

# THE AMITY TRIDENT

LXXV-No. 2

Amity Regional High School

Woodbridge, CT 06525

September 24, 2020



Photo by Ribecca Marchitto '21

A Connecticut high school football player leads the cheer, calling for the CIAC to allow a football season to take place. Despite the protest in Hartford on September 10, the CIAC decided against a season. Story on page 10.

## Students Engage Awareness in the Black Lives Matter Movement

by Elle Amankwah '22, Audrey Marin '22, and Jennifer Xu '21

Throughout the past couple of months, the Black Lives Matter movement (BLM) has re-emerged with increased media attention after the publicity of multiple incidents of discrimination. This social movement, advocating for an end to racism and police brutality, has gained massive attention both in the Amity community and worldwide.

The BLM movement originated in 2013 under Alicia Garza, Patrisse Cullors, and Opal Tometi. They created a project centered around the issue of racism toward the black community. The movement was in response to the acquittal of George Zimmerman, the police officer who fatally shot 17-year-old African-American Trayvon Martin. Since then, BLM has been at the peak of political and social activism, growing into a network of more than 40 chapters worldwide.

Recently, protests have been occurring nationwide, with multiple local protests attended by Amity students. Chantal Gibson '21 is one such student. Gibson has not only attended protests, but she has spoken at them, vocalizing her call for action. She reflected on the positive experiences she had at multiple protests she attended over the summer, saying, "They've been very eye-opening because it has felt

like I have been one of three people fighting for black people, fighting for everyone, including myself, and that's just not true."

In addition to students taking action independently, some students are also part of Amity's Black Student Union (BSU). BSU is a club dedicated to empowering black students and promoting diversity. Vin Lazzaro, the club advisor, explained that Amity students are luckier than most to have a club where they can connect to communicate with one another and hear the opinion of others.

Many disagreements, he continued, could be avoided if we just communicated our opinions. Gibson, president of BSU, agrees, stating, "I want BSU to be a place where you can learn and you don't have to be educated on every single topic." The club encourages open discussions for students to broaden their understanding of various issues.

Gibson continued, "Racism isn't always this big, huge thing that you always experience, and to say that it is just invalidates a lot of people's experiences."

Amity's involvement in mitigating racism as well as the BLM movement aims to promote a more inclusive and conscious community for students and staff.

## First Days Like No Other

Students Experience a Very Different Start to the Year

by Simran Jain '23

Every year, students, parents, teachers, and administrators are excited and nervous for the start of a new school year. However, the 2020-2021 school year started a bit differently. Due to the global pandemic, many of the regular school routines changed. Now, masks are required in the building and on the bus, the school operates on mainly half days, and the population is at 50% capacity on Mondays, Tuesdays, Thursdays, and Fridays.

Students are split into two cohorts based on their last names. Students with last names A-K go in person on Mondays and Thursdays while students with last names starting with L-Z go to school on Tuesdays and Fridays. This means that each cohort had different first days.

Aanchal Poddar '23 said, "The first day back was very off-putting; seeing everyone wear masks and social distance made things feel eerie, but it was great to see my friends in person again." Poddar's sentiments reverberated around the school, as students acclimated to the new measures. The school has identified smaller hallways and staircases as one-way paths while larger ones have been split in half.

Now, students can only travel in certain directions on one side of the hallway. These directions have been marked with arrows and are reinforced by teachers and

administrators who help monitor the halls. Additionally, the school has moved desks in classrooms to maximize social distancing.

While most students returned to the building this year, some have chosen to learn in a completely remote setting. Hannah Chen '23, one of these students, said, "In the first week, I felt extremely lost because the teachers mostly focused on the hybrid kids. The second week was a lot better because of the synchronized learning. Overall, it's not as bad as I thought it would be!"

The start to this year was also very different for seniors. Caroline Cadelina '21 said, "I think that the first day of school was very interesting, not in a good or bad way. It's strange to see the teachers just as unsure as the students about how the rest of the year is going to proceed."

"As a senior, I feel that I've gotten a taste of just about everything at the school. I wish I could've had a normal senior year, as I'm sure many would have, but I am working with the situation at hand," she added.

Arnav Paliwal '21, an opt-out student, felt similarly, saying "I regret that as a senior I am missing out on a lot of the parts of senior year, but hopefully, I can opt back in once the situation feels safer, and hopefully we get our prom."

Though the first days of the 2020-2021 school year were different from others, Amity still looks forward to the year ahead.



Photo by Emma Tirollo '21

Partially-filled classrooms are a common sight for students as they return to school during the COVID-19 pandemic.

## IN THIS ISSUE



COVID-19 Vaccine  
Opinions 3



Masks  
Features 5



Art Online  
Arts 9



Football Protest  
Sports 10



## Amity Welcomes New Staff

by Wil Gambardella '21

There are always new faces to see at Amity Regional High School, and despite the many changes COVID-19 has caused, this year is no different. Amity's new teachers have decided to return to school and teach classes as "normally" as possible.

Jamie Cosgrove is one of the new teachers at Amity. She decided to take the position as a biology teacher and has actually been teaching since 2001. Cosgrove has worked at Masuk High School in Monroe and Christian Heritage School in Trumbull. She has taught Human Anatomy and Physiology, Forensics, Biology, and VEX Robotics.

Cosgrove joined the district because she said, "I grew up in Fairfield County and [have] always known Amity to be an excellent school."

In addition to this, Cosgrove was attracted to Amity because of its location and amiable atmosphere. "I wanted to work in a school close to home where I would love my colleagues and work with a collaborative team," she said. "A friend of mine works in the science department and told me there was an open biology position. She also said that all of the teachers here are awesome and friendly!"

Cosgrove's favorite part of teaching is showing kids the world of biology. She loves having her former students come back and visit her as well as having students tell her they have entered the medical or biology fields for work or a college study.

Many teachers have to change the way they teach this year. When asked how she and her classes were working with the new restrictions, she responded, "It really has meant being patient

with myself and my students, trying new things, and being okay when something does not work out the way I had planned!"

Another new teacher at Amity is Kristen Donovan. She is new to the Spanish department this year and is excited to be teaching in the Amity District. She has been teaching for 17 years and previously taught Spanish in Shelton, but her position within that school was later eliminated.

When asked why she applied to work at Amity, she said it was "because of its great reputation and [because she] had colleagues who loved it here."

Donovan, like Cosgrove, is learning to adapt to the new ways of teaching. She said, "I have had to use a lot more technology than in prior years. Zoom and Google meet are now an everyday norm. I am still trying to adapt to using online resources and not using hands on manipulatives like I have in the past."

Cosgrove added, "I am a very hands on teacher and am hoping we can return to our pre-covid style sooner than later."

In addition to these new teachers, Amity recently hired Jamie Guthrie, the new coordinator of Pupil Services, and Mike Stoehrer, a new security guard. While adjusting to a new work environment can be difficult on its own, these new staff members have also had to adjust to the new safety regulations.

Guthrie said, "Being new to a school is never easy and adding to that COVID-19 I think one of the biggest challenges for me has been learning how to navigate through the school and meet families in a virtual setting."

Amity is excited to welcome these new staff members to the high school.

## Link Crew Leads Online Freshman Orientation

by Brodey Lu '22

Over the last few weeks of summer, Link Leaders and staff worked together to plan out the first ever virtual Freshman Orientation.

Many of the advantages of an in-person Orientation, such as face to face interaction and activities that involved physical movement, were not available this year. Regardless, the transition to a virtual setting was a necessary move.

Scott DeMeo, Link Crew coordinator and math teacher, explained, "This year's orientation was done virtually for several different reasons."

He cited the huge amount of planning as well as the need to stick to previously established dates as some major factors in the decision.

Link Leaders spent several days training to accommodate this new environment. With the guidance of coordinators, Link Leaders had the chance to practice the activities with each other before the actual orientation. These preparations were a challenge for everyone who was involved.

DeMeo further elaborated by saying, "Creating training groups, learning a completely new curriculum, delivering that curriculum virtually, empowering our new and returning leaders while making the training fun and engaging took hours of planning and caused many sleepless nights."

These training days were crucial rehearsals for the successful Google Meet event for incoming 9th graders.

Freshmen who attended were given the opportunity to meet other students and ask questions

while participating in activities that tested their skills in collaboration, planning, listening, and strategy. Link Leaders ended each activity by explaining how each of these skills would be useful in high school.

