

# THE AMITY TRIDENT

LXXVI-No. 1 Amity Regional High School Woodbridge, CT 06525 September 16, 2022

## Amity Welcomes New Principal Andre Hauser

by Anchal Bahel '23 and Andie Napolitano '24

The 2022-2023 school year marks a new beginning for the Amity community. Along with being the first year without Covid-19 restrictions since 2018-2019, this school year is the first for Amity's new principal Andre Hauser.

Prior to joining Amity Regional High School, Mr. Hauser was a high school principal for 12 years in Waterford, along with being an assistant principal, English department chair, and teacher. Not only has he been an educator in the state of Connecticut, but he also worked as an English teacher in Massachusetts. Before entering education, he was a journalist in North Carolina early in his career.

Mr. Hauser has a lot of goals to tackle this year, many of which revolve around getting to know the community as a whole. When asked what the students can do to help him get acclimated to Amity, he said, "I really appreciate

when students take the time to say good morning and tell me their name and something they're looking forward to."

Since learning the names of many students is a complex undertaking, introducing yourself makes Mr. Hauser's goal of getting to know the Amity student body easier.

In his short time at Amity, the new principal has an appreciation for our community. He said, "I love watching all the students go out and socialize in the senior courtyard. I think it's really nice how we have this centralized place for students to come together."

While Mr. Hauser has a long list of goals for his first year at Amity, he shared his most important one with all of the classes on the first day of school, saying, "I want everyone to have something that they are looking forward to every day when they come to school. It could be a class, teacher, club, sport - anything that makes them excited to come to school in the morning."

Outside of being a principal, Mr. Hauser enjoys spending time with his two sons and four dogs, including a labrador retriever, bulldog, shih tzu, and havanese. All his dogs are rescue dogs, as his wife works as a veterinary surgical technician.

The Trident staff extends a warm welcome to Mr. Hauser!

*"I really appreciate when students take the time to say good morning and tell me their name."*



Photo by Anchal Bahel '23  
Amity High School principal Andre Hauser

## Let's Kick Off a New School Year

by Alice Xu '24

The new school year opened on Monday, August 29. Students walked through periods one through four of an A day schedule, meeting their teachers and greeting new and old classmates. Each class also met with administration in the Brady Center for a class meeting.

They were introduced to a few changes which would be implemented this school year, including a new attendance policy, new uses for Swipe, and for underclassmen, a gradual shift towards using Schoology over Google Classroom.

In addition, students met with their Spartan Seminar groups at various times throughout the day to receive their computers for the year, participate in an OBOA activity, and review safety and security protocol.

Annie Zhan '23 appreciated the variety of these first two days, saying, "I liked how we were able to meet our teachers in the first days of school, rather than just

attending Spartan Seminar." The day ended at 12:12, allowing students to ease into the school year and find their footing once more. Scarlett Zhai '25 found that "having the first two days of school as half-days was really helpful because it was



Photo by Trident staff  
Students cheer during the pep rally.

less overwhelming and allowed you to take everything in slower."

To complete their first semester schedule walk-through, students met with

periods five through eight of a D day schedule on Tuesday, August 30.

In accordance with the safety and security review from the day prior, students were dismissed by Spartan Seminar to practice an evacuation drill. Following the

regrouping at the reunification site (the stadium), students transitioned into a beginning of the school year pep rally.

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## Link Crews Helps Initiate the Class of 2026

by Alice Xu '24

Link Crew welcomed the class of 2026 to Amity High School on Friday, August 26th. Ninth grade orientation, hosted by a group of dedicated teachers and upperclassmen, is an exciting tradition consisting of numerous activities, tours, and a cookout.

Link Crew Leaders and coordinators work hard to create a welcoming experience for the new class. They prepare these students by helping them to get to know one another, to learn their way around the school, and to understand the general expectations of high school.

Link Crew Coordinator Tasia Kimball said, "Ultimately, Link Crew is designed to welcome 9th graders to Amity and make them feel comfortable embarking on their first year. Creating a welcoming environment for all students is an integral part of Amity culture since the transition for our 9th graders is always new and scary."

Every 9th grader began the day together in the gym taking part in ice breaker activities led by the Link Crew coordinators.

Cora Doucette '26 said, "My favorite part of orientation was when

we organized ourselves by birthday order without talking."

Activities such as the birthday order challenge are aimed towards getting the incoming class through their first challenges in high school together. Doucette also notes that the Link Leaders were "enthusiastic and cheerful."

After the activities and warm welcomes, freshmen were split into 36 groups with their Link Leaders and continued more icebreaker activities in their respective rooms.

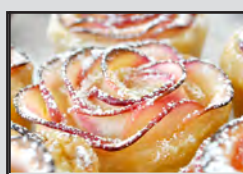
From there, groups participated in more team building activities, get-to-know-you

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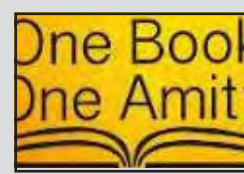
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## ARHS Certified as “No Place For Hate”

by Emily Gu '24

Last year, Amity Regional High School formed its first No Place For Hate committee with the hopes to join the nationwide education program to make schools a space where “hate” has no place to stay. No Place For Hate aims to promote inclusivity, respect, and equity, especially within the school environment.

The founding student committee, alongside Associate Principal Miguel Pickering and history teacher Lisa Zaleski, organized the first three No Place For Hate events in order to solidify Amity’s certification.

