

THE AMITY TRIDENT

LXXVII-No. 7

Amity Regional High School

Woodbridge, CT 06525

April 12, 2024

The Sun, the Moon, and the Earthquake: **A Week of Unprecedented Natural Phenomena**

by Andie Napolitano '24
and CJ Brinton '24

This week has proven to be an exciting one at Amity with the presence of two unprecedented natural phenomena.

Some members of the Amity community were 'shaken up' on Friday, April 5th due to an earthquake. The earthquake originated in Tewksbury, NJ at 10:23 a.m. on Friday, and at a magnitude of 4.8 it was one of the largest ever recorded in the Northeast and likely the strongest earthquake felt in many parts of Connecticut since 1925. People across Connecticut, including Amity students and staff, experienced rumblings from the earthquake.

Zainab Rizan '24 said, "I was in the science hallway when the whole room started shaking. The ground was rumbling and something even fell from the shelf. Everyone was just really confused!"

Maya Haiday '24 shared her experience saying, "I was in my anatomy class and some models fell off the shelves and we could feel the whole room shake." After finding out how harmless the earthquake really was, she continued, "It was a fun experience that I got to talk about with all of my friends. It blows my mind that some people didn't even feel the shaking!"

Aftershocks continued in the days following the earthquake. There have been 43 aftershocks since the Friday earthquake, most at significantly lower magnitudes and only affecting the area around the epicen-



Photo contributed by Alison Nork

Students view the solar eclipse after school on Monday, April 8.

ter. The strongest aftershock was a 3.8 magnitude around 6:00 p.m. on Friday, the effects of which were felt in Connecticut.

The earthquake was the first of two rare natural phenomena to occur within four days.

On Monday, April 8, a solar eclipse made its way across North America. The eclipse is the first in the United States since August 2017, and another will not occur until August 2044. The April 8th eclipse is historic because its effects were seen by over 200 million Americans. While Connecticut is not in the path of totality, we experienced 92% sun blockage. The eclipse began just before the school day ended at 2:10 pm, reached its peak around 3:25 pm, and ended by 4:35 pm.

A group of around 30 students, led by environmental science teacher Alison Nork, stayed after school on Monday to view the eclipse. The students shared eclipse glasses and created a countdown to totality. Principal Andre Hauser, Assistant Principal Monica Kreuzer, and members of the security staff even joined in on the fun.

Nork says, "It was a unique experience because the next partial eclipse in Connecticut will not be for 20 years, so it was really special to get kids together to view this event!"

The exciting events of this week will certainly be remembered by members of our community for years to come.

Roberto Alfaro Tells Students "No Dream Is Too Big to Dream"

by Armaan Shrivastav '27

On Tuesday, March 26, Roberto Alfaro, a multi-faceted individual across law enforcement, entertainment, fitness, and literature, visited the school and talked to a group of students

in the library. He discussed his life and how his perseverance and belief in his dreams helped him achieve his goals.

Alfaro grew up in a drug and gang-filled neighborhood in the Bronx. Being bullied all the time led him to learn martial arts; however, learning to fight got him tangled up with a group of troublemakers. By age 14, he was a high school dropout, just like the rest of his family.

Guided by mentors, he returned to school, played varsity basketball, and graduated high school in 1974. His dream of

Continued on
page 2



Career Day Helps Sophomores Prepare for the Future

by Kacee Tam '26

Throughout childhood, most people are asked what they wish to become in the future and answer with comments like "firefighter," "policeman", or "pilot."

Career Day, which was held on Thursday, March 28th, was an eye-opening experience for many sophomores as they realized their childhood dream careers could actually happen.

The Career Day presenters held jobs that were untraditional and traditional, less known and more well-known, which sparked the interest of many sophomores. This wide variety and selection of careers received highly positive feedback from the students.

Joseph Vatner '26 remarked,

"I loved hearing the architect talk about his job."

Another student Salma Maklad '26 mentioned, "I loved the Yale Museum Educator. Now I know that you can be an artist without being broke."

After listening to the Career Day presenters, many sophomores either felt more motivated and inspired to pursue their dreams or learned about a new career path that they hadn't considered before.

Not only was Career Day an incredible opportunity for the sophomores, but it was also a heartwarming experience for the faculty and Amity alumnus. Lee-Ann Browett shared her experience with Career Day, expressing, "I had a former Amity student, who is now an attorney, as the Career

Continued on page 2

IN THIS
ISSUE



Teen Sports Gambling
Opinions, 4



Ray's Box of Socks
Features, 6



The Sisters' Project
Arts, 9



March Madness
Sports, 11

Career Day Helps Sophomores Prepare for the Future

Continued from page 1

Day [speaker] in my room. It was really nice to see an Amity alumni giving back to Amity [and be] successful in the world.”

Amity alumni speakers, like attorney Kirby Shilling and police officer Joe Bianchi, were an especially enlightening addition to Career Day. For sophomores, hearing from a former

Amity student puts into perspective the education and work needed to start in their career options.

Overall, Career Day was a great starting point for the class of 2026 to start thinking about their plans after they leave Amity. Perhaps some of these students will apply what they learned and return in the future to inspire the next generation of Amity students.



Photo contributed by Gary Lindgren

Joe Bianchi '12 of the North Haven police, Gary Lindgren, Michael Howard of the Milford police, and canine Quella of the North Haven police.

Class of 2025 Holds Fundraiser

by Sarah Shaikh '25

The Class of 2025 held a fundraiser at Chip's Restaurant in Orange on March 5th from 4:00-7:00. This was hosted by members of junior Student Government to raise funds for upcoming events, including prom in May. This fundraiser was inspired by Amity clubs that have held numerous fundraisers for their causes, like the National Spanish Honor Society.

The event consisted of three waves which ran from 4:45, 6:00, and 7:00, in which students and family members would purchase their meals with tickets. These tickets were sold by the junior student government to encourage people to come. The meal consisted of two pancakes, two eggs with bacon or sausage, and a drink. People were allowed to either pick up their meal or eat their meal at the cafeteria.

Members of the student government assisted with the distribution of meals to ensure everyone had a wonderful evening.

Student Government member Rebecca Chen '25 said, “The efforts made to host this collaborative event among our student government turned out to be a great success.”

According to Class of 2025 President Yunah Kim '25, the purpose of this event was to raise funds for the council and get Amity students and families to get more involved in supporting their class.

Kim said, “I was happy with the outcome of the fundraiser and think it was great in terms of raising funds for our class council.”

Many students and families expressed their enjoyment at attending this event which provided an opportunity to meet other families and students and gather as a group for the Amity community.

“No Dream Is Too Big to Dream”

Continued from page 1

playing professional basketball came true in Puerto Rico.

However, after an injury, he had to return to the Bronx and eventually enrolled in college. He went to school full-time and worked a part-time job. Since he was married and his child was on the way, he could barely make ends meet. He needed to survive on some government assistance.

Alfaro had dreamt of being a police officer, and the opportunity soon presented itself in the form of a phone call he received from his cousin, who told him about the position of a police officer in Hartford.

Alfaro graduated from the police academy in Hartford. He never stopped dreaming and went on to become a model,

athlete, bodybuilder, actor, motivational speaker, salsa dancer, author of two books, and in 2023, was invited to the Yard Goats game for the first pitch.

With his willpower and determination, Alfaro was able to overcome the adversities and achieve his dreams, even though he grew up in a dreadful neighborhood.

Alfaro's motto and message to students he meets is simple: “No dream is too big to dream.” Alfaro says that students should pursue their dreams, believe in themselves, ask questions, and never stop trying.

His speech was inspiring and enlightening to students. His life is an example of how dreams and willpower can lead to success, regardless of the hardships in life.

Principal's Committee Column

by Sabrina Osowiecki '25

The Principal's Committee met on Friday, March 15 to discuss pressing issues and topics regarding administration and the student body. These included methods for dealing with student involvement in altercations, the logistics of juggling seniors' internships and AP exams, and the potential for increasing the number of AP classes available at Amity. Recent Spartan Seminar events were also discussed as well as future endeavors for the committee.

Regarding outside school physical altercations involving students, the committee discussed the fact that school functions and events still require those participating to act in accordance with all school rules. Punishments are utilized to prevent such behavior and can include suspensions and the removal of the privilege to attend such activities. However, Amity's fan sections at sports events do tend to practice good sportsmanship, and there are measures in place currently to mitigate possible issues at various functions.

Another concern brought up at the meeting was a question relating to missed internship hours for seniors in order to take pre-scheduled AP exams. Committee members were informed that, due to the early date for graduation, it was necessary for internships to be scheduled during overlapping weeks with AP exams. As a result, seniors are excused from these missed hours as a concession to this issue, though they will be required to notify their internship. Next year, however, more

time will be able to be allotted to three-week internships due to the extended February break.

