

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

February 15, 2019

Amity Prepares for a Visit from NEASC

by Caroline Chen '20

Amity Regional High School is in the midst of preparing for the process of reaccreditation. From September 22nd to September 25th of the upcoming school year, sixteen teachers from across New England will visit the school as part of the New England Association of Schools and Colleges (NEASC) accreditation process.

This process occurs every ten years to help New England schools meet both personal goals and the Standards for Accreditation, in order to guarantee a high quality school experience for students. The process

proceeds in three phases: reflection, review, and renewal. It is conducted through the evaluation of seven specific standards: core values, beliefs and learning expectations, curriculum, instruction, assessment of and for student learning, school culture and leadership, school resources for learning, and community resources for learning.

In the reflection phase of the process, the school is required to conduct a self-reflection. During this stage, the school will determine its strengths and weaknesses under each of the standards. Following this phase of self-assessment, an Accreditation Visiting Team comprised of teachers from New England will visit the school and further

evaluate whether the school has met all standards. This committee will follow certain students around the school to fully understand how the school functions on a daily basis. The final phase of this process then takes place as the school will consider the recommendations of the visiting team to create a short-term and long-term plan for improvement.

In anticipation of the NEASC committee's visit, Amity has been preparing since the summer of 2018. Jessica Zamachaj, an art teacher, and Angelo Amato, the science department chair, are the two co-chairs that have organized the faculty

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CT STEM Fair Showcases Science

by Neha Sudhir '19

The 18th annual Connecticut STEM Fair was held at Amity Regional High School on February 9th, 2019. After several months of preparation, the students of Amity's Science Research Program, as well as others from around the state, presented their hard work on various research projects.

The fair was held at Amity last year and moves location every two years, so the students excitedly welcomed their fellow science enthusiasts for the last time. Students stayed after the day before to help set up the gyms, cafeteria, and the auditorium in preparation for the science fair.

Jack Tajmajer '20 said, "Overall, I had a pretty good time last year and enjoyed the fair, however, it was also a really new process to be the hosting school and there was a lot of stress. This year, I feel a lot better. It's slightly sad that Amity will not be hosting next year, but I also think it'll be nice to have a change of scenery for the next fair."

For many of the first year Science Research students,

finally talk about something that I have been tirelessly working on for the past few months."

The environment at the fair has been competitive in the past, as students submit impressive projects tackling everything from environmental to medical problems.

Aditi Chalasani '22 felt nervous about the fair, but she said, "Through feedback [at the mock science fair,] I realized which aspects of my speech needed help and the best way to organize my presentation in order to convey my purpose effectively to the judges."

While preparing for the fair, veterans of the process reflected on their past experiences at the event.

Danielle Lee '20, who joined the program as a sophomore, said, "Last year was my first year at CT STEM—I was clueless, nervous, and wildly unprepared. This year I feel more calm and collected for the fair, knowing both my project and the fair itself better."

Though Lee was nervous for the fair last year, she also found it to be a positive and inspiring experience overall.

"Even when I was totally

Link Crew Hosts Its Annual Cocoa and Cram Event

by Audrey Marin '22

Amity Link Crew sponsored an annual midterm preparation event for freshmen on Wednesday, January 16th. Cocoa and Cram is organized for freshmen to get course-specific help from responsible upperclassmen, in preparation for their first-ever midterms.

Cocoa and Cram was held in the cafeteria from 6 to 7:30 pm, and freshmen were strongly encouraged to attend the event through email reminders, communication with individual Link Crew Leaders, and morning announcements. Upperclassman leaders visited various tables and offered study advice or specific course help to younger students. Having experienced the exam-taking process many times, Link Crew Leaders were well-suited to give study and preparation assistance. Many have developed study techniques for big exams and had valuable experience that they could supply to freshmen.

At the Cocoa and Cram

event, Link Crew Leaders brought a variety of desserts and beverages for the freshman class including cookies, brownies, cupcakes, and of course hot cocoa. This helped freshmen to relax and enjoy the event all while studying for exams during the upcoming week.

"The cafeteria was packed," said Jayne Whitman '22. "Older students were very helpful, and working there reduced my stress for exams."



Link Leaders helping freshmen.

Contributed by Tasia Kimball

The support of Link Crew Leaders was well observed by other freshmen, as well. Emma Lindskog '22 said, "Link Crew Leaders gave

a lot of advice that helped make my studying process easier."

However, not only freshmen gained something from this experience. Link Crew Leaders also walked away feeling fulfilled and accomplished.

Link Crew Leader Danielle Grosso '19 elaborated on her positive experience, saying, "Cocoa and Cram is always pretty successful, and this year we had a pretty impressive turnout! I think that Cocoa and Cram always helps to relax the nerves surrounding the idea of midterms and also helps freshmen develop study habits that will benefit them throughout high school."

Furthermore, the effectiveness of the event was noted by Link Crew Advisors.

Tasia Kimball, Link Crew Advisor and English teacher, said, "As usual, this year's Cocoa and Cram was a wonderful opportunity for Link Leaders to share all they know about exams with ninth graders, none of whom have been through Amity's exam week before. The students

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Students pose at the CT STEM Fair.

Contributed by Catherine Piscitelli

this was the first time competing at a science fair.

Anika Agrawal '22, a first-year student in the program, said, "I'm feeling a little bit anxious, but I'm excited to

naïve, I managed to have a good time," Lee said. "[The fair] inspired me to reach out more for my own project this year."

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Amity Preps for NEASC Visit

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into seven committees, each focusing on one of the Standards for Accreditation. The committees have been working diligently to ensure that all aspects of the standards are accounted for.

With the date of the NEASC committee's visit approaching, Amity faculty groups are starting to "gear up and get ready," said Zamachaj. The accreditation process is crucial for all schools, including Amity.

"This is a really important process, not just because it's good to be accredited. More importantly, it's really good for you to learn something, and learn how to think, and

learn how to collaborate, and learn how to be open-minded and consider different views," said Principal Anna Mahon. "It's imperative to be a good educator and a good educational institution [by being] reflective in your practice."

In the months leading up to the visit from the NEASC Visiting Team, students should be aware of the process, know how they will be affected, and understand why the process is a critical part of guaranteeing a strong school experience.

"What I would like students and parents to know is that this is an opportunity for us to reflect on what we're doing," said Mahon. "Just

like we are asking them to be reflective and collaborative, we are doing the same thing. We are trying to model that behavior through this. Our project is Amity High School and the Amity Regional School District."

Zamachaj further believes that students must be informed, and hopes students understand that "this process is really for them... it's to make their education stronger [and to have a] better educational institution."

Amity committees will continue to self-reflect on each standard and prepare as the date of the NEASC Visiting Team's review approaches.

Junior Class Attends College Planning Night

by Evan Hollander '20

The Junior Class and their parents acquired college application advice from Ann Fleming Brown on January 9th. Brown engaged with the audience with humor and a student demonstration on the stage of the Brady Center.

Brown has served as the Director of Admissions at Union College for 32 years. Thus, she has read a sundry of college applications and knows what other admissions officers look for in applicants.

Brown has visited Amity for Junior Planning Night for many years.

The presentation was held in the Brady Center. When students arrived, they were handed folders that contained information such as usernames and passwords to access Naviance, the website used for much of college planning, and an issue of a teen-education magazine.

Director of Counseling Jill LaPlante, who organized the event, said, "The presentation was a great success. It is one of our more attended nights, but attendance was about the same as we usually do."