The first event was an introductory seminar held during Day of Dialogue as one of the

workshops in which Zaleski gave a presentation describing No Place For Hate and what



Photo from [noplacforhate.org](http://noplacforhate.org)

impact it will have on the school in the future.

The second event was a school-wide signing of the No

Place For Hate Pledge during Spartan Seminar. The majority of the student body made the choice to uphold the Pledge and sign their name.

The third event was an assembly held about microaggressions for the Class of 2025. In hosting all three events and signing the Pledge, Amity fulfilled all the requirements needed to earn its certification by No Place For Hate.

Pickering, the committee’s administrative advisor, said, “Look forward to seeing more applications for No Place For Hate in your mailboxes!”

He and the rest of the committee are looking forward to holding more events to promote the goals of the movement throughout this school year and many more to come.

## Principal’s Committee Column

by Hannah Chen

On September 2nd, a group of roughly 20 Student Government Representatives met with Amity’s new principal Mr. Hauser in the district presentation room. Mr. Hauser introduced himself and was tasked with answering questions from these 20 students on behalf of the student body. Called Principal’s Committee, this group will meet every other week to discuss varying topics with Mr. Hauser to represent the voices of Amity students.

When asked what were his major plans for the school, Hauser shared the sentiment that Amity is a great school already and he will take a listening position for now and wait for more feedback before making any major changes.

Committee members are currently sophomore, junior, and senior representatives from student government, and freshmen

representatives plan to join after their class elections later this month. This committee is chaired by Anchal Bahel ‘23 and Aarushi Trivedi ‘24. These members and chairs act as the liaison between their class and our principal.

The agenda for the first meeting consisted of happenings from the first week of school such as school safety procedures, attendance policy, and spartan seminar feedback.

Mr. Hauser was open to listening to feedback from the members and provided context and explanations for changes that sparked much confusion throughout the student body, such as the new attendance policy.

Mr. Hauser also made it clear that he is open to all comments, questions, and suggestions from students. The committee is ready to embark on this new school year together with open communication and active brainstorming to ensure a great year for all.

## New Year, New Teachers, and New Positions

by Sarah Shaikh '25

This school year has started with some new faces in the Amity building.

There was an abundance of staffing changes that occurred over the summer, including promotions for existing staff members and the addition of many new staff members.

Amity’s newest staff members come from many departments, including Jennifer Berkowitz, Elizabeth Scheller, Melanie Jaramillo, and Alyssa Kopjanski from the pupil services department, as well as school psychologist Rebecca Rivera. Our new teachers include Mary Leapley in Math, Theresa Biagiarelli in World Language, Bridget O’Neill in History, Richard Bright in English, and Nora Crann in PE.

Mary Leapley is the newest addition to the math department and will be teaching Algebra and Geometry. She has been teaching for 15 years and has taught in West Haven and North Branford. Spanish teacher Theresa Biagiarelli is a new face in the World Language Department this year. Prior to Amity she taught in Guilford for 10 years. She said, “I have had a great experience with the World Language department and students so far. I am also very thankful to the kind teachers and security who helped her during the first week of school.”

Rivera, a new school psychologist, said, “I am excited to meet the students that I will be working with this year.” She has also taught at New Fairfield High School.

Unlike other new teachers this school year, Mr. Richard Bright is returning to Amity after having worked here years ago. He said, “While I have been away from teaching for a while, it has always been something that I knew I would return to

someday. The fact that I get to come back to Amity is the icing on this cake. I have always loved this school community. It is an honor to be here.”

Many faculty members transitioned into new roles over the summer. Former English teacher Ken Clark became the library media coordinator this year. Other teachers who transitioned to new positions are Peter Downhour, Seth Davis and Feng Xia. While Mr. Downhour still teaches in the History department, he is now also the DEI (diversity, equity and inclusion) instructional coach. This position allows him to meet specific goals and provide support to faculty and students.

Similarly, Davis has stepped into a new role in the technology department. Additionally, Feng Xia is a Chinese teacher at Amity who was recently promoted to Department Chair of the



Photo by Trident staff

English teacher Rich Bright talks with his sophomore class

World Language Department.

All faculty and staff are thrilled to be starting their new positions this school year. Associate Principal Miguel Pickering said, “The teachers are moving and fitting into their departments nicely.”

## Let’s Kick Off a New School Year

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The various activities were led by Francis Cavallaro ‘23, student body president, and Hannah Chen ‘23, student body vice president. Senior class president Anchal Bahel ‘23, junior class president Benjamin Aviad ‘24, and sophomore class president Yunah Kim ‘25 were also present to answer questions and teach their best dance moves to Principal Andre Hauser.

The entire school had the opportunity to become involved when the next activity was announced: beach ball soccer. Class presidents chose eight volunteers from each class to play for the chance to become the school-wide champions.

The first match featured 9th graders against 12th graders, which ended in a run with the ball that may

not have been allowed by the rule book, but gave the 12th graders a win.

The second match introduced two new opponents, 10th graders and 11th graders, to compete for the chance to play against the 12th graders. The 10th graders ultimately won this game, though the championship game was won by the 12th grade team, earning eruptive cheers from the senior class.

The pep rally concluded with a game of human wheelbarrow where the 11th grade class was able to redeem themselves with a win.

Reflecting on the event, Suhail Irshad ‘24, “I think the pep rally united the Amity school community in such a way as to prepare for an amazing school year.”

With the feeling of excitement, students headed back to be dismissed, ready for the school year to come and their first full day of school on Wednesday.