There has also been interest in adding more AP courses to Amity's repertoire, which could theoretically include AP Human Geography or AP Microeconomics. Planning on potentially adding these classes as dual enrollment courses, the school will likely be increasing the number of art and CTE dual enrollment options as well. Another candidate for dual enrollment is Personal Finance, which will be a future graduation requirement for all students.

Another topic of discussion was recent activities involving Portrait of a Graduate (POG) portfolios, which freshmen and sophomores focused on recently during Spartan Seminar. According to Alex Klee '25, there has been deliberation “mainly [on] how teachers are implementing [POG]...and what have been the most effective implementations.” During portfolio checks, it was determined that not all students had portfolios and many needed further guidelines in terms of expanding them. Support will be given by administration to those in need of assistance and students were reminded that they can independently add to their portfolios.

In the future, Aarushi Trivedi '24 says, “The majority of our meeting will focus on Teacher Appreciation Week planning.”

Last May, Teacher Appreciation Week included the collection of thank you notes to teachers among many other creative expressions of gratitude. Coming up a theme will be a main component of Principal's Committee in the coming weeks.

Student Share Perspectives on SAT and PreACT Exams

by Aryan Shrivastav '27

Juniors and sophomores prepared themselves for a day of standardized testing on Thursday, March 22nd. With feelings of nervousness and confidence, juniors took the SAT (Scholastic Assessment Test), while sophomores took the PACT (Preliminary American College Testing).

The SAT examines writing, critical reading, and mathematical skills. Since the SAT scores are part of college applications, the students need to show up for it and put forth their best effort.

Talking about her experience of the SAT exams, Rebecca Chen '25 said, “It was challenging to gauge the difficulty of the SAT due to the adaptive nature of the modules.”

She mentioned that she utilized Khan Academy and practice tests on Bluebook for the preparation. According to Chen, the practice tests were very similar to questions in the SAT, which meant her preparation was beneficial. She recommends that rising juniors start as early as possible

for the preparation of the SAT to ensure ample study time and maximize their potential.

The PACT assesses English, math, reading, and science skills. It is an important preliminary test that is designed to prepare students for the ACT. Students can identify their strengths and weaknesses and develop a plan to improve their performance before taking the ACT.

This year, the sections in the PACT had varying levels of difficulty. Kacey Tam '26 said, “The difficulty of the PACT for me was as expected; I don't think it was too hard or too easy.”

She mentioned that the science section of the exam was one of the toughest, as it included topics not yet covered in the curriculum.

This sentiment was shared by Alyssa Xia '26, who said, “I felt good 'til the science section.”

She has taken practice tests on multiple occasions to evaluate her strengths and weaknesses. However, neither she nor Tam had encountered multiple standardized science assessments, apart from the NGSS tests in 5th and 8th grade.

How Well Do Standardized Tests Measure Student Success?

by Avery Ketchian '26

Standardized testing is controversial and it

has been an important debate for years. In my opinion, standardized tests don't display what students are fully capable of because they don't show long-term success. Students' grades every quarter show success throughout the school year as opposed to a snapshot of a single test. Some may argue that it proves what a student knows in a timely and measured manner, but long-term success is more significant than one test. Most students stress about the tests which creates poor performance. Not all students are outstanding test takers. Also, some students may not try during the test because not all the subjects and skills we learn can be applied in the real world. Test-taking is a great skill, but most students despise standardized tests and aren't good test takers.

I asked Ms. Yancey, my English teacher, about her views on standardized testing. She said, "There are so many factors that can affect how a student performs on these types of testing. Some students excel in certain subject areas that aren't necessarily present on the tests. Not to mention, attention spans, stress, maybe having a job, sports, or theater could impact the day of testing because they had a late game or practice and didn't get great sleep." Standardized testing is limited in this

way for the reason that it is short-term progress and many factors can affect how the student performs.

In addition, there is an ongoing debate that teachers feel the need to get students ready for standardized tests versus checking for understanding to see if the students are learning class material. This creates division since teachers believe that their job is to make sure their students are learning the required materials for each unit.

Many may say that these tests are rigorous, but they are important. Gabi Restrepo '25 agrees that these tests are painful, but they give pivotal information about the students and teachers. She says, "I think students should be required to take standardized tests. Although they are painful and no one enjoys proctoring them, they are important to the growth of our school. Standardized tests provide the state with crucial information on how students are performing. More importantly, they help schools evaluate how teachers are doing at implementing material and teaching students."

What is your opinion on standardized testing? Can one test determine a student's future? Standardized testing can feel demeaning and stressful. On the other hand, it is a way to measure students' progress, but is it an accurate measure? As long as standardized testing is around, this debate will continue to be relevant.

Empowering Diversity: A Campaign to Establish Lunar New Year as an Official School Holiday

by Grace Millard '27

Lunar New Year is a vibrant time of year for a variety of

cultures across the world. Most commonly celebrated by East Asian peoples, it is a festive day recognized for its robust and diverse nature. Recently a petition on change.org called, Establish Lunar New Year as an Official Holiday in Woodbridge, has been circulating and attempting to get the Lunar New Year recognized as a local holiday.

Organized by Jessie Zheng '25, the goals are to give students in the ARHS school district days off and/or limited work on the day of the celebration. The biggest reason why many are so set on this change within our community is its ability to connect students back to their ethnic traditions.

Firstly, let's hear from the creator of the campaign herself, Jessie Zheng. Under the petition, one can view a video message from them that details their motivation for starting the petition. In this, Zheng shares that the petition holds a lot of implications for diversity and allows first-generation students and Americans to connect to their own heritage and culture. They hope this petition will make an impact on our community. With 255 signatures in just a few weeks, it looks like it is going that way! Jessie sees this petition going beyond just the screen.

It is specifically aimed at reaching Woodbridge's First Selectman, Mica Cardozo. Should this succeed, Jessie says that it will benefit, "not just the Asian population that lives in Woodbridge, but also Asian communities across the nation and across our state". They hope to create a chain reaction that aims to recognize Asian Americans on a large scale so that everyone can feel heard and seen.

As a Korean American student at Amity, I think that this proposal is a wonderful

idea. Not only is there a very large Asian population in the school district who would benefit tremendously from this passing, but it would also teach the broader community about our traditions and culture. It spreads awareness, builds compassion, and educates, which is what school is all about. Additionally, as someone who doesn't speak Korean, holidays are one of the only ways that I can reconnect to my ancestry; short of traveling to Korea, which isn't practical. Recognizing Lunar New Year as a holiday in our community recognizes the Asian Americans in our community. It recognizes their value, their contributions, and their importance.

A supporter commented under the petition that "Just like other communities have dedicated day[s] to celebrate their heritage, the Lunar New Year is... a time to celebrate heritage and culture". From these two key testimonies, it is obvious that our East Asian Community thinks that Lunar New Year should be recognized as a holiday in the ARHS school district. Students in our community want to have time to celebrate their identities, and as of now, this is a struggle.

If anyone is interested in supporting the cause, they can sign, leave a video response, share, and/or like the petition.



The Amity Trident

The Amity Trident
Amity Regional High School
25 Newton Road, Woodbridge, CT 06525
203-397-4830
amityregion5.org

EDITORS-IN-CHIEF

CJ Brinton '24
Bridget Lowder '24
Andie Napolitano '24

NEWS

Emily Russo '24

OPINIONS

Ellen Ko '24

FEATURES

Avery Dillon '24
Soumya Wijesekera '25

ARTS

Hannah Guo '25

SPORTS

Liliana Fleming '24

SOCIAL MEDIA

Aachal Gupta '25

FACULTY ADVISOR

Emily Clark

CONTRIBUTING WRITERS: Kacee Tam '26, Armaan Shrivastav '27, Aryan Shrivastav '27, Sarah Shaikh '25, Sabrina Osowieki '25, Grace Millard '27, Avery Ketchian '26, Alex Klee '25, Hollis Cunneen '24, Joy Deng '26, Sarinah Zamir '27, Libby Grant '25, Luna Lu '27, Scarlett Zhai '25, Jaqueline Miller '27, Eve Marin '27, Karishma Balamurugan '27, Alyssa Xia '26, Nicholas Lu '26, Ziyang Zhang '27

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

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 amitytrident@amityregion5.org

The Amity Trident, Amity Regional High School's monthly student newspaper, is printed by Valley Publishing, 7 Francis Street, Derby, Connecticut 06418.

CONGRATULATIONS TO THE '2024-'25 TRIDENT EDITORIAL BOARD!