Many of the in-person activities were replaced or modified to better accommodate the online setting, and extra time was taken to explain how school would be different because of the COVID-19 pandemic.

Despite these challenges, the Link Leaders still stuck to the core principles of the program that would be present for an in-school setting.

This included building a sense of community, creating a welcoming environment, and addressing any uncertainties by providing important advice.

Link Crew coordinator and English teacher Jennifer Bonaldo, explained the importance of this. She said, "Link Crew doesn't look the same this year, but our mission remains the same: to support freshmen as they transition into high school."

Though it was not easy, Link Leaders and freshmen alike believe the event was well worth doing.

Link Leader Scott Lowder '22 said, "Overall, despite the circumstances, I believe Freshman Orientation was as much of a success as it could have been, and I was also surprised by the amount of freshmen participating."

Nikolas Sullivan '24 agreed, saying, "I felt more confident going into my freshman year."

Although many aspects of school will be different, the outcome of Amity's first online Link Crew Freshman Orientation was an optimistic note to start off this year.

## Though Virtual, Spartan Stories Continue to Inspire

by Aadya Wijesekera '23

It is an annual tradition at Amity Regional High School to kick off the year with Spartan Stories. In this event, two successful Amity alumni, who exemplify the school's core values of fairness, respect, and passion, speak to the student body about what Amity has done to help them achieve their dreams.

Although usually an in-person event, Spartan Stories were held virtually this year via videos. Amity staff worked especially hard to present Spartan Stories to all students despite new COVID-19 restrictions.

Anushka Acharya '23 said, "The Amity administration's positivity encourages students to make the best of this difficult time." This year the speakers were Gabe Royal '08 and Emily Feng '11.

Since graduating from Amity, Royal attended West Point and fought in both Iraq and Afghanistan. He is now on the path to get a Ph.D. in Public Policy and Administration at The Trachtenberg School of George Washington University. Once he completes his doctorate, Royal hopes to teach at West Point.

In his segment, Royal talked about his struggles in high school and how running for Amity's track team helped him. He learned about each of Amity's core values through this. Royal highlighted how track taught him fairness.

He said that during both practice and races, the times he received may have angered him, but he knew that they were "always perfectly fair."

A second important lesson track taught him was respect. Royal said that while all athletes were expected to be disciplined, wear their uniform, and show up on time, Coach Jacobs "took it a step further," expecting them to wear a shirt and tie to school on meet days. This lesson taught him to not only respect his sport but to

also take a professional approach.

Royal's coaches helped teach him resilience, as they were the "first ones to show up and the last ones to leave" and consistently brought positive energy to practice. The same resilience applied to Royal and his teammates when they had to push through their problems to do well at their meets.

Karishma Bulsara '23 remarked that she liked how "he talked about community and the values he learned there, which he carried with him throughout his life."

Emily Feng attended Duke University after high school and graduated in 2015. She has been a corresponding journalist for many years and is currently the National Public Radio's correspondent in Beijing. She joined the NPR team in 2019.

In her Spartan Stories video, Feng focused on how Amity brought her from Bethany to Beijing. She explained that her high school community provided her with a sense of diversity and inspired her to travel abroad.

Amity gave Feng a chance to think for herself and find out what her true passions were. She remembers all of the teachers who helped her on this hard journey. In fact, she commented, "Nothing has been as difficult as being a student at Amity." Nevertheless, these challenges gave her the confidence to pursue her goals.

In addition to this, Feng discussed her life as a journalist. She said that the stories we tell are important and the platforms those stories are given matter, too. Feng further elaborated on the danger of giving unbalanced and badly reported stories a platform. Anchal Bahel '23 said that "[Feng] was very motivating as she told her story in a way that I could relate to."

Although the Spartan Stories were held virtually this year, they were as impactful as ever.



# Coronavirus Vaccine: Development and the Future

by Hyunjin Kim '21

The raging pandemic continues to negatively impact many lives across the United States and other countries. Many states' revenues have been decimated by the significant unemployment rate and business closures across the country. While many grapple with unemployment and social distancing measures, the public health officials have been hard at work containing the pandemic and developing vaccines. Currently, the social distancing measures have not been the most effective at controlling the spread of the virus, so many have viewed the development of a coronavirus vaccine as the key to stopping the pandemic.

The coronavirus vaccines must undergo three phases of clinical trials and laboratory review to obtain a vaccine license. Since vaccine development typically takes 10 to 15 years to bring to the market, the Trump Administration has launched Operation Warp Speed on May 15, 2020 to "facilitate and accelerate the development, manufacturing, and distribution of COVID-19 vaccines, therapeutics, and diagnostics."

I view Operation Warp Speed's nomenclature as alarming because vaccine development at such a rapid

speed could affect the safety of the vaccine, and thus, public health. Scientists are fearful of the potential political influence over the coronavirus vaccine development that could end up prioritizing rapid development of the vaccine over the safety and efficacy of the vaccine. I agree with those scientists during a time when the administration is using political pressure on what are supposed to be independent agencies. With congruent public sentiment of returning to normal life, accelerated vaccine development can transcend partisan politics. Even with politics in play, I believe public health officials need to prioritize the safety and efficacy of vaccines so that we can stop the virus.

While some of the vaccines mentioned have been cleared by its respective governments such as the vaccines made by CanSino Biologics and Gamaleya National Center of Epidemiology and Microbiology, skepticism regarding the vaccines' effectiveness is widespread. Although CanSino's vaccine is only being used for the Chinese military for one year, CanSino has not finished their third clinical trials. The vaccine that Russia claims to be the first ever coronavirus vaccine in the market, Sputnik V, has not published its human trials, effectively destroying

its credibility.

The coronavirus vaccine development is supposed to be a long and arduous process that ensures the safety of all those who take the vaccine. So I want the development of the next vaccine to be safe and effective enough to slow down the pandemic and even stop it. With safety in mind, the vaccine should take as long as necessary to ensure safety and efficacy.

I hope that the FDA is not politically pressured to use Emergency Use Authorization to release a vaccine prematurely just for the November election. The FDA already used the Emergency Use Authorization for hydroxychloroquine which was later retracted because studies later found that potential harms outweighed the negligible benefits.

Even the recent emergency authorization of convalescence plasma therapy was followed by the misleading statistic that oversold its potential with the FDA commissioner Stephn Hanh having to apologize for the misused statistic. The string of FDA missteps could be a part of hasty FDA decisions to slow down the pandemic or evidence of political pressure from the White House. I hope the series of missteps does not include an Emergency Use Authorization of a vaccine not ready for vaccination.

## BLM Movement Intensifies

by Abby Ball '21

Black Lives Matter (BLM) was founded on July 13, 2013, by Alicia Garza, Patrisse Cullors, and Opal Tometi to combat police brutality and racism against Black individuals through peaceful protests and advocacy. The movement gained the most momentum this year.

When Minneapolis police murdered George Floyd on May 25, 2020, hundreds of thousands of people in cities across the United States took to the streets.

Soon, dozens of other countries joined in. Protesters demanded justice for Floyd and many other Black individuals that had been killed by police, including Breonna Taylor, Trayvon Martin, Stephon Clark, Atatiana Jefferson, Philando Castille, and Tamir Rice.

This movement spread rapidly. The words Black Lives Matter were seen across posters, buildings, roads, and media headlines worldwide. Phones and social media greatly influenced the growth of the movement, as shared footage showed Black individuals being unjustly murdered by police.

The overall scale of this movement is impressive, considering that it was not planned out in advance. It has gained millions of supporters, and, at its zenith on June 6, there were more than 500 protests in the United States. According to the U.S. Crisis Project report, 93% of these protests were peaceful. Despite this fact, racist white individuals, including Donald Trump, propagate the violent instances.

Although most movements die down fairly quickly, Black Lives Matter has exhibited great endurance. One reason for this is the unrelenting police brutality towards

Black individuals, such as the shooting of Jacob Blake in Kenosha, Wisconsin on August 23. The movement will likely persist as most guilty police officers have not been charged or arrested, like Breonna Taylor's.

Of course, in America, where the racial majority is white, there is quite a lot of backlash to this movement. Many have responded to the Black Lives Matter movement with the argument that all lives matter. But if all lives truly did matter to these people, they would not question or retaliate against a "BLM" sign. Black Lives Matter never said that other lives did not matter.

The movement has influenced how citizens combat racism. Publicizing educational resources on racism via social media has made people realize that we should all aim to be explicitly anti-racist. For instance, we've learned that we can help dismantle systemic racism through seemingly small acts like buying from Black-owned businesses.

