

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

September 24, 2018

“Spartan Stories” Opens the School Year

by Sam Zhang '19

Amity kicked off the new year with the third annual Spartan Stories on Wednesday, August 29th. Students were welcomed back with activities and talks from two Amity alumni, Connor Deane '10 and Melody Hahm '09. Both Deane and Hahm shared positive messages, stories about their failures, their own experiences at Amity, and how students can make an impact in the world.

After the first bell of the year was rung, students met in their homerooms and were called down to attend Spartan Stories. Students were split into two groups: one in the auditorium and another in the main gymnasium. In the auditorium, Deane shared his experiences in the theater industry. Also, Deane was the president of Amity Creative Theater and received the Thespian of the Year Award at Amity.

After graduating from the Cincinnati College-Conservatory of Music (CCM) with a degree in musical theatre, Deane became an actor. He

able to work with a professional inside the industry helped him become a better performer. Inspired, Deane went on to found the award-winning Broadway Method Academy (BMA), a non-profit organization that trains students in musical theater and links students to professionals from the industry.

Apart from acting, Deane has also directed sold-out productions of Carousel, Hair, and Evita. This year, Deane went on to create the first ever Stephen Sondheim Awards, which recognizes excellence and achievement in high school musical theater.

Deane's friend, Julian Decker, accompanied Deane to Amity that day and shared his own experiences in the industry. Decker is not from Amity but also graduated from CCM and currently tours with the Broadway show, Love Never Dies, the sequel to Phantom of the Opera.

Deane encouraged students to make a difference and said that he would not be where he is now if not for the values he learned at Amity. Decker closed the presentation with a performance

Meet the New Faces at Amity

by Jack Tajmajer '20

Amity Regional High School is constantly evolving and changing, and part of that change involves new staff members. This year there were quite a few new faces in the halls at the beginning of the year, so it's important for the Amity community to get to know them.

One new teacher is Peter Dufner, who teaches Physics levels 1 and 2. Before coming to Amity, he worked at the Sport and Medical Sciences Academy in Hartford, and so far he's really enjoying the new work environment here.

When asked how his transition to Amity has been, Dufner said, "It's been great so far. The first few days were exciting because I had

to adapt to the schedule."

Dufner also expressed genuine excitement, saying, "All of the students are, so far, really hard working and invested in the class. It's really nice to see people proud of the school."

Another new teacher in the science wing, Tyler Billehus, teaches Chemistry at all three academic levels. He moved to Connecticut from Minnesota because his wife was working on a fellowship at Yale, and he taught at Lyman Hall before coming to Amity.

So far, Billehus "love[s] it. Everybody is really friendly, and the environment is really positive and really upbeat."

Billehus expressed a lot of excitement about his future at the school and about the

coming school year, and he can often be seen outside his classroom greeting students with a smile in the morning.

One other new staff member this year is Lynn Cocco, the new College and Career Counselor. Cocco happily explained that she started working at the school as soon as she possibly could because her children were 2010 and 2012 graduates of Amity.

As a parent, Cocco is "a big fan of the school" and she is "excited to be doing something a little different." Prior to joining the Amity community as a staff member, she worked at Crosby High School, and she has "been a counselor for a long time... starting [her] eighteenth year."

Continued on page 2

Freshmen Receive Warm Welcome on Orientation Day

by Wil Gambardella '21

School has started once again, bringing a new group of freshmen full of excitement for their first day. These members of the Class of 2022 attended Orientation Day on Friday, August 24th to prepare them for their first day of high school.

Link Crew students and coordinators hosted this event to give the freshmen the resources they needed to get through the first day such as the location of classes, lunchroom, bathrooms, and offices. They also got the opportunity to participate in some fun activities with their Link Crew Leaders to get to know other freshmen.

The day began with the freshmen gathering in the main gym for their introduction to the school.

"First we went into the

gym for an introduction, and then went into separate classrooms with our Link Crew Leaders for differ-

said, "Orientation was a great experience to learn about the school and new people."



Link Crew leaders Julia Potter '19 and Olivia Gross '20 with freshmen.

Photo contributed by Tasia Kimball

ent activities," said Sean Qian '22. "We mostly did icebreaker activities, different name games, and some team building activities so we could get to know each other. My favorite game was one when we had to work as a team to discover a path and make it to the other side of a 'river of paper.' It was a very fun game."

Mason Beaudette '22

The different Link Crew groups followed up by going on tours of the building and getting to know the general layout of the school.

Wendy Carrafiello, a history teacher and one of the Link Crew coordinators who helped organize the event, said, "We think the Freshman Orientation went

Continued on page 2



Melody Hahm '09 speaks in the main gymnasium.

Photo contributed by Amity Embers staff

was cast in Les Miserables at the St. Louis Municipal Opera Theatre, where he worked with Broadway star Norm Lewis. He shared that being

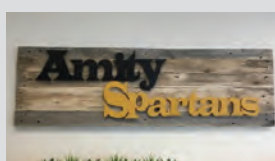
of "Lost in the Wilderness" from the musical Children of Eden that left the audience cheering.

Continued on page 2

IN THIS ISSUE



School Advice Features, 5



Be the Change Centerspread, 6-7



Crazy Rich Asians Arts, 8



Girls' Cross Country Sports, 11

“Spartan Stories” Opens the School Year

Continued from page 1

Alex Barnes '20 said, “It’s cool that he stood his ground in the face of people more experienced than him... he transcends expectations and keeps doing what makes him happy.”

Meanwhile in the main gym, Melody Hahm shared her experiences working as an on-air reporter and senior writer for Yahoo Finance. Melody hosts her own monthly interview series, “Breakout Breakfast,” and has also helped produce CNBC’s “Squawk Box.” At Amity, she received the Thespian of the Year Award and was also the president of the then drama club, which is now the Amity Creative Theater.

After Amity, Melody earned a degree in Spanish literature and international relations from Bowdoin College. At Bowdoin, she was

elected president of her class, wrote for The Bowdoin Orient, the university’s newspaper, and later won a \$5,000 grant to pursue an internship in broadcast journalism. Hahm



Students listen to Spartan Stories.
Photo contributed by Ningxin Luo '20

shared her experience with a poor grade she received on a sophomore English paper that made her improve her writing skills and helped her make smarter choices about her education. Hahm stressed the importance to accept failures and be able to learn from them. Through the

important values and lessons taught at Amity, she found success and has made an impact on the world.

Madison Tom '19 said, “I found her message of perseverance inspiring, despite her being a minority. It made me feel empowered.”

Connor Deane and Melody Hahm projected to students that failure is a part of success and by learning from those failures, anyone can make an impact on the world.

Liam Tassiello '22 said, “It was interesting to hear about all the different careers people go into and how they can be successful doing what they love. It also showed that there are endless career possibilities.”

This year’s Spartan Stories demonstrated to students the impact they can have on the world, encouraging students to go out and “be the change.”

Freshmen Welcomed on Orientation Day

Continued from page 1

very well. We decided to go back to a day where no one was in the building so we could show the freshmen a round easier. We also brought back the barbecue for the first time in a few years so the freshmen could meet new friends, or reconnect with old friends.”

“The Link Crew teachers and myself train the 11th and 12th graders how to properly run their Link Crew groups in the many activities,” Carrafiello added.

“We had students doing games to learn names, get to know each other and a

few challenges. Overall we think it was really a huge success.”

Freshman Orientation is an event that will con-



Ms. Kimball addresses the freshman class.
Photo contributed by Amity Link Crew

tinue to give freshmen the knowledge they will need to get through their first year of high school.

To many Link Crew teachers, students, and the freshmen themselves, the event truly helps make the transition from middle school to high school much easier.