Editors-in-Chief: Hannah Guo, Aachal Gupta, Soumya Wijesekera

News Editor: Alex Klee, Eve Marin

Opinions Editor: Joy Deng

Features Editor: Libby Grant, Jacqueline Miller

Arts Editor: Nicholas Lu

Sports Editor: Soma Kim

Social Media Editor: Scarlett Zhai



Love the Game, Regulate Teen Sports Gambling

by Alex Klee '25

women made a valiant effort and came incredibly close to beating Iowa and their superstar player, Caitlin Clark.

Unfortunately, too many people were likely focused on whether the matchup covered the spread, instead of whether our home team won. This is our new sports reality in light of the ubiquitous online sports gambling that has swept the nation.

The modern gambling landscape has undergone a radical change. Online sports gambling, which can be done at any time from any place, has exploded, making gambling much more accessible, but also much harder to regulate.

While the traditional gambling that takes place in the dark and smoky casinos often has a bad reputation, online sports betting empires have managed a seemingly impossible feat: making betting socially normal. This has been accomplished through extensive marketing campaigns.

From commercials during sports programming to ads on social media, online sports betting has become ever-present in modern sports fandom. This form of wager is so common in this new era of sports media, that traditional sports commentary programs have begun to devote segments to helping fans make "smarter" bets.

It is no secret that America loves sports, but what is less apparent is how many Americans place

.In the semifinal game of the Women's NCAA championship, the UCONN

bets on sporting events, and how prevalent sports gambling problems are, even in the industry's infancy. According to a 2024 Siena College poll, 39% of Americans bet on sports and 15% of all Americans know someone with an online sports betting problem.

But what is most concerning is how this new form of gambling has reached America's teens. The National Council on Problem Gambling estimates that 60 percent to 80 percent of high school students report placing a wager for money in the past year, something made much easier given this new digital age of gambling. Underage gambling is illegal.

According to the Connecticut Department of Consumer Protection, one must be at least 21 years old to participate in online sports wagering. But why is our state not taking more steps to crack down on the illegal teen betting?

The answer to this lies in the fact that Connecticut has a lot to gain from increased levels of all forms of gambling. The state received over \$266 million dollars from all forms of casino gambling in 2022, 12.6% of which came from online wagers. Online sports gambling is expected to continue to grow dramatically in the coming years.

But there are strong industry protections against teen online sports gambling, so how are so many teens able to gamble online, and what can Connecticut do to help?

The surprising answer is that a lot of parents allow their children to participate in online sports gambling by making an account under their name, thus subverting the safeguards engineered by online sports betting platforms. In terms of our state's



STATISTICS ON TEEN GAMBLING

60-80% of high school students report placing a wager for money within the past year

Over 10% of teens gamble twice a week or more

About 4% of boys 14-21 have a gambling problem

68% of teens place a bet each year

Connecticut Council on Problem Gambling

responsibility in this matter, Connecticut has a duty to ensure that it is not profiting off of illegal teen gambling.

Connecticut can create stricter penalties for parents and other individuals who allow minors to access these platforms. And, the Department of Education should invest some of the state's gambling revenues into updated educational programs in our high schools on the dangers of gambling at a young age.

We don't let children walk into a casino, so why are we allowing children to put casinos on their phones?



Caring for small & farm animals since 1999.

116 Old Amity Road
Bethany, CT
203-393-PETS (7387)

Kimberly McClure Brinton, DVM
Shannon Brighenti, DVM
Dallas Passerine, DVM
Dana M. Perry, DVM

www.countrycompanionsvet.com
LIKE us on Facebook



The Controversial Use of Aristotle at Amity

by Hollis Cunneen '24

In recent years, schools have increasingly turned to monitoring software as a way to manage student

behavior and ensure digital safety. However, the use of these platforms has raised concerns about privacy, student freedom and they are often inconsistent.

Aristotle is a monitoring tool that can be used both on and off campus and is used by teachers and administration to monitor student behavior during the school day. It is used in ways such as making sure a student is on task or monitoring for cheating during a test. However, administration oversees the entire system and has the ability to look at prior activity, search history or see what a student was doing at an exact time. Amity began using Aristotle when devices became one to one with students, that was around the time students came back from full quarantine and went into a hybrid model. At that time, it was necessary to monitor student's devices who were at home to ensure they were on task.

A specific feature Aristotle offers is customizable YouTube filtering. The filtering options can be tailored per student, per class and per school, this degree of customization is optimal for users to work with but not often seen as optimal by students. This is because while it does enhance security and safety which is understood by students, many feel that it raises questions about the invasion of student privacy.

Chloe Schaffer '24 expressed her concern about Aristotle by saying, "As high school students, we should be able to have freedom on our computers. We're old enough to handle the responsibility."

Librarian Victoria Hulse also commented saying, "It is definitely used a lot more in the middle school than it is in the high school."

Hulse noted how in middle school it is a student's first experience with more freedom during the school day and it frequently can get out of control. That combined with having your own school issued device often creates issues and a monitoring system such as Aristotle is necessary. However, in high school students have gained and learned how to handle more responsibility so it is less relevant.

One notable aspect of Aristotle's usage is the notable effect wealth disparities have on it. Students with personal devices receive less monitoring than those on school issued devices when a teacher is using Aristotle to monitor. This is because a student's personal device does not have the software downloaded on it by the school. Although teachers are not supposed to allow for the use of personal devices many teachers do not enforce that rule.

Schaffer reflected on the use of personal devices. "At any given time more than half of the students in my classes are using MacBooks," she said. "There are a few teachers who are very strict about it and don't let students, but the majority of teachers don't care."

However, when teachers who do not enforce the use of school issued devices then use Aristotle to monitor during class, only some students are being monitored while

others with a personal device are not. This discrepancy raises questions about fairness and the trust teachers place in their students.

Although there have been rules set by administration for teachers to follow regarding the use of Aristotle, they often are not. Hulse described these rules saying, "If students are using computers or computers are out then Aristotle should be on at all times."

There has been varied adoption of Aristotle among teachers. While some teachers use it constantly, some never use it at all. There are also many teachers who fall in between that range saying that they may use it but they do not watch it actively on their screens or only use it when monitoring a test to prevent cheating.

Science teacher Peter Dufner also occasionally uses it to interfere with a student's screen, either to redirect off-task students by closing tabs or assisting them on finding a resource. While he does find that aspect helpful, he does not



use Aristotle regularly. "I use it mainly because I have to. I can't see myself using it otherwise," Dufner commented. This opinion seems to be shared by teachers throughout the school.

Hulse said, "Teachers seemed to have mixed feelings about using it, but most are not fans of having to use it all the time."

Dufner agreed, and when asked if he knows if other teachers use it, he said, "Not that I've heard, so probably not."

A main reason that teachers do not seem to be utilizing this resource is due to the inconvenience of it. For many, it

is just another thing to remember when they feel like they already have a lot going on. The concept and purpose behind Aristotle's use is a good idea, but when put into practice, it is not as practical as the administration hoped it to be.

Teachers have one machine for everything in their classrooms. They often have a lesson on their laptop, attendance or eHallpass, student work, and other visuals, so for them to also have Aristotle up and running makes things even more complicated. To avoid this, teachers are beginning to go back to using pen and paper which is counter-intuitive as Amity's goal is to move forward and evolve with new resources.

Another aspect of Aristotle that has discouraged teachers from using it is the frequent issues with the software. There are regular technology issues with it, such as signing students or teachers out for no reason or not having students appear in a class list on the teacher's screen. These inconsistencies discourage teachers from using it since they have to spend time working to fix the program to get it up and running when they could be using the valuable class time for something else.

While there are many flaws in using Aristotle as a means to monitor devices, it does have some benefits. It still remains very important for student safety, helps some teachers maximize class time by keeping students on task, and prevents cheating on assignments.

Dufner understands these benefits despite not using the software frequently. He said, "Digital safety is important. If not Aristotle, something else to help safeguard student's digital use during school is important."

One way to improve the way students and teachers use and receive Aristotle that would fit seamlessly into the current style teachers seem to have adopted on their own would be to eventually fade out the use of it as students get older. In middle school, it is necessary to monitor constantly but as the years go on less monitoring is required. For certain students who have lost the privilege of freedom on devices this may not be the case but for the majority they should be able to grow out of being constantly monitored throughout the day.

Schaffer commented on this concept showing how teachers operate similarly on this schedule already. "As of this year, many of my teachers do not use it anymore, they used it more when we were younger, but with each grade it has faded more," she said.

