

THE AMITY TRIDENT

LXXV-No. 5

Amity Regional High School

Woodbridge, CT 06525

February 14, 2025

Diwali and Eid Added to District Calendar for 2025-26 School Year

by Aryan Shrivastav '27

Students and families at Amity will see a change in next year's academic calendar: Diwali and Eid will be officially recognized as school holidays. This decision comes after requests from students, parents, and community members who wanted greater recognition of cultural and religious diversity in the school system.

Starting next school year, students will have the day off for Diwali, the Hindu Festival of Lights, and Eid-al-Fitr, which marks the end of Ramadan in Islam. These holidays are celebrated by millions of people around the world and have significant cultural and religious importance to students at Amity.

Before this development, people often had to choose between attending school and observing their religious holidays. At the December 9th Amity Board of Education meeting, Yousef Hasan '25 shared how he "skipped school to celebrate Eid, which put a lot of stress on [him] as [he] progressed through the grades."

The inclusion of these holidays allows people to stay at home and celebrate with their family without the stress of missing schoolwork.

Diwali is a major Hindu, Jain, and Sikh festival celebrating the victory of good over evil, light over darkness, and knowledge over

ignorance. People decorate their homes with candles, lanterns, and other bright lights. They also draw intricate designs in front of their homes called rangoli. Observers also traditionally wear vibrant colors, like red, and celebrate with fireworks displays, feasts, and prayer.

Eid-al-Fitr is a major Muslim holiday that celebrates the end of Ramadan, a month of fasting. For this joyous occasion, Muslims come together to celebrate with food, drink, and gifts. They wear their best clothes, perform a ritual ablution, and offer the Eid prayer. They also decorate their homes and cities, in addition to contributing to Zakat-ul-Fitr, a charitable donation that helps the poor and needy. Prem Gandhi '27 commented on the change, saying, "It is a wonderful step toward inclusivity and recognizing the diverse cultures within our community" and that the inclusion of these holidays "allows everyone to learn about and appreciate different traditions and cultures."

This change required the input of many students, parents, and community members. The Amity Student Government also participated in this effort by writing a letter to every Board of Education in the BOWA community. Their letter was unanimously endorsed by the student government representatives and advocated for days off for Eid, Diwali, and Lunar New Year. Amity school board officials say the decision

was made after listening to community feedback and reviewing holiday policies in other districts.

They want to ensure that all of the students feel valued. Recognizing these holidays is a way to show the school respects the diverse backgrounds of the students and staff.

With this new addition, Amity joins a growing number of districts recognizing religious and cultural holidays beyond the traditional school calendar.



Photo contributed by Nidhi Kompalli '25
Amity students celebrate Diwali

Congresswoman Rosa DeLauro Meets with Students



Congress Women Rosa DeLauro visited Amity Regional High School on January 28th to award a Congressional App Challenge to Sage Wong '26.

During her visit, she stopped into multiple classes including Critical Issues and Construction before her student discussion with select members of the Principal's Committee.

During this discussion, DeLauro touched upon the importance of being involved as a teenager stating, "Your voices are important and you need to be apart of the dialogue."

She also shared that she has been working on a Child Tax Credit Bill, which will be "the antidote for inflation and lifting people out of poverty."

BOWA Elected Officials Tour High School Campus in January

by Shriya Garg '27

In January, Amity High Regional School welcomed BOWA elected officials to observe the atmosphere of the school at the second Elected Officials Day.

Representatives who attend elected officials day include superintendents, state representatives, state senators, first selectmen, representatives from boards of education, or boards of finance. These individuals shape many aspects of school life, whether it is deciding education policies on the state level or school budgets locally.

This event gives these figures an opportunity to acknowledge the impact of their work on the high school. Orange Superintendent Dr. Vince Scarpetti said, "I think it's great to see the kids integrating many things, especially the Portrait of the Graduate, which has been something that the leadership team has shared at both Amity Middle School and Amity High School."

By having elected officials visit, many plans they have worked hard to implement, such as Portrait of the

Graduate, have not gone unnoticed.

Additionally, Elected Officials Day allows representatives to see firsthand the environment of the school today. As the high school experience changes through the years, many officials gain valuable insight on what school is currently like. Engaging with current students and teachers, as well as touring the hallways, allows this understanding to be fostered. They can witness the day in the life of a student, acknowledging Amity's unique environment, academics, and extracurriculars that they have such valuable input in.

Taking into student perspectives into consideration, Elected Officials Day can also act as a visit where new ideas are created. After observing a protocol that seems to be either working positively, or finding areas that need improvement, these representatives can work with their groups and Amity's administration to ensure the district reaches its fullest potential.

Elected Officials Day allows representatives to acknowledge their impact on the high school, while also encouraging future generations of leaders.

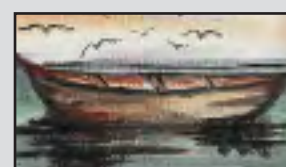
IN THIS ISSUE



TikTok Ban Opinions, 3



Lines of Love Features, 6-7



Artist of the Month Arts, 9



Turf Field Update Sports, 11

A Wave of Executive Orders by President Donald Trump Is Impacting Students and Education

by **Aryan Shrivastav '27**

President Donald Trump was sworn into office on Monday, January 20, 2025. Although it has only been a short period of time since he was inaugurated, President Trump has signed over 50 executive orders regarding foreign affairs, culture, immigration, energy, crime, government, science, water, economy, trade, abortion, defense, and education. Some of these executive orders will have significant implications for students and the education system.

One of these executive orders is executive Order 14151: "Ending Radical And Wasteful Government DEI Programs And Preferencing." Signed on January 20th, this order terminates diversity, equity, and inclusion programs in the federal government. Some DEI programs in education are inclusive curriculum development, diversity hiring, student resource and service groups, and educational equity action to reduce disparities in educational outcomes such as graduation rates.

This executive order will lead to curriculum changes and the elimination of training focused on diversity and inclusion. This may affect support available to specific groups and limit efforts to address educational disparities between marginalized groups, widening the educational gaps.

Slightly over a week later, on January 29th, President Trump signed Executive Order 14190: "Ending Radical Indoctrination in K-12 Schooling."

This executive order mandates the elimination of federal funding for schools that support unlawful and biased practices in K-12 schools, including those related to gender ideology and discriminatory equity ideology, which his administration defines as an ideology that treats individuals as members of preferred or disfavored groups instead of individuals.

This executive order also aims to make education and curriculum more patriotic. Patriotic education emphasizes national pride, traditional values, and a positive portrayal of the United States in history curriculum.

These executive orders may lead to curriculum changes to topics based on diversity, equity, and inclusion (DEI), gender identity, and other social issues. Furthermore, this could cause professional development adjustments and changes in the discussion of historical topics. This could affect student discussions and create a more restricted classroom atmosphere.

Executive Order 14191, "Expanding Educational Freedom and Opportunity for Families," was also signed on January 29th. This executive order promotes giving parents and guardians more influence on education. Specifically, it directs the Secretary of Education to issue guidance on using federal funds for executive choice and encourages expanding opportunities for low-income, military, and Bureau of Indian Education Families. It promotes education-freedom programs through discretionary grant programs (selects recipients).

This might impact students and education by providing students with more access to diverse educational options such as homeschooling, private schools, and charter schools, potentially enhancing personalized learning experiences. Families would be allowed to choose environments that would best fit their children's needs. This executive order would impact the education system as more students might choose their own levels and programs, potentially increasing student performance.

Other executive orders in the works by the Trump administration, like the restriction of transgender people in sports

and the restriction of federally recognized genders to male and female, might also impact students by potentially limiting opportunities and fostering exclusion in educational and school-sponsored extracurricular programming.

Overall, President Trump's executive orders represent a shift in federal policy regarding education. Ultimately, the success of these policies will hinge on their implementation and the broader societal response to balancing fairness, inclusion, and individual rights in education.