## Link Crew Helps Initiate the Class of 2026

Continued from page 1

games and have a tour with their Link Leaders to gauge the general layout of Amity and ease the anxiety of navigating the building and bell schedule once classes start.

Akshay Bulsara ‘26 said, “All the activities kept me very engaged and it was an overall great experience”.

To prepare for orientation, Amity’s 70 Link Leaders spent part of their last week of summer preparing for orientation. This included learning how to run activities, give tours, and be as helpful as possible for the incoming class.

They were led by the five coordinators Jeni Bonaldo, Marian Boyns, Wendy Carrafiello, Scott DeMeo, and Tasia Kimball.

Link Leader Justin Palmer ‘24 said, “The training was very well planned and it helped me learn exactly what was expected of me as a Link Leader!”

For Link Crew coordinators, leaders, and the class of 2026, 9th grade orientation was a great success. Excitement was in the air from all perspectives.

Link Leaders and coordinators were excited to be the first to welcome the incoming class and the Class of 2026 was excited to start their new journey through Amity High School.

As the beginning of this academic year starts, Amity High School is excited to welcome the new class and for the fantastic school year to come.

Welcome Class of 2026!

**See page 12 for photos of the Pep Rally!**



# The Beauty of Routine

by **Rose Megyola '24**

What is the beauty of routine?

Do you go home, lay in bed, and scroll on your phone immediately after finishing a long day of school?

If so, you should probably continue reading. Because when you procrastinate, you're letting deadlines creep up. You're putting off practice. You're letting life pass you by. Why watch others self-sabotage when you can too?

Maybe to some extent, you're able to recognize the beauty of routine. It's a characteristic of discipline, and it can change your life if implemented properly. We've all had moments where we fail at something miserably, or just slightly, and think to ourselves, "Next time is going to be different. This will never happen again. She gave us a month for this project and I got it done in, what, god-speed?"

In those moments, you were banging your head against a wall for shameful quality and effort, and I was

banging my head for you.

If you're reading this and arguing, "Oh, that person isn't me", you might want to reconsider. There are more ways to procrastinate than simply the one everyone admonishes. Someone may be a bonafide go-getter, one who completes tasks almost obsessively. Is that healthy? Were you procrastinating those breaks that you so well deserve?

If so, denying yourself the time to decompress and recuperate your mind is harmful, and I am sure the last thing you want is to burn out. The last thing I want for you is to break down in class after receiving less than an A. I've seen the academic waterworks with my very own eyes, and they aren't pretty. But don't worry up a flurry; you can totally pick up better habits!

However, you should keep in mind that a perfect routine will not establish itself overnight. Rather, effective routines come slowly. And you'll probably only love it if you put in the time to see what works best for you.

Some people might function better waking up at 5:30, and others might operate more

efficiently by waking up at 5:29.

Whatever strikes your fancy, do it. For me, an enjoyable routine isn't going home and grinding out homework with no breaks. When I get home, it looks more like thirty minutes on, ten minutes off.

I stay consistent with my routine because it gives me the same feeling as listening to my favorite music on the bus every morning and finishing a long run. I do it for the stress-free time I get to spend with my loved ones. For the comfort that I feel knowing that I am taking care of my future self.

It might seem acceptable to avoid implementing a more organized routine now since we're all still easing into school, but I know that thinking about something gets less done than actually doing it.

If right now you see the tradeoff of hard work for success as too much to handle, ignore those thoughts and pay attention to how you feel after a job well done - a feeling one can only achieve with a structured routine.

It's beautiful, isn't it?

## A Senior's Point of View on His Last Year at Amity

by **Michael Perrone '23**

Everybody has a picture that comes to mind when asked to think about their senior year of high school. For some, images of jubilant friends eager to begin a new phase in their lives spring to the top of their minds.

For others though, horrid flashbacks consisting of an abundance of schoolwork, and feelings of dread while desperately awaiting a response from their top college choice burst forth.

As of now, due to the fact that, at the time of writing this article, I've been a senior for approximately two days, I can't identify with one of these aforementioned sides; I can see my senior year being filled with joyous, soon-to-be-nostalgic memories of good friends, but I can also envision ridiculously stressful waiting periods in which my life is in the hands of a group of admissions officers.

It's a time that I imagine won't be represented as much by the musical Grease, which, for those of you who haven't seen it, portrays senior year as a romantic, fun time filled with random dance numbers and a bunch of hair products. Rather, I can see my upcoming year looking something like Dazed and Confused, which, on the surface, is a dumb teen movie filled with raucous behavior and partying. But at its core, this movie explores the fundamental changes brought on by getting older, and the dread many face about beginning a new time in their lives.

I know this has been mentioned before, but for my fellow graduating peers and I, this (fingers crossed) will be our first fully normal year of school. It was quite a startling realization for me when I learned this. I've never actually had a full year of normal high school. Freshman year was cut short by the pandemic. Sophomore year, what with its hybrid learning system, was about as confusing and weird as school could possibly get. Junior year started off odd, and ended relatively normal. But senior year will be the first full year that'll be completely normal.

To realize that I've only got one full normal year of high school is to realize that I've got to capitalize on it as much as I possibly can; I feel an obligation of sorts to make this final chapter in my high school career about as memorable as humanly possible. I'm an optimist, so as of now I think that my year's going to be fantastic.

Granted, I also expected 2020 to be a great kickoff to a new decade, so who knows how true this statement will be. But I do know that our predecessors didn't get the opportunity to have a senior year like the one we're expecting, so I feel it's in our best interest to make this the best one yet.