Brown also called up students to join her. The students were handed random posters with words that represented a part of the college application process.

These included the essay, grade point average, the interview, extracurriculars, and recommendations. Brown

asked the students to get in order of importance. Brown started off by going to the person at the far left, supposedly the most important. She occasionally told students to go to the end of the line if their word was not as important as they thought.

In the end, Brown explained why each word belonged where it did.

Natalie Prinz '20, had the word "transcript," and did her best "just to answer honestly. It turns out we were all thinking along the same lines with what we thought was most important for the college process, but the presenter really helped adjust our thinking and make sure we understood what is important and what we should do going forward looking at colleges."

Ellie Maniatis '20 said she received "a better perspective on the admissions process."

Brown taught a lot about the application process, but there was only so much that could be discussed.

Nick Lopez-Vila '20 was glad to have "learned about the levels of importance of each section of college prep," but he wished that "she had explained more about how to do each section of college preparation."

Brown's presentation will certainly help students navigate the overwhelming college application process as it appears to have already helped reassure parents.

CT STEM Fair a Success

Continued from page 1

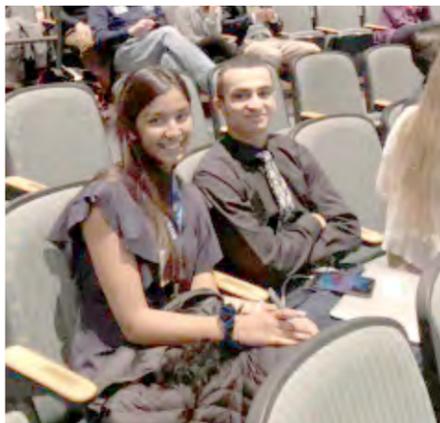
Summer Schaaf '19, who is competing with her partner, Tommy Livesay '19, explained what it was like to compete as a team: "Teaming up to research and complete a project was a really good experience because it allowed both of us to work through obstacles, bounce ideas off of one another, and it overall was fun to do something I love (science) with a friend."

Schaaf also competed with a partner in her sophomore year, and said that the experience taught her to always have confidence in her partner to do their best.

In the past, many students have taken issue with certain aspects of the fair. For example, it is not uncommon for judges to arrive far earlier than scheduled. Last year, older students who had

attended the fair in the past claimed that the fair proceeded far more smoothly than years before.

Keri Tenerowicz '19, who has attended the fair three times, said, "It seemed to



Students at the CT STEM Fair
Contributed by Catherine Piscitelli

year's fair. Last year alone, Amity received a significant portion of the awards: 26 in total, which were given to 20 students. This year, top placers in their category include Keri Tenerowicz '19, Ameya Menta '20, Sophia Wang '20, Andrew Kim '21, Scott Lowder '22, and the team Thomas Livesay and Summer Schaaf '19.

Additionally, Wang was one of three students at the fair invited to participate in the prestigious International Science and Engineering Fair (ISEF) with her project last year. This year, her project is entitled: "Real-time sinkhole detection using civil engineering techniques, the internet of things (IoT), and artificial intelligence." Wang has secured a spot to attend ISEF again this year.

All in all, students were enthusiastic and hopeful for this year's CT STEM fair. The excellent quality of projects was evident to the Amity community.

be organized very well and flowed nicely," and she hopes this trend continues for the fair this year.

Amity students often success at the CT STEM fair, which was evident at this

Link Crew Holds Cocoa and Cram

Continued from page 1

who came were able to get organized, receive specific help in all subjects, learn some tips about exams—and eat a snack with their friends."

Blythe Reis '20, put

her creativity to the test when she brought her snack to the event. Reis created motivational rice Krispie treats for freshmen. Phrases such as "You got this!" and "One topic at a time!" were printed on the packaging of the treat to inspire freshmen.

Kimball additionally said, "My ninth graders in Spartan Seminar said that it was very helpful for them, not just for studying, but also for relieving some anxiety about the whole process."

Evidently, Cocoa and Cram was a successful and fulfilling event for all freshmen, Link Crew Leaders, and advisors that were involved.

Students Experience a Slightly Different Schedule for Midterms

by Jack Tajmajer '20

Midterms at Amity tend to be a stressful time, but this year, a snow day postponed the schedule and seemed to lighten the study load. Still, there may have been stress from the midterms schedule that flipped the normal exam order.

When talking about this new schedule, where period 7 and 8 exams were on the first day, Julie Fleischman '19 said, "It was inconvenient for me."

Others, though, focused on the positives, such as Nicole Mongillo '20, who referred to the surprise snow day as "absolutely a miracle sent by the heavens to save [her]."

This snow day gave many people more time to study or simply time to sleep and

relax, which they might have lost during studying.

This time was also invaluable for many, especially for those that had a difficult period 8 exam on the first day.

Looking at midterms as a whole, Abigail Wisnewski '20 said, "They were stressful, and yet I felt decently prepared for each one. I'm really just glad that they're over."

This sentiment is shared by many throughout the

school, regardless of grades.

Many in the senior class did not have to take midterms if they had earned a B or better average. However, those students who take Advanced Placement classes still needed to study but also find time to relax.

This sentiment can be applied to every student regardless of grade level. Everyone should make sure to relax and keep studying, so that they are ready for finals exams in June as well.



Rice Krispies from Cocoa and Cram
Contributed by Tasia Kimball

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The Positives and Negatives of Spartan Seminar

by David Sugarmann '20

At the beginning of the year, I wrote about the new Spartan Seminar format. Now that we are officially done with midterms and into Quarter 3, I would like to do a follow up on what I think is going well, and what I think could be improved for the future.

To start off, I think having Spartan Seminar every other week instead of every week has been a positive change. Because the program occurs less often, every meeting has the opportunity to be meaningful. In contrast to last year, there were times when Spartan Seminar got repetitive.

Another change for the better is that we no longer

use the time to fill out forms. Although these surveys are important, our time is much better spent improving upon our core values, which we have done this year. For example, instead of using an entire Spartan Seminar period to do Naviance goals, all Amity students got to learn about grit, which is an essential quality for success.

However, one part of Spartan Seminar that I think could be improved is the length of the period. From last year to this year, the duration of Spartan Seminar was increased; this was done so that we would have more time to do the planned activity. While I see the logic behind this, I do not think it has had the intended effect. Students are often tired and stressed out about their classes. Because of this focus on other aspects

of school, by the end of Spartan Seminar, most students lose focus on the activity. I believe that with a shorter period, the discussions could still be meaningful, and more students would be engaged.

Another way I think that Spartan Seminar could be enhanced is by mentioning its schedule in the Student Happenings email newsletter. There have been multiple times this year where I have been unsure as to whether or not we had Spartan Seminar that week, and adding this information to the Student Happening emails would certainly help.

While there have been multiple parts of Spartan Seminar that have improved from last year, there are still things that need to be worked on in the upcoming years.

Trump's State of the Union: A Step in the Right Direction

by David Sugarmann '20

President Trump delivered his State of the Union Address in front of the 116th Congress on February 5th. The address, which reached a television audience of over 45 million people, was seen as a success by many.

A CNN poll found that 76% of people that watched the speech had either a somewhat positive or positive reaction to the speech. While that number might reflect that the speech was an instant success, it is important to note that most viewers that watch the speech are supporters of the President.