President Donald Trump signs documents in the Oval Office of the White House.

Empowering Student Voices

A New "Dynamic Group" Joins the Spartan Seminar Committee

by **Ziyan Zhang '27**

As the new calendar year unfolds, the Spartan Seminar Committee at Amity Regional High School is poised for an exciting transformation. It welcomes a dynamic group of students eager to significantly impact their peers' educational experiences. This collaborative initiative aims to enhance lesson planning, create a more engaging and meaningful learning environment for all students, and establish a closer connection between faculty and the student body.

The motivation behind the students' decision to join the Spartan Seminar Committee stems from a genuine desire to contribute to a more vibrant and inclusive learning atmosphere.

Jason Stoner, the committee's leader, highlighted the essential role that student perspectives play in shaping the curriculum.

"We wanted to incorporate student input into our committee to ensure lessons resonate with the student body," he stated. By including representatives from each graduating class, the committee is committed to reflecting the diverse interests, challenges, and aspirations of the entire student population.

The new student members, Aitan Herman '28, Luke Lamour '28, Janet Fan '26, and Sebastian Kohncke '25, also offered insights into the changes they hope to bring about. Herman admitted, "I didn't enjoy Spartan Seminar in the past, but joining the committee allows me to express my ideas and help create something more appealing for students."

His enthusiasm for transforming the seminar underscores the committee's fundamental goal: to improve the experience for students who may

currently feel disengaged.

Engagement and collaboration are at the heart of the committee's vision. The new members were excited about collaborating to achieve the committee's objectives and initiatives. Lamour emphasized the importance of teamwork, saying, "I've always wanted to leave my mark at Amity. Working with a connected team is crucial to our success."

His comments reveal the desire to impact the Spartan Seminar through teamwork and therefore foster a sense of unity among the students and faculty.

The students are well aware of their crucial role in shaping the direction of lesson content to ensure it is engaging and relevant. Herman eagerly pointed out, "I'm looking forward to bringing a fresh perspective and collaborating with my peers to create lessons that truly reflect what students want from Spartan Seminar."

This sense of shared responsibility extends to discussing current trends, issues students face, or topics of interest that they believe would enhance their educational experience.

Each student on the committee has an equal say in discussions, fostering an environment where creativity and innovation thrive. Stoner confirmed that students are fully involved in the planning process; they contribute valuable insights and resources necessary for crafting lesson plans that align with the needs and interests of the student body.

Stoner explained, "We meet weekly to brainstorm ideas, discuss concepts, and develop effective lessons targeting essential skills and learning outcomes. The students play an active role in shaping the discussions."

The committee's responsibilities go beyond

mere participation. Students are tasked with drafting lesson outlines, identifying relevant topics, and sourcing materials to support instructional delivery. By embracing these responsibilities, students empower themselves and build vital leadership skills that will benefit them beyond high school.

For example, Herman said, "We have to think about what would make these lessons more enjoyable and relatable. It's about creating engaging content that captivates both students and teachers."

This focus on collaboration and creative problem-solving ensures that the lessons educate and inspire students to learn.

The committee places significant emphasis on assessing the effectiveness of its initiatives and lessons. After lessons are delivered to students, teacher feedback is collected via surveys to gauge engagement and effectiveness. This feedback is vital in shaping future lesson plans, helping ensure they are engaging and educationally impactful. Stoner remarked, "We want to ensure our lessons meet student needs and foster a love for learning."

Herman said, "We are not just a committee; we are a team dedicated to making a meaningful change in our school."

As the year progresses, all eyes will be on the Spartan Seminar Committee to see how these ambitious students will reimagine the experience, enriching the curriculum and inspiring their peers to engage deeply with their education.

The future looks bright for the Spartan Seminar, driven by the vision and determination of its students, culminating in an essential step toward educational growth and community enhancement at Amity Regional High School.

Should TikTok Continue to Be Banned?

by Avery Ketchian '26

Could banning TikTok be the start of the government controlling freedom of speech? On January 18th, TikTok was banned for 12 hours, which made users distressed and worried because they thought it was going to last forever. Banning TikTok has been a controversial topic over the past few years.

I believe TikTok should not be banned because it is a creative outlet for many businesses and boosts the economy. In addition, TikTok's educational content crucially benefits students.

Small businesses use TikTok to promote their brand to drive higher sales, which creates a one-on-one interaction between the business and the customer. The customer can ask questions, leave reviews, and get support. There are around 7 million businesses currently thriving on this platform. Some successful businesses include Enchanted Scrunchies, Princess Polly, and Lala Hijabs. These small businesses became more popular through TikTok and their businesses would suffer if TikTok was banned forever. Businesses help grow our economy and TikTok is an exciting platform to keep the U.S. economy thriving. For example, the Washington Post states "TikTok... contributed \$24.2 billion to U.S. gross domestic product last year" (Lorenz, 2024). If TikTok was banned forever, many businesses would lose profit due to less exposure to their



customers. Although many people believe TikTok is harmful to youth, it lets teenagers express their ideas. Associate Professor Jess McLean from the School of Social Sciences at Macquarie University conducted an experiment on how TikTok affects teenagers' relationships. The result was that TikTok helped them build their relationships by sharing and commenting.

Some may say TikTok is a noneducational app and a waste of time but that is not completely true. TikTok has various videos about cooking, study hacks, and almost anything you're interested in! From Study.com, one in four Americans use TikTok to enhance their education. Similar ideas about TikTok being useful for education are derived from the website ResearchGate, which said, "Several studies have shown that TikTok can be a valuable learning tool, improving students' engagement, motivation, and overall learning experience." This shows that TikTok is essential for students and teachers for educational purposes. TikTok is a necessity for our economy, youth, and businesses. It is a platform that most Americans use and enjoy for their creative liberty and expression. Freedom of speech would be limited and controlled if TikTok was banned. Our First Amendment grants freedom of speech to everybody. President Trump made a 75-day extension and said that if the app is not sold to an American company then TikTok will be banned.

customers. Although many people believe TikTok is harmful to youth, it lets teenagers express their ideas. Associate Professor Jess McLean from the School of Social Sciences at Macquarie University conducted an experiment on how TikTok affects teenagers' relationships. The result was that TikTok helped them build their relationships by sharing and commenting.

Some may say TikTok is a noneducational app and a waste of time but that is not completely true. TikTok has various videos about cooking, study hacks, and almost anything you're interested in! From Study.com, one in four Americans use TikTok to enhance their education. Similar ideas about TikTok being useful for education are derived from the website ResearchGate, which said, "Several studies have shown that TikTok can be a valuable learning tool, improving students' engagement, motivation, and overall learning experience." This shows that TikTok is essential for students and teachers for educational purposes. TikTok is a necessity for our economy, youth, and businesses. It is a platform that most Americans use and enjoy for their creative liberty and expression. Freedom of speech would be limited and controlled if TikTok was banned. Our First Amendment grants freedom of speech to everybody. President Trump made a 75-day extension and said that if the app is not sold to an American company then TikTok will be banned.

ResearchGate, which said, "Several studies have shown that TikTok can be a valuable learning tool, improving students' engagement, motivation, and overall learning experience." This shows that TikTok is essential for students and teachers for educational purposes.

TikTok is a necessity for our economy, youth, and businesses. It is a platform that most Americans use and enjoy for their creative liberty and expression. Freedom of speech would be limited and controlled if TikTok was banned. Our First Amendment grants freedom of speech to everybody. President Trump made a 75-day extension and said that if the app is not sold to an American company then TikTok will be banned.