James A. Connelly Joins Amity as Interim Superintendent

by Tracy Lu '20

The Amity school system welcomes James A. Connelly as the interim superintendent for the 2018-19 school year. After the resignation of Dr. Charles Dumais, Connelly was appointed to this position by the Board of Education. He will serve temporarily until the Board can appoint someone to permanently fill

the position.

Connelly has had a wide variety of past experiences with education. According to the Amity website, he has filled the position of interim superintendent at nine different schools since his retirement as Bridgeport’s superintendent.

Dr. E. Marie McPadden, the Director of Curriculum and Staff Development at Amity, says that Mr. Connelly

“has a wealth of experience in public school leadership as a former superintendent in the Bridgeport Public Schools and most recently as an Interim Superintendent in several school districts in Connecticut.”

His last position was in Stamford, although he has been with schools all across Connecticut.

“Mr. Connelly has worked in a variety of rural, suburban,

and urban districts across the state...” McPadden said.

She also added that safety is a major focus on Mr. Connelly’s agenda for Amity. She said, “Mr. Connelly is especially interested in the importance of safe schools and is committed to keeping Amity safe for all students and staff.”

Despite the change in the superintendent’s position, Connelly has expressed

the importance of making the transition as smooth as possible.

In a post on the Amity website, he said, “I look forward to being an active part of the community as we facilitate and implement the initiatives and programs of the Board of Education and staff during my role as a bridge between Dr. Dumais and the new superintendent who is selected.”

Meet Amity’s New Faces

Continued from page 1

Cocco expressed her love for the job, and when asked about the students, said that “the students here are wonderful. All of them are very personable.”

Although Cocco is new, she is also already working



Lynn Cocco

Photo by Jack Tajmajer '20

hard, and is “actually trying to help one of the clubs get a field trip going.”

English teacher Shannon Martin said, “Amity has been so welcoming, and every day I continue to be impressed by the enthusiasm of the students and their eagerness to learn.”

Christopher Parrillo, a Special Education teacher, said, “I’ve been teaching for 12 years, but I’ve never taught at school. With the students, there’s a sense of work ethic and rigor that I’ve not seen before. I’m looking forward to working with everyone this year.”

In addition to these five new teachers, there are many more new staff members, and Amity continues to grow as a community as new faces join the school district.

Christina DeLouise is another Special Education teacher, and Chu Hsung (Jaycee) Perkins joins the World Language department this year.

Elizabeth McConnon is a new Math teacher, and Kristi Bellara is the new district Coordinator of Pupil Services.

Amity also welcomes Caitlin Lewis, Jennifer Purcell, Katherine Puterski, and Dawn Rivellini as additional paraprofessionals at the high school and Cecilia Castillon as the new Administrative Assistant.

Students “Explore Justice” Last Summer

by Ariba Chaudry '20

As school ended in June, a group of students geared up for one last week of learning about a topic passionate to them all. The 4th Annual Exploring Justice Summer Institute took place from June 19th-22nd. Students from Amity, Wilbur Cross, and Amistad Academy spent a week learning about criminal justice, race relations, immigration, and social justice, among other things.

Exploring Justice provided students the opportunity to hear presentations on many different topics, meet with several figures, all of whom were involved in different parts of the justice system. Students also took behind-the-scenes tours of places like the New Haven Police Department, and they participated in a mock immigration hearing.

Jack Tajmajer '20 said, “It was really fun and an amazing opportunity to meet real-life political figures, law enforcement figures, and students that presented unique perspectives.”

Jim Clifford, a history teacher and the faculty advisor for both the Exploring Justice summer program and

the Exploring Justice club during the school year, described the program as a place of new people and experiences.

Clifford said, “Students confront issues of injustice and learn first hand from people fighting to address it.”

Tracy Lu '20 says, “The program this year had a large focus on racism and policing. I thought it was very insightful to hear the perspectives of people that work and deal with these issues every day. Their first hand experiences gave me a much deeper understanding of justice in general. Exploring Justice is a program that encourages deep thought from new perspectives, and

anyone who is at all interested in the justice system would benefit immensely from taking part in the program.”

Interested students can sign up for Exploring Justice on Club Day!



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New Changes at Amity: For Better or For Worse?

by David Sugarmann '20

At the end of August, we returned to Amity for the 2018-2019 year. However, it was soon discovered that something had changed since last year.

First, let's review the changes to Spartan Seminar. It is now held twice a month on Wednesday instead of every Tuesday. Each seminar block is longer and the block will no longer be used to fill out surveys. Despite being skeptical of this at first, I believe that this is a change for the better. It be-

came obvious towards the end of last year that weekly Spartan Seminars were excessive. There were times where we would have very little to do, and we would spend most of our time just talking to our friends.

Also, school climate surveys would often be given out during this time, which went against the true intent of the time block, which is to learn how to become the best person we can be. With the new changes, this can now happen. Lastly, because Spartan Seminars are less frequent, the length of each one has increased.

While I think that these new changes are improvements of the old system for numerous reasons, I do believe there are some downsides.

Mainly, I think that having a break in the day once a week was a good thing for Amity students. Academic courses can often be stressful, and having Spartan Seminar once a week gave students time during the day to focus on improving themselves as people rather than on grades.

Having Spartan Seminar less often may now induce more student stress.

The Ultimate Survival Guide for Club Day

by Ian Glassman '21

Clubs are important for building friendships. Sure, it's one thing to make friends in classes, but it's cool when you can bond with others over a particular interest, which is something that clubs provide students.

This year, Amity High School will host its annual Club Day on Friday, September 28th. Club Day can be overwhelming for students who don't know what to expect. My freshman year, I was lucky enough to have an older sister who gave me advice going into it, but obviously, this is not the case for everyone.

That being said, here are some recommendations for Club Day based off of personal experience. To start, have a list of all the clubs before Club Day, and mark any clubs you may be interested in. Club Day is very crowded and can be intimidating, so it will be hard to pin down your interests from almost one hundred options on the spot.

I'm not saying that it's impossible, but you don't want to be the one leaving Club Day disappointed because you had a missed opportunity. Narrowing down your options beforehand makes it much easier to navigate the tables amidst the chaos.

This brings me to my second point: Sign up for clubs even if you are only vaguely interested in them. Putting your email down does not mean you are permanently joining; it allows you to receive emails for

club meetings, which gives you the option of attending. This can later help you decide which clubs work out based on your schedule and where you ultimately want to go.

Many of the clubs you'll sign up for may conflict with each other and your schedule. However, know that some clubs fizzle out early in the year, and your schedule may change over the year. If you sign up to receive emails, you'll know where and when to go to attend a new club meeting if you get the time to join. Put more simply, the

club meetings, which gives you the option of attending. This can later help you decide which clubs work out based on your schedule and where you ultimately want to go.

Make sure you've walked way up and down the line of tables at least a few times to feel confident you've seen everything. If you don't know where a club table is, there will be a map labeling where each club table is. You can use this as a reference, but know that this map will not be handed out to individual students. Still, I found it



Nico Sagnelli '19 and Evan Kober '19 at last year's Club Day.
Photo contributed by Robin Snetsinger '19

more clubs you sign up for, the more options you have and the better you'll be in the long run.

Joining a club does not mean you have to stick with it the whole year. Don't avoid signing up for clubs because you're afraid of commitment-- because you aren't actually committing to anything.

Don't avoid signing up for a club because none of your friends do. You'll either like or dislike what I'm about to say, but friends do not have to share everything

very helpful last year.

Lastly, don't stress. The great thing is that clubs are available for you to experiment with so you can discover things you enjoy doing. There are so many options to choose from - which can certainly be daunting - but that isn't the intention.