The address was very different from most speeches by the President. The President read from a teleprompter and stayed on script for the majority of the evening. The biggest difference from Trump's prior addresses to Congress and the State of the Union were the people sitting both in front of and behind him. Speaker of the House Nancy Pelosi, who sat behind the president, served as a constant reminder of the divided government.

What was even more of a sign of the division was the sea of white in the chamber. The majority of the 100-plus number of women that serve

in Congress wore white to symbolize the 100 years since women received the right to vote.

Trump's speech was Clintonesque and lasted a whopping 82 minutes. Nancy Pelosi seemed surprised at the length of the speech, and you could see her frustration as the evening grew longer.

Let me start with the negatives of the speech. It was a mistake for Trump to bring up the Russia investigation. While he did not mention it by name, it was clear what he meant when he said he wants fewer investigations. Another mistake the president made was to say we need a wall to stop the killing of American citizens by illegal aliens. While there are a few instances of this occurring, the idea that an illegal person is more likely to kill someone than a legal person is false.

There were many positive moments during the speech. Throughout the speech, the President introduced his guests. Those invited by the President included two Holocaust survivors, a young girl who beat cancer, families of gun violence victims, and even Astronaut Buzz Aldrin. In a moment of unity, the entire chamber sang "Happy Birthday" to Judah Samet, a survivor of both the Holocaust and the Tree

of Life Synagogue shooting. Another unifying moment was when the President talked about the record amount of women in the workforce including the United States Congress. This drew widespread applause and ended in a chant of "USA!" by members of Congress.

Other significant moments in the speech included issues such as criminal justice reform and infrastructure. The President, who recently signed a criminal justice reform bill, introduced guests that benefited from criminal justice reform. The president mentioned that some of the current sentencing guidelines are wrong. The most important issue that he brought up was infrastructure. The country, and especially the state of Connecticut, are in need of money for infrastructure projects. Roads are outdated, bridges are becoming unusable, and railroads are an embarrassment. Infrastructure is a bipartisan issue that needs to be solved. High-speed rail, new bridges, and more highway lanes are all things that will greatly benefit this country.

The State of the Union was a step in the right direction. I hope that President Trump continues the bipartisanship, and I am optimistic about the future.

THE TRIDENT

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CORRECTIONS

In the December 2018 issue of the *Trident*, the Powder Puff senior in the picture on page 10 in the article "Flag Football Coach Makes Players His Top Priority" is Sarah Bullers '19, not Lani Beaudette '19.

For any corrections or tips, please email amitytridentnewspaper@gmail.com. To sign up to write or take photographs for the *Trident*, contact the Editors-in-Chief, Mrs. Clark, or email amitytridentnewspaper@gmail.com

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President Trump's State of the Union Address Was Dishonest and Misleading

by Zachary Garfinkle '22

During his 2019 State of the Union address, President Trump once again exemplified that he is unfit for the presidency. His speech was riddled with misleading propaganda, bias, and lies.

Trump preached cooperation between the two parties, which is a common theme in State of the Union addresses. In spite of this idealistic goal, which seems unattainable in the near future, he portrayed a lot of partisan and personal bias during his speech.

He reiterated his views on abortion and undocumented immigration.

Drawing a parallel to Richard Nixon, who denounced investigations during his State of the Union address, Trump claimed that "if there is going to be peace and legislation,

there cannot be war and investigation." Trump's immature warnings, that investigations in the Russian collusion would tear the country apart, are laughable, futile attempts to stop Robert Mueller from uncovering anything further.

Ridiculously, Trump claimed that if it were not for him, America would be warring against North Korea. There is a lack of evidence for this; contrary to his statement, he actually strained relations between America and North Korea on several occasions.

Trump had called Kim Jong-un "little rocket man" and threatened that his actions would be met with "fire and fury."

Analysts unsurprisingly concluded that his abrasive comments heightened the chance for war between the two nations.

In regards to abortion, Trump claimed that

New York and Virginia allowed "executing children" after their births. This is a blatant lie, likely built off the decision that the two states will allow abortion in the third trimester if the fetus poses a health risk to the mother.

One might wonder if these lies are in an effort to pander to his supporters, or if he is simply detached from reality. Though these misinformed statements are commonplace on Trump's Twitter account, one would have hoped that some fact-checking might have been involved before he spoke at the State of the Union.

Stacey Abrams' Democratic response, in contrast, was an insightful commentary on the current state of America. She talked about voter suppression, a practice that the GOP silently perpetrates. She criticized Trump's foreign policy

and cruelty towards immigrants, mentioning that "this administration chooses to cage children and tear families apart," insisting that America's strength is drawn from immigration rather than walls.

On the topic of gun control, Abrams brought to light how the Trump administration sits idly by while "first graders practice active shooter drills." Given the current Republican leadership, official criticism of Trump's administration during the State of the Union was a breath of fresh air.

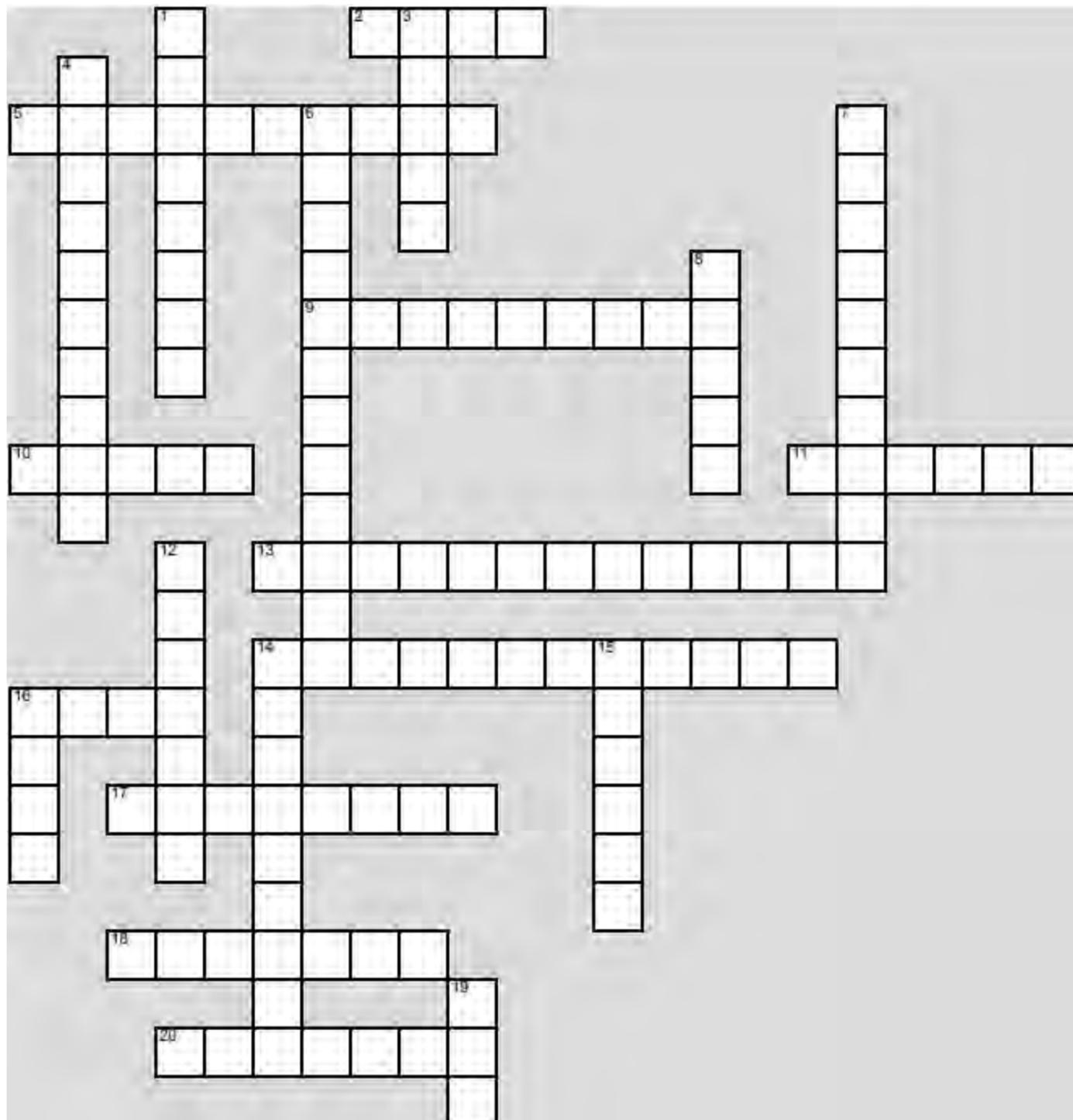
The two speeches were like night and day. Abrams eloquently emphasized the immorality of the Trump administration. Her most memorable quote from the Democratic response was when she explained that she doesn't "want Trump to fail, but he has to tell the truth."