What the United Healthcare CEO Shooting Reveals about the Injustices of the Healthcare System

by Remmy Ciambriello '26 & Sherya Viswanathan '27

Care CEO Brian Thompson on December 4, 2024, sent shockwaves through the nation, highlighting the unbearable frustrations and heart-wrenching despair that plague countless individuals trapped within the merciless grip of the healthcare system and the effects of class disparity. This event is a call to action, and its aftermath has become a desperate cry for help from those abandoned by a system designed to care for them.

Imagine the agony of battling a debilitating illness, only to be met with denial after denial from an insurance company that holds the keys to your survival. This act of violence, however inexcusable, is a tangible manifestation of the profound hopelessness that only grows when lives are deemed expendable by an indifferent system that values profits over people.

One of the most chilling details was the bullets that shot the CEO, as they were inscribed with the words "deny," "defend," and "depose." These words are not just a grim reflection of the suspect's mindset and beliefs, but also a damning indictment of the healthcare system's priorities. "Deny" symbolizes the countless claims for life-saving treatments that are rejected, leaving patients to suffer without the care they need. "Defend" represents the patients who are fighting relentless battles with little hope of success, and who need advocates to defend them from these corporations. "Depose", a double entendre, signifies the ultimate consequence of this broken

system, where lives are devalued and discarded, as well as the need to get rid of this system to prevent these ramifications. These words have become a symbol for many, as "Deny, defend, depose" have been printed on t-shirts, stickers, buttons, and posters. It has been treated as a revolutionary cry for justice, a call to arms to topple the system that has mistreated many for decades.

It is our responsibility to confront the brutal reality that the current system is failing those it is meant to protect. The lack of transparency, exorbitant costs, and insurmountable barriers to care are not just flaws—they are death sentences for those who fall through the cracks. It is almost remarkable how blind so many of us have been to the issue. Blind enough that it has taken a tragedy to lift the veil and see what is truly happening. It has united people across the political spectrum as frustrations have boiled over. This shooting has and will catalyze profound change, compelling us to dismantle the structures that perpetuate suffering and to build a system rooted in compassion, equity, and humanity.

As we grapple with the aftermath of this misfortune, we must channel our collective grief and outrage over the healthcare system into action. Policymakers, healthcare providers, and insurers must come together to forge a new path—one that prioritizes the dignity and well-being of every individual.

The shooting of the United Health Care CEO is a clarion call for immediate justice and reform. It is a sobering reminder that the stakes of this industry are life and death, and the time for change is now. We must rise to the challenge and transform our healthcare system into one that truly serves and protects all.

The Amity Trident

The Amity Trident

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

EDITORS-IN-CHIEF

Aachal Gupta '25
Soumya Wijesekera '25
Hannah Guo '25

NEWS

Alex Klee '25
Eve Marin '27

OPINIONS

Joy Deng '26

SPORTS

Soma Kim '25

FEATURES

Libby Grant '25
Jaqueline Miller '27

ARTS

Nicholas Lu '26

SOCIAL MEDIA

Scarlett Zhai '25

FACULTY ADVISOR

Emily Clark

CONTRIBUTING WRITERS: Aryan Shrivastav '27, Shriya Garg '27, Avery Ketchian '26, Remmy Ciambriello '26, Sherya Viswanathan '27, Janet Fan '26, Sage Wong '26, Aitan Herman '28, Catherine Kohncke '28, Darianna Singh '26, Jake Ricciardi '26, Blake Wegman '26, Grace Millard '27, Rohan Hebbar '27, Tyler Kingston '27, Teesha Godawat '27, Akshay Bulsara '26, Tyler Frantz '26, Lawrence Kibaru '26, Maggie Kershner '27 and Isabella Smernoff '27, Sarah Shaikh '25, Olivia Cummings '26

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@amityschools.org

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

WRITE FOR THE TRIDENT

Great opportunity to get involved!

See your name in print!

Check your email and listen to the announcements for information on a writers meeting for the next issue.

Get involved. Write for the Trident!



How Well Does Black History Month Meet Its Goals? Reform vs. Removal

by Janet Fan '26

Black History Month is more important today than ever. Our classrooms have become the battleground for politicized issues, such as race, sometimes at the cost of truth. Racial disparities and ongoing racial tension in health, wealth, criminal justice, and education are difficult to understand when removed from the struggles and resilience of African Americans in history. Black History Month is key to supporting efforts to include black voices in history. The Gilder Lehrman Institute, one of the nation's largest educational hubs for American history, for example, compiles a portfolio of resources every year for Black History Month, which are then used by schoolteachers across the nation.

Some argue that the month is meaningless, or even disempowering. However, Black History Month, as an initiative rooted in the African American community, is inherently empowering. The original purpose was to motivate black educators to compile a nuanced and true history of African Americans, one that was often excluded from whitewashed school curriculums.

Carter G. Woodson, the father of Black History Month, emphasizes how erasure of Black history hurts Black children by making them feel inferior. As a result, he argued, "If you make a man feel that he is in-

ferior, you do not have to compel him to accept an inferior status, for he will seek it himself." Here is where arguments about "special treatment" fall flat. Black History Month is, at its heart, a movement by African Americans, for African Americans. It's not about setting one race apart as "special," it is about asserting one's dignity in a space where it is often erased.

Arguments against Black History Month are mainly against how it is celebrated. But it is too pessimistic to completely abandon the ideal, a seed planted by black trailblazers of years past, because of objections against the execution. It might seem like students don't care, and that's true. However, I believe students do care about authentic celebration of Black history when it is not performative.

Don't kill Black History Month; bring it to life! Instead of an announcement over the intercom and a website announcement, Amity can invite Black speakers to come give lectures or fund field trips to historically significant sites in Connecticut, like the Amistad.

Situated right next to a slew of academic institutions and New Haven (which has a long and rich history of African American arts and culture), Amity has no excuse not to interact with all the resources at its disposal.

by Sage Wong '26

The persistence of Martin Luther King, Jr., the eloquence of Frederick Douglass, and the breakthrough of the color barrier by Jackie Robinson. These are all admirable characteristics and actions in the face of adversity. However, I do not believe that declaring the month of February as Black History Month serves its purpose of making sure that the works of African Americans are remembered in history.

To me, it seems more like a half-measured attempt to do so. Every time February comes around, Black History Month is instead the subject of mockery and racist jokes at our school. Maybe it stems from psychological reactance when people recoil against a notion that somebody else attempted to instill in them. Or maybe it's because we literally do not even do anything differently during this month during school besides hearing the occasional reminder that it's Black History Month.

I also believe that if given two options, Black History Month should be removed instead of reformed. In principle, its existence is disempowering because it only reinforces the idea that Black people as a race are marginalized and need special treatment from other races. This is shown by how the sole purpose of Black History Month is to make sure that Black people are not underrepresented in history. It also just holds up

the idea that Black people as a race need help from other races, which is an outdated idea.

Some may counter the special treatment argument by saying it isn't the purpose of Black History Month. But what happens is that an entire race and its history is given extra attention for an entire month. I believe all races should be treated equally, and Black History Month makes it so that Black history is prioritized for only one month, and then falls back down for the rest of the year. In contrast, white history month is essentially the entire year.

For a more egalitarian approach, I would suggest implementing a law mandating historical textbooks used in education to cover key black history events. This accomplishes the goal more effectively and makes it so that all races are treated equally.

Taking all of this into account, we now see that, at least in this school, Black History Month results in students treating it like a joke rather than learning about the history. Additionally, the core idea of Black History Month implies that the black race is weak and needs special treatment. Lastly, limiting African American history to only a month does not create an equal society in America, and a better approach would be to simply implement a law that solves the root of the problem.



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



Valentine's Day One Big Sham

by Aitan Herman '28

Everybody loves Valentine's Day. Until you realize the truth, which is that Valentine's Day is one big scam made up by the companies. You're spending more money at restaurants, jewelry stores, chocolate shops, and flower stores. St. Valentine would not have wanted this and you shouldn't either.

