It is also vital that you write your homework down in an agenda pad. It is easy to lose track of your assignments, but if you write them down that will never happen.



Sophia Wang '20
Editor-In-Chief, Features

My best advice is to constantly push yourself to strive for better, but to still keep in mind your strengths. Most of the time, when you think you've reached a limit or you're done, you're only forty percent done. There's so much hidden potential. Also, don't stress too much; if you've tried your best, you've tried your best.



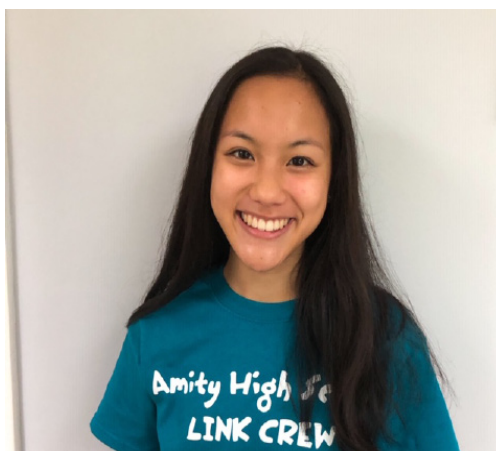
Ella Marin '20
Editor-In-Chief, Sports & Arts

A positive attitude is critical to have a good year. If you can find something that you are excited about in each one of your classes, you will enjoy school much more and will be motivated to do work! When things get tough, remind yourself that nothing is permanent and spend time thinking about the good in your life.



Allison Su '21
Co-Features Editor

To have a good school year, you should get to know as many people as you can! Make sure you have a good relationship with your teachers and other students. Talk to your counselor. Join sports and clubs, so you can meet people you wouldn't be able to see during the school day. Don't be afraid to try out new things-if you don't like it, you don't have to stick with it, but if you do, you won't regret it!



Caroline Chen '21
Co-News Editor

The key to having a good school year is remembering to keep things in perspective. There's going to be a lot of work, and sometimes a lot of stress. In the end, everything will work out as long as you try your best. Also, don't overload yourself with school work! High school is a time to try something new, so take advantage of the extracurriculars our school offers to find what you're passionate about!



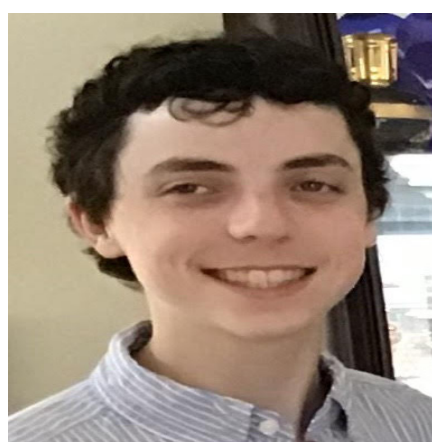
Zachary Garfinkle '22
Opinions Editor

Time management is everything in high school. It helps you get more sleep, reduce stress, and get better grades. Agendas are extremely useful for keeping track of assignments. If you lose your agenda, there is a plethora of good apps that do the same thing. It can be hard to adjust to a high school workload, but with good habits, staying on top of work can be a cinch.



Sydney Reiner '20
Co-Features Editor

There is strength in being true to yourself, regardless of others' opinions, or your expectations of who you think you should be. Members of our community can embrace their true selves by exploring their interests and passions. Join clubs, find new interests, and work hard at the things that make you happy. Make the 2019-2020 school year the year you "be true, be you."



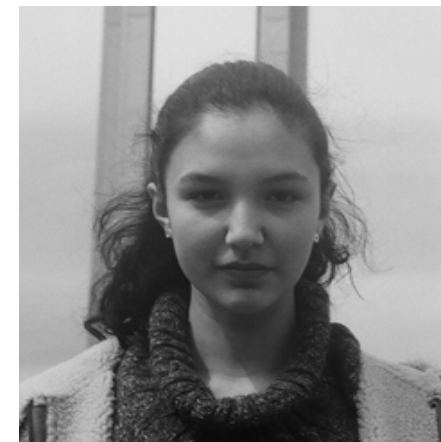
David Sugarmann '20
Sports Editor

I like to think of each new school year as a blank slate. Every June, I think back to the past school year, and there are always things I am happy about, and things I wished had gone differently. So right now, when we're just getting back into the swing of things, it is a great opportunity to continue the things you like, and make changes about the things you don't like.



Tracy Lu '20
Co-News Editor

My biggest tip for having a good school year is to find outside activities that are interesting and exciting. While striving to earn high grades and learning class material is important, the day becomes much more dynamic when there is something after school to look forward to. I think that spending time with like-minded people during extracurriculars is a great way to meet new friends and form strong bonds.



Kayla Morgan '20
Arts Editor

School is better when you have people to share your experiences with and it's even better when everyone has different experiences. If you try clubs and classes that you never thought that you would be interested in, you could either find a new interest or you could solidify your ideas. Do not come into high school thinking you know everything you like.