This sidestepped the common belief that the other party is everything wrong with America, while simultaneously condemning Trump's constant telling of mis-truths.

Stacey Abrams and President Trump are opposite not only on the political spectrum but also the moral spectrum. The State of the Union emphasized the traits of both people. Interestingly, Abrams is not technically a politician; she lost a close race against Brian Kemp in the Georgian gubernatorial election.

The Democratic response proves that holding a political position is not strictly necessary for a proper rebuttal. Abrams' morality contrasts with Trump's lack of it.

The president has proved that his honesty and integrity are virtually nonexistent.



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

Across

- 2 2019 Super Bowl losers
- 5 Super Bowl # __
- 9 Travis Scott halftime hit
- 10 Patriots QB
- 11 2019 Super Bowl touchdown scorer
- 13 Big Boi halftime hit
- 14 Band Geeks single
- 16 Field ____
- 17 Big Boi car
- 18 2019 Super Bowl stadium city
- 20 Upcoming Avengers

Down

- 1 2019 Super Bowl victors
- 3 Amazon echo pseudonym
- 4 SpongeBob creator
- 6 Fast and Furious spinoff
- 7 Maroon 5 lead singer
- 8 Is ____ okay?
- 12 2019 Super Bowl MVP
- 14 SpongeBob conductor
- 15 ____ Style Milk
- 16 Rams QB
- 19 __ Google!

Mock Science Fair Prepares Students

by Tracy Lu '20

The Science Research Program at Amity held its mock science fair in the Media Center in preparation for the CT STEM Fair. To summarize their work, students created poster boards and binders to be shared with the audience. The mock science fair took place on February 6th.

For each class period of a science research

class, students reported to the media center with their materials.

They set up their posters and binders on tables, mimicking the setup of actual science fairs. Other classes then came in to view the posters and ask presenters some questions regarding any facet of their research.

A worksheet with questions was given to the viewers in order to guide their understanding of projects. Science research students also had the opportunity to hear about their classmates' projects and ask each other for constructive feedback.

Wendy Zhang '21 stated that the non-stressful environment was helpful as a way to prepare for the fair.

"I really appreciate everyone that comes to listen and gives us feedback," she said. After all, science is meant to be shared."

With a myriad of different classes coming to view the posters, ranging from strings class to freshman biology, science research students had several opportunities to present to a wide variety of students.

"It's always a great experience to get to share all the hard work

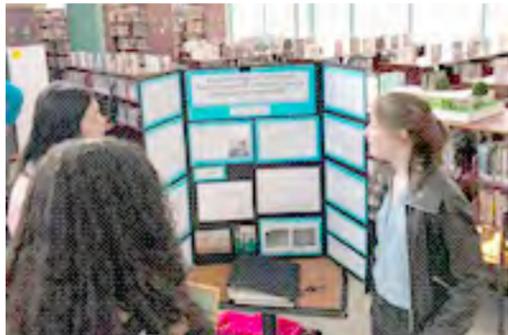
we've been doing for months with the rest of the student population," said Nicole Mongillo '20. "It really benefits everyone who attends

as presenters get to practice for science fairs and student and teacher attendees get to gain a little more insight into the world of scientific study."

While the mock science fair was useful for presenters, viewers found the experience enriching as well. Many of the projects go beyond what is typically learned in the core science classes.

Caelan Watson '20, a viewer, said, "The fair was really awesome because it allowed us to see some of the research and hard work our peers have put in, and what kinds of projects they work on"

This opportunity gave students a chance to practice presenting in a manner similar to the CT STEM Fair and allowed the community as a whole to view the work done within the science research program.



Abigail Slanski '20 presents her project at the Mock Science Fair

Photo courtesy of Catherine Piscitelli

Marine Bio Club Educates on Waste

by Payton Grande '19

The Marine Biology Club along with the Marine Biology Class set up an initiative to bring awareness to the issue of plastic use. The initiative highlights the issue of single-use plastics such as water bottles and grocery bags, and they hope to inform the Amity community of all that can be done to make a positive change to the oceans.

Marine biology teacher, Valerie Cournoyer, has educated her classes on the extreme effect that plastics have on the environment. Plastics are one of the most amazing creations our world has ever seen. From straws to cars, plastic makes our world function.

The message with this movement is not to disband plastics, but rather to make people conscious of simple alternatives to single-use everyday plastics. According to Ocean Crusaders, a charity organization that specializes in waterway cleaning, a person on average uses over 100lbs of plastics per year.

"People often don't realize how much plastic they are

using, and unfortunately, a ton ends up in the ocean," said Jake Skolnick '19.

The club has started on a variety of different projects for the spring. Some of these projects include educational posters to be hung around the school, reusable bag sales, and conservation bracelets. Lastly, the main project is a five-foot long sea turtle made from single-use plastics.

"If people started using reusable bottles and bags, there would be significantly less debris in our oceans," Lani Beaudette '19 said.

Beaudette went on to explain how there are alternatives to plastics such as bamboo brushes and beeswax instead of plastic wrap. The initiative is to encourage students to make a change in their habits to save marine life.

"We wanted to make something that would catch people's interest, so we chose the popular sea turtle." Chris Greco '19 said. "We're making it bring attention to the dangers that marine life are facing in our waters."

The club plans to showcase their creations in the spring during a week dedicated to ocean conservation and awareness.

Dinner at Dozo: Enjoying the Experience

by Ben Bruder '19

Right at the corner of Amity Road and Whalley Avenue is Dozo, an Asian Bistro and Sushi Restaurant, whose stereotypical exterior masks its beautiful and calm indoor setting. Although the restaurant resides on a busy intersection, it's hard to notice it among the various low-key shops around it.

Upon entering Dozo, the first thing you notice is an extraordinary amethyst crystal, whose size resembles my 10-year-old brother. You are then greeted by a friendly voice who directs you where to sit rather quickly, thanks to the fact that there aren't usually more than seven people inside. Once seated, you can choose your dish in tranquility with zen music playing in the background.