St. Valentine was someone who was known for love because he went to great lengths to matchmake. He officiated marriages in secret, even risking his position as a Bishop. St. Valentine cared about true love, not the fake love that's being sold to you more and more today from Valentine's Day.

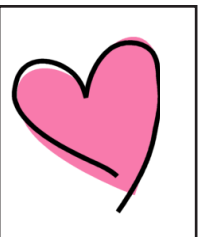
Three types of companies are profiting greatly from Valentine's Day. Number one is any sweet shop. All these shops get more money because boyfriends have to go out and buy their girlfriends a sweet. People at Edible Arrangements know that and charge you 10% to 50% more on goods. Lindt will price up by 119% because they know people want good quality chocolate. Ferrero Rocher does the same thing and they will hike their price up to 201% for their milk chocolate truffles, according to the New York Post.

Well, what if I just got my partner a bouquet? All the flower stores are making money off you as well. These flower companies, on average, are charging \$50 for a bouquet of red roses around Valentine's Day. Normally, they're around \$25. These companies are hijacking their prices because they know that you are going to buy it anyway. Floral companies collectively make 2.3 billion dollars from Valentine's Day alone.

The third industry that is making more money is the jewelry business. In 2023, the American public spent 5.5 billion dollars collectively in jewelry stores on Valentine's Day. Throughout the whole year, all jewelry stores collectively made around \$25 billion. That is a quarter of their yearly profit coming in on a singular day.

Valentine's Day is supposed to be a day of implementing true ideals of love like St. Valentine did, not about being a sellout to all these companies.

Moving forward, don't buy into the sham but do remember the good actions of St. Valentine and how he created more love everywhere.



Honoring Their Legacy: The Stories Behind the Names

by Catherine Kohncke '28

Students at Amity frequent the Brady Center for assemblies, the award-winning Amity musicals, and ceremonies. Everyone has been to the William E. Sim athletic complex, whether for football games, track practice or even fire drills. All students have also had PE class in the Paul Mengold gym.

But who were these people, and why were they honored with an Amity facility named after them?

In 2012, The Brady Center was named after Dr. John J. Brady, the superintendent of the Amity district from 2004-



Paul Mengold

of Amity: Academics, Athletics and Arts. He additionally pushed to have a full time theater teacher."

Dr. Brady retired at the end of the 2013 school year, with plans to move to Cape Cod, visit his family, and travel. His contributions to the Amity Creative Theater have allowed students to perform concerts, plays and musicals for the community. That is why the students who were part of the Legally Blonde production in 2012 went to the Board of

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

was the first person in his family to graduate high school. Katie Sim, who graduated from the high school in 2023, never knew her grandfather but understands the impact he made on the district. "He served as the Superintendent of the Amity School District from 1967 to 1974," she said. "He served in the US Army and received his undergraduate degree from Boston University and his doctorate in Education from Harvard. As an avid sports fan, the Amity Board of Education named the William E. Sim Memorial Field in his honor." At the age of 26, he was asked to join the Amity School District and became the principal. William Sim helped Amity through a period of change, and he supported educational programs such as ACES and HeadStart. Sim passed away due to lung cancer at the age of 45. Originally, the Board of Education wanted to name the whole school district after William E. Sim, but his family declined. Since Sim was also a big fan of sports, the athletic complex was named after him instead in June of 1974. This naming has also been rededicated many times over the years. Overall, the hard work and dedication of Paul Mengold, John Brady and William Sim is the reason why important places at Amity were named after them. These three people have had a big impact on our school, and now they can be honored by the places that bear their names. Later this year, the Trident will share the legacies of other teachers and administrators and the locations on campus named in their honor.

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

was the first person in his family to graduate high school. Katie Sim, who graduated from the high school in 2023, never knew her grandfather but understands the impact he made on the district. "He served as the Superintendent of the Amity School District from 1967 to 1974," she said. "He served in the US Army and received his undergraduate degree from Boston University and his doctorate in Education from Harvard. As an avid sports fan, the Amity Board of Education named the William E. Sim Memorial Field in his honor." At the age of 26, he was asked to join the Amity School District and became the principal. William Sim helped Amity through a period of change, and he supported educational programs such as ACES and HeadStart. Sim passed away due to lung cancer at the age of 45. Originally, the Board of Education wanted to name the whole school district after William E. Sim, but his family declined. Since Sim was also a big fan of sports, the athletic complex was named after him instead in June of 1974. This naming has also been rededicated many times over the years. Overall, the hard work and dedication of Paul Mengold, John Brady and William Sim is the reason why important places at Amity were named after them. These three people have had a big impact on our school, and now they can be honored by the places that bear their names. Later this year, the Trident will share the legacies of other teachers and administrators and the locations on campus named in their honor.

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and



Dr. William E. Sim



Dr. John J. Brady

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

Education to ask that the new auditorium be named after Dr. Brady. He left a lasting mark on Amity and truly deserved the honor of having the auditorium named for him. The main gymnasium honors Paul Mengold, who served as an athletic director at Amity for 30 years. During this time, the Spartans won 45 state championships as well as 122 league titles. Mengold, who was also a teacher at the high school, was known to inspire the coaches and students around him, and make them want to improve. Physical Education teacher Sean Mahon said, "He made it a point to be personally involved in all the athletics here." His love of kids and seeing them succeed earned him a high level of respect, which is why he was nominated to have the gym named after him. He retired in 2014 after a total of 38 years at Amity. The school gym was named after him in September of the following school year. The naming ceremony took place between two home volleyball games, and friends and family of Mengold were there to see the big moment. Mahon added, "He was such an icon in terms of his leadership in the athletic department. He put so much effort into making Amity Athletics excellent, making the naming decision a no-brainer." Today, there stands a plaque in the gym honoring Mengold's name. Another honorary naming of an Amity facility was the William E. Sim Athletic Complex. Sim was a first generation American and

CLA Competes in Debate Series at Winter State 2025

by Darianna Singh '26

to compete in debates against other high schools from across the northeastern region of the United States. It took place on February 2nd, 2025, when the students gathered.

"We had chapters from Boston, Connecticut, New York all congregate in Jersey City to engage in debates and activism initiatives!" said Manaal Akbar '25.

During the convention, students participated in multiple debate sessions broken up by time to speak on a variety of topics, including whether cancel culture is an unproductive method of holding public figures accountable or if the environmental impact of fast fashion outweighs its affordable price point. These conversations allowed students to analyze modern day issues and come to a conclusion amongst differing opinions.

Beyond the debate sessions, the Amity CLA saw familiar faces and met new ones from other schools, strengthening relationships during their time exploring Jersey City.

CLA Northeast State Governor Hannah Guo '25 reminisces, saying "My time at the convention was spectacular. It was so amazing being able to see my State under the same

The Amity Civic Leaders of America (CLA) went to Jersey City



Photo courtesy from Emma Imanov '27

Amity CLA at Winter State 2025

roof again, and it reminded me of why I became Governor in the first place."

The event was especially meaningful after the recent shutdown of the JSA (Junior State of America) program, an outlet for students to express themselves in student-led discussions.

Akbar added, "Ever since JSA shut down, we weren't

sure we were going to be able to go to a convention ever, so when this convention was scheduled, we were so happy."

It is apparent that this convention was a fun experience for all involved and a revival of a space for students to do what they enjoy.

Although JSA is no longer active, it's clear student involvement in debate remains strong in the form of CLA. The Jersey City convention was more than just a competition, it was a platform for students' critical thinking and community. Events like these show the importance of students' conversations in modern topics to grow a necessary skill of expressing their opinions.

Emma Imanov '27 said, "My favorite moment was declaring my candidacy and winning Best Speaker. Seeing my friends' faces light up during my speeches and hearing the crowd erupt in cheers after my candidacy speech was an unforgettable experience. This speech was different, I wasn't just speaking; I was fighting for something I deeply believed in, and that passion made all the difference."