If I have to give one last piece of advice, it would be to go into the day for yourself. Things will turn out the way you want them to so long as you are honest with yourself.

THE TRIDENT

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CORRECTIONS

In the June issue of *The Trident*, the rest of the article "Massive Storm Leaves Substantial Damage in Bethany" by Caroline Chen '21 appears here:

Similarly, Maddy Ciskowski '19 from Orange said, "It wasn't too bad. We just ended up losing power for a couple hours, but then it came back on. Besides that, there were some branches and trees down in Orange, but I don't think it was terrible. It wasn't as bad as Bethany for sure."

Recovery in Bethany has been a long clean-up process. Many Bethany residents have gotten power back, but the strong winds of the storm definitely left a large mark.

Dworkin stated, "Recovery on my street is still going on. There are still a lot of trees down, but it's drivable."

Furthermore, two weeks after the storm, Paolozzi said, "There are still some trees now that are towards the side of the road that they pushed into the woods a little bit. They're still trying to clean [my neighborhood] up." Recovery efforts will continue as Bethany recuperates from the storm's damage.

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

To view the newspaper online go to <http://ourschoolnewspaper.com/Trident/>



Please Don't Forget about the Arts

by Payton Grande '19

As many upperclassmen now know, the health curriculum for freshmen has changed. Unlike past years, freshmen are now required to take health and physical education each as semester classes. For scheduling purposes, this seems great because the science does not have to line up, and every freshman gets a built-in study hall. However, this is hav-

ing extremely detrimental effects on elective classes. Now that physical education and health take up a whole block, there is no flexibility for full-year electives in freshmen schedules, especially for classes that only have one section.

For example, the concert band freshman class last year had almost 60 members. This year, there are less than 30. Even though there were many more requests than 30, the

class could not fit into their schedules. Band is a program that carries on year to year. When you come out of the middle schools playing an instrument and are forced to take a year off, it can be hard to get back into it your sophomore year. Additionally, the concert band class is an elective, and the prerequisite for the Symphonic Wind Ensemble Honors Class. This conflict is hurting programs such as band and choir that rely on

student participation.

In addition, introductory art and theater electives have very few freshmen in their classes because of full schedules. Many of these classes fulfill the prerequisite requirements to move into higher art classes. With the scheduling restrictions, passionate art students are being blocked out of the classes they want to take. The arts are very important and almost every college has an high school

arts class requirement to apply for admission. With the new health requirement, too many students are being blocked out of important elective classes.

So as someone whose high school life has been greatly affected by the arts, I ask the freshmen to please not give up when registering for classes your sophomore year, and I ask the counseling department and the administration to please not forget about the arts!

Take Time to Learn about Other Cultures: It's Eye-Opening

by Sana Pashankar '19

When I tell people I went to Perú, the classic follow up question is "Did you see Machu Picchu?" to which I respond, "Yes, it was amazing!" But behind that one question, which seems to be the only real perception of the country, there seems to be a blank. Actually, this is completely valid, given that Perú has probably never even been mentioned in our history or social sciences classes.

And to be honest, Perú doesn't necessarily invoke the comfortable, glamorous feelings of Western European cities. Instead, after the Machu Picchu visual, it seems like a blur of the rest of the world, developing cities, largely agricultural, and in terms of America, largely irrelevant. But within Perú, within the people, there is a raw genuity, and sincerity that I seriously do not think I feel in America, or Europe when I went a few summers ago. Ultimately, it wasn't Machu Picchu, the alpacas and llamas, or even the food. The most capturing and appealing part of Perú was the down-to-earth, grounded people who let us into their daily lives.

One of the most signifi-



cant figures on our trip was Yolanda, our tour guide during the two-day trek to Machu Picchu. She was middle-aged, had a young son, and spent her career trekking up

and down Machu Picchu at altitudes over ten thousand feet, over and over. Every two or four days, she looked over and led people to one of the world's wonders, a hidden city built into the steep side of a mountain and held secret to Spanish conquistadores for years, perhaps one of the most valid examples of the potential of humankind. Along her tours, she had experienced everything from a tourist falling in love with her to being on the mountain the same day a woman was running on the trail and fell to her death.



She was sweet and considerate of our language barriers and our hiking skills, and being with her on the tour, she became an immense part of how we perceived and

National Geographic magazines, like hundreds of wild monkey swinging above his head, wild jaguars mating rituals, and scarlet macaws gathering at clay banks. American tourists. So next time you travel, anywhere at all, I urge you to talk to the people, and not accept the culture at face value, the clothes, the food, the souve-

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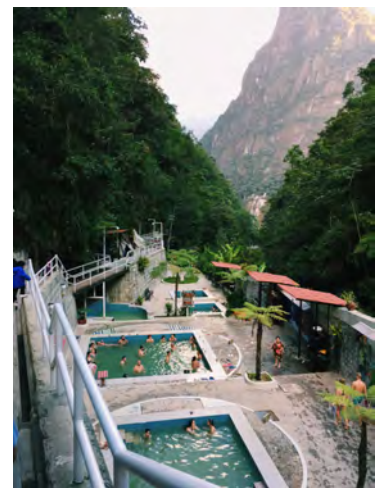
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Machu Picchu.

Photo contributed by Sana Pashankar '19

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Aguas Calientes, Peru.

Photo contributed by Sana Pashankar '19

A native llama at Machu Picchu.

Photo contributed by Sana Pashankar '19

Students Attend Debate Camp at Yale University

by Tracy Lu '20 and Arnav Paliwal '21

This past summer, Yale University offered a weeklong debate camp for students in the New Haven area. Taught by Yale students, the camp gave debaters of various skill levels and backgrounds a chance to enhance their knowledge.

Amity Debate Team members Alicia Gopal '21, Tracy Lu '20, Arnav Paliwal '21, Weiss Yuan '21, and Wendy Zhang '21 attended the camp this summer.

The students thought that debate camp was a great learning experience. Zhang said, "I've learned so much at debate camp, and I think that will allow me to improve my skill over time as I incorporate this new knowledge. Debate camp al-

lowed me to challenge myself and think beyond simple arguments by viewing them from a philosophical standpoint."

On a similar note, Yuan said that he had an opportunity to learn about strategies that were only briefly discussed during debate club meetings, and that "through these newly acquired skills, our debate speeches were more connected and overall improved."

Furthermore, the students enjoyed interacting with the other debaters, as well as the coaches.

Zhang said, "It was really nice to have lessons that were engaging and interesting with college students that could connect to us in some way."

Yuan added that he enjoyed practicing alongside fellow debaters, as they "might even be a future

opponent."

Aside from the competition associated with debate, Amity debaters were able to befriend students from other schools due to their similar interests.

Gopal explained, "Everyone seemed to have a passion for debate, which also allowed me to learn so much from their speaking and their ideas."

As the debate season starts again for the 2018-19 school year, the students who attended camp have a chance to use their newfound skills.

"I'm excited to use everything I've learned at camp for this new debate season," said Zhang.

The students who went to camp highly recommend the program for others who are interested in starting debate, and for those who want to expand their current skill sets.

Advice for Incoming Freshmen from Amity's Seasoned Sophomores

by Allision Su '21

For incoming freshmen at Amity, the transition from middle school may seem terrifying. The assortment of classes, clubs, and extracurriculars, as well as the size of the Amity student body can be daunting. However, the school community is here to support students.

From day one, Amity has shown its friendship and inclusivity as Link Crew members and teachers greet freshmen with open arms while these students walk the halls of Amity Regional High School for the first time. In addition to this support for Amity's newest members, upperclassmen also have lots of advice for the Class of 2022.

When you first arrive at Amity, there may be many people you do not know. For many students, this will be the first time meeting students from the towns of Woodbridge, Bethany, or Orange.