The utilization of monitoring systems like Aristotle at Amity emphasizes the balance between enhancing student safety and respecting their privacy. While the intention is to help maintain student focus, prevent cheating and ensure security, the disparities in monitoring, inconsistent use by teachers and technical issues all raise concerns. Addressing these challenges is difficult and could possibly be addressed by incorporating a reduction in monitoring students' progress through the grades and providing teachers with additional resources to make the software more accessible.

Ultimately, finding a solution that balances digital safety with student freedom is crucial for monitoring school issued devices.

With Petri Dishes and Data, APES Students Measure School's Particle Matter and Air Quality

by Joy Deng '26

Students in AP Environmental Science are currently conducting a lab on airborne particulate matter, which is essentially dust, soot, and smoke. Particulates are dangerous because they are small

enough to easily travel to the respiratory tract and penetrate the lungs, especially fine inhalable particulate matter (PM_{2.5}).

This lab is unique in that students are moving around and measuring the particulate matter and air quality at Amity.

Students are putting petri dishes in locations around the school to collect data. They then calculate the average particle density and average deposition rate.

One group including Mason Butt '24, Aarushi Trivedi '24, and Leo Tregger '24 analyzed the particulate matter in the Media Center, placing the petri dishes at the entrance, at the back, in a classroom, and at the printer area.

They concluded that areas that received more traffic had higher amounts of particulate matter compared to areas with less traffic. This group has also proposed to improve the experimental procedure by fixing the petri dishes in place with a sticky adhesive, so the results would be more accurate.

Overall, most groups found that areas with more traffic and human movement, like hallways, have more particulate matter than normal classrooms.

"This is mainly because people carry particulate matter with them and human movement might stir settling dust or soot," said science teacher Alison Nork.

The overall particulate matter at Amity is still pretty low and safe for most students, because there is frequent sanitization.

Students involved in the experiments have had their own degree of flexibility with it.

"We enjoyed this study because it allowed us to go out into the school and we got to personalize it to our interests. Something we took away from this study is that public areas are susceptible to collecting different types of particles, which could include bacteria, germs, or dust, so we should be mindful of our surroundings and think of solutions to help filter the air around us," said Trivedi.

Being aware of the environment as well as brainstorming different solutions are exactly the core values of the APES curriculum.

"Next year I hope we can do this lab outside and change the independent variables to different weather conditions, once we figure out how to protect the petri

The Effect of location (amount of traffic an area gets) on Particulate Matter

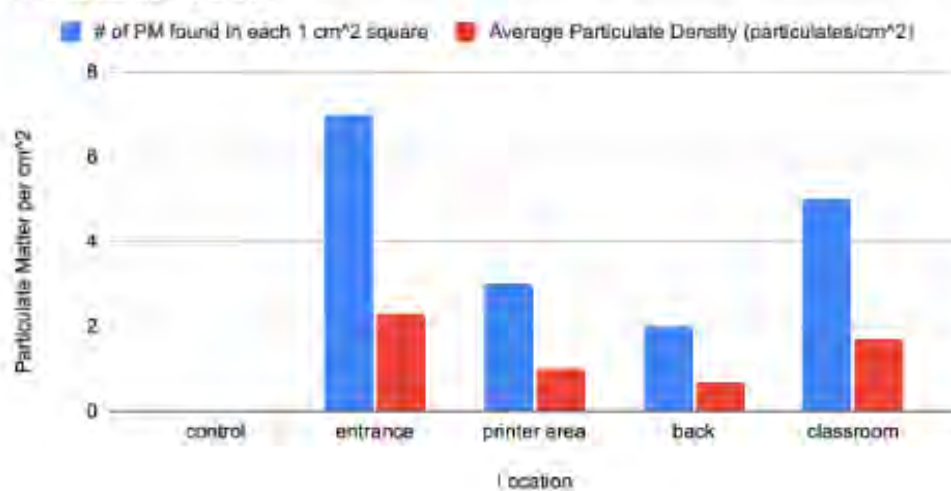


Photo contributed by Aarushi Trivedi '24.

dishes from the rain and control the other factors," said Nork.

The students are currently also learning about the six major outdoor air pollutants and will be further studying lead and ground-level ozone.

Ray's Box of Sox Fundraiser Becomes an Annual Tribute to a Beloved Student

by Sarinah Zamir '27

Every year the Amity community commemorates the life of a beloved Amity student and honors his legacy with a fundraiser that embodies his true character. Ray Heenie was an 8th grader at Amity Middle School Orange when he passed away on March 5th, 2021, leaving his whole community and family devastated.

Ray was a talented Yale Bantam hockey and lacrosse player. He also loved fishing and spending time with his friends and family, bringing his radiance and joy everywhere he went.

After Ray's death, students, friends, and family of Ray set up a TikTok, gofundme, and Instagram account to honor him and make one of his wishes come true. As an avid hockey player and Toronto Maple Leafs fan, one of Ray's goals was to make it to the National Hockey League. One Amity student, Mikenna DeMorro, posted a tiktok sharing Ray's story.

The video received over 2,000 likes and over 1,000 comments for Ray which tagged the NHL and offered condolences. The NHL eventually noticed it and commented, an act that would have really meant a lot to Ray.

Ray was a truly benevolent and compassionate person, and his mentality often had a profound effect on those around him. Joy Eichler '27, who was a neighbor of Ray, remembers him well.

"He was a really nice kid, really funny and caring, a good friend and genuine person." He was known for his interest in helping others, and most memorably literally "giving the shirt off his back."

There were many stories of Ray's kindness, but one particular story stands out. Ray and his family were in New York City when he saw a man in need of warm clothing. Ray gave him his own sweatshirt and asked his mom if they could buy the man a pair of shoes.

This story helped inspire Ray's teach-

ers, members of the Amity community and Racebrook School in Orange to honor Ray with an annual fundraiser called "Ray's Box of Sox."

History teacher Jennifer Marganski, one of the main coordinators of the fundraiser, explains what she and her fellow organizers want as an outcome.

"We hope that his legacy continues to inspire others to reach out to those in need. It is a positive way to keep his memory alive," Marganski said.

Ray's Box of Sox collects new socks and donates them to local charities and homeless shelters. Over the past few years, thousands of pairs of socks have been collected at Amity schools and Racebrook school in Orange. These socks have been given to men, women, and children through places like the Umbrella Foundation at My Sister's Place in Ansonia, Columbus House in New Haven, the Salvation Army in Ansonia and the Beth-El Center in Milford.

Eichler, who donated socks, also commented, "I feel really good about donating because I know Ray would really appreciate it as he was always putting others before himself."

Marganski was very pleased with the outcome of this year's fundraiser. She recently wrote in an email to the Amity community, "AMSO Team T is pleased to announce that through your combined efforts, we were able to collect 1,779 pairs of socks over the month of March.

"Ray's memory has inspired many of you to generously give to our collection and local shelters in New Haven, Milford, Ansonia, and beyond will be able to help those in need because of your kindness. Thank you very much for your continued support," she added.

Through Ray's memory, the Amity community hopes to send the message that even a small gesture can have a large impact. Making just one donation can shed light on someone's poor situation, just like how Ray Heenie spread light and joy to everyone he knew.

Infinite Possibilities: Inspiring Young Girls in STEM-Related Fields

by Libby Grant '25

With a wide array of student-led activities at Amity, keeping track of all the diverse clubs can be challenging. However, Infinite Possibilities stands out as one that makes a difference. The STEM-focused group collaborates monthly with local elementary schoolers in Bethany and Orange.

The Bethany sector of students, advised by Jennifer DeMattia from the Counseling Department, takes a field trip to Bethany Community School on the first Friday of every month. There, the high school students conduct workshops and interactive activities with young girls.

Member Scarlett Zhai '25 commented, "In the past, we have done science experiments like creating oobleck, genetic gingerbread men, and even a colorful exploding milk experiment. It's always fun and rewarding to see how excited the girls get when we bring them a new experiment to try at school."

The club is aimed at fourth grade girls to foster engagement with the Science and Technology fields from a young age. Eshal Anwer '25, a member of Infinite Possibilities, explains the purpose of the club.

"Infinite Possibilities focuses on influencing young girls to explore opportunities related to STEM," says Anwer. "It allows them to engage in activities that revolve around expanding their STEM knowledge."

Zhai adds that "At their age, a lot of the girls are just finding out what they like to do, and if they want to pursue a career in the STEM field, IP is one way that offers a look into the future for them."

The importance of strong leaders that the fourth graders can esteem is an integral part of the club's purpose and function. It is easier

for a young girl to look up to someone closer in age to them and especially within their own community. Having young women show them from an early age that STEM is a fascinating field is a beautiful way to spread the discipline without any stereotypical societal hindrance.