If you have any interest in joining CLA, don't hesitate to get involved. It's more than just debate, it's a chance to find your voice and connect with peers.



LOVE

To Mr. Stanley and Mrs. Linkstrom:
Luv you besties <3 - Shamp

To Sparty:
When I see you
on the street, you
makemyheartskip
a beat!!!
-XOXOYourSecret
Admirer

To AP Physics
Students:
Y'all better get 5's :)
- Shamp



To Mr. Shamp,
ilyshampiepooilyshampiepooilyshampiepooilyshampiepoo
ilyshampiepooilyshampiepooilyshampiepooilyshampiepoo
- Period 8 Physics

Lynn Cocco,
Thank you for all
you do! Couldn't ask
for a better coworker!
-Paula

To all my students:
I love all the time
we get to spend
with each other!
-Mr. Bourdeau



Lilian Kabeche:
You are the love of
my life and love to
be growing old to-
gether -Elias

Mr. Iverson,
Keep
shining diva!
-Joyce and Emery

To Joy and Minh,
You are stars!!! Keep
shining <3 -Roxana

To idk: are you a 45
degree right trianlge
because you're acutie

To Math Department:
Though I now reside in a
different area, my love for
you all has not deminished.
-Mr. DeMeo

Lily Montiel,
HiiiiLily! ScoobyDoo so
bad. Miss you
-XOXO Pookie

Mrs. Clark,
Thank you for ev-
erything you do!!
The real scoop is
how much we love
you! Love, Your
Trident Editors



Angelo Dinallo keep
barking for me doggy

Brendan
Gunning, You
make life sooo
fun!!!! Thank
youuuuuuu

To my students, I wish
you all the best always
-Mrs. Campbell

To Antonio
Hernandez: I think
you're cute

OF LOVE

To Emery: love you, "looked in the mirror, sharp as a tictac, godamn i love my slic back"



Jacob Swendson: I want to make a family with you

To Chef T,
Baaaaa
-Jake

The Bissies: I love you all more than you can comprehend! #bissies4life

To Kevin Gu: You're amazing at hockey

Happy
Valentine's Day!
From,
Mr. Z



Isabelle,
Thank you for
feeding me.
-Mandy

Math Team, are you wif i cause i'm fœlin a connæction -Lulu

To Evan Pedigo (copybara): I love you soo much ur my bes-tie4lifers <3 UwU
-Luca Carbone

Issies,
I will forever cherish our crispy memories
-Phoebe



Congrats AGB froshmore team on the undefeated season.
We did it!
- Mr. Rothbart

*Mrs Romero,
"Every time I look in your eyes,
I look away mesmerized,
And you shine brighter than the stars that decorate the night sky
-Ken Carson*

To Chef T: You're meals look almost as good as you :)

Charlie Strada,
I have been watching from afar and I love you.

Jessie Lopez: You make my heart swell.

Mrs. Browett and Mr. Borelli,
Thank you for being the best teachers ever! Your love for politics and enthusiasm for teaching puts a smile on all of our faces!
Love, Period 4 Crissues Class

Ms Carvalho, Are you u? Because every time I try to integrate, I find myself lost without you!

Everyone,
i love u >:) (specifically Lia, LuLu, Sarah, Marina, Olivia C., Jaycee)
- Anonymous

Celebrating Black History Month Through Art

by Jake Ricciardi '26
and Blake Wegman '26

As February is Black History Month, it would only be proper to talk about some of the most influential and prominent Black musicians the world has seen.

These musicians range from Stevie Wonder and Louis Armstrong, Mariah Carey and Michael Jackson, to Kendrick Lamar and Nicki Minaj, just to name a few. All helped to shape the world of music and deserve recognition for their work. Described below are their varied backgrounds and their major contributions to modern popular culture.

Stevland Hardaway Morris, best known as Stevie Wonder, was born blind, yet quickly became a child prodigy, learning harmonica, drums, and piano. Some of his most famous songs include I Just Called to Say I Love You and Isn't She Lovely.

Throughout his career, he has been awarded twenty-five Grammys and was inducted into the Rock 'n' Roll Hall of Fame in 1989. Louis Armstrong, who was also inducted into the Rock 'n' Roll Hall of Fame, was one of the most influential jazz musicians of all time and became the first Black man to host a radio show in the United States. He was an extraordinary soloist trumpet player and even developed

the rhythmic language known as "swing".

Singer Mariah Carey, most known for her major holiday hit "All I Want For Christmas Is You," rose in popularity in 1990 with her debut album and had her first five singles reach the U.S. Billboard Hot



Accessed via rollingstone.com

Kendrick Lamar at the Super Bowl Halftime Show

100 chart.

Carey, dubbed the "Songbird Supreme" by Guinness World Records, has been an inspiration to many other singers like Rihanna, Beyonce, Adele, and Ari-

ana Grande. Michael Jackson, the "King of Pop," is also one of the most influential artists the world has ever seen. Jackson has the best-selling album of all time, Thriller, and numerous other amazing albums containing songs like Smooth Criminal, Billie Jean, Beat It, and

with his music and dance moves like the "Moonwalk."

Kendrick Lamar, also known as K.Dot, is one of the greatest rappers of all time. Lamar has made several massively successful albums like Good Kid, M.A.A.D City; To Pimp a Butterfly; Damn, and, more recently, GNX. He also worked on the soundtrack for the film Black Panther and made the song All the Stars along with SZA for the movie.

Despite growing up in poverty, Lamar was able to make it big in the world of music; he won 20 Grammys and was even named in Time's top 100 most influential people in the world in 2016.

Also honored as one of the top 100 most influential people in 2016, Onika Tanya Maraj, born in Trinidad and Tobago and better known as Nicki Minaj, is considered by many to be the "Queen of Rap."

Minaj is the best-selling female rapper of all time with major hit singles such as Super Bass, Starships, and Super Freaky Girl along with many hit albums like Pink Friday, The Pinkprint, and Queen.

Although there were previous influential female rappers like Queen Latifah, Nicki Minaj helped revitalize female rappers in the music industry, paving the way for many others to follow in her footsteps.

ACT Prepares to Dive "Under the Sea" in Their Upcoming Production This Spring

by Janet Fan '26

On a given Saturday or weekday night, the halls of Amity Regional High School are barren, echoing with the shadows of students who crowd the hallways during the school day.

It may look peaceful, but behind the scenes, below the surface, and "under the sea," so much action is taking place in preparation for Amity Creative Theatre's spring production of The Little Mermaid. Known best by its Disney animation,

The Little Mermaid tells the story of Ariel, a mermaid princess, as she does whatever it takes to attain legs and walk on land. From the cast to the crew to the pit, all students are hard at work ensuring that the production will be a success.

"My favorite part of the experience right now is learning the dances and putting together the numbers as we get to witness the show come to life," explains Emma Imanov '27.

Members of the cast are busy memorizing choreography and learning to move on stage in sync with each other.

Grace Millard '27 says that one of the hardest parts of rehearsal is "having to work on individual pieces of the show out of context, and without visuals."

She continues, "It can be easy to feel silly when you're doing a dance alone in the black box wearing sweatpants, but it all comes together during tech week when you're in costume, on the stage, under those lights, and listening to that music."

ACT has some exciting new tricks up their sleeves this year, too. Imanov '27 adds, "The most challenging aspect of preparation is learning to

use new equipment such as Heelys or roller skates which most of the cast has to do."

A lot goes into a musical production, and students are working hard to put those pieces together, too.

Student producer Viviana Pfannenbecker '26, who also assists with making the props for the show, says, "I help with making sure everyone's name is spelled right, that they fill out all the paperwork and other tedious tasks. It takes a lot of work to prepare but I make sure I am organized so I can get the job done."