Along with my sister, I have always been a sushi person. A couple of years ago, when the bus for my old school pulled up at the Walgreens across the street from Dozo, I started to notice the small restaurant. After finally visiting the place, I wondered why I had never been there before.

This restaurant is perfect for everyone — not just sushi lovers. Dozo's menu includes a nice selection of Japanese entrees, soups, salads, and of course the vast assortment of sushi rolls and sashimi. Unfortunately, Dozo

doesn't offer any desserts, but you'll quickly forget the sweets when a dozen sushi rolls are put on your table.

The first thing to get upon arriving at your table isn't the menu — it's a warm, moist towel. I never really knew how pleasurable a simple towel could be, slightly reminiscent of putting on warm clothes straight out of the dryer.

I always start out with a steaming bowl of miso soup, containing tiny tofu cubes, udon noodles, seaweed, and miso suspended in the water. After eagerly finishing the soup, I move on to a surprisingly delicious salad, which happens to be the one item with which they provide a fork. It contains lettuce, baby tomatoes, and carrot slivers, but the real secret is in the orange dressing on top, which I always request more of. As for a drink, I usually just stick with water.

Although the appetizers are amazing, my mouth waters when my waiter hands me my spicy salmon and tuna crunch rolls along with a plate of salmon with caviar. The salmon dish is carefully arranged on the plate with the caviar in the center, and orange sauce and the salmon piece to the side topped with a green leaf.

I carefully pick up a tuna roll, dab on some of Dozo's powerful wasabi with the end of a chopstick, and dip it in some

soy sauce. The first bite is by far the best, practically taking you to another place, where all you know is the soft bite and heat of the roll, the slow tanginess of the soy sauce, and the sharp spice of the wasabi. Before I know it, I'm left scratching my head wondering where my sushi went.

After finishing my salmon plate, I glance across the red-accented restaurant to the sushi bar, where you get a live view of the people behind the counter making their magic. It amazes me how fast and precisely they can make it — if I tried I would likely just get rice everywhere.

When my waiter brings me the bill, the load is surprisingly light. Sushi rolls can range in price from \$4 to \$9 but can be greatly reduced when ordering a 3 Roll Lunch, which includes the soup and salad for only 13 dollars. The salmon caviar dish is \$6.50, leaving me with a total of \$19.50 for one of the best meals I've ever had.

Unless you want the \$50 Sushi and Sashimi Combo for Two, which includes a total of 34 sushi and sashimi pieces, you won't have an issue with the price.

As one of my favorite restaurants, I would highly recommend Dozo to anyone who loves Japanese food. The only downside to eating here is that you'll be always wishing for it when eating somewhere else.

Hurricane Jayne's Ice Cream Leaves Sweet Mark on Community

by Arielle Lavi '19

As a freshman in high school, Jayne Whitman is already making her mark on Amity and the neighboring communities. Beginning five years ago, she came up with the idea to run a seasonal ice cream stand and use the profits to buy bikes for those in need around the holidays.

"I mainly started when I saw someone place a bike under a tree in 3rd grade," said Whitman. "The church I attend, Holy Infant Church, holds a yearly event called 'The Giving Tree'

to ensure that children who don't have as much still receive gifts around Christmas time, so the moment I saw this occurring I realized Hurricane Jayne's Ice Cream could become a reality."

For one day during the summer, the stand is open outside Whitman's home for a period of three hours. While the main fundraising occurs during this timeframe, Whitman, along with

her friends and family, work to advertise Hurricane Jayne's Ice Cream through social media, text messages, and flyers around Orange.

"When I ran Hurricane Jayne's Ice Cream for the first time in 4th grade, I hoped to raise enough for just one bike," said Whitman. "As the company has

to the members of the church. This Christmas was different. She decided to call up the director of St. Louis Church in West Haven, the church her company partners with, to get a list of twelve names. Whitman received the opportunity to physically hand over the bikes.

"Although I wasn't able to interact with the kids, meeting their parents allowed me to see their faces light up with joy as they knew their children would have a memorable holiday, and it made me feel very happy as a result."

While Whitman is unsure of what the future holds for her and for Hurricane Jayne's Ice Cream, she is certain that the stand

will continue to operate in these next couple of

years and grow in its success. "I couldn't have gotten this far without the help of my friends, family members, and neighbors," claimed Whitman.

"They all pitch in for the annual fundraiser and are a huge part of the operation overall. If not for them, Hurricane Jayne's Ice Cream would not have been able to leave the impact it has on the lives of so many."



Jayne Whitman at her ice cream stand

Photo from Hurricane Jayne's Ice Cream Facebook

LINES OF

Akanksha Paul,
I love you.
-Abby Wisnewski



Period 8 Calc AB: Will you
be my derivative? No?! How
about instantaneous velocity?

-Mr. DeMeo

Nandon,
Stop clapping us
in tennis <3
-Connor and
Mauricio

*Alvin,
We need to have
a play date some-
time. Have your
mom call my
mom and let's
make it happen!
<3 Connor*

Love to all my
SRP kids!
-Ms. P

**Ella,
#LOVE**

*Sai,
Is your name
Google? Because
you have every-
thing I'm
searching for.
-Praneeth*

*SEAT:
Hi bebs, you da best!!
-Ella*

Mr. Cumpstone,
Thank you for
being an amaz-
ing advisor!
-Debate Team

**Olivia,
Happy
Valen-
tine's Day!
Thanks for
being a
super fun
pal.**

Period 6 Stats: Happy Val-
entine's Day! Will you be my
standard deviation?
-Mr. DeMeo

*Sydney, Ceci,
and Alex:
I ♥ you guys!!
-Natalie*

Love
you,
Sunny!
-Rhea



Trident Writ-
ers, We love
you! Thank
you for all
of your
hard work!
-Your Editors

Mrs. Clark,
Thank you for all
that you do for us.
We love you!
-Trident Editorial
Staff

Sra. Mirci,
¡Señora! ¡Señora!
We love you!
-Your Period 7
Class

PERIOD 3 SRP,
MY HYPOTHE-
SIS: IF YOU WILL
BE MY VALEN-
TINE, THEN I
WILL SMILE!
-MR. DEMEO

**MLAO:
Love my gals
#june9
-0**

MAURICIO,
YOU'RE THE BEST
EVER! HAPPY VALEN-
TINE'S DAY, MY LOVELY!
TE AMO! <3
-GILLIANNE

EM, DG, CS, LK,
GD Eggs - Thank
you for keeping
me sane! Love you
all like crazy, and
never stop singing!
Love, MA

Vinny/Vincenzo Washington/Vyince: Rawr
x3 nuzzles how are you Vinny? *notices
you don't have a date to junior prom*
w-w- *blushes* wanna go to junior prom
with me? It's fine if you don't ~murr~
-Connor

**Dear Ese, you stole
my heart the day we
met!
<3Connor**

PERIOD 2 STATS: I'LL BE YOUR VALENTINE
IF YOU'RE APPROXIMATELY NORMAL.
-MR. DEMEO



LOVE <3

Ella Marin,
I'll always love
you...
-Your Secret
Admirer ;)

Jacob Feuerstein,
You, my prince, are the
nicest dude <3
-Markus

Friends,
I love you ♥
-Alisha
Ahmed

Period 1 Stats:
Happy Valentine's
Day... don't be mean!
-Mr. DeMeo

*Mi clase favorita,
Uds. saben que son
mi clase favorita.
¡Uds. son los
mejores!
-Sra. Serapiglia*

**BS, KY, AS, JF, AG,
JM, AT, DE, JB, and
RD: #Vivian2023!!
-MA**

Neb Inclima,
I tolerate you.
-Niha Irshad



I love you, Billy! ♥
-Henry Westgard

I love you, Henry!
♥ ♥
-Billy McKeon

Sr. Mercado,
Kookoo crazy verbs

THE STAFF OF THIS
SCHOOL GOES
UNAPPRECIATED.
LOVE YOU ALL!