The movement has further caused many of us to reflect on and question our role in a fundamentally racist society. Now, the racial injustice and prejudice that exists in the United States is better understood.

Racism did not end with the Civil Rights Movement or Dr. Martin Luther King, and it will not end with Black Lives Matter. Systemic racism goes deeper than most people can grasp. It will be a long and gruelling process to diminish societal racism, and we have a lot of work to do.

Hopefully, this large and powerful crusade will continue to instigate a new era of change in our local, national, and global institutions. Although Black Lives Matter has achieved some of its goals, we must understand that it is only a step on our path towards racial justice.

# THE TRIDENT

## EDITORIAL STAFF BY SECTION

### EDITORS-IN-CHIEF

Caroline Chen '21  
Zachary Garfinkle '22  
Allison Su '21

### NEWS

Audrey Marin '22  
Jennifer Xu '21

### ARTS

Sydney Cohen '21

### SPORTS

Benjamin Martin '21

### OPINIONS

Ian Glassman '21

### FEATURES

Adithi Wijesekera '22  
Megan Wu '22

### FACULTY ADVISOR

Emily Clark

## CORRECTIONS

For any corrections or tips, please email the Editors-in-Chief (chenca21@amityschools.org, garfinkleza22@amityschools.org, sual21@amityschools.org).

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

## ONLINE PUBLICATION

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

All issues are published online!

## WRITE FOR THE AMITY TRIDENT!



# Incumbent Trump Faces an Uphill Battle in 2020

by Jack Ranani '21

As an incumbent, President Trump has to make the case to the American people to preserve the status quo. However, amidst the coronavirus pandemic and racial unrest, he has a tough case to make. How will he try to convince the electorate that he is the best option to serve another term?

In order to win, he must tightrope walk between stroking his base and attracting new voters, as polls consistently show his rival, Joe Biden, winning. However, as a candidate with notoriously little discipline, it is unlikely he will be able to thread the needle. According to FiveThirtyEight's simulations, Biden has about a 75% chance of winning the election.

Further, the shooting

of Jacob Blake in Kenosha, Wisconsin and recent Republican National Convention only harmed President Trump electorally.

Facing this precarious situation, Trump seems to be doubling down on his extreme rhetoric as opposed to catering toward the center, which Biden has done very well this election despite being the most progressive Democratic nominee in history.

The President's policies and rhetoric have tended to be strongly authoritarian as he characterizes himself as a "law and order President" that will be supported by a "silent majority", a reference to Richard Nixon's use of those terms back in 1968.

Riots have convulsed the nation in both years: in 1968 in response to the assassination of Martin Luther King and in 2020 in response to the killing of

George Floyd. Americans in 1968 supported Nixon's "tough on crime" response, but Americans today aren't falling for those thinly veiled racist policies. The public viewed Trump's response to the protests and underlying issues that caused them as inadequate, according to some recent polling.

In order for Trump to be reelected as a "law and order" President, public opinion needs to greatly sway in his favor. This is unlikely.

As with any incumbent, Trump must promote the status quo to convince voters to reelect him. However, the looming coronavirus pandemic makes this an extremely difficult argument to make. Trump, in 2016, rode a populist wave of support, promising to shake things up in Washington. He was a deft advocate for change who

whipped up a frenzied base of support and built a winning coalition.

Running a campaign as an incumbent is more defensive than offensive; the President must now defend the America he has created. It is completely different than attacking the "powers that be", because now he is the "powers that be". The America Trump is responsible for is ravaged with coronavirus, economic struggles, and protests. The point is, it's a hard sell for an incumbent.

Finally, President Trump has shown in his years that he is a blatant fascist; he has empowered fascist ideas throughout his term. He enacted the Muslim Travel ban in his first week in office, purposely mismanaged the post office to impair mail-in voting, proclaimed that "when the looting starts the shooting starts", illegally used the

White House for the Republican National Convention, urged his supporters to commit voter fraud en masse, and utilized unmarked paramilitaries to abduct innocent protestors from the streets of Portland.

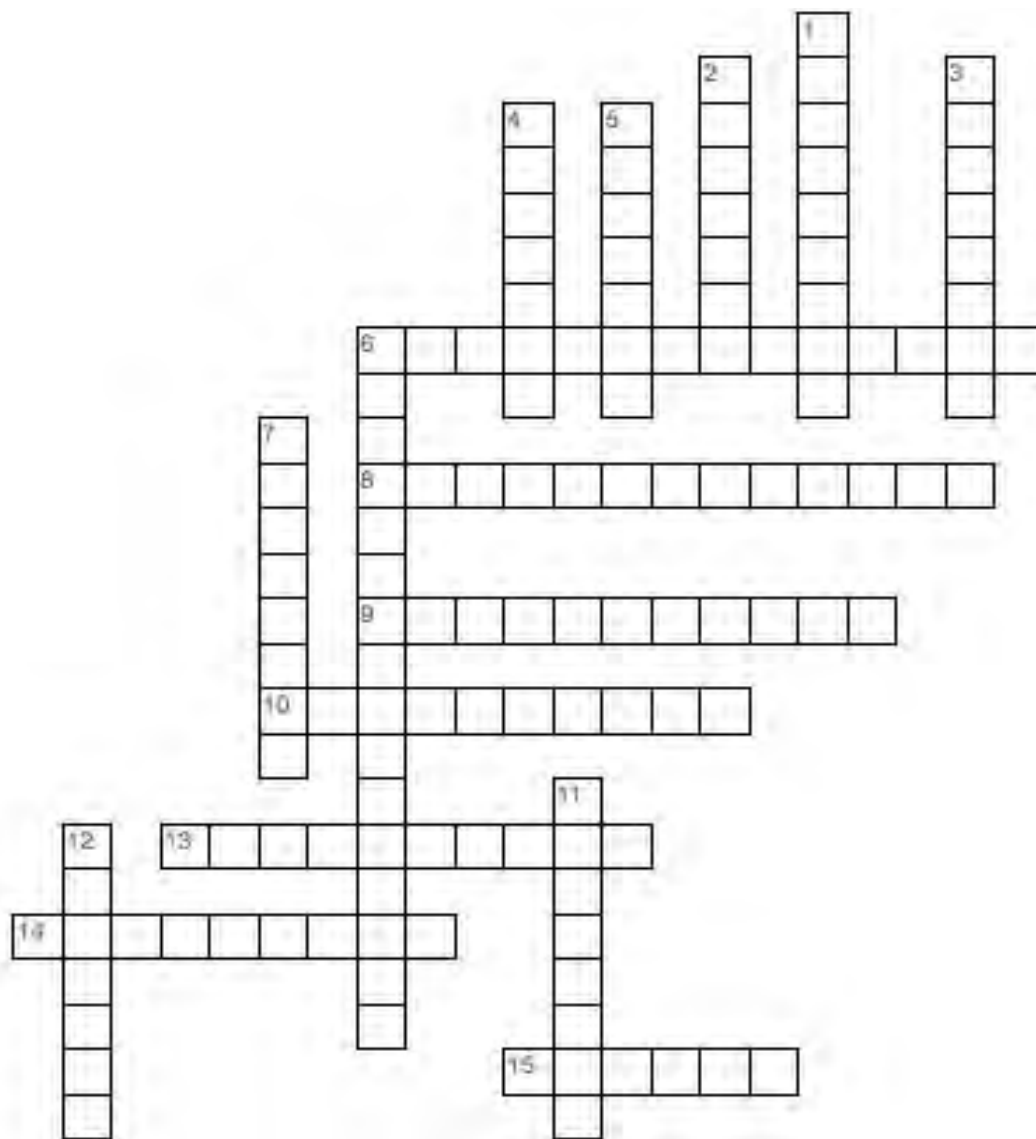
If he wins another term, more and more fascist policies will be enacted. We must take pride in our Republic and affirm our commitment to the ideals of egalitarianism, justice, and progress. We must prevent another four years of Trump.

Reelecting him will further pervert and desecrate the ideals upon which this nation was founded and upon which progress is achieved.

This election poses the dire question: do we want the current leader of American fascism to be President for the next four years?