With this in mind, I know there are going to be obstacles my class and I are going to have to face in the upcoming year. While we have regular senior things on our plate, such as college applications, internships, and everything in between, I still sense there's a looming fear that COVID could smash our one normal year to pieces.

Even though I have a lingering sense of dread, I also simultaneously feel that as seniors, a group that was in high school for the beginning of the pandemic and are, hopefully, leaving around the time of its end, we're prepared for any obstacles the world might throw at us. I mean, we lived through every change the school brought about due to the pandemic. If we were able to survive the challenges of the pandemic, I'm confident we'll be able to make it through senior year in one piece.

High school is a time that many have differing opinions about; many think it's the greatest time of their lives, and others feel it's the worst. Our senior class, I'm assuming, is filled with a myriad of opinions regarding their years here.

But there's one thing I feel the entirety of the graduating class has in common: we've all got perseverance and courage. Every student. We've all proven this to be true through our time at Amity. So, no matter how daunting this upcoming school year may look, remember that as a senior, you survived class on Zoom, which means you could survive anything this year may throw at you.

# the TRIDENT

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# A Freshman Perspective on the Upcoming School Year

by Anita Maranets '26

On the faithful morning of August 29, the atmosphere is filled with excitement and rejoicing as people meet their friends again after a long summer. However, for some, basic tasks at school have proven to be particularly difficult. From freshman orientation to the first two weeks of school, it is a struggle to reach the right classes and navigate correctly through the crowded hallways. It is a freshman's fear to walk into the wrong class, be late, and be physically squished in the hallways by "traffic jams" or by seniors twice our size.

And yet, the Amity Link crew saves the day; thanks to our hardworking juniors and seniors that participate in the

link crew program, freshmen have been safely guided to our classes on time.

A new school means new opportunities- ones that freshmen such as myself are excited to explore. There are career fairs, clubs, and various electives to look forward to.

In addition to the thrilling possibilities that are brought on by these new opportunities, many in the freshman class are enthusiastic about the prospect of interacting with an entirely new side of the district. The intermixing of students from AMSO and AMSB is definitely one of the more thrilling aspects of our new environment.

Entering freshman year of high school is a big transition. You'll move to a new

building, take more intense classes, meet new people, and start seriously thinking about your future. Freshman year is the first building block of your success in your high school career. Your first football game, tryouts for sports, and new friends are all a piece of the pie.

As a freshman, it will be hard to manage your time, relinquish friends and friend groups, and move on with life past whatever your freshman year will throw at you. Everyone who attended the American public education system was a freshman once, so know that your experiences aren't new. They just are to you.

Freshman year, as the name suggests, is time for a fresh start. Try out new clubs, new sports, new games, as

well as new friends. You will only be a freshman once, so take advantage! However, not all freshmen are excited. Some of us were told that in highschool we would finally find our group of friends, our highschool family; yet we still wander the halls alone.

Not all people were built to socialize, but don't let that concern become all-consuming. There are more possibilities than a friend group, there are more opportunities in the abyss, and there is someone just like you looking for a friend.

Freshmen are small fish in a big fishbowl, but we all were once. We were kindergartners, we were 1st graders, we were 7th graders, and we are the class of 2026. As freshmen in 2022, we will graduate in 2026, and we

will prevail. We are the future of this school; we are the ones this year that will make it count. We are the building blocks, for whoever you are, you are still part of something bigger and greater that makes up an amazing whole. We stand individually unique, yet united as the class of 2026.

As a freshman, the struggle is real, but so are the excitement and possibilities of high school. I would like to again give a special shout-out to our Amity Link Crew, who made us feel welcome during Freshman orientation by greeting us with cheerleader pom-poms and lively music. That was the welcoming cherry on top for us freshmen and that we will forever keep in our hearts.

Let's Go Class of 2026!



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# Welcome Back



# to School Amity Spartans!



# Welcoming Fall with Cinnamon Apple Roses

by Aachal Gupta '25

Fall is here! The start of transforming colors and cascading leaves. Fall time is like a big hug from nature symbolizing the beginning of the holiday season.

It also brings back the world of apple cider and pumpkin patches and as fall declines the temperature drops meaning tea time will become a lot more frequent! This recipe for apple roses is an activity and tasty treat in one! They are the perfect addition to a warm cup of tea or coffee while sitting near the fireplace. These crispy, cinnamon apple delights will have you reaching for another one after a single bite.

An added bonus is the beauty of the shape of the rose making eating it and sharing with friends all the more special. This minimal ingredient dessert is also perfect for cold days when staying inside is ideal.

Fall is all about spending time with family on chilly days, bonding over a delicious treat ending the day with a messy kitchen but full stomach. To take on these tasty roses, here is the recipe:

## Cinnamon Apple Roses (makes 6 individual roses)

### Ingredients:

Puff pastry sheet (12" x 9")

2 apples (I would recommend a rounder apple like Gala, rather than a tall Red Delicious apple but both work great)

2 tablespoons cinnamon

1 teaspoon pumpkin pie spice (optional)

2 tablespoons lemon juice

1 tablespoon brown sugar

Confectioners sugar, for dusting

### Equipment:

Knife

Bowl

Measuring spoons

Muffin Tray

Rolling Pin

Ruler



Photo from Pepperidge Farm  
**Cinnamon Apple Roses**

First, let puff pastry dough (if frozen) thaw out for 30 minutes. While thawing, wash, core and cut the apples in half. Once in halves, cut apples into extremely thin, paper-like slices. Immediately after sliced, submerge them in a bowl with a mixture of water and 2 tablespoons of lemon juice. The acidity of the lemon juice will help the apples from browning.