*Ms. Best,
Freshman bio 2016 says, "Hi!"
-Period 3 Freshman Bio Class
2016*

*I love Connor
Gustafson so
much.
-Adrian*

Everyone,
HAGS!



I LOVE RUNNING
AND THE TRACK
TEAM!

Mr. Wilson (Bio),
We love you!
-Abby and Akanksha

**Lizzie Bowler,
You're ok.
I guess
-Ali Bowler**

Gillianne,
¡Te amo mi amor!
-Mauricio

Love you
MayMay ;))
-Olivia

**Period 5 Stats,
FACT: I'm your
Valentine!
-Mr. DeMeo**



Jeremiah S,
I am your secret admirer.
-Your secret admirer

Ally, Lily, Ben, Becky, Molly,
Corinne, and Chris:
I couldn't ask for better friends
than you. I love you guys!!
-Avital

Hardworking Students End CMEA Audition Process on a High Note

by Kayla Morgan '20

The audition process to get into CMEA (Connecticut Music Educators Association) Southern Region Music Festival is one that is very vigorous and involves intense training. The aspirants must prepare three pieces and learn all of the scales of each piece, which requires the musician to practice between one and two hours a day to accomplish this feat.

After the audition that consists of playing a scale chosen by the judges, a chromatic scale, a part of one of their prepared pieces, and sight reading, applicants anxiously wait several days before they are able to obtain their results, which consists of a score.

If their score is above the cutoff score for their designated instrument, then they are able to perform in the regionals concert.

Along with this, their score determines if they will be placed into band or orchestra.

The musicians are

given a month to learn their music, and then they go back to rehearse with their designated groups.

"The first time you rehearse the music, it sounds pretty bad because it's a totally new group with a new conductor," said participant Nicole Cohen '20.

"It's incredible, though, hearing the difference between the first day of rehearsals in comparison to the concert. This is just one of the reasons for why regionals is such a rewarding experience."

On the second day of the festival, the morning is filled with rehearsals and the evening is when the concert occurs. These young musicians audition for regionals for many reasons.

Cohen added, "I audition for regionals because it's a super fun experience. You get to make new friends and do what you love with people that share the same passion. The conductors are different each year, and you are introduced to various techniques and styles."

When participant David Sugarman '20, walks on stage he feels "a sense of accomplish-

ment, joy, and pride. It is really cool to be sitting alongside almost one hundred other people who care about music just as much as me."

If accepted into regionals, the musician is then awarded the opportunity to audition for all states. Since these young musicians are up against the best players in that state, this audition is much more competitive.

The same audition process is followed for all states that was followed for regionals: play a scale, perform your prepared solo piece and sight read. Both Nicole Cohen and David Sugarman were selected to play in the all-state concert and will be attending the event from April 11th to 13th.

Additionally, both Rosie Du '19 and Willow Smith '19 will be representing Amity at the All-State music festival this April.

Overall, regionals is the ultimate experience for musicians which allows them to challenge themselves, and share their passion with fellow artists.



Students participating at the Southern Region Music Festival in 2018

Photo from www.courant.com

Shakespeare's Works Come Alive at Amity

by Sydney Reiner '20

Sword fighting, themes of murder, and words like "hath" and "doth" are what one can expect from the Shakespeare Speaking Competition, as brave students transformed the Media Center into a scene from the late 1500's and performed monologues created by the

ever, after I was done, I felt amazing. It was so rewarding, and I feel more confident knowing that I can perform in front of an audience."

The actors were then judged according to their rendition. Judges included Jonathan Furst, chair of performing and visual arts department, Ken Clark, an English teacher, and Anna Mahon, Amity principal. Mahon explained



Ella Marin '20 performing at the Shakespeare Speaking Competition

Photo by Sydney Reiner '20

renowned playwright, William Shakespeare.

Organized by Julie Chevan, the English department chair, the competition took place on February 13th and was attended by many students and teachers.

Audience member Lindsay Berke '21, said, "I thought it was an amazing opportunity to experience students coming together to perform practiced pieces of works they enjoy."

The event involved students uniting to witness readings from various plays such as *Macbeth*, *Much Ado About Nothing*, *Hamlet*, and many others, as a courageous few dared to perform. The students individually recited their memorized monologues, enhancing their performance with aspects of valiant acting.

One of the students performers, Rhea Dey '20, described the feeling of performing, saying, "It was my first time performing, and I was very nervous. How-

her appreciation for the competition, stating, "I think the most important thing is that Shakespeare's plays are meant to be spoken and not read. As far as I'm concerned, as long as Mrs. Chevan and I are here, we will keep this going."

After much deliberation, the judges stated the winning title had been decided, and it belonged to Lilli Querker '19. Querker will continue on to the state competition, where she will perform a monologue, as well as a sonnet.

Chevan discussed her enthusiasm for the next competition, and said, "I am excited to see what happens at the state competition, which is in two weeks at Sacred Heart. I'm happy we're keeping the flame going."

As a whole, it seems as though the competition provided a space for literature lovers to come together to share in their appreciation for Shakespeare, as well as the performing element of his works.

Jessica Zamachaj: Living Her Passion

by Ben Simon '19

For any college student, it can be tough to decide what they want to major in. For an artist, it takes time in the studio. Ceramics teacher Jessica Zamachaj had the opportunity to spend upwards of nine hours a week in the pottery studio when she was a college student herself.

Learning how to load kilns, make glazes, and pick her own clay helped shape Zamachaj into the potter she is today.

After earning a degree in her found passion, Zamachaj decided to begin teaching. It was her own teachers that had the greatest influence on her art-making, so the student decided to become the teacher, and Zamachaj found Amity. Starting in video production classes, she quickly transitioned back into her passion: ceramics.

When asked whether she prefers teach-

ing or creating, Zamachaj replied, "Both. Teaching the students inspires me, which only helps my own creativity."

One of these students is senior Olivia Pisano. She is now in her fourth ceramics class, AP Ceramics and Pottery, all taught by Zamachaj.

"Not only is she a great teacher but an outstanding artist as well. I've gone to some of her showings and her work truly represents how hard she works," Pisano said of Zamachaj. "She's constantly coming up with new ideas and I'm honestly not sure how she has so much brain power. She inspires me to challenge myself and create pieces that come from the heart."

Having worked with ceramics for about 20 years, Zamachaj has learned many different techniques, styles, and ways to include artistic flare on her pieces. She continues to try new things weekly.

"My honors class

always wants to learn new things, so I have to try new things to teach to them," she said, explaining how she attempts to always stay current in her craft.

Lisa Toto, Amity's photography teacher, has nothing but positive things to say about Zamachaj as an artist. "She's grown as an artist through the years, which is what we all hope to do. I've seen her work from college," Toto said, smiling.

Toto added that Zamachaj's students challenge her to become a better artist, just as much as she challenges them.

"They get better, and we have to get better than that," she said.

Zamachaj started teaching because she had a degree in Ceramics and was not sure what to do next. Now, a successful teacher, she plans to teach until she stops enjoying it.