## September Crossword Puzzle

by Ian Glassman '21



### Across

6. ejecting someone out of a window
8. the severing of the limbs
9. one who can see the unseen; psychic
10. aircraft performance
13. suggestive of the devil; evil
14. infantry unit in battle
15. package to be wrapped; sent by mail

### Down

1. filled with zeal; energetic
2. one who can bend their body; gymnast
3. uncastrated male horse
4. officer of high rank in the armed forces
5. one involved in secrecy; conspirator
6. the study of tree rings
7. one with memory loss
11. related to grazing of cattle; fields
12. energy released in frequency



# Get Creative! How to Make a Mask

by Abby Ball '22

At the start of the coronavirus outbreak, people were not sure if they should wear a mask, social distance, or both.

However, after a few months, scientific evidence has verified that wearing a mask reduces your and others' risk of infection. No matter your political views or affiliations, you should wear one for the safety and health of the community as advised by the CDC and the State of Connecticut.

You can wear the masks that Amity has provided, or, if you want to create and style your own mask, read on.

You will learn how to sew a mask and how to make a non-sewn one. These are just two ways to create masks, but any other method where it is still functional works too. If any of the following steps are confusing, you should watch YouTube tutorials to visualize the process.

For a sewn mask, the materials you will need are a sewing machine, scissors, needle and thread, some string/ribbon, elastic, or fabric strips (preferably around 7 inches long), and two pieces of fabric (cotton

is best).

The cotton you use can be from a T-shirt, bandana, pillowcase, or any other material, and should have the recommended thread count of 180 to be effective.

First, cut out two 10-by-6-inch squares of fabric and put one on top of the other (since you will be sewing them together). Second, fold over the long sides (top and bottom) ¼ inch and hem. Next, fold the short sides (right and left) inward ½ inch and stitch down.

Then, run the elastic through the wider hem on both sides of the mask (these are the ear loops). Lastly, pull on the elastic until the

ironing, or drawing on the fabric. Get creative!

For a non-sewn mask, you will need fabric, scissors to cut your mask into the size you want, and some elastic or string around 7 inches long. First, fold your cut fabric in half (downwards) and then fold the top of it down again and the bottom of it up so the fabric is more of a strip.

Next, put your elastics onto the middle of the strip so each are about two inches from the end of the fabric. Finally, fold each side to the middle and tuck so that the elastic is on the outside and you can pull it onto your ears.

Although wearing a mask may not be enjoyable, styling your own can be a fun adjustment to this new lifestyle.

You can also personalize masks as gifts, or, even better, you can donate any extra you make to organizations and communities in need.

What's most important right now is staying healthy and stopping the spread of this virus, so remember to adhere to all scientific advisories and rules.

Hopefully this guide has helped or inspired you to make your own homemade masks and masks for others. Good luck!



Photo by Adithi Wijesekera '22

### Homemade mask

are on the inside of the hem, and then stitch the elastic in place to prevent it from slipping.

Be sure to try on the mask so you can make any necessary adjustments. You can also add on any detail you want by sewing, embroidering,



Photos contributed by the Amity Photo Department

A collection of homemade masks worn by members of the Amity community.

# Debate Team Goes Virtual

by Nikhil Mali '21

This school year, in-person club meetings have been temporarily cancelled due to the pandemic. Among other clubs, the Amity Debate Team was able to continue meetings virtually at the end of the previous school year and throughout the summer.

Fortunately, Amity Debate wasn't the only group that was able to make the switch to an online format; the debate community as a whole was quick to adapt.

Debate is one of the few activities that can effectively be virtualized because it involves speech, which can easily be done online. Many of the major in-person tournament organizers such as the National Parliamentary

Debate League, New York Parliamentary Debate League, and Connecticut Debate Association quickly made the online switch.

Over the summer, Amity's Debate Team competed in some virtual competitions in which the competitive aspect of debate was still able to thrive.

However, the debate team isn't just about arguments.

Wendy Zhang '21, one of the debate captains, remarks, "I'm going to miss Amity Debate Team bus rides, running around college campuses and high schools trying to

find the building you're debating in, having downtime to talk to people from other schools, being able to have dinner together as a team, and ranting about judges or how your round went when you come back to the rest of the team."

Arnav Paliwal '21, another captain, agrees. "Online tournaments are still fun but missing the social aspect of debate tournaments leads to most of us still missing in person tournaments," he said.

Despite the difficulties, Paliwal is still ambitious, planning "to compete in the International Professional Practices Framework (IPPF) again this year and aim to qualify for the top eight."

IPPF is an international essay competition for avid debaters in which hundreds of teams compete against one another.

Last year, Amity's debate team was able to place in the top eight before the pandemic struck. They were declared "co-champions" and won a cash prize of \$2,500.

Another change for the debate team this year is two new coaches: science teachers Nicholas Shamp and Tyler Billehus. Even virtually, the Debate Team's spirits are high as their first tournament of the school year approaches



Photo by Patrick Cumpstone

Amity Debate Team at CDA Tournament in fall 2019.

on September 25th.

If you're bored during quarantine, you should give debate a try!

# Online School

by Natalie Wang '21



**LAW OFFICES**  
of  
**DEBRA B. MARINO**  
LLC  
ATTORNEY AT LAW

657 Orange Center Road  
Orange, Connecticut 06477

Telephone: (203) 298-0611  
Facsimile: (203) 298-0613  
dmarino@marinofamilylaw.com  
www.marinofamilylaw.com



# WHAT DOES “AMITY: STRONGER TOGETHER” MEAN TO US?

This is a strange but exciting year for Amity as we navigate and figure out hybrid learning together. Our theme this year is “Amity: Stronger Together,” which holds true not only as we lean on each other for support but as we unite as one in these unprecedented times. As one aspect of being stronger together is celebrating our unique differences and ideas, we asked students and staff what this year’s phrase means to them in the hopes of bringing us all together.

**Mrs. Browett, teacher:** “To me, ‘Amity: Stronger Together’ is an acknowledgment that doing school during a pandemic isn’t easy and a reminder that the way we can get through this is by leaning on each other. I am so appreciative of the help and encouragement my colleagues and students give me each and every day.”



**Aarav Patel '24:** “The phrase ‘Stronger Together’ to me means that goals and obstacles are easier to accomplish when working with others. This year, I will live by the phrase ‘Stronger Together’ by helping those in need to get through these hard times.”

**Aadya Wijesekera '23:** “I will live by the theme ‘Stronger Together’ this year by helping those who are struggling around me. When we stand for one another, it builds a community. And, ultimately, a community is always stronger than a single individual.”



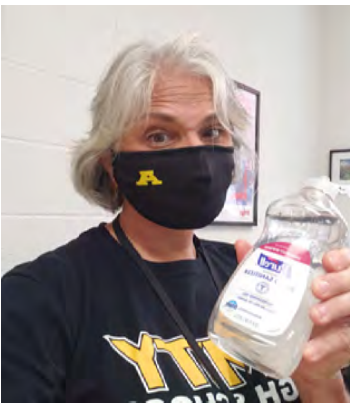
**Mrs. Wallin, teacher:** “‘Amity: Stronger Together’ means to me that if we as a community practice stewardship of our environment and the people we share experiences with, we are more likely to triumph against anything that comes our way.”



**Allen Liu '23:** “I believe ‘Amity: Stronger Together’ means that the students, faculty, and administrators of Amity are greater than they would be individually because we are united.”

**Mrs. Hulse, librarian:** “To me, it means that we’re living during a very difficult time right now, so we absolutely have to unite to support and help each other. I know personally it’s been a challenge dealing with the pandemic and how it’s affected my personal and professional life. But with the support of my family, friends, and colleagues, I find time to laugh, cry, vent and socialize which makes life seem a bit more normal.”

**Mrs. Chevan, teacher:** “This is probably - no, definitely - the most challenging of my 24 years teaching. If it weren’t for my colleagues supporting each other, working together, and teaching each other and my students who remind me every single day why I love teaching, this would be so much harder. This is a year like no other, but the only way through it is together, for sure!”



**Mrs. Mahon, principal (and office staff):** “‘Amity: Stronger Together’ means that we do our best work and are our best community when we honor and value every member of our school community. It has been a rough few months since March when our lives were disrupted, but we have continued to work through the trying times. Now that the 2020-2021 school year is here, the strength of our school is palpable, whether we are in the same physical space or not. Even when we’re wearing masks and staying physically distant, we are stronger together.”



**MAKE IT HAPPEN...FIND YOUR PASSION...GO THRU IT**



# ER TOGETHER” MEAN TO YOU?

**Mrs. Waterman, school counselor:** “Having a team to work alongside with does make me stronger. On the days that I don’t feel confident, I have peers that build me up. When I see smiling eyes in the hallway, it gives me the energy to push through my fear to make sure that I am an active and enthusiastic member of this community!”