Serving as mentors, STEM engaged young women at Amity REgional High School are working with their younger counterparts to spark inspiration and passion. In a world where female representation in STEM fields remains limited, Infinite Possibilities is spearheading significant change.

As for what comes next for Infinite Possibilities, the members are focused on expanding the reach of the club and spreading awareness about its existence.

Zhai said, "For the future of the club, I definitely want to try and increase member engagement and encourage more people to join IP."

Anwer says that her "favorite part is defi-



nately hanging out with the fourth grade girls and also planning out the lesson plan with the girls in the club! It is definitely a small community but everyone loves to come together and work out the details for each event."

Anyone can join the club but especially if any young woman at Amity would like to participate in Infinite Possibilities, being a member would be a special opportunity to connect to younger people within the community and make an impact on the future for women in STEM.



Photo contributed by Jennifer Marganski

At Amity Middle School in Orange, bins overflow with donations for the Ray's Box of Socks fundraiser. Local shelters in New Haven, Milford, and Ansonia will benefit from the generosity in memory of Ray Heenie.

AMITY REGIONAL HIGH SCHOOL RED CROSS BLOOD DRIVE

Main Gym | 7:45 am to 1:00 pm | Friday, May 3rd



WANT TO DONATE? SCAN THE QR CODE BELOW TO REGISTER NOW!



If you are 16+ years of age with a clean record of health, are ready to (16-17 year old donors must obtain parental consent), donate and donate will be provided to donors.

redcrossblood.org | 1-800-RED-CROSS | Download the Blood Donor App

Senior Alice Xu Helps Others, Pursues Girl Scout Award

by Luna Lu '27

Social media accounts for a great deal of our lives. Delving into its never ending stream of content can offer an elusive haven from a looming essay or the carpet that was supposed to be vacuumed two weeks ago. Yet social media has its dark sides – like a cozy flame that can rapidly transform into an uncontained forest fire. One of its most sinister sides is its ability to put an individual at war with themselves, destroying their sense of self worth, body image, and overall well-being.

After experiencing the media's negative capabilities, Alice Xu '24 is taking charge to help others as well as herself regain control, all while working towards a Girl Scout Gold Award.

Xu has been a girl scout since the first grade, making this her 11th year. As an Ambassador (Scouts in grades 11–12), she is eligible to receive the Girl Scout Gold Award, the highest achievement that a girl scout can earn. A Gold Award is earned after a girl scout completes an 80-hour individual project focusing on finding solutions for a root issue in their community, an intensive yet rewarding process.

For her project, Xu worked on bringing awareness to how social media can often perpetuate disordered eating behaviors, and showing others that they are not alone.

Xu said her project is more than the award itself, and that it stems from her own struggles with an eating disorder as a freshman, which she said was caused by negative media. Now a senior, Xu is channeling her experience into helping those dealing with eating disorders.

"I saw that a lot of what went into my eating disorder had stemmed from my own experiences with the media and people around me. I therefore wanted to encourage people to think about the way they talk about their bodies and eating habits, so that they wouldn't unintentionally impose disordered mindsets onto themselves and others," Xu said.

As part of her work, Xu distributed 250 pamphlets to local libraries, created her own website, and conducted a series of interviews with peers who also shared similar experiences. The interviews were later posted on her website along with several journal articles that explain the correlation between social media and eating disorders.

Xu's work is already making changes in the community, helping others understand the media's impact on disordered eating habits and empowering those dealing with the disorder. Some resonated with her work so much that they sent in additional follow-up questions via a Google form on her website.

Xu recently attended her final Gold Award presentation and said that the outcome of whether she would receive the award or not wasn't the most important to her.

"Even if I don't receive the Gold Award, I'm still really glad that I did it and was able to help out those in my community. Working on the award also allowed me to open up and realize some truth about myself that I hadn't been wanting to face fully before I started this project, making the process really valuable in that respect," said Xu.



Photo contributed Alice Xu '24

A photo of Keep in Mind pamphlets available to Bethany Library visitors.

Xu's Gold Award project also taught her about the importance of empathy.

"I learned that at the end of the day, everyone is looking to connect and that everyone can find something to gain from learning about other people's experiences," said Xu.

Learn more about Xu's project by visiting her website at <https://keepinmindga.wixsite.com/keep-in-mind>. Best of luck to Alice on her Girl Scout Gold Award!

Learning More about the Holy Month of Ramadan

by Sarah Shaikh '25

Ramadan is a special month of observance for Muslims around the world. It is the holy month of Islam of healing, reflection, and spirituality and is celebrated as the Quran, the holy book for Muslims, was sent down to Prophet Muhammad (PBUH) in 610 A.D. Allah sent phrases and paragraphs of the Quran to the Prophet through the Angel Gabriel along with revelations and messages about the importance of Islam. Prophet Muhammad (PBUH) had compiled the Quran by the end of Ramadan, which is 114 chapters in total.

This year, Ramadan began on March 11th and ended on April 10th.

All over the world, Muslims fast from sunrise to sunset for approximately a month in order to cleanse themselves physically, mentally, and spiritually. This also allows them to get closer to Allah during this month. Fasting in the month of Ramadan is mandatory once you are at least 14 years old, however there are exceptions for those who are pregnant/breastfeeding, elderly, are not healthy enough to do so, or are traveling for extended periods of time.

Suhoor is the meal Muslims have before sunrise and they break their fast at Iftar which occurs during the Maghrib prayer. Traditionally, Muslims break their fast with dates and water to help replenish their system and then provide them with an energy boost.

Now, people prepare many elaborate foods and desserts such as pilaf, kebab, spring rolls, kormas, etc. Besides fasting and praying throughout the day, Muslims also do Tarawih. This is when they read a chapter of the Quran every night at the mosque, a place of worship for Muslims. This is because the deed for reading the Quran/praying is multiplied 80 times. Muslims pray to Allah seeking repentance and forgiveness.

Throughout this month, Muslims work on building good habits and abstain from committing sinful deeds or actions that could prevent them from receiving the benefits of fasting, which is known as Sawab. Most Muslims also work on mending their relationship with their loved ones and reflect on their actions to make themselves a better Muslim.

Sara Sheraz '25 said, "During Ramadan I can get closer to myself as a person spiritually and to spend time."

Muslims also give zakat, which is charity to those in need, and all of these actions help them strengthen, focus and create a closer relationship with Allah.

The final ten days are considered to be the most virtuous and blessed nights of the entire month. Muslims stay up every or every other night praying and seeking rewards/forgiveness and for a better life in this world and one thereafter during this time. They also commit good deeds during the day, such as not talking about others behind their back, helping those in need, visiting loved ones and much more.

The crescent moon has great significance in Islam because of their use of the lunar calendar instead of the more common Gregorian calendar. The end of Ramadan is signi-

fied when a crescent moon appears in the sky at the end of the month. The specific sighting determines whether or not the fast will end on the 29th or 30th day.

If a crescent moon is seen, then the next day will be Eid al-Fitr; otherwise, Ramadan will continue for another day.

The end of Ramadan is celebrated with a special holiday called Eid al-Fitr where friends and family gather together to celebrate. Every Muslim has special clothes that they wear for Eid and it is popular for young girls and women to adorn their hands with henna.

This holiday is filled with delicious foods from different cultures, vibrant decorations, and festive outfits. The food cooked on Eid usually depends upon each family's specific culture, but the most typical dessert made is a rich, creamy pudding known as Sheer Khurma.

Families typically go to mosques on the morning of Eid to pray. They also give fidya, a monetary donation to the poor, which is followed by the

Eid al-Fitr prayer.

This prayer allows Muslims to express their gratitude towards Allah. After this, families usually come together to have a grand feast for lunch. Young children often receive Eidi, money or gifts, from their family members. Eid al-Fitr is a highly anticipated holiday by every Muslim as it is one of fasting and remembering Allah.

Since it is such a sacred and holy period for Muslims, it is important for the community to recognize the significance of Ramadan and support Muslims who are fasting even if you are not a Muslim yourself.



April, Then and Now

by Hannah Guo '25

Suddenly, it is April
And the sun strikes you like
a gong.
Outstretched fingertips
Cave in towards waning
crescents.
Unwashed strawberries and
the beat of a dragonfly wing
Tease what is to come

What is to come?
The scent of freshly greened
nature and morning mist
that slowly disappears into
foggy nothings
that slowly reappears as an
overbearing afternoon sun
while the brazen insects hum
persistently, finally awake.

The early dawn reminds me
of the uncut hair of the weep-
ing willow
where I crawled inside at
seven years old and felt
something
secret going on, something so
marvelous and dangerous
I was so close to the robin's
nest,
her unhatched bright blue
eggs awaiting life
Now, I am close enough
to try again,
to fall into the light.