Next, microwave the bowl with apple slices for 2 minutes, making sure once out of the microwave they can bend slightly. If apple slices cannot bend, microwave in 30 second increments until they start to become more flexible. Flour down a surface and lay out the thawed puff pastry sheet. If need be, roll out into a 12" x 9" sheet. Using a ruler, you can estimate six 2 inch marks. At the marks, make 6 cuts all the way down the pastry sheet, until you are left with 6 strips of dough. Next, lay out your dough horizontally to you and brush on a mixture of 2 tablespoons of cinnamon, 1 teaspoon of pumpkin pie spice, and enough water until thick, spreadable paste is made.

After brushing it on the strip, add your apple slices to the sheet, making sure they all face the same direction. While doing this step, make sure you leave a little bit of room at the bottom of each apple slice, so you can fold the rest of the dough over the bottom of the apple slices. Fold the dough over the bottom of the apple slices, then start from one end and carefully roll up into a cinnamon bun shape.

Once assembled, spray muffin tin with oil and add each rose to the tray. Finally, top each rose with 1/2 teaspoon of brown sugar before baking in the oven for 35-40 minutes. Keep an eye on the oven, and around the 25 minute mark, make sure the tops of the roses are not burning. If they are burning, carefully cover the pans in foil, making sure to not destroy the shape of the rose. Once the dough is fully baked, cool and dust with some confectioner's sugar. Store them in an air-tight container until ready to eat!

Now that fall is finally here, remember to take a minute to enjoy the beautiful colors outside and embrace the fall festivities!

# Easing In with Back to School Tips

by Grace Cavallaro '24

We're now well into September, and teachers are starting to get into material. The band aid of the first few weeks has been ripped off, and suddenly, it is starting to feel like school again. The same anxiety returns for some, but for the freshman and newer students, the stresses of school seem more difficult in their unfamiliarity. High school is hard, especially when you have yet to experience the tests, exams, and late nights of homework and studying. Here are some helpful tips that might make the transition a little easier.

First, do not be afraid to make strong relationships with teachers. Teachers are there to help you, so do not be afraid to participate in class and ask for help when you need it. When you actively participate in class, you end up understanding the material better because you are able to work out everything you are confused about the first time, instead of the night before the test. Also, it is super important to go to your teachers for help when you need it.

Most teachers are willing to stay after school with you or meet with you during a study hall or SSP. If you are ever just a little bit confused in a class, make an appointment to see your teacher after class. It's one thing to miss a small detail, but if you are confused, go to your teacher and figure it out before it piles up.

For example, if there's a basic math concept that you do not understand, the teacher will move on to build on that concept, making you even more confused. Speaking from experience, do not wait until after you get an awful grade on a test to ask a teacher for help. Again, teachers want to help you, so ask when you need it.

Another important tip is to keep yourself organized. It is really easy to miss something if you do not write it down.

Once again, speaking from experience, it is not a good idea to go a whole year without an assignment pad or planner. That is like a year going blind. Do yourself a favor and stop by a local store to pick up a planner.

Sometimes, the physical act of writing down what you need to do makes it a lot easier to remember. Also, having everything down in a list can lessen your anxiety because it is all accounted for, not just jumbling around in

your head.

While the planner does help you plan ahead, it also helps to keep you in just the week or just the day. It's often important to stay in the moment with school, because if you are looking too far ahead, you might miss some of the small tasks you need to complete. Overall, the planner is definitely a good investment.

Finally, the most important thing to remember is that while school is a top priority, your health is more important. It's one thing to manage a stressful schedule and get through it, but it is another thing entirely to sacrifice your mental health and all of your sanity just to carry a schedule that isn't meant for you.

Do not be afraid to use your resources to get help in a class, or go to your counselor if you really need to drop levels. If it really is a problem, your counselor will have a solution for you. Also, with good health comes good sleep! If you aren't getting at least six hours of sleep each night (ideally it should be eight, but sometimes it is hard to get that in with schoolwork and other activities), then try to better manage your time to fit that sleep in.

It may seem like if you don't finish this work or study hard tonight, your grade will plummet, but getting enough sleep will better prepare you for tomorrow's test than any amount of studying. An important part of that is prioritizing work. Always choose to work on the tasks that are due soonest, but remember to set aside time to work on those longer-term tasks, such as a big essay due in a few weeks or that test coming up.

Focus on the short term work, but be sure

that you spread apart the time for the long term work so that you do not need to rush at the last minute. Organizing your time will make the work less stressful, it will give you more time for sleep, and it will make the workload seem more manageable.



Photo courtesy of The New York Times  
**Examples of planners to help you organize**

High school is hard. There is no way around that. However, with some helpful tips, a little motivation, and some extra time to relax, the year will go by smoothly.

Remember, as important as it is to take the hardest classes you can and work hard in school, it is also important to get involved with clubs and sports that can keep you engaged in the community and help ease some of the school anxiety. Don't worry. You've got this!

## Welcome Back!

# A Summer of Reward and Responsibility

by Bridget Lowder '24

Over the past summer, lots of upper-classmen have taken on summer jobs at a number of different places of employment. While some have turned to restaurants, ice cream shops, and clothing stores, lifeguarding has become an increasingly appealing option for many.

Perhaps one of the most popular workplaces is the Woodbridge Club, located just five minutes away from Amity Regional High School. In fact, out of the 27 guards on staff, 23 are either current Amity students or alumni.