**Nina Carmeli '23:** “To me, ‘Stronger Together’ means we will stand united through it all. This sounds just like the generic and overly optimistic message thrown in our faces every day, but it has shown itself to be true so many times. The love and effort put in by all of the teachers to guide us toward success, and the consideration of the students during this difficult time has been extremely assuring. I am certain that if we all take this message to heart, Amity will remain an extraordinary community, supporting each other through anything.”

**Mrs. Roessler, teacher:** “Amity: Stronger Together’ means that we focus on our similarities, not our differences.”



**Abby Ball '22:** “‘Amity Stronger Together’ means that when we are unified we can accomplish more and work better as a community. Amity is stronger and more diverse when together.”



**Karishma Bulsara '23:** “In order to live by the theme of ‘Stronger Together’ this year, I will turn to my community in times of need. I will also reach out to more people throughout the year.”

**Adithi Chalasani '22:** “To me, our ‘Stronger Together’ theme means that when people unite, great things can be achieved. It relates to the popular saying that two heads are better than one; I believe that working alongside others, despite possible differing opinions, can help broaden our views on life. Everyone has something to bring to the table and when these special talents are brought together, any task they are faced with will have a better outcome.”

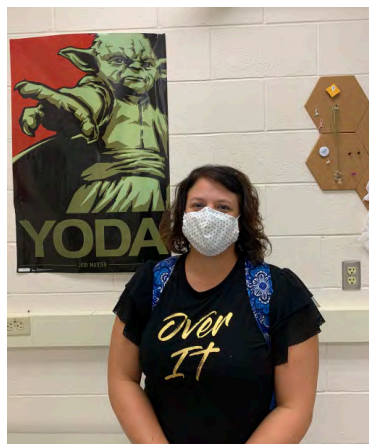
**Oren Aviad '21:** “For me, Amity’s theme ‘Stronger Together’ means that we can get through this difficult time more easily by relying on our student and teacher peers than we can on our own. This year is definitely very different from any other, but we will get through it together. Here’s to an amazing year, Amity!”

**Julianna Tran '22:** “To me, ‘Amity: Stronger Together’ means that when all the students and staff come together, we become unified. Everyone is unique in their own ways, and when put together, our diversity in thoughts, actions, and ethnicity makes us who we are.”

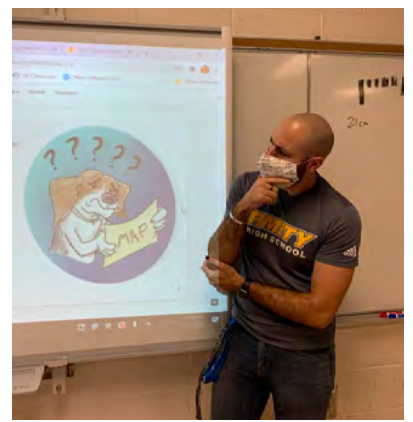
**Mr. DeMeo, teacher:** “To me, this year’s school motto is a realization of the fact that, under the given circumstances, working together and supporting each other is our best opportunity at success. Whether it be teachers supporting teachers, students working with their teachers, or students supporting their peers, the 2020-21 school year demands that we work together towards our common goals. Forming authentic bonds and relationships will make us a stronger Amity.”



**Mrs. Piscitelli, teacher:** “It’s very powerful. I think it means a lot with what’s going on in our society today with the social unrest and with the coronavirus too. We all need to work together towards a common goal.”



**Mr. Shamp, teacher:** “This is uncomfortable and different for everyone, and we have to remember that. While we’re all struggling in different ways and within different aspects of this scenario, ultimately we can make it through this if we remember we’re not alone.”



**Lindsay Berke '21:** “It means as a community, when we work together, we can make larger progress to overcome challenges.”

**Aamnah Malik '21:** “I think a big part of it, especially this year, is that all the students, teachers, and administrators have to work together so that classes and school in general can function as normally but also as safely as possible.”

**Jacob Silbert '21:** “‘Stronger Together’ means checking in with your friends and family, even if we must do so virtually. Knowing that somebody cares about you goes a long way in a time like this.”

**E DISTANCE...BE THE CHANGE...BE TRUE, BE YOU**



## Thinkers and Writers Populate the Creative Writing Society

by Annie Liu '23

The school reopening plans seemed to leave little room for student activities. Sports, clubs, and events were cancelled, and for students, information about how these activities would begin again was sparse. Club leaders floundered to find solutions. Through all this, the Creative Writing Society (CWS)—a club with a years-long legacy—found its footing to start the new year.

The Creative Writing Society has served as a bastion for Amity's writers and thinkers, operating quietly in the Media Center and in the English wing.

The club leaders would share ideas, spark discussions, and bring cookies, brownies, and other sweet treats. The members of the club would play games, participate in the aforementioned discussions, and, most importantly, write. In past years, the CWS has done prompt-based short story writing, club-wide analyses of writing elements like plot, characters, setting, etc., and a plethora of writing games and activities.

However, it's also been the mission of the CWS to support the original and individual work of each of the writers in the club, and they've opened their club for free-writing days and critique sessions.

Coronavirus protocol, while throwing a wrench into students' plans and expectations for the year, hasn't changed the core elements of CWS and their mission.

The Creative Writing Society remains a constant even in these turbulent times, and although it's been difficult, the CWS is, just like any other year, starting again and readying

to welcome a new batch of students and writers.

Some changes, however, have been made out of necessity. Club meetings are now going to be online over Zoom, as with most other clubs. The CWS club leaders have also created a new plan for the new year, the new platform, and the new members; in an effort to increase club engagement, the CWS have come back with a more planned and definite schedule, and experimenting with fun games and activities that can be carried out over Zoom.

The Creative Writing Society is also seeking to expand into more digital platforms. They recently created an Instagram account (follow them at @amitycws!).

The president of the club, Noah Sapire '21, says that he's creating a website/blog for the club and the club's members.

"This can be a place to share our best work, inspirational posts, interviews by favorite authors, and suggest exercises to help improve our craft. This can also be a way to expand leadership opportunities in the club," he explains.

"I have been in this club for four years now, and I will continue to keep it running despite any obstacle we may face," Sapire says.

The club leaders also are devoted to ensuring that CWS is a safe place for the creative thinkers at Amity to relax and unwind, something that is all the more important with the stresses of navigating online learning and technology (particularly in the midst of a deadly pandemic).

If you are feeling stressed or just need a place to let your imagination breathe, drop by at the Creative WS sometime.

All writers, artists, thinkers, and imaginers are always welcome.



## "Hamilton": The Musical that Revolutionized Broadway

by Emma Beloin '22

"Hamilton: An American Musical" broke the boundaries of what a Broadway musical looks like and still continues to amaze fans around the world. The musical has been almost impossible to get tickets for since its debut off-broadway in 2015 at the Public Theater. Shortly after that, it moved to the Richard Rogers Theater on Broadway, where nobody could get a ticket.

However, as of July 3, 2020, "Hamilton" became accessible to everyone around the world. Disney Plus, a monthly subscription streaming service, premiered the filmed version of the musical. It is the same musical that debuted in 2015 with the original cast, but filmed on stage for people who can't see the show in person to watch in the comfort of their own homes.

People like Robin Roberts, a broadcast journalist for "Good Morning America," couldn't wait to meet with the cast to interview them on the historic musical they are a part of. The musical turned its cast members into stars when it received a record-breaking sixteen Tony nominations and eleven trophies at the 70th Annual Tony Awards.

"Hamilton"'s brilliant creator, Lin-Manuel Miranda, personally received three Tony Awards for Best Musical, Best Original Score, and Best Book of a Musical. Since then, the young writer, actor, and musician became a common household name known around the world. Zola Kneeland '22 said, "'Hamilton' is a work of art that changed the way theater is perceived."

But what exactly is "Hamilton" about? The musical is a two and a half hour production that chronicles the life of Alexander Hamilton, one of the United States founding fathers.

The story begins with Hamilton's arrival in the newly developed New

York City and ends with Hamilton's death in a duel against lifelong rival, Aaron Burr. Other founding fathers and historical names make appearances, including George Washington, Thomas Jefferson, James Madison, Marquis De Lafayette, and many others.

Another important group of side characters is the Schuyler Sisters, which includes Elizabeth, Angelica, and Peggy Schuyler.

