

THE AMITY TRIDENT

LXXV-No. 2

Amity Regional High School

Woodbridge, CT 06525

February 18, 2022

Changes in Statewide Mask Mandate Stir Differing Opinions at Amity

by Emma Beloin '22

On Monday, February 7, Connecticut Governor Ned Lamont endorsed a plan in agreement with the Connecticut Department of Public Health along with the Connecticut State Department of Education to lift the statewide mandate on mask-wearing in all schools. Gov. Lamont has decided to phase out the mask requirement in all schools because the COVID-19 cases have declined and people are now able to protect themselves by getting vaccinated and still wearing a mask if they feel the need to.

However, masks aren't completely out of the question for all schools. According to the official press release given by Gov. Lamont, he has decided that as of February 28, the decision on whether or not to require masks in schools will be up to local officials and local health departments. The Amity Region 5 school district is split into two different health departments, with Woodbridge and Bethany being a part of the Quinnipiack Valley Health Department and Orange falling under the Orange Health Department.

Principal Anna Mahon gave a brief explanation into the process of the mask requirement on an administrative level stating,

"The school administration has no oversight over state-level mitigation strategies," she said "We have known the executive orders had an end date of February 15th. We will see what

happens next in the coming weeks".

Superintendent Dr. Jennifer Byars had a similar answer, saying, "The Board of Education and I are waiting for the outcome of the legislature's vote, as well as additional guidance from the Connecticut Departments of Education and Public Health before considering how to address the end of the governor's mask mandate in schools."

The masking requirement in schools' decisions is evoking communication within the community, between both students and faculty. Students like Joey Carangelo '22 have expressed their opinions on the matter. Carangelo said, "I think if the mask mandate is up to the local government, Amity should make it optional to wear masks." The decision of making the mask policy optional has been popular among many students but for different reasons.

Another student, Sarah Ginsberg '24 gave her thoughts on masking, saying, "I think that people should have the option but lean



Bronwyn Couch '22 in a struggle to mask or not to mask. Photo by Mackenzie Floyd '23

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Juniors Plan for the Future

by Audrey Cummings '23

The Junior Post-Secondary Planning Night occurred on January 5. The presentation was virtual due to the rise in COVID-19 cases following Winter Break. However, the night was still a success as attendance was high at the informative webinar.

Karen Waterman, event organizer and guidance counselor, was pleased. "What I love about the Junior Planning Night is that it's a great way to kick off the college process," she said.

"Anne Fleming Brown delivers a message that is important for you all to hear, that this is all an important and significant aspect of our highschool careers, but we can enjoy the process too, which is helpful to hear from that college admissions perspective."

The presentation mainly focused on college admissions, though students were reminded that there are other options besides college. Additionally students were reminded that school names are

not everything. They were instructed to focus on going to a school that is the right fit for them, rather than for name recognition. It is important to visit colleges, and April break is a great opportunity for students to engage in college tours.

If there are certain colleges of interest, it's important to show interest in these schools early on. Factors to keep in mind during the college search include money, location, covid measures, size of school, and general student satisfaction. This information can be gained by reaching out to prior students from Amity, neighbors, or anyone you have a connection with that goes to that college.

A Union College admissions representative, Brown presented the main aspects of an application and what colleges are looking for. Some helpful suggestions included starting the common application ahead of time in the summer. She informed students that some schools require individual essays and

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Students Experience Midterm Exams Like Never Before

by Anchal Bahel '23 and Bridget Lowder '24

Midterms week can be a stressful period of time for many students. Freshmen have never taken midterms before, and these exams are also a new experience for sophomores, since they were canceled last year due to the pandemic. Even though juniors and seniors have taken exams earlier on in their high school careers, it has been over a year since their last round of exams due to midterms being canceled during the previous school year.

This year's Midterm schedule was changed due to unforeseen weather conditions. Originally, exams were to take place during the week of January 18th, but they were postponed due to the three snow days. This appeared to lighten the study load for many students and alleviate some of the stress of having larger, cumulative exams for the first time.

Karishma Bulsara '23 said that she "thought Mid-

terms were overall pretty good. I appreciated the break in between the exams which allowed me to put more focus into certain exams."