Author's note: I wrote this poem about the dual-
ity that spring brings, renewing you as well as
*reminding you of who you used to be five, ten,
or twenty springs ago. This poem tries to convey
that you've changed but not really. Not if you
still remember. And that remembering is quite
beautiful.*

ACT's Last Cabaret of the Year Offers "Miscast"

by Grace Millard '27

has been building within ARHS and specifically
the ACT department. Amity has a rich theater
community, which has been busy with the recent
opening of Mean Girls the Musical! But after the
shows closing on the
13th, a new production
will already be under-
way.

The concept of
a show that is "miscast"
is performers will sing
songs about characters
or people that they, un-
der traditional circum-
stances, would not be
qualified to perform.

For example, if
a song is about a char-
acter singing about how
tall they are, in a mis-
cast production, the ac-
tor would be short. It is
intended to be a comi-
cal show that pokes fun
at stereotypes, or just
gives different people
chances to sing songs
of their dream roles
which they would never
otherwise portray.

However, in an interview of a soon-to-
be performer in this cabaret, David Tobin '27,
one learns that the Miscast Cabaret is not only a
chance for students to have their moment in the
spotlight, but also for students to be able to per-
form with their peers.

When talking about his experience, To-
bin said his "first Amity Creative Theatre per-
formance was in the Halloween Cabaret. While
performing with all of the other talented ACT
members, I truly felt at home. That moment was
the start of my high school theater experience and
I knew I was going to enjoy every moment of it."
ACT is a huge department of Amity

Miscast
Cabaret is fast
approaching
and the buzz

Regional High School that has been a home to
hundreds, and Tobin is very kind in sharing what
performing meant to him. Art connects to many
people very deeply, guiding them towards growth,
happiness, and friendship.

Now that the school year is coming to an
end, many in the ACT community will soon de-
part from the school. For this reason Tobin said,



"It is important for me to perform in our final
Miscast Cabaret. Seniors Lily Parady and Jacob
Ebert have been amazing leaders and truly inspire
the rest of ACT to be the best performers they
could possibly be. As they have set up this cab-
aret for us, it would be an honor to perform in it, as
it would be my last performance with my friends
before they set off to prosper elsewhere."

Tobin's words are a touching testimony
regarding the significance of art to students and
also show the expectation that the Miscast Cab-
aret will be an incredible experience; memorable
for the dazzling show, but also for the friends who
will be closing out their final year at Amity!

Artist of the Month

Leo Tregger: Photographer and Graphic Designer

by Hannah Guo '25

ferent paths. Each artist has their own style and way of finding their interests.
Tregger embraces the creative process
through his passion for Embers, Am-
ity's yearbook club, where he can pur-
sue his interest in graphic design. He
says he fits into a "small niche of artis-
tic publication work."

Tregger described the initial
draw he had to Embers, and that it was
mostly due to the student-based cre-
ativity that the activity focused on and
prioritized.

In addition, he cites Embers
as a resource for helping him publish,
design, market, and express leadership
throughout the club, and as the corner-
stone for his involvement in art at Am-
ity. Tregger plays a large part in the de-
velopment of the yearbook, as he runs
almost the entire thing! In addition to
layouts and editing, Tregger manages
timelines and designs things such as
shirts for the staff.

As a large part of his artistry
revolves around the yearbook, Treg-
ger's style also depends heavily on the

What is art? Art can be considered
many things, and by senior Leonardo Tregger's
definition, it is something that can be expressed
in any form and can lead an artist on many dif-

"artistic slants" that the yearbook is using.

For example, Tregger designs a wide variety of spreads from cartoonist
to realism. His personal style often shifts, as he believes "this type of free-flow-
ing artistic style, allows me to explore a multitude of different ways to express
my creativity."

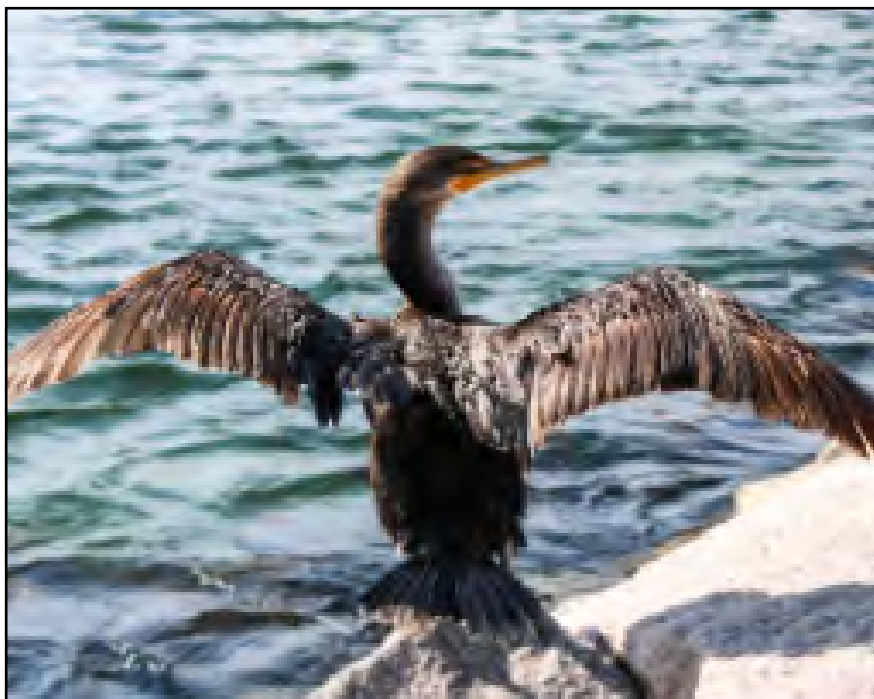


Photo contributed by Leo Tregger '24

Despite his use of cartoons in the
yearbook, Tregger still considers realism
his favorite art style and tries to incorpo-
rate interesting and dynamic photos into
the yearbook. He believes that the Embers
yearbook allows him to capture the spirit of
Amity.

Besides the work that he does for the
yearbook, he is also interested in photog-
raphy. In the future, Tregger says that he
would "want to continue growing my digi-
tal art/design and photography portfolios.
I do not have an exact plan right now. [I]
always find myself incorporating art into
my many ventures as an interdisciplinary
creative."

Always remaining a humble artist, he
mentions that he wants to thank former
yearbook advisors and librarians Ken Clark
and Vicki Hulse for the inspiration for his
art. He mentions that they provide a lot of
the inspiration that he finds for creating the
yearbook and also the fuel for his passion
of creating the yearbook.

Cast of “Mean Girls” Partner with The Sisters’ Project to Go Pink Before the Show

by Grace Millard ‘27

As Mean Girls the Musical at ARHS closes, so too will their fundraiser with The Sisters’ Project. In Febru-



ary of 2024, Mean Girls the Musical sold out completely, setting an ARHS record. This meant that the long-standing ACT tradition of wearing show-promoting merchandise on Fridays to sell tickets was unnecessary.

ACT had hit its money-raising goal in under two months, so, instead of breaking tradition, director Rob Kennedy and Savannah Gallagher ‘24 worked together to put the tradition to a good cause.

Inspired by the iconic line in the 2004 movie, “On Wednesdays, we wear pink,” the cast and crew of Mean Girls has been wearing pink/Mean Girls merchandise every Wednesday from March 6th until April 10th.

To go along with this, a fundraiser was organized to support patients battling breast cancer. The fundraiser consisted of pink bracelet selling, as well as donation facilitation which was conducted on Wednesdays and Fridays at lunch, as well as during all five performances. These

As Mean Girls the Musical at ARHS closes, so too will their fundraiser with The Sisters’ Project. In Febru-

funds were donated to The Sisters’ Project, a local nonprofit organization that distributes money to cancer patients in need, sets up scholarships for youth affected by cancer, and so many other worthwhile programs.

On their organization website, www.thesistersproject.org, they state that their goal is “to bring a sense of tranquility to cancer patients and their families.”

A participant in the fundraiser, performer in the Mean Girls the Musical production, freshman David Tobin ‘27 had a lot to say about the initiative. He said, “Many in ACT bonded while raising money for cancer patients in need. One of our amazingly talented senior friends, Savannah Gallagher partnered with The Sisters’ Project to help fund their organization.”

It is truly inspirational what the youth of our community can accomplish when they set their mind to it. They can bring people together and make a huge impact.

After commenting on the experience as a whole, Tobin offers a personal testimony. He shares, “As a family member of a cancer patient and survivor it felt incredibly rewarding to contribute to this cause and raise money with the friends I’ve made throughout my time in the ACT program.”