Although the certification course may seem daunting, those interested in becoming lifeguards should not let the training process deter them. When asked about her experience becoming certified, Caitlyn Smith '23 said, "The certification process was pretty straightforward for me and they went a lot more in-depth with the CPR training than you would when learning it from a babysitting

course". The American Red Cross lifeguard training includes both testing of hands-on skills as well as a written test.

The prerequisites are that you have to be at least 15 years old and able to pass a swimming skills test prior to taking the course (this test includes a 300-yard swim, a 2-minute tread using legs only, and the ability to retrieve a 10-lb dive weight from 7 feet deep and carry it back). Once you have successfully completed the course, you receive a Lifeguarding/First Aid/CPR/AED certification, which is valid for two years before it needs to be renewed.

As a lifeguard, people look up to both in the figurative and literal sense. From your perch on the lifeguard chair, you have a great view of the pool, and everyone is grateful that you are there to keep them safe. While being a lifeguard comes with a lot of responsibility and pressure at times, it is a very fulfilling summer job because of how much you can help others. You gain valuable experience

and can build your resume with a job that gives you better leadership, communication, and people skills.

On top of all that, you also have the chance to spend a lot of time outdoors in the summer. The fact that you can get a tan while also being on duty is a major perk for Allen Liu '23 who said, "I really like getting paid to sit in the sun".

You also have the opportunity to teach kids how to swim at the Woodbridge Club if you are qualified and choose to do so. Whether you are teaching a toddler how to blow bubbles and kick for the first time, or instructing an older kid on how to do the proper strokes, teaching swim lessons can be a very rewarding experience.

This was definitely the case for Fiona Jaimes '23 who said, "It was really great to see the little girls I was teaching progress over time". For several of the lifeguards at the Woodbridge Club, they taught the same kids regularly over the course of the summer

and were able to help them improve their swimming skills exponentially.

While it may not be the summer gig for everyone, being a lifeguard is a pretty sweet deal for those who are excited and up for the challenge. If you think you might be interested definitely do not hesitate to look into becoming certified!



Photo courtesy of Bridget Lowder '24  
**Woodbridge Pool Club**



# BACK TO SCHOOL

Take a look at who  
excited about for

Ava Woolbridge '24

"I'm excited to finally have a normal school year after three hard years through Covid. I'm excited to finally be able to establish real relationships with people, not limited by masks or certain distances, and finally gaining a true high school experience!"

Samantha Crisculo '23

"One thing I'm excited for is really having the first normal year of high school and also going on senior internship and to the school dances."

Mrs. Lambrecht

"I'm most excited for my classroom to feel like a community where we all really know each other."

Adrian Koola '26

"I'm excited for club day and seeing/hearing all the interesting presentations!"

Avani Kulkarni '24

"I'm excited for pep rallies and games being open to all. Also, no more lunch table restrictions means you can sit with all of your friends!"

Anton Rathjens '24

"I'm excited for creative writing club!"



# OL EXCITEMENT

at everyone is most  
this school year!

Mr. Pickering

"I'm excited for a normal school year where I can see and talk to kids and have that real social interaction with them again!"

Sofia Silva Rodriguez '24

"I'm excited to finally go to sports games without wearing a mask."

Henry Atwood '23

"I'm happy I have study hall period 8 because I get to leave early and I'm excited for swim season!"

Alex Cuzio '25

"I'm most looking forward to being able to have a real conversation with people. We spent so much time conversing through masks, but now we are able to read expressions and have true social interaction."

Suhail Irshad '24

"I'm excited for Homecoming and sports events!"

Mrs. Piscitelli

"I'm excited that we're ramping right back into it this year with a smoother start after getting the ball rolling again last year!"

Evelyn Alfaro '24

"I'm excited for more school events and really getting to bond with my peers more."



# Jamie Hulley Arts Foundation Celebrates 20 Years of Opportunity in the Arts

by Nina Carmeli '23

On Saturday, September 10th, students who are part of the Amity Creative Theater program were invited to attend the Jamie Hulley Arts Foundation Evening for the

Arts, celebrating 20 years of opportunity in the arts.

The Jamie Hulley Arts Foundation, a non-profit organization that has given all three Amity schools a tremendous amount of support and funding for the arts departments over the years, began after the passing of Jamie Hulley, an Orange resident, due to lymphoma, in 2002.

The foundation's goal is to provide opportunities for young artists and early career professionals to expand their artistic talent and pursue their dreams. Since the foundation's creation that same year, over \$1 million has been awarded, impacting the lives of thousands of young people in the area each year.

The night's activities included a performance of "OH WHAT A NIGHT! A Musical Tribute to Frankie Valli & The Four Seasons," hosted by Fairfield University's Quick Center for the Arts. In addition, a reception was held with a raffle, desserts, and refreshments.

To kick off the night, members of Amity Creative Theater sang an opening number for the gala. Grace Mahon '23, a member of ACT, explained, "It was very fun to be able to perform and represent Amity at such a meaningful event! ACT had a blast singing and volunteering for the Jamie Hulley Foundation."

Another ACT member, Annika Lyngdal '23, said, "Overall it was an incredible night. The Jamie Hulley gala creates a positive environment where everyone shows appreciation and passion for the arts."

"We ACT members were thrilled to open up the gala with the song titled 'Our Time' written by Stephen Sondheim. It was also nice to see Amity alumni and other organizations perform," she added.

The gala event, in cooperation with ACT, brought together talented individuals for a charitable and heartwarming cause. The Amity Arts department is continuously grateful for the support that the Jamie Hulley Foundation shows towards the phenomenal productions and adept students.