These three characters insert women into the narrative of United States history with the famous line sung originally by Renee Elise Goldsberry who played Angelica Schuyler: "...when I meet Thomas Jefferson, I'm 'a compel

tirely through the complex language of rap. Miranda, the creator, imagined that rap was the only way the story made sense, since Alexander Hamilton was known for his quick speaking and endless writing.

"Hamilton" sparked a revolution and conversation that the world needed to hear. Its unique combination of history and art is what makes it so beloved.

Another student who got the chance to see "Hamilton" on Disney Plus, Audrey Marin '22, expressed her thoughts on the show saying, "I absolutely loved "Hamilton"! I thought that the way the musical was written was incredibly clever, and the talent on-



Students performing at Music in Motion 2015

Photo from Paul Bogush

him to include women in the sequel," referring to the opening sentence of the Declaration of Independence.

The declaration, written by Thomas Jefferson, only included men, not women. Elizabeth Schuyler, who married Hamilton in 1780, had a remarkable story herself.

Being the only character that never raps because she never rushed to "tell her story," she is known for keeping Alexander's legacy alive after he died in 1804.

This is the focus of the last song of the musical, "Who Lives, Who Dies, Who Tells Your Story," where Eliza sings about everything she did for Alexander with all the time after his death.

The musical tells the story of Hamilton en-

stage was just unmatched."

"It was so impressive how captivating the performance was while maintaining a high level of historical accuracy. I would definitely recommend!"

"Hamilton" is full of historical facts creatively placed into the show for the audience's enjoyment. Whether it's the choreography or the lyrics, your mind will be overwhelmed by the spotless performance.

Whether you know the songs word for word from the Original Cast Soundtrack, if you are a history lover, or if you just need something to watch on a Friday night, "Hamilton" is full of drama, comedy, success, defeat, and of course, talent.

Fans from all over the world were beyond thrilled to finally have the chance to see this astonishing musical.

*Love Plays?  
Love Music?  
Love Books?  
Write for the Arts section of  
The Trident*



# Art Class with a Barrier

## Teachers Adapt to Online Learning

by Shannon Carrier '22

Adapting to online learning has definitely been a struggle for all teachers, but what about the teachers who deal with all the hands-on activities?

The art department is often unacknowledged for the huge changes they have made to make their classes effective online and with limited supplies. Amity art teacher Elizabeth Smolinski has shared insight into how she and the art department are adjusting to the "new normal."

Prior to the spread of COVID-19, art students would share paint, crayons, brushes, scissors, and nearly everything in art class.

This year, so much has changed in respect to the use of art class materials. Students cannot share materials due to the risk of germs spreading.

In response to this new issue, Smolinski says, "Now that students are at home and at school, I have to prevent supply use from being a health hazard, but also make it convenient for students so they aren't carting a lot of supplies back and forth or feeling pressure to purchase their own supplies."

The shutdown that began in March left art students with very few, if any, art supplies at home because they no longer had access to classroom materials. This lack of supplies left art teachers with limited options for assignments for their students.

To make the process easier this year, students will be provided with a kit which will include basic supplies. The supplies include a water-

color set, chalk pastels, colored pencils, drawing pencils, and more.

These kits are also important because students cannot share art supplies due to the risk of spreading COVID-19.

"searching for good online video tutorials [that can demonstrate the materials or techniques]."

Smolinski added, "Once I feel more confident with technology, I might create some of my own."

Smolinski also decided to join some social media groups for art teachers which have also given her some ideas for adaptable assignments; however, she stated she is trying to stick with what she typically teaches but change it so that it can be done in this atmosphere.

Since Smolinski teaches four different art classes and has the additional task this year of making them virtual-friendly, she is finding it difficult to have enough time to get everything figured out.

"Between the four different courses, the rotating letter days, which don't go in order anymore, and the hybrid schedule, my head is spinning," she says.

She believes it is important to stay organized during these times.

Although it may take a bit of getting used to, Smolinski is confident that Amity art students will adapt well to the modified art classes, as they did last year.

"When my students were remote this past spring, they created phenomenal artwork with things like cardboard, house paint, and art supplies from childhood that had been stashed away for years," Smolinski says.

"Where there's a will, there's a way!"

Since they were able to adjust to much more challenging circumstances during the spring semester and still managed to make amazing artwork, students' creations this year are sure to be even better.



Photo by Emma Tirollo '21

Students sit one to a table in Mrs. Smolinski's Drawing and Painting class.

They can be conveniently carried in a students' backpack to and from school, so students can still participate in art class even while they are at home.

The kits allow students to use materials that only they will be handling, which is essential for safety.

Though the kits equip students with some art supplies, it is important to keep in mind that they are basic supplies. The limited contents of the kits pose a challenge for Smolinski because she is unable to teach some of her usual lessons and must modify many of them to ensure that they only require the materials provided in the students' kits.

Additionally, the students cannot do group projects where they share materials, nor can they gather around Smolinski to watch her demonstrate materials or techniques.

She comments that her alternative to traditional teaching has been

# One Book One Amity

## Looks for Fresh Recruits

by Elizabeth Amankwah '22

Do you want to rock your world? Are you looking for a good score on your upcoming standardized tests? Have you watched just about everything on tv? Are you having trouble reaching your followers on social media?

Well, what if I told you that there was a time-tested way for you to not only escape to more exciting worlds, expand your knowledge and make you a prime candidate for admission to top schools, but also become an influential figure on social media?

One way to escape day-to-day reality is by reading

It offers students the opportunity to discuss and debate books of all kinds and choose the best possible ones for the student body to read during summer. Once the summer is over, a number of follow-up activities that discuss the chosen book begin.

Through OBOA, students communicate with each other in ways that they never have before. This year, students were required to read a memoir of their choice and can now anticipate a myriad of activities related to their books occurring throughout the new school year.

Julie Chevan, a co-advisor of OBOA said, "We aim to create community and habilitate interactions."

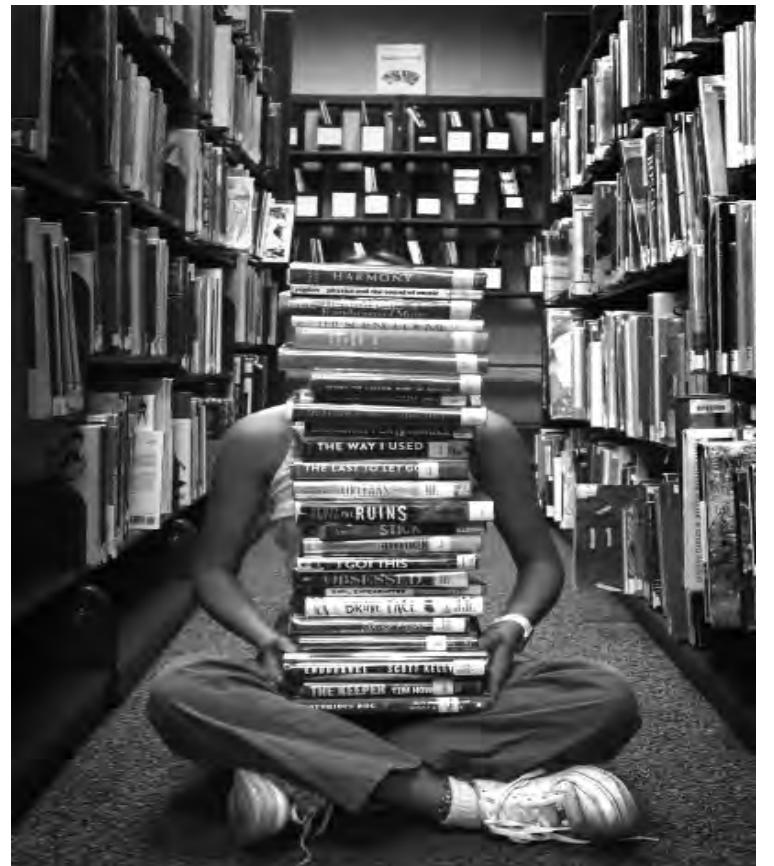


Photo by Riley Palazzo '21

A student chooses a book for OBOA Summer Reading.

an interesting book.

One Book One Amity is offering you a genuine opportunity to get involved and escape the real world through reading. Books not only provide an escape from the real world, but also an opportunity to enrich knowledge and vocabulary just in time for the SAT and ACT.

With the help of the articulacy granted by reading books, you can make well-structured arguments for discussions on social media and skillfully express your opinion. It can also help you to better communicate with friends, empathize with others, and better understand perspectives in relation to world affairs or everyday life.