According to Wendy Zhang '21, although you may not recognize these faces, you should not be afraid to talk to new people. Your peers are likely just as scared as you are, and you may find that your classmates become your friends. Opening your social circle is a good way to feel comfortable during classes and after school activities, even if it seems terrifying at times. By opening yourself up to new and different people, you also introduce the possibility of finding wonderful friends who compliment or support your interests and goals.

For many students, the academic side of high school is intimidating as the course load and expectations

become more demanding. Although the assessments and homework may be overwhelming, if students focus on organization and utilizing their resources, the level of stress will surely diminish.

There are numerous resources for students to use that will help lead them to success. At the beginning of the school year, everyone receives an agenda pad. Zhang stated "It is very helpful to use your agenda pad."

After all, it is a resource to "keep on top of your work," said Ariana Garay '21.

Agenda pads are not the only resource available to students. Teachers are always willing to help their students. Claudia Lihar '21 had advice on how to succeed in class. "Students should not be afraid to ask questions" as this will help them have "good relationships with teachers," she said

These relationships are especially important to maintain since they can lead to an enjoyable year. If teachers know what you do not understand, they will be able to give you more comprehensive aid in or out of class. Teachers also recognize that inquisitive students are willing to learn, which is an important trait.

Another critical component of academic success is understanding how to study for exams and working through homework with efficiency. Alicia Gopal '21 stated that it is important to "learn better studying habits to prepare for your sophomore year."

This includes giving yourself enough time to do work and finding what methods work best for you. You will likely get daily homework, so Amy Gao '21 advised, "Make

sure to do your homework and all the things assigned to you. Do them well or else you may regret it later." Remember to give everything your best shot and push through challenges that come up along the way.

School is not just about the classwork; there are numerous extracurriculars you can take part in, ranging from clubs and sports every season to participation in the fall play and spring musical. It is a great idea to explore your passions through these extracurriculars Amity offers.

Club Day is on September 28, so during the extended lunch, make sure you go outside and view the club tables! Sign up for any clubs that interest you, and be sure to try a variety of clubs to find your passion, whether it be in politics, STEM, the arts, or any other activity.

During the first club meetings, students can learn more about club initiatives and goals, which is important so you can understand which clubs you're truly invested in. With the huge amount of extracurriculars available to students, you are sure to find something you love! The numerous clubs here offer a great reflection of how versatile Amity is.

Finally, Brigitte Gagnon '21 noted that an important thing to remember is that "freshman year does count." It may seem like you can fly through freshman year without doing much work, but in the end, it does matter.

That being said, Lihar '21 also reassures students that they should "make the most of every moment." Freshman year should be cherished, because before you know it, it will be over.

Summer Experiences Offer Many Opportunities to Learn

by Arielle Lavi '19 and Jack Tajmajer '20

As we begin the 2018-2019 school year and grow busy with work and extracurriculars, summer becomes a distant memory. While the sweltering weather and days of relaxation have come and gone, our experiences will last a lifetime.

Students continue to use the skills that they have learned over the summer in school to aid them in class and in extracurricular activities.

Danielle Lee '20 worked in a professional laboratory over the summer, crafting a research project and study-

ing important chemical sciences with a mentor. After entering into a highly competitive program, she found that she was able to work

with an actual scientist on an incredible research project over the summer, all while getting paid.

Of her experience, Lee said, "I had a good time, and the experiences really helped me transition into my science classes, especially Science Research."

Lee isn't the only student who has found that the skills they acquired over the summer are transferring over into the school year.

Alicia Gopal '21 worked at a youth court over the summer, volunteering with defending juvenile delinquents.

Gopal said, "I had a really good time helping out my community and working on behalf of people who honestly deserve it." Furthermore, she stated that she "learned more about the judicial system and obtained a lot of real-world examples to use in history."

Not all summer experiences immediately translate into academic advantages. Eve Green '20 volunteered as a lifeguard at the JCC over the summer.

She passionately explained that it "helped [her] learn to be more outgoing and responsible, and has really improved [her] transition into junior year because of how much more patience I have."

Tommy Livesay '19 spent much of his time working on his Eagle Scout project. The underlying concept of his work was to provide students at Beecher Road School with somewhere to go to make friends when they felt lonely, known as the Buddy Bench program.

Through this initiative, Livesay hopes to improve the lives of students at the school and give back to the community in the process.

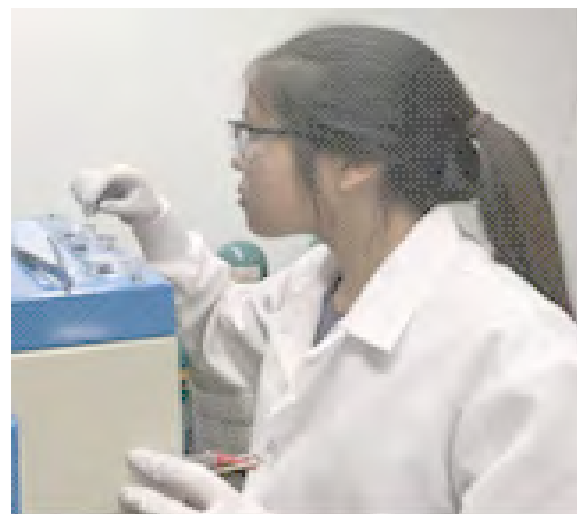
"I feel like working on my Eagle project really helped me understand how meaningful it is

to try to influence change," says Livesay. "I now understand how a little determination is all it takes to make a positive change."

Having traveled across the world to India, Swetha Tadepalli '19 spent a month visiting family and touring the scenic country. Having roots in both American and Indian cultures, she was able to compare the different ways of life, along with various customs and traditions and how individuals interacted with one another.

"Being able to immerse myself in my own culture was very rewarding," said Tadepalli. "The experience defini-

tely helped me appreciate the cultural differences between the country and the United States, and I feel this will help me better



Danielle Lee works with an instrument in her summer lab.

connect to the diverse community at Amity and accept myself for who I am."

Alexis Halstead '19 also traveled to a different part of the world, spending roughly two and a half weeks visiting Spain and France. Having taken Spanish 4 as a junior, she was exposed to much of the cultural artistry and history throughout the year. As a project, she was required to "book" a trip to Seville and plan out the various sites and activities, and was able to actually visit these places during the summer.

"Being able to see everything we learned about in class and some of the landmarks I researched was incredible," said Halstead. "The Spanish culture came to life before my eyes and it was an amazing experience."

Students throughout Amity participate in all sorts of events outside of school, especially over the summer, and this is a just a glimpse out how incredible some of those activities can end up being. Even though these are just a few examples of how Amity students spent their summer, they show us that our experiences can help us grow into a better individual and positively contribute to our surrounding Amity community.

So, when summer rolls around again, make the most of your time off from school. And whether you go immerse yourself in another culture or stay within your hometown, remember there will always be something meaningful to take away.

Though the summer is oftentimes regarded as a time where students lose academic and social connections with school, students at Amity have proven otherwise through their various summer activities that greatly overlap with Amity values and classes.

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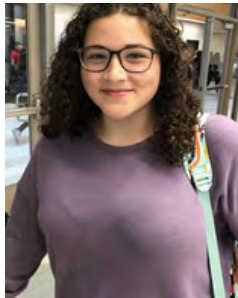
Wednesday - October 17, 2018

Lecture Hall, AHS, 7-8 p.m.

HOW DO YOU PLAN TO “BE

Here at Amity, a plethora of students and staff make up our unique community. Each person, in their own way, has the opportunity to “Be the Change” 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. We asked some members of the Amity community what they are doing to contribute to this year’s statement.