While Midterms are incredibly stressful in and of themselves, the surge in COVID-19 cases in the Amity community only heightened students' anxiety in the days leading up to the exams.

Prior to midterms, when the positivity rate was over 20%, a student-created petition urged students and staff to support the waiving of Midterms due to the unique obstacles presented by the pandemic.

The petition stated that "many students have missed at least one week starting from November after cases started increasing in our school" and also that "surrounding districts have foregone mid-year exams for this year, such as Lyman Hall and even Stamford High School suspending midterms and finals."

Despite the petition receiving over 600 signatures, Midterms were still held as

planned.

Freshmen had the chance to get a headstart on their studying by attending Cocoa and Cram, an annual event hosted by Link Crew leaders intended to help freshmen prepare for their first high school exams. This allowed them to get tips and advice from upperclassmen as well as the opportunity to ask questions prior to exam week.

Reflecting on her first experience taking Midterms, Sophia Messina '25 said, "I built up a lot of nervousness prior to midterms but once they were over I realized that they weren't that bad if you took the time to prepare."

Since the class of 2024 was unable to attend Cocoa and Cram their freshman year, the National Honor Society wanted to give sophomores a similar experience by hosting a sophomore version of it called Snack and Study. A silver lining to the Midterm exam schedule change was the extra weekend that

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New Year Brings New COVID Guidelines

by Alice Xu '24

Upon returning to school from the Winter Break on January 3rd 2022, the Amity Regional School District began implementing new COVID procedures based on state guidelines and the current situation throughout the district. On reopening day, Amity Regional High School had a two-hour delay for students to allow faculty the opportunity to review these new procedures to ensure a safe, efficient reopening of the school.

Remote learning for school districts is only allowed under a declaration of emergency by the Governor, and local health districts and schools are no longer able to make individualized decisions on the matter of holding school remotely. Only students in isolation for COVID or with evidence of living with an individual who is uniquely susceptible to COVID are allowed to learn remotely within Amity's district. Students who are experiencing any key COVID-19 symptoms or are in close contact without being fully vaccinated are asked to remain at home until a negative test result is confirmed.

As noted in the updated CDC guidelines, individuals who test positive should isolate at home for a minimum of five days, depending on the development and severity of symptoms. If a close contact notification from outside of school settings is re-

ceived, vaccinated students are encouraged to watch closely for symptoms. Students not fully vaccinated should quarantine for five days before testing on the fifth day and continue to watch for symptoms.

Positive cases should continue to be reported to the school, whether it be from a lab test or an at-home test. COVID cases per school as well as vaccinations by town can be found on the data.ct.gov website. Contact tracing is no longer being implemented, so the number of students quarantining as a result of school contact tracing is no longer posted. However, families are informed when a positive case is reported in an athletic team or during lunch. Quarantine is not required if such messages are received, but additional caution in monitoring for symptoms is encouraged.

Starting January 5, 2022, at-home test kits were made available and were prioritized for symptomatic individuals and those with a known direct exposure with a limit of one test per student. Teachers can also request a kit, if needed, as well. Once the kit is received, parents/guardians are required to report the results to the school nurse. Having received additional kits on January 14, students sent home from school with key symptoms are also provided an at-home test kit while supplies last.

Maegan Wing, a high school school nurse, is thankful these tests have been provided, stat-

ing, "Since the start of the new year, we have been very fortunate in having access to Covid tests for symptomatic staff and students who need them... We have taken the Department of Public Health's advice each time they update new protocols, and it really seems to be helping decrease the rate of transmission. I am hopeful that the rates will continue to decrease, and we can have a safe and healthy rest of the school year!"

As for winter sports, Amity is continuing to follow guidelines set by the Connecticut Interscholastic Athletic Conference (CIAC), which were last modified on December 22, 2021. Regardless of vaccination status, all student-athletes are required to wear a mask. The only exception to this rule is during competitions where masks may pose a safety risk. Masks are also required to be worn by coaches, officials, and spectators.

The situation is still taken day to day, but Principal Anna Mahon is proud of the progress made. She said, "The Amity Regional School District #5 has worked hard to implement the state-wide mitigation protocols within each of our schools."