The OBOA club is centralized around the idea of community and promoting literacy in our school.

Members of the OBOA engage in enriching discussions that help them create new friendships, and come to understand each other.

Although this year may be a little different due to the Coronavirus Pandemic, that does not mean that students can't gain the same quality interactions from One Book One Amity as they would in a typical year. OBOA retains our sense of community through online discussions and activities.

"We're trying to make this work," said Samantha Hass '21, of the OBOA.

In recent months, the world has been changed in ways that we never could have imagined. But the Amity community is unified and connected by One Book One Amity and their activities. Join the One Book Amity club to get even more involved in this amazing Amity program!



## Girls Soccer Reacts to the Pandemic

by Scott Lowder '22

Now that school has officially started in hybrid mode, many athletes in our Amity community are excited for the approaching fall sports season. Despite the CIAC delaying the season start time, several of our Amity teams will at last be given the chance to enjoy the sports they love.

Being no exception and happy to finally take to the field, the Amity Girls' Soccer Team is ready for the season start in October after ending the previous year with a 9-6-2 record.

To continue this momentum and potentially be even better for this year, the team is head coached by Owen Quigley with captains Nicole Grosso '22, Audrey Marin '22, Grace Swain '21, and Julia Turski '21, putting the team in a strong position for the upcoming season challenges.

During the pre-season, the soccer team conditioned with athletic trainer Jim Ronai and played in the CFC summer league. Along with the practice and pre-season training, the team has responded well to the pandemic.

Although presented with an unfamiliar problem, the team still ensured safety through social distancing and mask wearing to guarantee the continuation of their season.

Captain Audrey Marin said, "Our team has followed the CIAC guidelines very closely to keep healthy and to head into the season strong."

Hopefully, with all these measures put in place, the player will have good experiences and the team will be successful.

Even with the craziness of having a pandemic during the sports season,

Captain Nicole Grosso said, "I think everyone's just really happy to be there despite some of the Covid-19 restrictions."

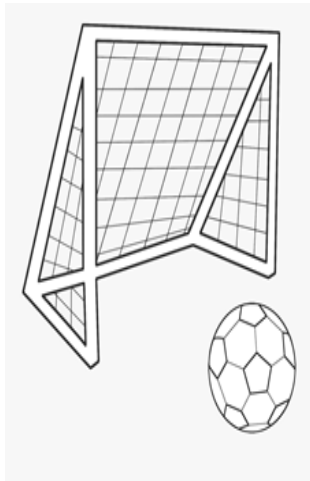
She put a positive spin on the current circumstances. However, she also noted the difficulty of team building, especially for the newer players, claiming that "one of the hardest restrictions isn't actually the practice, but rather trying to do team bonding outside of practice in a safe way."

The soccer team still has more hurdles to overcome due to losing fifteen seniors to college. After asking how the team will combat this setback, captain Julia Turski said, "We'll be looking for a lot of the underclassmen to step up. Especially the juniors this year since they're such a large group."

Since the team has lost so much experience, we all hope that the juniors of the team rise to the challenge.

Potentially even the freshmen and sophomores could reach up to the big leagues of varsity games.

Overall, the upcoming Amity Girls' Soccer Team's season looks to be incredibly promising, and the Amity community is sure to be filled with anticipation for how well they will perform.



## Amity Football Team Makes Their Voice Heard at the Capital

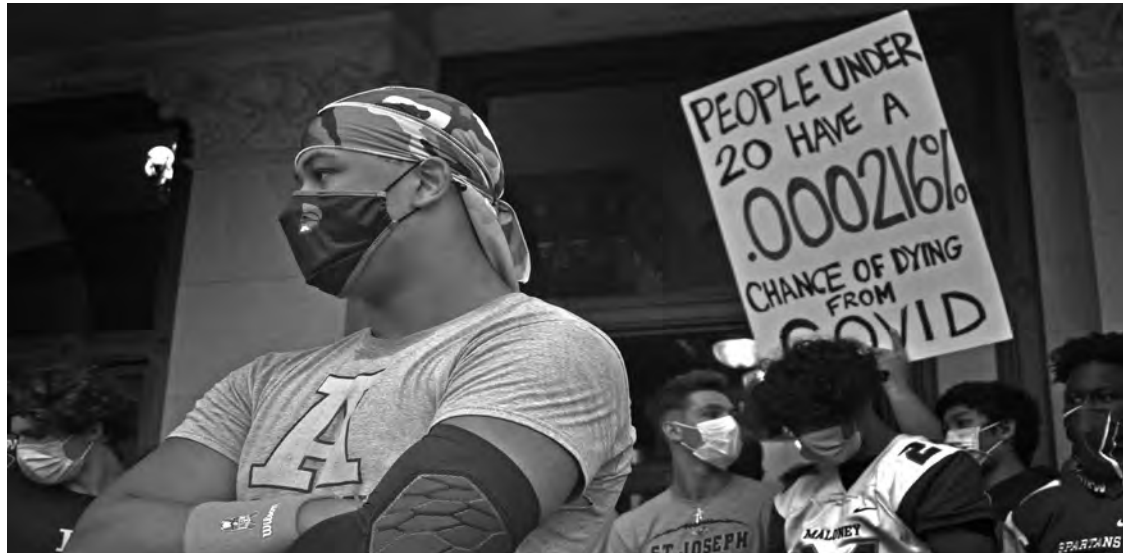


Photo contributed by @amity\_army2020

Neil Brown '21 attends the protest.

by Benjamin Martin '21

On September 4th, the CIAC stated that full eleven-on-eleven tackle football will not be played in the state of Connecticut this year. Ever since this news came out, the high school football community has erupted.

The players on the Amity football team as well as players on teams across the state have been protesting and making their voices heard.

At the last protest on September 9th, players from at least 40 high school teams showed up, including the Amity football team.

Amity football captain Cameron Luciano '21, described the mission of these protests as a campaign "to force the CIAC to allow us a full-contact 11-vs-11 season whenever it is deemed safe."

Throughout the whole series of protests, captain Cameron Luciano has become one of the faces for the let us play movement.

Luciano has gone to all of the protests and has been on Fox with CIAC commissioner Glenn Lungarini, and on the 99.1 PLR morning radio show with Chaz and AJ to speak on the issue.

Describing his role in the "let us play" movement, Luciano said, "[I am] one of the main organizers, but I do not want to take all of the credit. Several captains across the state including myself have been huge in organizing this, including all of our teammates."

Along with Luciano, the rest of the Amity football team has had a big role in the protests. Luciano commented about Amity's role in the protests, saying, "We all have shown out for all of the protests and made our voices heard. Some of us have been interviewed, and we all have done a great job representing us and CT football."

One of those interviewees was Amity defensive lineman Neil Brown '21. When asked how he felt about the situation,

Brown said, "I'm really disappointed that our season got canceled; especially since it's my senior year. However, I feel like a lot has been accomplished with these football rallies and marches."

Luciano agrees with Brown that the protests are making an impact, stating that "the coverage that we have gotten has been more than I could have possibly imagined."

Although this may seem like enough, according to Luciano, "We have more things planned depending on the final decision from the CIAC."

Following the protests, the CIAC met again with DPH to reconsider allowing football to be played. After that meeting on September 4, the decision remained a no.

While football will not be played as a high school sport this year, parents of players, as well as coaches across the state, are trying to set up private leagues so that their players can have a proper football experience this season.

## Amity Players Protest the CIAC Plan

Students attend the football protests in Hartford on September 10 to show solidarity with approximately 1,000 players, coaches, and families. Photos by Olivia Tashlein.





# Fall 2020: A New Sort of Sport Season

by Jacob Silbert '21

The spread of COVID-19 has had a tremendous impact on high school sports. With the cancellation of the spring sports season, some Amity athletes haven't worn the black and gold in competition for 6 months.

In terms of the 2020 fall sports season, teams

a time limit for in-person practices. For the time being, that limit is set at an hour for all of the fall teams. Starting next week, however, the girls soccer team will be able to practice for up to an hour-and-a-half. "I think the policy is put in place to keep everyone safe while allowing us to play. The plan includes a nice progression until game time which everyone is

their practices, players must pass a COVID-19 screening, consisting of a temperature check and questions pertaining to coronavirus symptoms.

If players do not pass the screening, they will be unable to play until their symptoms subside or until they provide a negative COVID-19 test result.