The fundraiser has raised hundreds of dollars so far with roughly a week left! No doubt the money raised will be put to good use, helping so many people in the most difficult season of their lives.



Photo contributed by CJ Brinton ‘24

Mean Girls cast members assemble bracelet bags to be sold to the community.

Great job to Mr. Kennedy, Savannah Gallagher ‘24, the cast and crew of Mean Girls, and the entire Amity Regional High School community

Indian Culture Club Offers Diversity, Vibrant Rhythms, and Cultural Expressions

by Karishma Balamurgen ‘27

Founded by Sarayu Rao ‘26, a sophomore with an unwavering passion for dance and tradition, this club welcomes everyone to experience the vi-

Step into the rhythm of Amity’s latest cultural sensation - the Indian Cultural Club that focuses on the speciality of Indian dance.

brant colors and infectious beats of Indian culture.

Rao was inspired to establish the Indian Culture Club after her cousin’s encouraging comments at a wedding she danced at. Fueled by the desire to share the beauty of her culture with others she embarked on her mission to create a space in Amity to dedicate Indian dance to.

With the support of her friend and Vice President Tanisha Chaturvedi ‘25, they were able to draw in members who appreciated Indian dance and forged lasting friendships and memories here at Amity.

In addition to just the dance members learn the emotions behind the choreography, the meaning and the history.

Chaturvedi said, “My partner, Sarayu, and I started this club to further enhance the culture of India by expressing it in a fun, creative way. We created this dance club to teach and entertain everyone about Indian dance culture! You don’t need any experience, just your motivation and perseverance!”

One of the most rewarding aspects of being the club’s leader according to Rao was “the opportunity to transition from being a student to being a teacher” which gave her a whole new level of respect for what her teachers do for her. This valuable leadership experience enabled her to better organize, time manage, persevere, and communicate with her peers.

Members of the Indian Culture Club not only discover the joy of movement but also the power of unity and expression.

As Rao and her members continue to nurture and expand their club the passion, creativity, and inclusivity will continue to inspire generations of dancers to come.



Photo contributed by Sarayu Rao ‘26

Athlete Spotlight

Boys Tennis Co-Captain Senior Ben Glassman

by Scarlett Zhai '25

As the spring season unfolds, anticipation is running high for the Amity Boys' Tennis Team, and senior captain Ben Glassman stands at the forefront of their campaign.

With a formidable lineup and a strong sense of determination, Glassman and his co-captains, Joe Kopel '24 and Ethan Hass '24 are poised to lead the team to new heights this year.

Glassman, a standout athlete committed to playing men's tennis at Wittenberg University, is no stranger to success on the court. With ambitions set on claiming the SCCs for the first time in seven years and clinching the state tournament title for the first time in a decade, Glassman's leadership and competitive drive are invaluable assets to the team.

Reflecting on the team's goals, Glassman expresses confidence in their abilities, stating, "For tennis, we have a really solid team this year. We have some good freshmen and we're going to try to win SCCs for the first time in like seven years and win the state tournament for the first time in like ten years."

"When the team acclimates to being more solid after I graduate, it'll be nice. And college tennis is going to be fun," he continued.

His teammates echo this sentiment, praising Glassman for his leadership and dedication to the team's success.

Akshay Bulsara '26 highlights Glassman's leadership growth, stating, "Ben Glassman excels as a captain and is continuing to grow his leadership

skills this spring as the tennis season advances."

Rohan Hebbar '27 agrees with Bulsara and adds saying "Ben Glassman is a great captain because he always makes us put in more work than we want to while also helping us improve."

With the support and guidance of Glassman at the helm, the Amity Boys' Tennis Team is poised to make a formidable impact on the court this season. As they set their sights on achieving their collective goals, Glassman's leadership and determination drive their pursuit of success.

Thomas Sirichantho '27 sums it up best, saying, "I think he's a responsible captain and I'm looking forward to winning states with him."

The boys had their first match of the season against Foran High School, producing a clean 7-0 win. As the season progresses, all eyes will be on Glassman and the Amity Boys' Tennis Team as they aim for victory and leave their mark on Amity's courts.



Photo accessed from @amityboystennis Instagram.
Ben Glassman hits a serve while playing doubles

Intramurals Continue to Gain Popularity

by Nicholas Lu '26

Intramurals continue to be in full swing as Amity Regional High School enters the spring sports season. While teams are beginning their regular season, Intramurals continue to be an opportunity for anyone looking to enjoy some recreational sports activities.

Intramural sports events are fun, relaxed activities for anyone interested regardless of skill level. Earlier this year, Intramurals hosted its first activity: the soccer shot. Each participant took shots on goal from increasing distances which were worth increased points based on distance. Another activity held was the basketball shot contest.

Participants took turns shooting layups, free throws, and then three pointers. Final scores are based on accuracy. Activities themed around football and hockey have also been held along with the two aforementioned events.

After these events, Alex Cuzio '25 is currently in the lead with 150 points followed by PE teacher Sean Mahon and Lance Mahon '25 who are tied for 2nd with 130 points.

Alex Cuzio '25 described his experiences with Intramurals as overwhelmingly positive.

He said, "I am really excited about being first on the Amity Intramural leaderboard. I really like being part of Amity Intramurals. I get to participate in fun events and meet new people at Amity all at the same time."

Currently, there are two more intramural sports events planned. The first being a lacrosse themed activity while the second being corn hole. With the possibility of winning up to 60 points in each event, there is a high chance that the leaderboard will see some dramatic changes over these next two events.

Although only seven people have reached 100 points so far, there is a chance for anybody with 40 or more points to win it all. In order to stay updated on the standings, the Intramural leaderboard will be posted by the Class Act Council board by the Senior Lounge near the cafeteria.

For anybody that still wants to get involved in Amity Intramural sports but has not yet, contact business teacher Mike Cofrancesco or Cuzio who are in charge. Amity Intramurals are a great way to get involved in extracurricular activities and connect with other Amity students and faculty.

Intramurals also help build a more connected and cohesive community while playing some fun, relaxed sports events.

"I really like being part of Amity Intramurals."

- Alex Cuzio '25

Boys Ice Hockey Team Skates to Success

by Scarlett Zhai '25

The Amity Boys' Ice Hockey Team had a tremendous season that will live on both the ice and in the hearts of their supporters. The team's commitment, cohesion, and resolve

shone clearly during their incredible run in the regular season and state tournament, garnering them well-earned respect and attention.

Captain Dante Hardt '24 commented on the camaraderie and support among teammates saying, "This year we had a very close-knit team, it was really a brotherhood on and off the ice. Pushing each other day in and day out during practice is what really led us to our success this season."

Throughout the entire season, the Amity boys ice hockey team's sense of support and camaraderie was clear. For Dante Hardt and his teammates, belonging to a much bigger family that spanned both on and off the ice meant more than winning games.

Kevin Gu '26 echoed this sentiment, reflecting on the team's bond, "From the beginning, I could see that we would bond really well as a team. We quickly became a close family and always supported each other. We stuck together in our ups and downs, and we all are happy about how far we got in the states."

One of the highlights of the season was the team's impressive performance in the state tournament.

Fighting their way to the semi-finals before falling to Cheshire, Dillon Courtney '27 shared his thoughts, stating, "States were a huge opportunity for us and a big accomplishment. After the past couple of seasons, the team didn't think we were going to get as far as we did. We surprised ourselves by finishing with a record of 20 wins, 5 losses, and 1 tie. This just goes to show how much we have grown and can keep growing."

The group demonstrated their potential and resilience as a cohesive unit through their incredibly admirable resolve, as highlighted by the experiences of most, if not all the players on the team.

Ultimately, it was this camaraderie and support that propelled the Amity Boys Ice Hockey Team to their remarkable success during the season. Their successes were fueled by their resilience and unwavering commitment to one another, leaving an indelible mark on the team's legacy for years to come.



Photo accessed from @amityspartanshockey Instagram.
The Amity Boys Hockey Team huddles before a game.

March Madness Recap: Upsets, Underdogs and UConn

by Alyssa Xia '26

March Madness is a collegiate basketball tournament that happens every year, from March to April. However, March Madness is not only basketball, it is a narrative; it has upsets, amazing moments, special characters, and a big finale.

The tournament starts with 68 teams, then on Selection Sunday, they are ranked, then four of the sixty eight teams are eliminated, leaving sixty four teams divided into four regions. Each of these regions rank their sixteen teams (seeds), then the top rated team (No. 1) plays the worst rated team (No. 16) and then team No. 2 plays team No. 15, and so on. This bracket system goes on until one team is crowned the winner.