"We have evolved our practices over the past two school years," she added. "We are looking forward to further evolving in our protocols as we continue to receive guidance from the local department of public health and as state mandates change."

Juniors Plan for the Future

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applications, where some only require the common app, and others require both.

There was a panel of student participants who directly discussed the college application process with the admissions representative. This included GPA/grades/transcript, which was discussed with Anchal Bahel '23. Through the conversation with the representative, students learned that grades are significant, so work hard, take classes that are a fit for your skill level and a challenge, but do not overwhelm yourself.

Following the presentation, Bahel said, "The Junior Planning Night was an interactive and informative experience. It was a great way to get basic information for future planning."

Standardized testing was discussed with Piyush Bahel '23, who described how these tests are important but not everything, and the weight it holds in your application varies based on the school. Some schools are test-optional, whereas some don't require them at all.

Grace Mahon '23 answered questions about extracurricular activities. She determined that there are typically two types of students colleges look for. One type would be someone who is very focused in one particular area, and clearly passionate about that one activity. The second type would be a well-rounded student who participates in many different meaningful activities. The admissions director

also made a point that sports coaches sometimes have different opinions than the college admissions committee about who would be a good fit for their school. This means that it is important to talk with both the coaches and admissions to see the two different sides of the process.

The college essay was discussed with Daniel Liu '23. He informed participants of the webinar that it is important to show your real self to the college admissions committee and write genuine essays, as they can tell and appreciate the honesty. There are most likely to be many people with similar academic accomplishments applying to the college, so the essay is important to show your uniqueness and how you differentiate from everyone else.

Finally, recommendation letters were discussed with Katie Sim '23, who explained that students should find a few teachers with whom they have a good relationship to write these letters. Also, be sure to establish a connection with the guidance counselor so they really know you and are better able to express your true self when writing their recommendation letters.

It is important to send your appreciation to these teachers or counselors, which could be a letter, email, or even just informing and thanking them when you get into a college.

Thomas Martocchio '23 said, "It was very insightful, and learning about the recommendation letters was very helpful."

Celebrating the Chinese New Year



Photo by Xia Feng

The Chinese New Year celebration kicked off on Tuesday, February 15 with delicious food, Chinese hacky sack, Chinese calligraphy, Chinese paper cutting, and ping pong. Members of the Chinese National Honor Society and the Chinese Club screamed when one student won the big raffle prize - a five-pound chocolate bar!

Students Experience Midterms

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it provided to students for more studying. Ava Wooldridge '24 said that she "found it super helpful when our midterms got split up by a weekend."

"It gave me more time to focus individually on each subject and not worry about having to study for so many in one single day," Wooldridge added. "Especially after COVID and not ever having midterms before, I felt it was a very beneficial way to start them again."

While seniors enrolled in an Advanced Placement class were still

expected to take the midterm for that class, all other seniors who earned a B or higher in their classes were exempt from midterms.

Not having to take midterms for all classes allowed seniors to de-stress a bit after a stressful college application season.

Not only seniors, but those in all grades should take a moment to de-stress after this exam period. No matter the outcome of midterms, it is important to learn from this experience and apply it to upcoming cumulative exams.

Changes in Mask Mandate

Continued from page 1

more towards the side of wearing masks. If it came to it I would only not wear a mask if it was a small group of people but would still wear it to school because I do have my grandmother, and I do not want her to get it [COVID]."

English teacher Tasia Kimball had a similar reason.

"My parents are in their 90s," she said, "and for me to want to go see them, I want to make sure that I'm not exposed everyday. We're in a room with

25 people, four or five times a day, so for me I'll likely wear my mask until I get different CDC guidelines or maybe until April vacation and then see what it looks like."

As of right now, the decision for Amity to go mask optional or to maintain the mask requirement is still under extensive discussion.

Administrators have agreed that they are waiting for the final details and then the Board of Education will decide the final result.

My Experience Driving to School

by Emily Russo '24

As I sit in the car each morning, I often find myself questioning the amount of efficiency in our morning drop-off and parking system. After much deliberation, I can confidently say that there isn't any. There is no valid reason to reach the entrance to the parking lot after waiting twenty minutes in line. And when you incorporate the walk to school from your car, checking in at the office if you arrive a minute after the bell, and actually getting to class, there's no way to be on time.