Despite the strict measures, boys soccer captain Arian Bobi '21



Photo by Antonia Tzepos '21

**Mya Dizenzo, a sophomore volleyball player, pushes a cart of volleyball equipment at a recent practice.**

are currently allowed to practice, and all besides football are planning on having a modified season. However, to reflect the extraordinary circumstances presented by the current pandemic, the look of fall sports will certainly be unique to the times.

One of the policies instituted by the CIAC is the use of cohorts. Cohorts, typically 10 people each, must practice separately, and the members in each cohort cannot be mixed around.

"It's a little upsetting not being able to play as a full team as a senior," says field hockey captain Kennedy Csejka '21, "but I'm grateful that we get to at least play, and hopefully we'll be able to play real games at some point."

The girls swim team was actually allowed its own cohort system, with four swimmers spaced out along each of the eight lanes.

According to captain Olivia Fryer '21, the changes have made it "difficult for us as student athletes to reach our goals and objectives."

Another new rule for the fall season is having

very excited for." says Julia Turski '21, captain of the girls' soccer team.

"It is very thorough, which allows players and parents to feel confident in the process." And what would a public gathering be now without masks?

For a sport like girls volleyball, masks are becoming an integral component of the Amity uniform.

Whether playing or conditioning, as long as the team remains indoors, masks must be worn. Volleyball captain Mari Dragan '21 commented that "the team has adapted really well to the new rules.

"As of right now we are unsure of the future of our season but are hoping we are allowed to continue to play."

During warm-ups, the cross country team must also wear masks.

"I'm sad it has to be like this," said girls cross country captain Brigitte Gagnon '21, "but I understand it and am glad I can at least still run with my team."

Some teams, such as football and soccer, have even gone a step further. Prior to each of

commented "I feel like the CIAC is just trying to do everything to keep the community and the state safe from the virus."

The football team is in a particularly unusual scenario. According to the advice of the Connecticut Department of Public Health (DPH), the standard 11-on-11 tackle football that everyone is used to is out of the question this fall season.

Instead, the DPH has proposed a possible 7-on-7 alternative without the use of linemen, but tackling will not be allowed.

Some states have already decided to move their high school football season to the spring, but the CIAC is opposed to that as well.

While the fall sports season this year will undoubtedly be an experiment, the best way to aid the return of sports as we know them is to follow all of the COVID-19 protocols and try our best to stay safe and healthy.

Players and policy makers alike are in uncharted waters, but hopefully, with enough time and cooperation, normalcy will be reestablished.

# Boys Soccer Team Prepares for Playing amid COVID-19

by Laurence Lambiase '21

It is clear that the last few months have been rough for sports athletes and fans. But with school back and COVID-19 cases getting better, it looks like sports are slowly making a comeback.

Although football is doubtful to start its season, there are other sports that will start in the fall, like boys soccer. Led by captains Arian Bobi '21 and Kaojao Boonyalai '21, the team looks forward to a great season despite COVID-19 concerns.

Everyone has the same question: How will the team play soccer in these troubled times?

Arian Bobi '21 spoke about the issue, stating, "The CIAC wants us to have limited games, and we won't be having the SCC tournament or States tournament, we will just be going against towns that are close to us."

For the CIAC to make decisions, they first had to discuss options with the Department of Public Health to see which scenario could enhance the players' safety. After further discussion and review, they finally advised the soccer team to avoid long road trips, but, rather, play close to home.

Staying close by is intended to contain the virus in a certain part of the state rather than risking its spread and a possible spike in cases.

Since the start of summer, the boys have done everything possible to stay in shape. But they didn't only condition, they also had a summer league.

Bobi also said that COVID-19 screening was

done before every summer game, and it proved effective. The team ended up placing second in the league, winning most of their games, and bringing high hopes for their upcoming season.

Although their upcoming season will have a limited number of games, the team still has to be focused on some of their opponents, including Shelton.

Bobi said, "Out of all the teams we are playing, Shelton is probably one of the best, so it will be challenging. Every year they always have a solid team."

Shelton is one of the soccer team's greatest rivals, so fans should expect a good game. Shelton is their first opponent of the season; it must be exciting for Bobi and his team mates to kick off the season with a great challenge.

When asked about his status as a rising senior, Kaojao Boonyalai '21 stated, "I'm hyped to finally get this season started. I hope we can rack up many wins and end with a good last year."

That would be a dream come true for this team, who worked so hard for not only the summer, but their whole lives. Also, who doesn't want to have sports? Boonyalai, like other guys on the team, is excited to represent the school again in this competitive sport.

As for goals, Boonyalai's mindset is straightforward: "Overall my goal is just to have fun and make the best of this last year."

"I also want to have a winning season and hopefully we can get division champs again."

*Catering by Judy*  
**Amity Meat Center**  
Quality Meats – Deli – Prepared Foods  
Catering for all Occassions

**Judy Rice-Panagrossi**  
24 Lucy Street  
Woodbridge, CT

**Alan Rice**  
(203) 397-5060  
Fax (203) 387-5982



# TRIDENT EDITORS OFFER ADVICE FOR THIS UNUSUAL YEAR



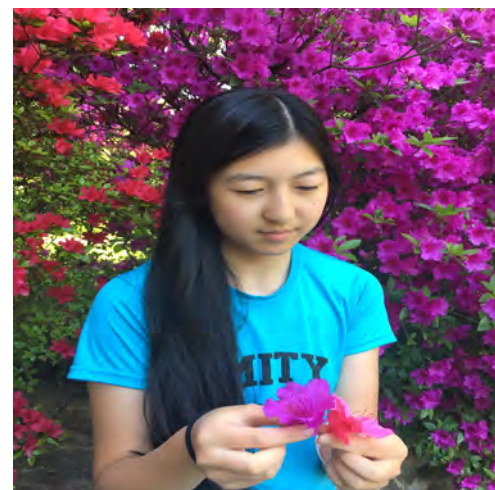
**Zachary Garfinkle '22**  
**Editor-in-Chief, Arts & Sports**

*Online classes make it tempting to slack off and do the bare minimum, but you should still try your hardest not only for your grades, but because developing a solid work ethic is of the utmost importance. In high school, hard work beats natural talent every time.*



**Caroline Chen '21**  
**Editor-in-Chief, News & Opinions**

*Make the most of your four years in high school! Amity has so many amazing opportunities to get involved and really make a difference in your school and community. Find ways to immerse yourself in your interests by choosing classes and extracurriculars that you genuinely love.*



**Allison Su '21**  
**Editor-in-Chief, Features**

*Find balance. Think about your values and what you want to get out of high school. In these uncertain times, we have a chance to reflect and move forward with a new understanding of ourselves and the world.*



**Ian Glassman '21**  
**Opinions Editor**

*Never compromise yourself. People around will make you doubt yourself, but you are enough. Do what you love, and be proud of what you love. Staying truthful is the best and most rewarding feeling to be felt.*



**Megan Wu '22**  
**Features Editor**

*Make sure to pay attention during online meetings. I suggest having a planner and writing down all your assignments and due dates so you can stay on top of everything. Most importantly, join sports and clubs because seeing your friends is already hard enough.*



**Adithi Wijesekera '22**  
**Features Editor**

*Try to surround yourself with positive people. Although it is tough to juggle school and extracurriculars, friends and family can help you during these tough times. Always make time to connect with your loved ones because you will be happier and will accomplish more.*



**Sydney Cohen '21**  
**Arts Editor**

*Be positive and appreciate the opportunities at Amity we take for granted. It's important to apply ourselves inside and outside of the classroom. It's never too late to get involved with new activities, nor is it too late to start pushing yourself and doing the best you can!*



**Ben Martin '21**  
**Sports Editor**

*My advice for the start of the school year comes from Amity Baseball coach Sal Cappola: "go after it." It is very important to show your teachers that you have the passion and drive to succeed in their classes. Success is never achieved by doing nothing; you need to work hard to get where you want to be.*



**Audrey Marin '22**  
**News Editor**

*Get outside of your comfort zone as much as possible because you never know what you might be passionate about until you give it a try. Amity has so many courses and activities to offer; it's worthwhile to take advantage of them. Although many activities are taking a new form, there is still the opportunity to meet new people and have new experiences!*



**Jennifer Xu '21**  
**News Editor**

*Organization is crucial every school year, but especially this year. Staying on top of your workload will make the year so much easier to handle, despite all the challenges we're facing. Having a support group is also so important, whether it's your friends, teachers, or family, so that you can have someone to rely on.*