In addition to backstage, students in the pit orchestra are busy practicing to provide singers and dancers with top-notch accompaniment music.

Kacee Tam '26, who plays cello, says, "The most challenging aspect is how quickly we're learning the songs. We are expected to get through around 10 to 20 pieces each week and I struggle with balancing between quality and quantity."

Flutist Minh Nguyen '26 agreed, saying, "Practicing is definitely challenging. A lot of the songs are really hard, so it can be tough to work through it."

Given Amity Creative Theater's stunning reputation and how much work students have put into this show, this year's production is sure to be a huge success.



- Your LOCAL running store
- Carrying a full line of running shoes, clothing & accessories
- Trained staff that cares about your running!
- EVERYBODY NEEDS RUNNING SHOES!

www.woodbridgerunningcompany.com

7 Landin Street
Woodbridge, CT 06525
203-387-8704

HOURS: Mon-Sat 10am-6pm
Sun 12pm-4pm

February Crossword

by Nicholas Lu '26

1	2	3	4		5	6	7	8	
9					10				11
12			13	14		15			
16			17		18		19		
		20				21			
22	23				24				
25					26				
27			28	29		30	31	32	33
	34				35		36		
	37						38		

DOWN

- 1. Fake, scam. 2. National Instant Criminal Background Check System (for short).
- 3. Simpson, who might have done it.
- 4. Stevie, known for hits like Isn't She Lovely.
- 6. The Eagles scored many of these at the 2025 Super Bowl (acronym).
- 7. Annoy, bother.
- 8. Do something _____ (while in the air).
- 9. Historical author (E. E. _____), hint: most popular staple food globally.
- 11. Having a bit of sass.
- 14. Predetermined number of strokes a skilled golfer needs to complete a hole.
- 18. Company producing stylish blue coasters.
- 20. Well-known tree that grows on the savannah, usually a lone tree growing in the middle of a field.
- 21. Main protagonist of

The Simpsons.

- 22. Recommended Dietary Allowance (acronym).
- 23. European Network of Crisis Management Laboratories (acronym).
- 28. Remote Neural Monitoring (acronym).
- 29. Usually the smallest cylindrical battery size at a store.
- 31. Apple's operating system (acronym).
- 32. No, nada.
- 33. Pig pen synonym.
- 35. Junior, for short.

ACROSS

- 1. What makes a "white Christmas" white.
- 5. Magazine that is known for its list of the world's 100 most influential people.
- 9. "Son" in Spanish.
- 10. What wet cloth does when it is hung up.
- 12. Air Conditioning acronym.
- 13. "No problem" for short.

- 15. Slow-cooked Moroccan stew.
- 16. "Miss" for short.
- 17. A bit or small glob of something.
- 19. Automatic Identification System acronym.
- 20. Exercises that elevate your heart rate and oxygen needs, learned in health class.
- 22. "Receiver" or "recreation" for short.
- 24. Mariah, known most for All I Want for Christmas is You.
- 25. The code of life (acronym).
- 26. Emergency room acronym.
- 27. Capital of Ghana.
- 30. Cans, originally called this because they were made of tin.
- 34. Nicki, known as the "Queen of Rap."
- 36. Not particularly loved grain, used to create _____ meal.
- 37. Star of the 2025 Super Bowl halftime show.
- 38. Timid, not talkative.

Cold and Snowy Days? Check Out Some Arts Events

by Nicholas Lu '26

February break around the corner and many more February days to come after, the Greater New Haven area has tons of arts events to offer prospective artists.

Whether one has never picked up a paintbrush or are a few works away from becoming Picasso, arts events present great opportunities to acquire and hone your creative skills and meet up with other prospective and aspiring artists.

Contrary to popular belief, the Greater New Haven area is a hotbed of creative expression and has much to offer to any interested artist. Below are some of the arts events that are taking place in February:

Laugh Tracks Comedy (February 19, 3:00PM - 6:00PM at the Milford Arts Council) - This comedy show is a great way to spark a love for stand up entertainment. This show will have a mixed program of both seasoned comedians and up and coming talents. If interested in having a laugh on a Wednesday afternoon, give Laugh Tracks Comedy a try.

Secret Film Society (February 19, 7:30 - 10:30 at the Yale Center for British Art) - If exclusivity is your forte, would n't it be great to get a sneak peek of the latest works in the making before everyone else?

At the Secret Film Society, attendees will get a glimpse of the season's most anticipat-

ed films from the likes of A24, Neon, Netflix, and more. There will seldom be another opportunity to get such an early viewing of these works, so do not miss this event if you want to have an exclusive early look at the newest films pre-release.

Adventures in Clay (February 21, 4:30PM - 6:00PM at the Creative Arts Workshop in New Haven) - If tactile art and workmanship is your preference, this clay workshop offers a great chance to refine your crafting skills and create some fine art at the same time.

Attendees will explore the creative possibilities of shaping and molding clay, and you will even get to take home your work afterwards. If you would like to hone your skills or even just get started on your clay crafting journey, this workshop is for you.

Metal-smithing/Jewelry (February 25, 11:00AM - 2:00PM at the Creative Arts Workshop in New Haven) - In this workshop, attendees will get to learn the basics of jewelry making and crafting. Furthermore, demonstrations will include soldering, filling, embellishing, shaping, and much more. If you are more interested in manufacturing but still have a creative flair, this workshop is just for you.

There are so many arts events to explore in the local New Haven area.

Whether or not one is artsy or even just mildly interested, try going to an arts event. It will not disappoint!



Artist of the Month: Sophomore Shreya Viswanathan

by Grace Millard '27

The Trident Artist of the Month is important to our student body because it spotlights the extraordinarily talented artists within Amity Regional High School so they get the recognition that they deserve.

This month, Shreya Viswanathan '27 has been chosen as an exceptional young painter.

One can learn that Viswanathan has been developing her style for some time. She personally describes her style as "realism" and says, "It gives me a lot of joy to draw nature."

Specifically, she says that she always "felt a strong connection to the beach and ocean and that's what first had me drawing pictures."

Additionally, Viswanathan has many inspirations for her work. She especially feels that her art is a way for her to "convey [her] emotions and thoughts without words through space and time."

She feels that the act of creating is empowering in that it gives her a legacy. In fact, "it makes [her] feel powerful when [she realizes her] art will probably outlive [her]."

It may seem melancholy to many, but this vast view of time and her future is perhaps what makes expression come so easily to her hands as she

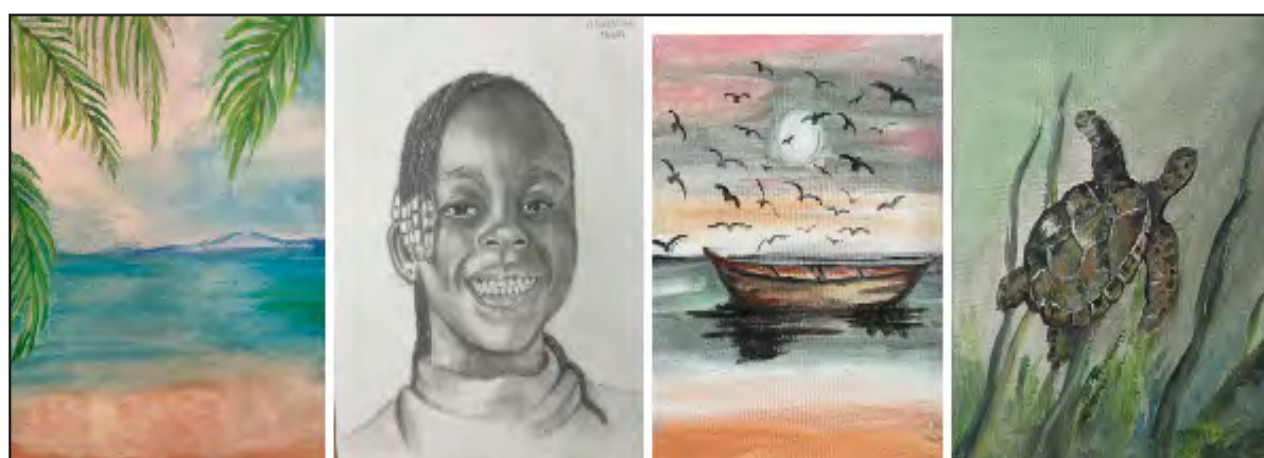


Photo contributed by Shreya Viswanathan '27

begins a piece.