That is, unless you somehow manage to beat the morning rush of traffic, something nearly impossible to do unless you're able to leave the house before 7 am, which by the way, is very difficult when you factor in parents' work schedules, younger siblings, and getting caught in traffic on the way there, among other things. The point is that most of the time, students' ability to get to school at 7:29 am on the dot is impacted by factors beyond their control.

Continuing to utilize a flawed system doesn't help us or fix the issue of attendance. And maintaining the expectation that everyone

can leave their houses earlier and arrive on time while also dealing with the flaws inherent in this system only leads to more problems. It places blame on students for something we often have no say in.

I'll admit the argument that arriving at the line earlier will help you get into school on time is valid in some instances.

However, the window of time that supports this is distressingly small. For example, I know from experience that if you get to the line at 7:14 am, the wait is practically nonexistent. But if you arrive at 7:17 am? You'll automatically be late. But you can't arrive too early either, as we're only allowed in the building after 7:10.

With this incremental difference, though, it is fair to wonder why it is so difficult for people to leave their house three minutes earlier.

Again, the answer is because things like family obligations, unexpected prior traffic, and weather frequently get in the way. These elements of life that we have no control over should not be held against us.

If there is legitimately nothing to be done about improving this system, then that's understandable. But one would be naive to believe this system doesn't impact

students' ability to get into school on time. So if administrators can't do anything to improve it, then the only option left is to treat students with sympathy and be more lenient with tardiness.

But I find it hard to believe that we can't find some way to make any improvements. There are many options, such as allowing drop-off at the front after a certain time, reserving the back parking lot entrance for student drivers only, or permitting students to walk from the town green.

To be perfectly honest, I don't know much about possible regulations regarding which roads are usable, issues with bus' access to the school, or how everything fits together because I'm not an administrator. I am, however, a student—one who is required to endure the inadequacies of this system every morning.

So again, I can confidently say that there is a problem with the way parking and drop-off is organized at Amity. Electing to ignore it by placing the blame on students is not only harmful to all parties involved, but it's also unfair. At the end of the day, there are a multitude of reasons someone could be late; why make the drop-off and parking system one of them?

An Ode to New Year's Let's Slow Down and Get Our Groove Back

by Keziah Smith '22

I'll skip the semantics; 2021 mainly sucked. There was massive distress and confusion surrounding the COVID-19 pandemic, which caused waves of turmoil. And frankly, 2021 felt like the underwhelming younger sibling of 2020. Throughout the year, it was almost like we were waiting for a miracle. We thought life would return to normal, but needless to say, we were quickly proven wrong.

However, with the start of 2022, many people are once again optimistic. And although many associate the new year with performative acts of change and self-improvement, my hopes are quite high for 2022.

Typically during New Year's, I see the same thing. Waves of social media posts of people claiming "New Year New Me" and how they are "leaving the negativity" in the previous year. And of course, you cannot forget the lack of space at the gym. I am certainly not judging people for starting the new year fresh. Hats off to those who make genuine changes to their lives. But for most of us, as the year goes on, those memberships expire and the negativity continues.

I think the issue with New Year's is that there's an expectation. Every year, everyone asks the question, "what is your new year's resolution?" And you're expected to provide an answer that encompasses all of your absolute goals, but that shouldn't be the case.

We set unrealistic expectations for ourselves and then blame New Year's for their

failure. I think the way to have a more successful year is by setting more realistic goals for ourselves or by not setting any at all. Sometimes it can be good to let life play out. Especially now, when so much is up in the air, setting these outrageous goals may cause us more harm than good. It can be challenging to set concrete goals with so many outside factors influencing our success or failure.

In this new year, I plan to celebrate life. I am making no resolutions or special goals. I am not going on a new diet or replacing my closet. I am not telling myself to go to the gym every day or that I have to be more than I already am. My main goal is to mentally and emotionally get closer to the best version of myself. I do not want to force it.