"As for pottery," she said with a smile, "I will do that as long as my hands work."

Catch Me If You Can Promises to Entertain

by Caitlin Carlson '20

This spring, Amity will present the musical *Catch Me If You Can*, a lively production set in the 1960s based on the true story of one of the most famous con artists in history.

The story begins as Frank Abagnale Jr., played by Ryan Kennedy '20, is captured by Agent Carl Hanratty, played by Marty Gnidula '20, after years of chasing. Frank, however, thinks his version of the story is deserved to be heard, and narrates his life to the audience as a dance-heavy variety TV show.

A teenage Frank runs away from his unhappy home and from his parents Frank Abagnale Sr., played by Hayden Nork '19, and Paula Abagnale, played by Talya Braverman '20, to live a life of adventure, deceiving people by assuming a multitude of identities, including an airplane pilot, doctor and lawyer.

Ryan Kennedy '21 explained, "This is a fantastic story that is larger than life, and simply getting to portray that would be an incredible experience on its own. The fact that it is, for the most part entirely true, brings up the

scale to the highest degree, and I am incredibly excited to get to delve into the story and character."

While on this pursuit Frank finds his distractions include flight attendants and nurses, played by a variety of actresses such as, Lily Swain '19, Blythe Reis '20, Caitlin Carlson '20, Grace Blanchard '21, Sophie Benjamin '19, and Lilli Querker, that perform many different dance numbers.

Lily Swain '19, who will be portraying one of the flight attendants, Cindy, exclaimed, "I'm so excited to be playing Cindy in *Catch Me If You Can!* She's one of the flight attendants that Frank Jr meets and she's in the big *Jet Set* number."

"I'm also in the dance ensemble in various songs," Swain added. "The show is full of crazy and high energy dance numbers. As a dancer it's really exciting to see how all dance numbers are coming together.

Along many others exciting characters, including his one true love, Brenda Strong, played by Audrey Jurzyk '22. *Catch Me If You Can* tells the tale of an innovative, yet lonely, boy looking for his place in the world, and is bound to be an incredible Amity production.



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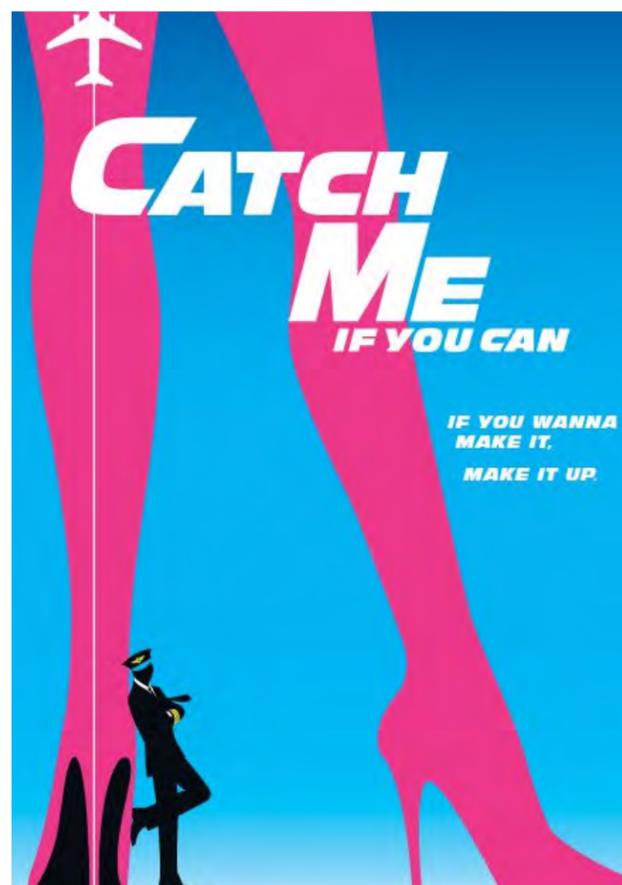
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**Catch Me If You Can
Musical Cover**

Photo from Amity Creative Theater
Facebook

New England Patriots: Another Year, Another Victory

by Kayla Dixon '19

With the crowd's shouts and cheers, the famous duckboats slowly passing by, and watching the players wave, a feeling of pride and belonging shrouds the city of Boston. The city of Boston was transformed to a parade route for yet another Lombardi trophy for the New England Patriots. People of all ages gathered to take pictures and soak in the moment from a glorious victory.

On February 3rd, the New England Patriots competed against the Los Angeles Rams in Super Bowl LIII. In the weeks building up to the Superbowl, The Rams were the number one team in the league while the Patriots were the seventh, filling New England fans with doubt. However, the city of Boston is known for its "underdog teams." Doubts slowly started to subside as the championships grew near, and the Patriots were winning. By the time of the AFC championships, the Patri-

ots had made their way to the top, defeating the number two team in the league, the Kansas City Chiefs, 37-31.

When the Super Bowl occurred, fans for both teams were on the edge of their seats, waiting for the timer to run out and see who would win the championship. The stress throughout the season for both teams, one brand new to the city of Los Angeles, and the other, with its top players left injured, had been building up to this. As the game kicked off, fans were appalled by the slow game of both teams, a missed field goal, and other mistakes littering the field. By the third quarter, the Patriots led the game 3-0 until the Rams scored three points, tying the game. This tie lasted the remainder of the game, subsiding until the end of the fourth quarter, when the Patriots scored a touchdown to break the tie, and secure their Super Bowl LIII victory 13-3.

Patriots fans were ecstatic to receive another win in the past three years. The team flew

from Atlanta, Georgia, to Boston, Massachusetts to celebrate their successful outcome and bring the hardware back home. On February 5th, 1.5 million people gathered into the heart of Boston at the crack of dawn to get the best view.

Waiting four and a half hours to see the team along with my family, we were constantly bombarded with the surrounding people, all as ecstatic as us. As the duckboats whirled in with blasting music and the Patriots' six Lombardi trophies, star quarterback Tom Brady waved to the crowd as he held his daughter for all to see.

It left me in such awe to see all the players that made history for yet another Boston sports team. This experience moved me as I saw the New England community unite to acknowledge the deserved victory.

Being a Boston fan has made me love the way that people come to victories like these, uniting all teams to celebrate their hometown.



The New England Patriots' Parade after winning Superbowl LIII
Photo from The Boston Globe

Girls Basketball Sees Positives in East Haven Loss

by Evan Arovos '20

After the Amity Girls Basketball team racked up four straight wins in a row, the team saw that streak come to an end against a strong East Haven team. The four game win streak prior included wins against Lyman Hall, West Haven, Guilford, and Luralton Hall.

Coming into the game, Amity's last loss came at home from the same East Haven team by only four points.

This time around Amity lost to East Haven 73-62. The game was close all the way until the end before East Haven added free throws to ice the game late in the fourth quarter. Although Amity failed to take the lead in the game, they were able to cut the East Haven lead to only two points.

Captain Jillian Martin '20 said, "The game was tough, but we put up a good fight against a good team. Although we lost by eleven points, everyone on the team played so hard and gave their all." Martin went on to add a double digit point total through the help of her teammates, a couple

steals, and assists.

Inside the paint, captain Tara Laugeni '19 was a force by her ability to grab rebounds defensively and offensively. Captain Haley Esparro '12 made a name for herself on defense, but also added impressive shots on offense.