Photo contributed by Annika Lyngdal '23  
Jamie Hulley Arts Foundation Evening for the Arts

## One Book One Amity Launches "Going Global" Theme

by Aachal Gupta '25

The summer of 2022's OBOA (One Book One Amity) theme was all about travel. It was an anthem that encompassed learning about different traditions and culture through

your summer reading book. The OBOA committee chose this theme so that we could move forwards together to further our knowledge of countries around the world. Many students loved the theme while others had some differing thoughts.

Aarushi Trivedi '23 said, "I really loved this year's theme! As someone who loves learning about different places and cultures, this was the perfect opportunity for me to pick up a good book and learn about a whole new culture with different traditions, perspectives, and people!"

In her comment, she encompassed what OBOA's goal was for the student body.

However some others, like Cathy Lee '25, said simply, "It's overdone."

In her statement, she explained that the theme, although an interesting one, has been overused in many other fields. She enjoyed her book but hopes for next year to have a more unique theme.

The interpretation of the theme differs from student to student and a big part of OBOA is to get the staff involved along with inviting the new freshmen to get a taste of high school.

Tasia Kimball, an English teacher, mentioned, "It is useful to get multiple perspectives for everyone to read and expand their knowledge about the world."

The staff also read a summer book based on the theme to integrate their knowledge with the students and have something to talk about once back from summer. An important part of summer reading program is merging the freshmen into the mix by giving them the same assignment as the sophomores, juniors, and seniors.

Janet Fan '26 explained her interpretation of the theme when she said, "I think the theme was a great opportunity to learn about different cultures and as a freshman, it was a great first impression of the high school, with the shared theme showing me that Amity is a place where students care about inclusion and building unity in the school."

This perspective showed how important the theme was to freshmen as a first impression of Amity.

OBOA also does more than decide the summer reading theme. The group also plans a Day of Dialogue in the late fall. The Day of Dialogue is where students take part of their day to attend a series of workshops, where they choose to learn more about different traditions, foods and countries.

The varying programs range from culture fairs to workshops about people's endearing journeys after immigrating to America. The Day of Dialogue is a wonderful opportunity to spend a couple periods learning about something you are passionate about, or discovering a new interest.

One Book One Amity is dedicated to helping students learn more through reading and engaging activities.



## National Arts Honor Society Holds Annual Calendar Sale

Amity's chapter of the National Arts Honors Society is selling calendars featuring students' art forms. The National Arts Honor Society has partnered with District Offices since 2005 to create the award-winning district calendar. It gives the NAHS members the opportunity to showcase a selection of their work to a larger audience. Jessica Zamachaj, one of the art teachers explained, "The funds raised from this partnership have helped us create murals for the building, purchase the display equipment we need to showcase our student work throughout the halls, and many other community needs. The NAHS thanks you for your support." Members were present on both back-to-school nights and will continue selling calendars throughout the year for only \$10.00. If you are interested in purchasing a calendar supporting NAHS, please contact art teachers Jessica Zamachaj or Lisa Toto.





# Class of 2023 Pioneers Fundraiser Parking Spaces Show Seniors' Creativity

by Audrey Cummings '23

Before Dr. Mahon left Amity, she hinted at a senior fundraiser that could prove to be extremely successful and introduce the seniors into an exciting final year of high school. Using those words of wisdom, the senior class council organized an interactive and creative event.

Held in late August, prior to the first day of school, many seniors participated in painting their parking spots, bringing friends and family to assist with the process. The parking lot now contains a colorful array of designs as seniors let their creativity shine and brighten up the school grounds.

There were initially two dates designated as painting days, though the first had to be canceled due

to rain, and many people returned to finish their spot paintings even after school had started.

The event was a success, drawing in over 100 seniors to participate in the fundraiser. It cost \$20 to paint your spot, and the senior class government made \$2200 in total.

Afterwards, the students and parents had many positive reactions, including event organizer and senior class president Anchal Bahel '23.

Bahel said, "I think the event was very successful and it was exciting for our senior year to have been kicked off in such a fun way. Having the class of 2023 pioneer this event, we hope this becomes an annual tradition for the senior classes to come."

There was positive feedback following the event from the seniors who participated. Emily Jackson '23 said, "It has been such a fun experience to

be able to participate in customizing our spots! I enjoyed donating to the class while spending the day outside and painting my spot.

"This was such a good idea and also acted as a fun class bonding activity. It was a perfect start to the year and I can't wait to see this tradition pursued in the future years as well," Jackson added.

Many seniors also agreed that it was a stimulating experience, requiring a lot of patience and dedication. Shreya Hebbar '23 said, "It was really exhausting, and I wish I came more prepared but overall it was a very fun experience painting with everyone."

The first-time fundraiser was a major achievement, and has the potential of being an exceptional tradition at Amity for incoming 12-graders in the future.



Ian Rosenay '22 and Jenna Chizmadia '22 painting a parking spot.

Photo contributed by Lisa Toto

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# “3-2-1, Amity!”

## Girls Soccer Looks Forward to a Great Season

by Janet Fan '26



Picture from @amitygirlssoccer on Instagram

Amity Girls Soccer 2023 Seniors

Amity Girls Soccer returned to the field in the first game of the 2022 season on September 9th. The team, who were SCC champions, has some large shoes to fill in the wake of last year's seniors.

“After losing 13 seniors last year, it is definitely going to be a rebuilding year.” said Captain Ava Swain '23.