Bronwyn Couch '22: “For the past few years, I’ve been getting [less satisfactory] grades, and in the end, my parents have been really on top of me about it.” Bronwyn says she is going to try harder this year than in years past.



Halle Syrop '20: “There are a lot of problems in our world, and I think that a lot of people look to the younger generation as a way to solve those problems, and even though we don’t always know how to, we know that we have to. We know that we have to be the change - to make the world and the people in it better than before.”

Sam Farbman '19: “I think it’s very important that in today’s world we have an open place for people to voice their opinions so all the clubs I run, all the discussions I am a part of, I am going to do my best to make sure that people feel safe voicing their opinion and that nobody feels like they aren’t legitimate just because of how they feel about a certain issue.”



Natalie Prinz '20: “I want to be the change by making smarter choices especially with schoolwork because last year I was very stressed out by taking difficult classes and not recognizing that I needed to drop down. However, I want to be the change for myself this year and start making choices that allow me to be happier while still being challenged.”



Mrs. Wuerth: “Being the change means being your best self. We are all capable of making a difference, and I really hope students use this year to be that change.”

Mr. DeMeo: “I plan on being the change by challenging myself to change things that have been normal for me over the past few years and supporting others in their attempt to make change.”

Lena Hildrich '20: “I want to be the change this year by doing small things, because ‘be the change’ doesn’t have to be this huge gesture, so this year my goal is to make people smile more.”



Ryan Oakley '20: “I will be the change to better myself for education and work towards getting into a good college.”



Maddy Ciskowski '19 (left): “I plan to be the change by being extra friendly and helpful to all individuals in the school.”

Spencer Shepard '19 (right): “I plan to be the change by doing the little things like holding doors, being organized, on top of my work, being nice to people, and showing more school spirit.”



FIND YOUR PASSION...MAKE IT HAPPEN

THE CHANGE” THIS YEAR?

Ameya Menta '20: “I think being the change means making more of a difference in someone else’s life, not just your own. But I also think that people should focus on building a sense of community and get more involved in the school.”

Mr. Cumpstone: “To me, ‘be the change’ means working hard to build a stronger community and helping students better understand the world around them.”



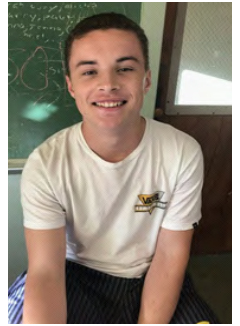
Mauricio Cortes '20: “My major weakness throughout the years has been English. This year, I’d like to bring out the change in myself and get good grades”



Joey Benedetti '19: “I’m going to be the change this year by being the sun in people’s days rather than just another cloud.”



Harry Brochinsky '19: “I’m going to be accepting and understanding to all of the incoming freshmen this year.”



Caroline Cadelina '20 (left): “I think ‘be the change’ means to be yourself no matter what and standing out.”

Bella Antonucci '20 (right): “‘Be the change’ means to make a difference in your school. If you see something that you don’t think is right, you should step up and make that change.”



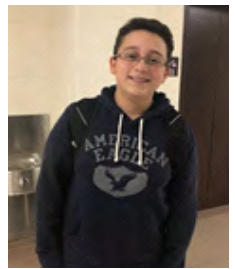
Jacob Feuerstein '19: “I’ll be the change by continuing to interpret the awesome things going on in the atmosphere in ways that benefit the people around me.”

Lindsey Kupcho '19: “I intend to be the change by not letting bitterness dampen sweetness. I will find little things in everyday to make myself and those around me feel a part of the community.”



Shyam Vishwanathan '21: “I will be the change by trying my best to be nice to everyone and make them feel good about themselves inside.”

Robert Farbman '22: “I am going to be the change by trying to build people up and doing my best to make everything around me better.”



Khaled Jarad '19 (left): “I’m going to do what I always do, like mentoring underclassmen and helping them through their everyday lives to make them amazing. I’m going to be working alongside my proud One Book, One Amity to spread diversity through the school.”

Austin Gilbride '19 (right): “I’m going to be the change by working really hard in my classes this year and excelling academically.”



Taraneh Abolfath '20, Jayson Hutchinson '20, Maddy Barretta '20, and Ephe Nicolakis '20

Link Crew is making a change by helping the freshmen navigate their way through high school!



Mounisha Anumolu '19: “I plan to be the change by being more politically active and encouraging others to do the same.”

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

ACT Performs at the Sixteenth Annual Evening for the Arts

by Talya Braverman '20

On September 8, nineteen members of Amity Creative Theater performed in the sixteenth Annual Evening for the Arts gala hosted by the Jamie Hulley Arts Foundation at the Fairfield Quick Center.

The Foundation, founded by Fred Hulley and Judy Primavera, was created in honor of the couple's daughter, an Amity graduate, who died at 21 from an aggres-

sive form of lymphoma. The organization helps support several performing arts programs and scholarships, including those provided by Amity Creative Theater.

This year's gala for the Jamie Hulley Arts Foundation included not only a performance from ACT but also showcased talent from local theater groups like Square Foot Theater and Broadway Method Academy.

In addition, the event featured performances from amity alumni as well as a set

by the Broadway cover band, The Broadway Boys.

Annie Driscoll '21, described her experience performing at the gala for the first time, saying, "The Broadway Boys blew me away and performing with my fellow ACT members was something I'll never forget."

While a number of songs were performed by the various groups, Amity Creative Theater performed a medley titled "Broadway Musical Magic," which featured sec-

tions of songs from a variety of musicals including Jersey Boys, Legally Blonde, and Mamma Mia.

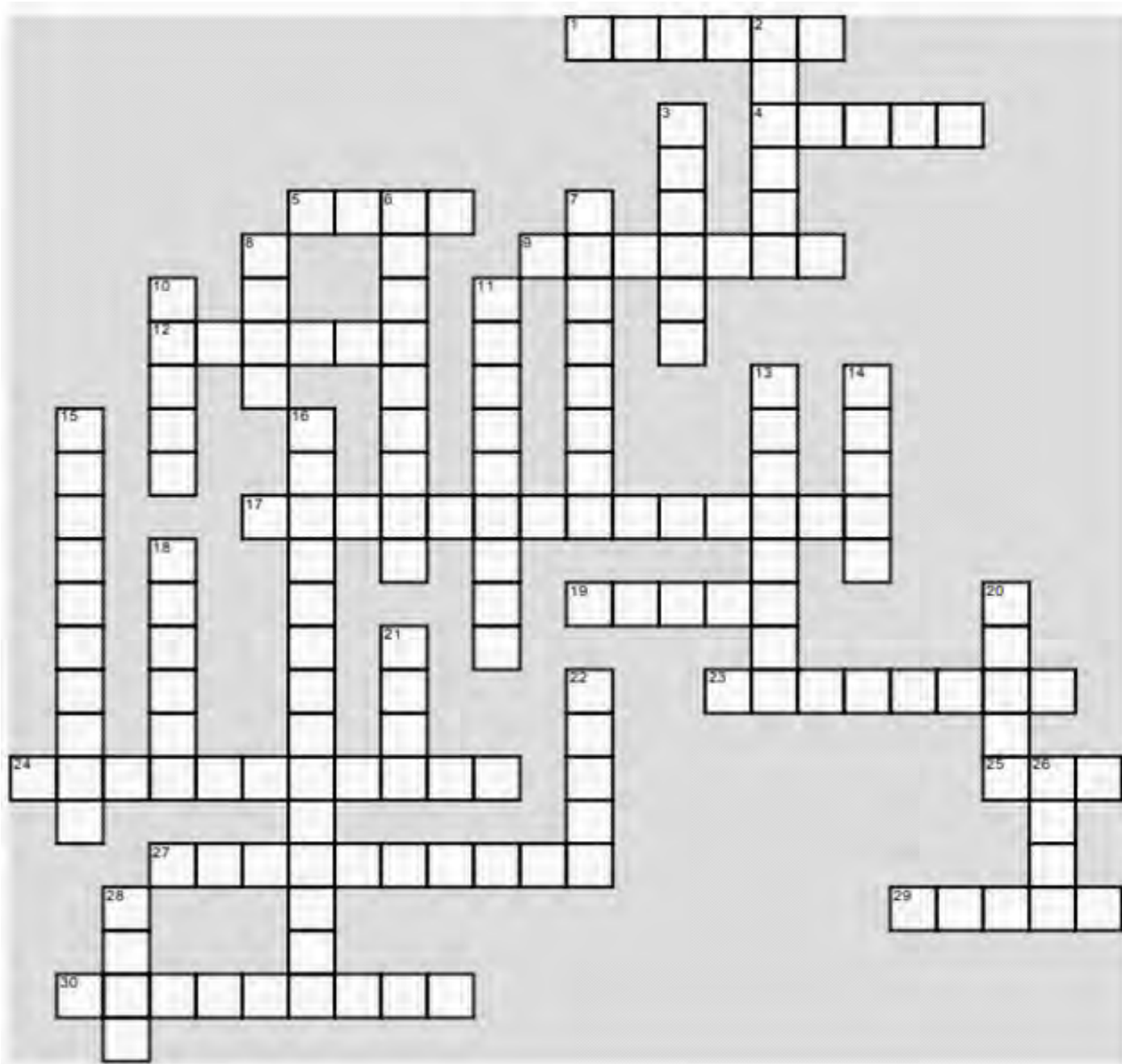
Caitlin Carlson '20, another performer from the event, expressed her enjoyment in participating, exclaiming, "The energy that night was amazing!"