Helpful minutes from underclassmen such as Mya Manzione '21, Skylar Burzynski '21, and Leia Foyer '21 kept the game close.

The loss at East Haven dropped Amity's record for the season to 11-9. Amity looks to end the season on a positive note against Career Magnet at home.

Martin concluded by saying, "We lost to the number one team in the SCC only by a few. This just shows and proves that our team can battle hard and hang with any team in the SCC."

If Amity can get a third chance at East Haven in the SCC tournament, maybe the third time will be the charm.

Love Sports?

Write for

The Trident!

Amity Wrestling Is Second in Division Next Stop: States

by Jared Beltz '19

At the close of their regular season, the Amity wrestling team ended close to the top, at second place in their division. Led by Cole Johnson '19, Christian Castro '19, and Andrew Seaton '19, the team brimmed with strengths that brought them to their excellent second place standing.

When captain Christian Castro sustained an early season injury to his arm and was unable to compete, it was clear that Johnson and Seaton were ready to face that challenge.

They led the team to 25-10 and 34-4 records

throughout their matches this season.

With these great records, they could not have been the only stars on the team. Simon Flaherty '20, Josh Foote '21, Colin Boufford '21, and Andrew Coscia '21 were important young assets that provided a sturdy foundation for their team.

When asked about underclassmen talent, Johnson described it, "We've got a bunch of young gwuys with a lot of potential, so it looks like we should keep doing well into the future."

Johnson really believes that the underclassmen have pulled their weight and earned their spot on the team. Simon Fla-

herty even has the potential to compete in the upcoming states, acting as a model for the rest of the underclassmen. This provides Johnson, Castro and Seaton, with comfort, knowing that there is a future to their team.

Unlike most sports, making states in wrestling is a personal pursuit, not a team one.

However, the strength of their key wrestlers have put their team records in good standings, leaving no worries for the rest of the athletes as the select few attend states. State hopefuls are Seaton, Johnson and Flaherty, with their high records earning them a spot.

When watching a wrestling match, it can seem like an easy task; just pin the opponent down, and put them in a headlock. While sometimes this can be the case, it is rare that becoming a successful wrestler is easy.

When asked about the challenges faced when trying to succeed in wrestling, Johnson responded, "Wrestling takes a certain amount of mental toughness and determination. It's rare to just step out on the mat your first year and win. If you want to succeed, you need to put the work in on the off season too."

The mental and physical game is a tough barrier to break. Surviving the

rudiments of losing weight before matches, and physical workouts takes toughness and determination, as described by Johnson. The only way you win is by dedicating yourself to the sport.

For Johnson and Seaton, this means off season training, and off season clubs and camps.

Taking a closer at wrestling deems it as a tough mental and physical task, only taken on by a few.

The pursuit of first place, and high standings state-wide, along with a love for the sport, drives these athletes to push on and fortify the future of Amity Regional High School Wrestling.

Emily Zielinski: Always Ready to Run

by: Lani Beaudette '19

Crouched in a starting position, Emily Zielinski '21 waits for the firing gun that will start her race. When the gun finally fires off, she sprints as hard as she can. With her arms pumping and legs flying, it is not a surprise Zielinski is one of the best track and field sprinters at Amity.

Starting her freshman year and now as a sophomore, Zielinski already has a huge list of accomplishments under her belt. In her 2018 indoor season, her SMR (Sprint Medley Relay) team placed first at the SCC championships.

Following this in the 2018 outdoor season, her 4x1 relay team placed 3rd at states. Additionally, she was named Amity Track and Field's Most Valuable Player as well as the second fastest freshman in Connecticut. For her 2019 indoor season, her SMR team placed first at the SCC Championships, and she placed 10th overall in the Class LL State Championships for the 55m dash.

This is a huge list of accomplishments for any track athlete, especially

one who has only had two years worth of racing.

"I love the adrenaline when I sprint, and I love my teammates," Zielinski stated as she got ready to practice handoffs.

This love is what gives Zielinski her edge. Watching her practice with her teammates, it shows that she is passionate for the sport. Always ready to follow the workout given, Zielinski arrives prepared to put the effort in. The young athlete puts all of her focus and devotion into getting better.

"A good time motivates me," Zielinski said, "and other opponents and competition."

Having to go up with some of the best athletes in the state can be a stressful situation.

However, Zielinski handles the competition with no problems. Always smiling at track meets, she awaits her moment to run and puts her all into doing it, no matter the competitor she is facing.

Her teammates support her success as well. At every indoor track meet, you can hear the Amity Girls Indoor Track team rooting for their fellow teammate and sharing her joy when she succeeds.

"I think she is very good especially for how young she is, and I think by her senior year she'll be great," said Daria Torrenti '19, a fellow teammate of Zielinski.

Torrenti is definitely right about Zielinski's potential. With two more years of high school, her track career can only go up. The sprinter feels the same about this idea. Going into her upcoming outdoor season, she hopes to see improvement on times as well as handoffs.

With the potential of multiple SCC and state wins in her, Zielinski has a lot to be excited about. However, she will not be the first to tell you she is great.

A humble athlete who appreciates her teammates, coaches, and the opportunities she has been given, Zielinski is always willing to see where she can improve.

When asked about the most difficult aspect of the sport, Zielinski replied "The hardest part is when my times aren't as good as I want them to be, and I have to face all the little mistakes I make."

With many more races to come, Zielinski is ready to run.



Emily Zielinski competes at a track meet at Hillhouse High School.
Photo contributed by Mr. Zielinski

Amity Boys Hockey Skates to Success

by David Sugarmann '20

What a year it has been so far for the Amity Boys Hockey team. Led by captains Jay Csejka '19, Colin Hughes '19, and Kenny Page '19, this team has been dominant thus far, and it does not look like there is anything that will be stopping them any time soon. Currently, they sport a record of 8 wins and 7 losses, a tremendous accomplishment.

The highlight of their season came in the beginning of January when they squared off against the Notre Dame-West Haven team. Both teams were determined to get the victory; this was displayed early when a total of four penalties were called in the first period, and another four were called in the second period.

After Notre Dame scored the first goal right before the second period expired, this Amity team showed what it truly meant to be a spartan by scoring two goals in the third and final period to win the game 2-1.

This was such an amazing night for the Amity boys, especially due to the large student crowd that cheered them on throughout their thriller of a game.

In order to find out exactly how the Amity hockey team is doing so well, Nick Kiwanis '20 and Mike Lebreck '20 were asked about what the team's motivation is like.

Kiwanis responded

by saying they believe that as a team, "we can always get better" and that "we never settle with anything."

This is a testament to the gritty mentality that the team has exhibited. When Lebreck was asked about his own motivations, he stressed the importance of brotherhood.

He added that the team has "bonds that are as close as family."

With this group dynamic, it is no wonder that they have done so well this year.

Kiwanis also mentioned the group's closeness when explaining the most important factor of success. He said, "the most important thing we can do to succeed is to stay together as a team on and off the ice."

By sticking with each other during the good times and the bad, it has helped their team chemistry grow throughout their games.

Lebreck had a similar take on the x-factor for success. He explained, "[We need to] play our game of hockey that we know... instead of being influenced by outside factors."

Like Kiwanis, this perspective shows that what happens outside of the game can have a big effect on what happens on the ice.

This year has been so great for the Amity Boys hockey, and it will be exciting to see what they can do throughout the rest of the season, and in the years to come.



Kenny Page '19 looks for the puck in a recent game.
Photo from Orange Live

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