Though she is the artist behind many pieces, her favorite remains sharp in her mind. "Even though it was from a couple years ago, my favorite piece of art is probably this portrait I did for a little girl in Africa," Viswanathan recalls.

As part of a charity project in middle school, she was able to participate in a program in which young realism artists created childrens portraits for free. It remains one of her best works, which she still feels an enduring connection to.

When asked about her thoughts of other student artists, this sophomore had quite a philosophical take. She says, "I think that all people are born artists and I feel like a lot of people choose not to continue it after a certain age. I wish that everyone would keep going with art because you never realize how much happiness it has the potential to give you."

Viswanathan's work is not only a testament to her skill, but to her love for beauty and creation. Her work is quality craftsmanship which will undoubtedly inspire many other young artists.

Ski Team Finds Success, Tearing Up the Slopes

by Rohan Hebbar '27
and Tyler Kingston '27

Although the cold weather this season may have upset many of the teams at Amity, the ski team is thrilled. Constant dustings of snow and record-breaking cold temperatures have kept the hills of Mount Southington in tip-top shape for our racers.

The team has been demonstrating some great successes this past season. They work relentlessly multiple times a week on the mountain, and the results from past races confirm this.

In a recent race, the girls finished in the top 5. The boys also stood out, placing 6th out of 14 teams. For a while, Amity has not had a racer finish with the top time in the female bracket. Claudia Manuele '26 broke this streak, finishing in first place and contributing to Amity's success.

Strong performance after strong performance has made them a well-known group around the state and a force to be reckoned with. The 2025 season so far has been nothing short of a great one. According

to Michael Audie '25, "This season has not met expectations, but instead has well exceeded them." The team is pumped up to set new goals and push themselves past their limits.

The brotherhood and sisterhood of the team have contributed to their success. Jacob Miranda '26 outlines this, exclaiming, "I think that the positive camaraderie we have as a team pushes us to do our best."

No team can work well without support or friendship, and this team has just that.

The development of underclassmen players has also been crucial for the team to attain its goals.

Captain Noah Bayer '25 states, "It has been a pleasure watching the younger members of this team develop to become better racers, and with the guidance of our coach, they will no doubt become successful skiers in the years to come."

The Amity Ski Team has achieved amazing accomplishments for years, and this year will not be an exception.

As they continue to tear up the slopes of Mount Southington, we will no doubt see more accomplishments to come.



The Amity Ski Team

Photo contributed by Noah Bayer '25

On Track to Victory: Girls Indoor Track and Field

by Teesha Godawat '27

The Girls Indoor Track team has been crushing it this school year thanks to the contribution of its members and coaches. The team members participate in events such as distance events, sprinting, hurdling, throwing, and pole vaulting. They are led by their coaches throughout practices in preparation for meets.

Head Coach Bobby Burns leads hurdling and sprinting, Coach James Mas and Volunteer Coach Laura Pierce for distance events, Coach John Johnson for pole vaulting and jumping, Coach Michael Sirowich for throwing, and Assistant Coach Nicole Koshes for sprinting.

At the Southern Connecticut Conference (SCC) Coaches Invite on January 18, 2025, the Girls Indoor Track and Field team won first place with 47 points for the first time in a decade, with Naugatuck and Conard High School placing second and third respectively.

After this meet, on January 28, Amity took part in the SCC East Sectionals

and tied for first place. This was the first time the girls had achieved first place at the indoor SCC sectionals. Through the hard work of the students and coaches, the team brought home a victory.

The girls on the team create a supportive and positive environment by showing their enthusiasm and support for one another.

"No matter the event, at meets, we are cheering un-

everyone as a team cheered on the distance runners. We did a chant for every runner as they passed by us every lap, and it was really fun and exciting," remarks team member Anika Zivojinovic '27.

Another large part for the girls on the team is the fact that it "allows us to connect with teammates who genuinely support each other and share the same goals," says Olivia Cummings '26, who describes it as a "great experience that has helped me grow on and off the track."

These experiences highlight how success is shared amongst all team members and how the girls assisted one another throughout the season.

After the girls won the 2025 SCCs, their head coach was proud and made sure to congratulate the team. He said that he was "so proud of everyone's effort," and discussed that this was "only the 6th time Amity has won the SCC Indoor Championship and the first time since 2007. It's one of, if not the hardest league meets to win all over the state."

til our throats are dry for each other on the sidelines," says sprinter and hurdler Abby Zamir '27.

Members of the team uplift one another by constantly motivating the people around them.

Through this support, students also share meaningful memories and experiences on the team. "The most memorable for me was at the end of the East Sectionals meet when



Photo ontributed by @amitygirls.track on Instagram.

Girls Track after their success in SCCs at Hillhouse.

Sportsmanship Pass Allows Students New Privileges

by Akshay Bulsara '26 and Tyler Frantz '26

Amity Regional High School's brand new initiative started on January 5th called the Sportsmanship Pass. This pass allows students to attend any regular season home games free of charge.

Students must have their physical pass when attending and present it to the ticket table before entering the event. The pass is not transferable and the physical card must be shown. Screenshots and photocopies of the pass will not be accepted.

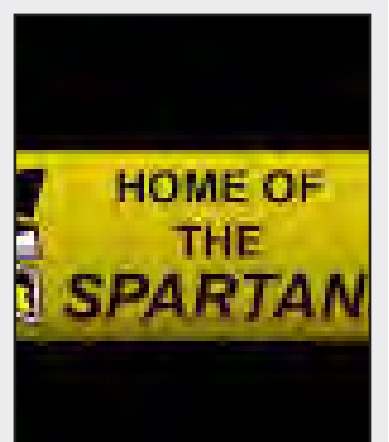
This initiative intends to continue to promote positive and appropriate sportsmanship as well as increase attendance at sporting events. The Sportsmanship Pass is open to any current Amity student.

The sportsmanship pass has already begun to bear fruit. One notable effect was seen on January 8th when the Amity Boys Basketball Team played Notre Dame High School. The student section for this game was packed, many using their new sportsmanship pass allowing free entry. The sportsmanship pass has also led to a notable increase in student attendance at Amity Boys Ice Hockey games and many other winter sports.

Overall, the sportsmanship pass is great for students looking to attend more Amity athletic events and is a creative initiative to increase Spartan spirit around the school.

Anyone interested in applying for a pass may scan a QR code and fill out an application. Once the application is received, the athletic department will send a notification when the pass is processed and ready to be picked up.

Senior Cashlynn Cunneen was the first student to get an Amity Sportsmanship pass that will get her into all Amity home regular season games for free.



Boys Swim Team Emerges from the Waters

by Lawrence Kibaru '26

The Boys Swim Team has surpassed expectations this season, boasting an impressive 8-2 record. Despite having a smaller team than in previous years, their continuous improvement has set them apart. The swimmers have shown remarkable progress, particularly among the underclassmen, making this season one to remember.

With steady growth throughout the season, the team has demonstrated resilience and determination. When asked about their performance,

Maryiyan Yuhkno '26 shared, "We've been doing way better than we expected. We're a small team this year, but we have a lot of depth, and there's been a lot of improvement with our underclassmen."

Their strong work ethic and commitment to training have played a major role in their success, allowing them to compete at a high level despite their smaller numbers.