In addition to performing at the annual galas, Carlson also works as an intern for the Jamie Hulley Foundation year round. She described how this position has affected her, explain-

ing, "Being an intern for the foundation has really broadened my horizons as to how easy it is to help people and get involved in the community."

Ultimately, the gala was extremely successful and raised a total of \$5,350 for the organization. Amity Creative Theater members continue to be extremely grateful for the support provided by the Jamie Hulley Foundation for the Arts and cannot wait to help out at its next event!

Crossword Puzzle



This month's crossword puzzle was created by Ryan Anastasio '20. Thanks to him for making this incredibly difficult puzzle and good luck to all of our readers!

Across

- 1. Last name of Drake
- 4. 2018 Women's US Open Tennis Winner
- 5. South African Technology Mogul
- 9. 2 per state
- 12. Dunder Mifflin Paper Company
- 17. Every other Wednesday
- 19. 2020 Olympics
- 23. Queen of Soul
- 24. Theater
- 25. National Broadcasting Company
- 27. Contributes second most students to Amity
- 29. Golfer with Name of an Animal
- 30. Leaders of Small Town

Down

- 2. "Houston, we have a problem"
- 3. Former Arizona Senator John
- 6. Jaws, Jurassic Park, Indiana Jones Director
- 7. _____ Memorial Park in Bethany
- 8. San Francisco Based Ride Share company founded second
- 10. Fictional Boxer Movie
- 11. SCOTUS Nominee
- 13. JSA Advisor
- 14. Trident Advisor
- 15. CT's most populous city
- 16. Amity has an interim _____
- 18. _____ is absent again today
- 20. Witnessed beating
- 21. This famous road is in Orange
- 22. Fruit Technology Company
- 26. _____ Check Deli
- 28. Swimming competition

Crazy Rich Representation

by Aoi Tischer '20

Crazy Rich Asians, the new romantic comedy based on the the novel by Kevin Kwan, has been trending for weeks. However, going in to watch the movie, I was not sure if it was really going to be worth the hype.

But, with people such as Emily Kline '20, saying things such as, "I loved the movie so much. Not only because everyone in it was extremely attractive, but because this is the kind of representation that Hollywood has needed for a long time. I've seen it twice and I'd see it again," I knew I had to go see this movie. Regardless of if you're crazy, rich, or asian, this movie is one you should be sure to see.

As a crazy, not so rich Asian, I was excited to see this movie, not just because rom-coms are the best kind

of movies (which is a fact), but because this was the first movie with an all Asian cast in twenty-five years (go representation!).

You might be thinking, "Why does it matter that this movie has an all Asian cast?"

Since this movie mostly takes place in Singapore, it makes sense that the cast is all Asian. For the first time, I realized that the main point of the movie was not the fact that every cast member was Asian, but more about showing Asian Americans in a new perspective. Each character had a distinct personality, and were portrayed as everyday people, not as people created around Asian stereotypes.

For the first time, I could actually see parts of myself through each character based on personality, not just appearance.

Without mixing multiple Asian cultures together,

this movie shows snippets of Chinese Singaporean culture and the challenges newer generations face in balancing the expectations of their culture or family, while attempting to live their own life, something I believe most viewers can relate to in some way.

Alicia Myung '20, remarked, "I absolutely love Crazy Rich Asians. For the first time ever, I was able to see characters that looked like me. I loved the plot and as an Asian American was able to relate to the differences between the protagonist Rachel, and her boyfriend's true Asian family."

With gorgeous scenery that will make you want to book a one way ticket to Singapore, no random martial arts scene, and a talented cast, this movie is relatable to all viewers, not to mention a great movie to watch every Friday night for the rest of your life.



An image of Crazy Rich Asians
Photo from imdb.com

Mamma Mia! Here We Go Again

by Emily Zielinski '21

Looking out for a place to go?" Why not hit the local theater and go see "Mamma Mia! Here We Go Again"? If you were a fan of the first, don't worry because the second one has everything and more! From tons of great ABBA songs, to Dominic Cooper, to upbeat choreography, what's not to like?

In the second installment, we follow a young Donna (played by Lily James) to Greece where she meets Bill, Harry and Sam and starts her new life. Those who watched the first one may remember that it felt similar to a Broadway play, rather than a movie, which it also was at one point.

However, with less musical numbers, the second Mamma Mia gave the viewer more of a traditional cinematic experience. It is very rare that the second installment of a movie franchise is better than the original, but I believe Mamma Mia accomplished this feat and has managed to pull a Godfather!

I wanted to discover which movie teenagers were more interested in. My results were shocking. I polled thirty students at Amity and asked if they enjoyed the first film or the

second more, along with if they had never watched both, or disliked both.

Out of those thirty students, four liked Mamma Mia 1 more, while ten enjoyed Mamma Mia 2. A whopping sixteen, however, had never seen one or the other.

Samantha Hass '20 explains the reason why she has never seen either of the movies. "I would love to see Mamma Mia, I just never made plans to see it," she said.

Some would agree with Sam, in that they do not have a problem with musicals and would love to see it if time allowed.

However when asked why he did not see the second one, Anthony Esposito '21, had a different opinion. "I didn't want to. I didn't have any interest towards it and I just don't like singing movies," he said.

As you can see, these responses are very different. The majority of my peers who had not seen either movie were male, while most females who participated in the poll had seen either the first or second movie.

Despite my results, I think everyone should make an effort to go out to the movies and see this wonderful musical. I strongly believe you won't be disappointed.



An image of Mamma Mia: Here We Go Again!
Photo from imdb.com

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Field Hockey Team Defeats Lauralton for the First Time

by Lani Beaudette '19

On Tuesday, September 11th, the Amity Girl's Field Hockey team defeated the Lauralton Hall Crusaders for the first time ever by a score of 3-0.

With the rain that came early in the day, many were worried that

lence and saw successful results that were unmatched by Lauralton, in part by their stellar defense and incredible work in the net.