“We could look at it as we lost 7 starters, but the truth is we also gained 7 more starters.”

The team started off the season in a well-matched game against Cheshire. Amity dominated the early first half, with Iza Kurpios '23 scoring the first goal with a pass from Luciana Dottori '24. Both teams had multiple chances to score and nice combination passes. Cheshire tied the game in the last minutes of the first half.

The game continued with both teams playing tough defense and neither gaining an edge until well into the second half. The end of the game saw multiple excellent saves by goalie Gabby Tessitore '26, as Amity's defense fended off multiple attempts to score from the Cheshire team.

The final score was a close 2-1, with Cheshire breaking the tie in the last few minutes of the game.

Kurpios said, “Last year was such a great experience. Playing at the intense level was incredible. It was tough to lose a lot of great seniors last year, and I wish them the best in their academic and athletic careers!”

“This season is a big rebuilding year which is exciting but comes with lots

of work!. When it comes to leading the team, positivity and communication is key. We've got a pretty young team this year with lots of players playing at a varsity level for the first time,” she added.

Kurpios continued by saying, “As a new team we are working hard in practice to find ways to play together more efficiently. I look forward to having a great senior season by creating memories with this team that values bonding.”

The team, captained by Kurpios, Swain, Emilia Dottori '23, and Clara Cortright '23, is made up of a diverse mix of freshmen and seniors. This early in the season, there is already great camaraderie between team members with the upperclassmen and underclassmen working very well together.

“Being a freshman felt very intimidating at first,” said Kate McGonagle '26, “but after meeting all the girls on the team everything changed. The bond a team can make is incredible!”

“Everyone is always there for each other and everyone is so supportive of each other!”

she said.

Swain agreed with this, saying, “I think it's crucial to have a safe environment where it's ok to make mistakes and where everyone feels welcome, regardless of soccer ability.”

Despite a rough start, with the girls soccer team's supportive environment and positive outlook, we can definitely expect more great things from them this coming season.



## Amity Falls to Bunnell in Football Home Opener, Spartan Spirit in Full Display

Liam Roselle, '26

The Amity Spartans' passionate fanbase showed up in full force on September 9th for their varsity football home opener. Despite the 42-20 loss, the fans had a great

time cheering on their classmates.

Bunnell opened the game with a 98-yard rushing touchdown by senior running back Michael Trovarelli, who went on to score two more touchdowns for his team that night.

However, Amity's powerful offense was on full display with their ability to move the ball efficiently and score three touchdowns. Quarterback Pat Coughlin '24 showed why he is star, putting up tre-yards, and scoring of his own. Wide receiver Marco Peretto '24 had a consistent performance throughout the game for his own yardage. Spencer Ferullo '23 rounded out a solid offensive team.

As the season continues and the team matures in play, the Amity Spartans can become a force to be reckoned with this season.

Spencer Ferullo '23, one of the captains alongside Chance Starrett '23, Matt Li '23, and Fabian Cuprys '23, said, “It was a tough loss, but we are going to keep working hard and practicing so we can live up to our full potential.”

The Spartans may have lost their home opener, but the students and fans cheered their team to the very end with school spirit on full display. The student section was awash in red, white and blue, with the parents section in the school colors of black and gold.

Whether their spirit is in the face of adversity or their dedication to their team, the Spartans' fanbase is one of a kind. From the first snap of the game to the final whistle, we stand by our team. Go Spartans!

*Go Spartans!*



Amity football challenges Bunnell.

Photo contributed by Liam Roselle

*Love Sports? Write for The Trident! Visit our table at Club Day.*





# Amity Athletics Schedule

9/19 - 9/24

Date	Team	Opponent	Time	Location
9/19	Field Hockey	Sheehan	4:30 PM	Sheehan High School
9/19	Girls Volleyball	Wilbur Cross	5:30 PM	Amity Gym
9/20	Boys Soccer	Guilford	3:45 PM	Amity Turf
9/20	Girls & Boys XC	West Haven, Guilford, New Haven	4:00 PM	Guilford High School
9/20	Girls Swimming	Lyman Hall	5:00 PM	Sheehan High School
9/20	Girls Soccer	Hamden	5:00 PM	Hamden High School
9/22	Field Hockey	Mercy	4:00 PM	Amity Turf
9/22	Girls Volleyball	Lyman Hall	5:00 PM	Lyman Hall High School
9/22	Boys Soccer	Sheehan	6:30 PM	Sheehan High School
9/22	Girls Soccer	West Haven	7:00 PM	West Haven High School
9/23	Girls Swimming	Foran	6:45 PM	High Plains Community Center
9/23	Football	Sheehan	7:00 PM	Amity Turf
9/24	Girls Volleyball	TBA	9:00 AM	TBA
9/24	Girls Soccer	Sacred Heart	11:00 AM	Amity Turf
9/24	Field Hockey	Fairfield-Warde	11:00 AM	Fairfield-Warde High School
9/24	Boys Soccer	Hamden	2:30 PM	Amity Turf
9/24	Girls Swimming	Glastonbury	3:45 PM	High Plains Community Center

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Amity students, faculty, staff, and administrators celebrate the beginning of a new school year on Tuesday, August 30 with a Pep Rally at William Johnson Stadium.



# Amity Students Have a Pep in Their Step



Soccer with a beach ball, TikTok dancing with Mr. Hauser, wheelbarrow races, class sound wars, and a tug of war opened up the school year with a sense of normalcy for the first time since the fall of 2019.



*Photos contributed by the Photo III class.*