Among the standout swimmers this season are sophomores Sean Lee and Vlad Marynchuk. Their dedication and rapid improvement have made a significant impact on the team's overall success. They are an example of how the underclassmen have improved.

In addition to their top swimmers, the team's overall depth has been crucial. Every swimmer has stepped up when needed, showing Spartan pride and perseverance. The underclassmen have contributed significantly, filling in important roles

and bringing fresh energy to the team. The coaching staff has worked hard to refine techniques and build confidence, ensuring that every member of the team continues to improve with each meet.

As the season progresses, the team remains focused on maintaining their momentum and finishing strong.

Their ability to support and push each other has been one of their greatest strengths. This was evident in their competition against Woodland High School and Notre Dame High School on January 10th, where the team came in second thanks to strong performances across the board, notably from student-athletes Julian Virgil '27 and Matthew Muravnik '25.

With continued effort and determination,

they are poised to make a lasting impact and end the season on a high note.

The Amity Boys Swim Team has proven that size does not determine success. With well-earned growth, they look forward to making a splash in their remaining competitions. Their dedi-



The Boys Swim Team

Photo contributed by Colin Spoerndle '25

cation and team spirit set them apart, making them a formidable force in their league. Fans and supporters eagerly anticipate seeing just how far this team

Game Changer

How the Artificial Turf Is Affecting High School Sports

by Maggie Kershner '27 and Isabella Smernoff '27

The William Johnson Stadium Field is a familiar site for all Amity Regional High School athletes and the surrounding community. Since the school's founding in 1954, hundreds of matches have been played for nearly 20 of Amity's competitive sports teams while the grass field transformed into today's pristine synthetic turf field.

Since its installation in 2018, the field has also been used for school activities like pep rallies, gym classes, Unified Sports, and the Amity community's youth programs like Pop Warner football, boys and girls lacrosse, boys and girls soccer, and more. Often, one can find various Amity students utilizing the turf and track.

In 2013, a referendum was passed to begin voting on a \$1.25 million project to create a new stadium, including a synthetic turf field and a new track. The idea of a new turf came from the installation of many others at neighboring schools and the many complaints about the former stadium field, which consisted of a poorly conditioned grass field.

This referendum sparked debates over the possible health and financial concerns of the potential installation of the new turf. Many were worried that the use of synthetic materials would contribute to

higher risks for cancerous diseases. However, after much debate and consideration, it was found that the positives of the proposal outweighed the negatives, and hence, the Amity district approved the new turf field's installation.

Since then, the impact on the Amity community has been tremen-

ity boys soccer team.

Upon asking Athletic Director Ernie Goodwin, for his opinions of how the turf has impacted Amity sports and community, he responded positively.

"The all-weather field has been a godsend for us. We used to play only football on it. However, now

With so many sports, not every team gets to capitalize on its benefits. Take the girls' soccer team, for example. They finished their fall 2024 regular season with a record of 15-0-1, accomplishing an undefeated season with 15 wins, 0 losses, and 1 tie.

In the postseason, they fell short in the SCC and state tournaments to the same team, who would eventually move on to win both of the tournaments. Despite their successful season, the majority of the time they practiced on a regular town grass field off campus and only utilized the turf during the postseason.

Lilly Montiel '27, a team member, stated, "The turf was a real game changer for us and helped us perform better. The problem was that it was in high demand and every team wanted practice time there."

The boys' football team ended their fall 2024 season with a record of 8-3, highlighting a remarkable win rate that the team struggled to achieve in the past 10 years. They played every home game on the turf.

Evidently, many Amity teams wish to reap its benefits and have found success from doing so. The turf field has been a beneficial addition to the community from the various ways it has been utilized.

The irrefutable success of the field raises a question; would a second turf field provide an advantageous investment to the Amity Regional High School?



Amity's William Johnson Stadium Field

Photo contributed from classicturf.com

dous. Members of various 2024 fall teams, upon being asked whether they prefer to play on the turf or grass, responded immediately, expressing their support for the turf.

"As a team, we prefer the turf because the ball hops a lot less and moves a lot faster," said Tyler Kingston '27, a member of the Am-

sports such as lacrosse, soccer, and field hockey all get to participate, which is fantastic," he stated. "It also drastically reduced our canceling of games due to muddy fields, which was a huge problem in the past."

A problem, however, is that there is only one turf field at Amity.

Unpaid Experiential Learning Program *Exploring New Possibilities for Seniors*

by Sarah Shaikh '25

The Unpaid Experiential Learning Program initially began with seniors who wanted to gain real world experience.

According to Senior Internship Program Coordinator Lynn Cocco, "It started in 2006 initially as a voluntary program but as it grew in popularity over the years, it became a graduation requirement."

Now, seniors have the opportunity to complete this internship program, or instead be a part of the Senior Summit which is an on-campus alternative.

The UELP is a three week long, ninety hour program that allows students to explore personal, academic or career interests. This event will take place during the last few weeks of May where students will go off to their internship sites and get to work with their chosen mentor. Teachers, such as Greg Twohill and Rick Bourdeau will visit the students at their job sites to see how they are doing. This allows them to make sure that students are enjoying their internship and having a good experience with their mentor.

Cocco added, "I believe the biggest advantage of the UELP is that it gives them the opportunity to experience the steps of a real job search. No matter what a senior is planning for their

future, the job search process is a life skill and UELP gives great practice."

This program offers students the opportunity to learn new skills for a future job or career opportunity, delve deeper into an area of personal or academic interest or gain new learning experiences.



Photo contributed by Lynn Cocco
Tara Laugeni at Krall Heating and Cooling, Interning through UELP in 2019

Jessica Simone, a social worker and part of the UELP committee was a part of the program in its early stage. Simone was in the graduating class of 2009 doing her internship at Orange Community Services at High Plains.

Simone says, "UEL P was a really great learning opportunity as I got to learn many things, being able to see all the aspects of my work."

She recommends current seniors to pick an area of interest to pursue

in their internship, stating that it will make their internship much more memorable.

Sadie Chadbourne, a current senior, said, "UEL P is helpful in a way because it gives us a chance to see what the workforce is like and helps us decide what we want to do after college."

Although some seniors are unsure of their post-high school careers, being able to select their internship allows them to explore new avenues for potential careers.

Senior Amara Forstrom said, "UEL P is helpful for figuring out what you want to do in life."

Gabriella Restrepo '25 added, "The UEL P can be an extremely rewarding and beneficial experience that teaches seniors how to hold jobs, setting us up for success in the future."

Having a multitude of options can help teach life skills that wouldn't be taught in school. It can allow students to further explore current passions that they might already have.

Thomas Sampson '25 is looking forward to his UEL P experience.

"It is a great opportunity to engage in something that you are truly passionate about," he said.

This internship program benefits seniors who want to explore different careers as well as their passions, enabling them to grow and succeed in

Word Mash

by Olivia Cummings '26

Two clues are provided that lead to two specific words or phrases which can be combined phonically. The clues are in order of which phrase goes first.

Example

Clues: Small furry mammal + capital of the Netherlands

Answer: Hamsterdam

Gorilla that fights Godzilla + group dance

Amity's newspaper + a doctor that works on your teeth

Mythical horse with a horn + the scientific study of birds

Band with Stevie Nicks + a pasta dish

Dr Seuss book with Sam-I-Am + Shakspeare play set in Denmark

Answer key will be provided along with more Word Mash in the next issue.

Word Mash Answers from the December Issue

1. Anakindle 2. Englishmael 3. Alkalinus 4. Keratin Man 5. SpongeBob Marley

We're serious about math

BEING FUN!

For K - 12th Grades

mathnasium.com/milford

Schedule a

FREE
Assessment

203-783-1490

201 Cherry Street
Milford, CT



MATHNASIUM
The Math Learning Center