Scorers of the game included Daria Torrenti '19, Tess Cjeska '20, and Arity Morrison '21. In the net was Ana Carney '20, with a perfect game, keeping

ponents and I can't wait to watch us do it all season." Amity is bringing their all to what could be their best season yet.

While this was only their first win, it was surely not their only example of a hard fought game. The first game of the season pitted Amity against North Branford, one of



Arity Morrison '21 and Kayla Britton '19

Photo courtesy of Mr. Laubstein

the game would be postponed due to soaked fields.

However, this was not the case. The game was cleared to play, despite the unfavorable conditions.

The decision resulted in slippage across the field, as players who went for passes found themselves sliding in the wet turf. Amity players persisted, not even making the wet field an issue to their well-developed plays.

They rose to the chal-

the Crusaders away from the scoreboard. The performance by the girls was an outstanding one. Coach Sarah Hale said, "I am really proud of the way we adapted to the conditions and we came out ready to play."

Amity took over the field and slid right to victory, as captain Jill Kaoud said, "Our team pushed through a tough game and beat one of our hardest op-

the top teams in the state.

Amity was able to score the most goals against North Branford than any other team had in their previous year, which is an impressive feat.

For those who would like to support the Amity Girl's Field Hockey Team, they will be playing against New Milford on September 22nd at 1:00 p.m. at New Milford High School. Come on out to cheer on the team!

Girls Cross Country Aims to Make "Strides" This Season

by Madelyn Ciskowski '19

The Amity Girls Cross Country team has started off their season strong winning their first meets against Sacred Heart, Mercy, and Lyman.

With this set of wins secured, they look ahead to completing a successful season with captains Abbey Bowser, '19 and Mad-dy Ciskowski, '19 leading them.

The hard work ethic already exhibited by the girls thus far, show the potential the rest of the season could have in store.

When asked about the upcoming season, Becky Beloin '19 responded, "I'm really excited for this season, we have all worked and trained so hard to get to where we are. This team is like a family and I'm glad that we are each able to push each other in the direction of success."

To be a winning team, there is a lot of time that

must go into preparing yourself mentally and physically. The girls have employed various means training to stay up to par with the endurance and toughness needed to win a race.

Currently they have been running interval training, working on strength, as well as cut-downs in order to prepare for their upcoming meets.

With a win not completely in their favor, Amity looks to face the Guilford Indians this Thursday. They are determined to put their all into training this week to beat the odds at hand.

With their top seven runners, Ciskowski, Bowser, Arianna Garay '21, Caroline Chen '21, Summer Schaff '19, Kalliopi Maniatis '22, and Jenna Ricciardi '22 carving the path to victory, they have the utmost hope to complete the upcoming meet, as well as the rest of their season with vigor.



Girls Cross Country line up for a race

Photo Courtesy of Colleen Mackay

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Students Brace for ACL Injuries

by Payton Grande '19

Have you ever seen anyone with a long, full leg immobilizer taking the elevator or crutching down the halls? That would be the daunting, bulky, post-operative ACL knee brace. Injuries are becoming more and more prevalent in sports, and one of the most common one to see in high school is the ACL (anterior cruciate ligament) tear. The ACL is a ligament inside the knee that can tear during activities such as basketball or skiing, where there are repeated cutting and pivoting movements.

On average, torn ACL's affect 150,000 athletes per year in the United States. ACL is an extremely common injury among adolescents, especially women ages 15-22. Women are 5 times more likely to tear their ACL than men in sports such as soccer, lacrosse, or skiing. That be-

ing said, the injury is still very common among football players, and it is not out of the ordinary to see a professional athlete end their season early from a torn ACL.

Tearing your ACL is not a fun experience. Senior Lani Beaudette recently got cleared after her 6 month recovery, following her tear last summer while playing Lacrosse.

She said, "Being on crutches is brutal in school. The injury is rough, and recovery is tough, but the worst part about it is being out of sports without a choice."

A torn ACL will put you out of serious sports for up to a year, depending on the recovery period. It leaves athletes without a choice but to temporarily, or sometimes even permanently, end their season. Lani is not the only athlete at Amity who has been through this tedious recovery, she is one of the many

student-athletes that have been through it. In just about every sport, whether it is Soccer, Football, Basketball, or Lacrosse, someone can sustain a knee injury such as an ACL tear.

Luckily, due to updated technology and a more precise restoration of the ligament, with hard work, athletes can return even better than before (after the long recovery).

So, what can you do to prevent an ACL tear? If you participate in sports involving cutting or pivoting, know the risks. Sometimes injuries can be unavoidable, but stretching before and after exercise, as well as completing workouts to strengthen the muscle around your knee, can make a difference in preventing one.

Know the risks, take the necessary precautions during training, and remember to always hold the door when you see those crutches coming through!

Boys Cross Country: Ready for Success

by David Sugarmann '20

While fall is just a season to most people, to the Amity Cross Country team, it is the culmination of a year of hard work. Everyday, each member runs, whether it be in the blue trails or on the roads, to improve themselves for the many races throughout the season.

They do this not only to set their own personal records, but also in hopes to continue the legacy of success the team has had in the past.

Like in every sport, the first step to greatness is being focused. On this team, each and every runner is focused on beating the person in front of them.

Varsity runner Nick Ricciardi '20 said, "There are new varsity runners that are itching for a top spot... we all push each other forward."

When it comes to running, this is a good mind-

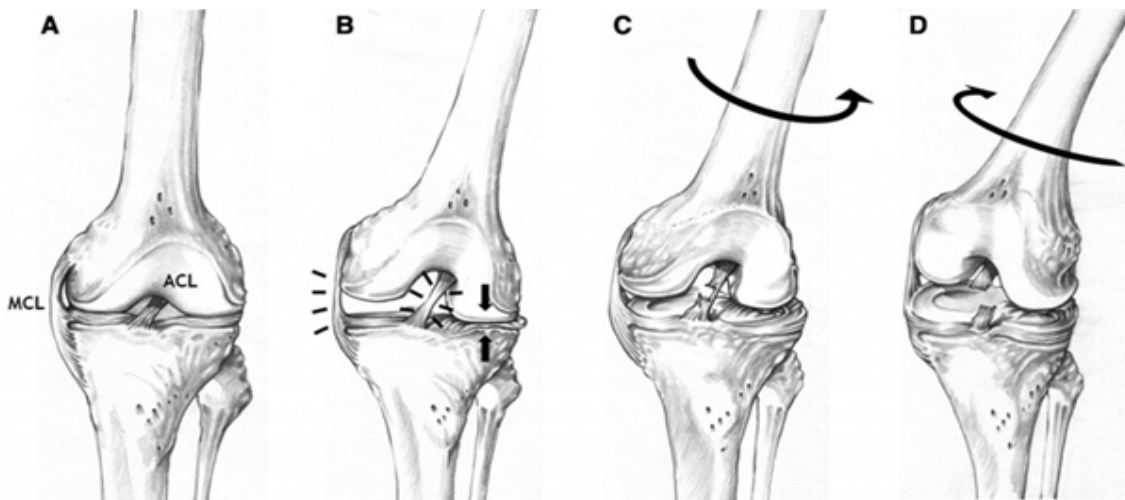
set to be in. In addition to pushing yourself to faster, it also motivates your teammates around you to run as fast as they can.

Racing in a meet is not only a test of physical strength, but mental strength as well.

When Ricciardi was asked about the matter, he responded, "mental toughness is a big component of running well. You have to be able to fight through the pain."

This is not something that just comes naturally. Throughout the season, the XC team does workouts on the track. By doing these, people learn to push themselves even when it the pain starts to kick in.