This year was no exception with big upsets, a notable one being Yale (No. 13) upsetting Auburn (No. 4). During this game, Auburn had been leading nearly the entire time, but Yale was able to pull through at the end, winning 78-76, and ruining many people's brackets.

Brackets are a huge part of March Madness, engaging fans directly with the games allowing them to make their own predictions for every outcome. Fans fill out millions of brackets every year, but a perfect bracket has yet to be achieved.

Matthew Muravnik '25 said, "The upsets this year have been crazy, and the Cinderella story of NC State has been too."

A notable fan favorite team is Duke, and this year was no exception. Freshman Jared McCain, the 13th overall recruit in the class of 2023, was spotlighted this year with his notable social media pres-

ence, and amazing performance his freshman year (an average of 21 points during the tournament). Unfortunately, his journey was cut short when Duke lost to NC State by 12 points.

His fans, however, are still cheering him on and still love him.

Another fan favorite team is UConn, a powerhouse basketball school, both in the men's and women's discipline. The UConn's men's basketball

the 4th overall ranked in the class of 2020, and Angel Reese (LSU), the 2nd overall ranked in the class of 2020.

Last year, LSU walked away with the crown, but this year, Iowa came down hard, winning 94-87, and advancing in the tournament to the Final Four. This game also drew a record amount of attention for women's basketball, with 12.3 million people tuning in to watch the showdown.

An additional important name is Paige Bueckers, who plays for UConn and was the number one recruit in the class of 2020. She has had her revenge season, after returning from a torn ACL last year.

Paige, much like Jared McCain, has a huge base of online followers who root her on. Paige is another name that is attracting more and more people towards women's basketball, and more fans.

The women's tournament is gaining momentum and attention; Mackenzie Smith '26 says that "Women's March Madness is starting to get more popular because of the big players in the women's game."

The viewership this year has been at an all time high, and it does not seem like the traction will fade away, solidifying a place for women in basketball.

March Madness is not just a tournament, it is more than that. It is the community surrounding it, and the atmosphere of watching these young basketball players play their game at a high level.

The upsets never get old, new names attract new people, and the championship game will always be memorable. March Madness will never get old, even after many, many years.



team won the national title on April 8th, securing back to back championships for the men's team. national titles, being the number one seed and highly favored to win. The team has the best offense and top five defense in the nation, and are able to play in many different tempos and styles.

A notable game from the women's March Madness tournament is LSU against Iowa, a rematch of the championship game last year. Two very big names out of the two teams are Caitlin Clark (Iowa),

Gunnar Poulimas Journeys from Former Amity Student to PE Teacher and Volleyball Coach

by Ziyang Zhang '27

Meet Gunnar Poulimas, a newly hired PE and health teacher who coaches the boys' volleyball team and is already a familiar face in Amity. From his years as a student to his current position, he already incorporates a passion for sports and mentorship.

Poulimas said, "Coaching has given me the opportunity to build off of my passion for playing the sport and instill that passion into players."

"It's an honor to guide and mentor student-athletes to develop them into great athletes and help develop them into better people," he continued.

As a student at Amity, he learned from role models like physical education teachers Sean Mahon and Nicholas Dottorri by coaching alongside them for youth basketball programs. Through this experience, he learned what it looks like to

are willing to do on the court for the player next to them. Also, Poulimas outlines his goals for the team, hoping to be an SCC Championship contender and remain a serious competitor in the state.

As a coach, Poulimas outlines his philosophy of helping the athlete and the individual by fostering a positive learning environment where athletes are pushed out of their comfort zones on and off the court. He also emphasizes embracing a team-first mentality since a team-first mentality understands what it truly means to play for those around them and a common goal.

Poulimas's most favored moment is his experience coaching the Amity Flag Football defense this past fall. Understanding the play he called and executing it flawlessly at a crucial point of the game allowed the team to score a point. It also gave the new coach and the school an extraordinary moment.

Additionally, "seeing the defense understand the play that I called and execute it perfectly at that crucial point in the game was awesome," said Poulimas.

Throughout his career, Poulimas advised fellow coaches to "understand that players are individuals, the student comes before the athlete, and remember to enjoy it."

"Sometimes when under stress it's easy to forget why you are coaching in the first place."

For Poulimas, coaching was not a job but a privilege- an opportunity to shape lives and make a lasting legacy.

Testimonials from his players further underscore the coach's impact, with Salvatore Cantalupo '24 and Shane Gorgan '27 highlighting his unwavering support and commitment to their growth both on and off the court.

Cantalupo said, "He pushes us even when we succeed and makes sure that no person is higher than another."

Gorgan added, "Mr. Poulimas definitely stands out among other coaches. His drive to win allows our team to feed off his energy. Not only that, but he cares about us as a team; he cares about the team's success overall."

As the spotlight shines brightly on Poulimas, his passion, dedication, and commitment to excellence make him a true asset to the Amity athletic community. We eagerly anticipate his continued success and the lasting impact he will have on the team this season and future generations of Amity High School athletes.



Photo contributed by Embers Staff
New teacher and coach Gunnar Poulimas

impact players' lives positively as a coach.

Coaching with his mentors ignited a passion that has continued to increase, bringing him to a head coach position and ingraining that passion into players.

Now, at the start of the boys' volleyball season, Poulimas wastes no time and starts to prepare for the season. He encourages players to consider what they

Guest Novelist Matthew Dicks on Storytelling: "Just 10 Days Are Truly Remembered"

by Eve Marin '27 and Jacqueline Miller '27

April 8th, Matthew Dicks, American novelist, storyteller, teacher, and comedian visited the Amity community and spoke about his perspectives on life. Addressing a large gathering of students and staff, he shared his stories and viewpoints.

He began by introducing the "Spoon of Power" to the students. He explained in a short story, that a student had once found this spoon at the bottom of a leaf pile during recess. Dicks immediately declared that the spoon held immense power. Soon, the spoon was turned into a necklace and anyone in the class who wore the spoon seemed to feel better about whatever situation they were in.

Whether they were in trouble, scared for a test or had forgotten a homework assignment, the spoon, if placed around their neck, somehow made them feel better. Dicks then produced the spoon which he

Storytelling has immense power. On Monday,

himself had been wearing around his neck.

Dicks had remembered this story and spoon because of a method he later introduced called "Homework for Life." He believes people are often forgotten. For example, most people don't even know the names of their great great grandparents.

To combat this, he says writing down one or more things about each day was valuable is a way to be remembered. This method is also beneficial because usually, people will only remember a few days of a year. Dicks said, "In a 365 day year, just 10 days are truly remembered, making the year seem so much shorter than it actually is."

Dicks shared he records 7.8 moments of his day and that 7.8 times 365 days is 2,847 moments. This makes the year feel so much longer as he is actually remembering his days and not just letting them wash over him. The phrase "time flies by" is common; however Dicks believes time only flies because people don't remember the days they live.

Dicks concluded his presentation by emphasizing the importance of storytelling. He explained that when someone tells a story, the heartbeats of all those in the room eventually sync up. The power of storytelling is truly unmatched.

Abby Zamir '27 said, "Matthew Dicks helped me realize how important it is to cherish each moment. It was very eye opening to hear about how I might be moving through life too fast. Now I am more motivated to keep each memory alive."

The impact Dicks had on the students of Amity was strong. He changed people's perspectives and encouraged them to preserve little moments. Liisu Melville '27 said, "It gave me a new perspective on learning to cherish moments in life. I will try writing out little moments each day so I can hold onto special moments I make throughout life."

Many people realized they may simply be living and not remembering and enjoying. Telling stories and putting yourself into a vulnerable state makes other people feel comfortable around you and drawn to tell you secrets.



CALL US AT 203-387-3810
or **VISIT US AT**
382 AMITY ROAD
WOODBIDGE, CT



Connecticut Orthopaedics

Shirvinda A. Wijesekera, MD

ct-ortho.com

Kate Kyte, Clinical Care Coordinator
P: 203.865.6784 x7321
F: 203.466.8535

Spine, Back & Neck

Trauma & Fractures

Adult & Pediatric Spine Deformity

Minimally Invasive Spine Surgery

Amity High School Athletics Booster Club

Dedicated to supporting, promoting and raising funds for all athletic teams.



BUILD COMMUNITY
Meet other Amity families and work together

SUPPORT
Sponsor of facility upgrades, awards and scholarships

PROMOTE
Share our athletic team accomplishments

FUNDRAISE
Raise money to continue supporting all Amity athletes

Catch the Spartans Spirit



Contact:
goamityspartans@gmail.com

SENIORS: Use the QR code below to submit your Senior Intentions! These will be published in the upcoming May issue.