All the hard work has clearly had its effect already in this young season. The team recently beat Notre Dame, West Haven, and Lyman Hall. As long as they keep working as hard as they are now, the future of the season seems bright.



ACL Tearing Diagram
Photo from sportsmd.com

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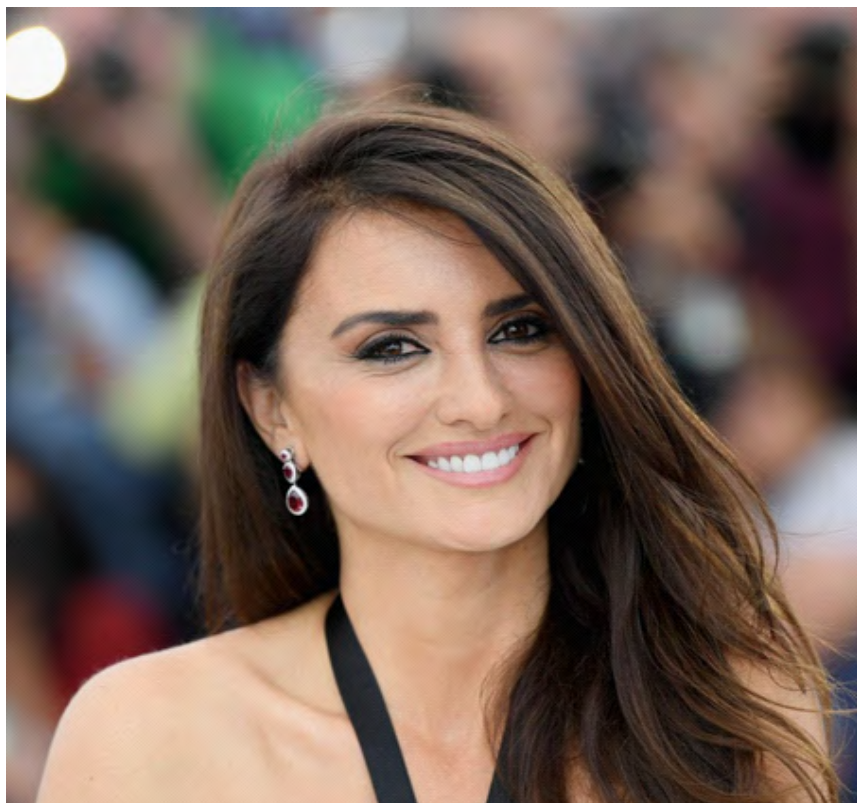
Hispanic Heritage Month: Spotlight on Penelope Cruz

Penélope Cruz Sánchez es una actriz española. Ella nació en Alcobendas, Madrid en el 28 de abril 1974. Ella es famosa para sus películas como El Consejero, Nueve, y Piratas del Caribe. Ella fue la primera actriz española a ganar un premio de la Academia. Ella fue la primera actriz española a recibir una estrella en el paseo de la fama de Hollywood, también. Además de actuar, ella es una voluntaria en Uganda y India, donde ella trabajó con la Madre

Teresa. Ella donó su salario de El País Alto-Bajo a la misión de Madre Teresa. A hora, ella tiene una fundación para apoyar las chicas sin casas en India.

Penelope Cruz Sanchez is a Spanish actress. She was born in Alcobendas, Madrid on April 28,1974. She is famous for her movies like The Counselor, Nine, and Pirates of the Caribbean. She was the first Spanish actress

to win an Academy Award. Also, she was the first Spanish actress to receive a star on the Hollywood Walk of Fame. Besides acting, she is a volunteer in Uganda and India, where she worked with Mother Teresa. Now, she has a foundation to support homeless girls in India. Overall, Cruz is not only an influential actress, but also involved in charity and philanthropic work. She capitalized on her famous platform to do good for the world.



Penelope Cruz on the red carpet
Photo from allure.com

Hispanic Heritage Month: Spotlight on Jorge Posada

Jorge Posada era un pelotero para los New York Yankees. Él es de Puerto Rico y su viaje en béisbol empezó con una beca a Calhoun Community College en Alabama. Los Yankees lo eligieron en 1990. El ganó cuatro anillos del World Series y era seleccionado para el equipo de todos estrellas cinco veces en sus carrera de 17 años con el equipo.

for the New York Yankees. He attended Alejandrino High School in his hometown of San Juan, Puerto Rico. After not scoring high enough SAT, he was recruited by Calhoun Community College in Alabama and signed without ever visiting. In 1990, the Yankees selected him in the 24th round of the draft with a \$30,000 signing bonus. During his 17 year career with the Yankees from 1995 to 2011 Posada won four World Series rings and was selected to five all star teams.

Jorge Posada was a baseball player



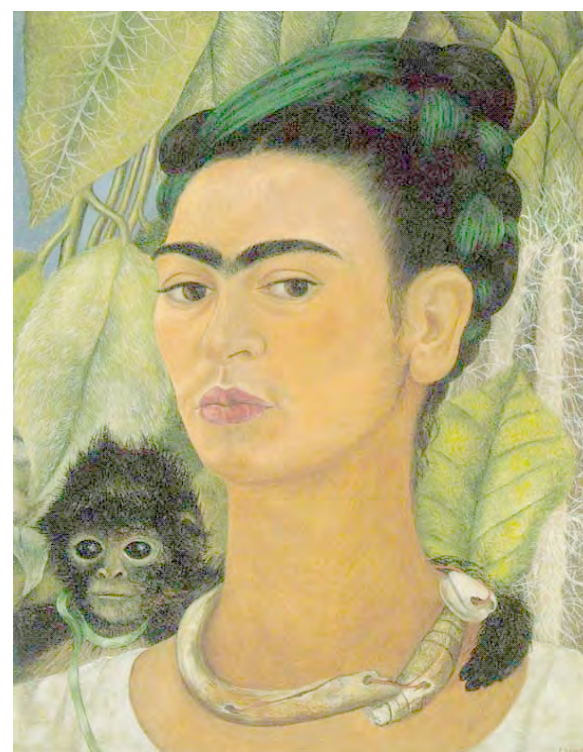
Jorge Posada on the field
Photo from nbcnewyork.com

Hispanic Heritage Month: Spotlight on Frida Kahlo

Como uno de los artistas hispanas más reconocidas, Frida Kahlo tenía una voz única que impactó generaciones. Nació el 6 de julio de 1907, Kahlo dedicó la mayor parte de su vida en sus pinturas y fue una figura muy importante en la política. Sus piezas eran en su mayoría autorretratos, pero algunos mostraron su visión política; muchas de ellas fueron presentadas en museos famosos.

tinctive voice that impacted generations. Born on July 6, 1907, Kahlo dedicated most of her life to her paintings and to being active in politics. Her work was not only a reflection of herself (as most of her paintings were self-portraits), but also a vision of her political ideals. Despite numerous health complications that often left her bedridden, Kahlo continued to create new pieces, many of which were displayed in countless museums and exhibitions. The ripples she created in the art world can still be felt today.

As one of the most well-recognized Hispanic artists, Frida Kahlo had a dis-



Frida Kahlo's Self Portrait with Monkey (1938)
Photo from fridakahlo.org

Hispanic Heritage Month Celebration

From Saturday, September 15 to Monday, October 15, the National Spanish Honors Society is celebrating National Hispanic Heritage Month. Septemeber 15th was chosen because it is the anniversary of the independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

It was enacted under law during the presidency of Lyndon B. Johnson and was expanded to a 30-day-period under the presidency of Ronald Reagan. Within the month, the history, cultures, and contributions of the Hispanic people and their countries are commemorated, such as the significant global figures above. The above spotlights were written and contributed by students from the National Spanish Honors Society.