I want my self-improvement to be messy and unplanned. I want it to be pressureless. I want to feel like I am allowed to make mistakes and grow from them. That should be the purpose of New Year's; to learn from the previous year's mistakes and build off of them. With all the uncertainty in our lives, this year we deserve to give ourselves a break, to take a second and smell the roses.

I may be biased as a senior graduating in 2022, but I think my positivity is justified. If we all use 2022 not as a time to fix everything or forcefully mold ourselves into perfection, but instead as a time to slow down and get our groove back, this year might just be better than its predecessors.

And that is all we can really ask for. This new year brings huge promise, if we are willing to embrace it, and great opportunities for us all.

the TRIDENT

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Enjoy Your February Break, Amity!

A (Luke) Warm Welcome Back to Midterms

by Aditi Bhattamishra '24

Midterms. A single word that has enough power to rattle the entire student body. It's also a word we haven't heard in almost two years. The last time I took a midterm was in 8th grade for math, but that was more of a snack compared to the full-course meal of high-school midterms. The reinstatement of these exams is a resolute sign that we are returning to normalcy, but it still feels eerie.

Currently, of the four grades, the only ones who will end up taking midterms all four years are the freshmen. The sophomores had no exams freshman year, the juniors' last exam was in their first year, and the seniors' last exam was in sophomore year. After so long, and with

50 percent of the students not being acquainted with exams, midterms feel like an old construct we have to relearn.

However, looking back on this year, the build-up to midterms was a lot harder for me than the exams themselves. I remember starting to worry about studying for my classes halfway through quarter two, so about a week before the holiday break, I set up a Google Sheets with all my study plans and schedules for the time off.

During this time, I reorganized and rewrote notes, talked with my friends about what material to prioritize, and frequently asked my teachers for advice on the exams. However, in the end, my Google Sheets was useless; I ended up over preparing for some classes while not preparing much for the others.

On top of that, some teachers were teaching material right up until the last week of quarter two, so personal review sheets were impossible to finalize until the last minute.

My exams from the first two days turned out to be decent; I ended that week on a high note and convinced myself I was all set for the upcoming three days. The general fear of tests was enough to make it nerve-wracking, but it wasn't as bad as I had anticipated. Once that Friday was over, the following days of testing felt routine. I'd get home by 1:00 and spend most, if not all, of the day preparing for whatever class I had next. I'll admit I wasn't staring at my textbooks for hours on end, but most of my energy did go to studying. Even so, I didn't feel nearly as overwhelmed since there

was no homework to loom over my head and I only needed to study for at most two subjects.

Midterms are arguably some of the most feared days in high school, second only to finals. Once I finished, it felt like a huge burden had been lifted off of me. My parents and I spent the rest of that Wednesday outside shopping and eating; it was the first time I had ever been truly work-free. Then it was Thursday morning, and quarter three had officially started. No more 12:12 dismissals, no more lack of homework. Everyone I knew was dead on their feet, and I'm sure teachers must have been exhausted after so much grading, too. But now, a few weeks after the exams, I'm able to look at the whole experience more objectively. The actual exams

weren't that bad, but the days both before and after them felt like a continuous grind.

Midterms taught me two valuable lessons. One, it's important not to get overconfident; just because you think you know a subject well doesn't mean you actually do. Additionally, being knowledgeable in a certain subject as opposed to others shouldn't be a free pass to not study for the "easier" ones. Nevertheless, you should have some confidence in yourself. You are capable of more than you think you are, so don't walk into a classroom having given up on the test before it even starts. Lastly, be sure to sleep well. This really is important, yet something most of us tends to ignore or forget.

On that note, let's look forward to our next break: February vacation!

Smiles on the Horizon - with Anticipation and Apprehension

by Rose Megyola '24

don't see the faces of my peers or educators that mean so much to me; Instead, I see a sea of masks. I also see that more and more students have started to wear them the wrong way. The scary part is how much I understand why. In the near and hopeful future, I wonder how my high school experience will change if masks are lifted. Everything will take a lot of getting used to, for the second time over, but I'm looking forward to it.

All around me, I hear people throwing around labels aimed at "anti-maskers." I have friends who are scared of death of Covid and others who have had enough of masks entirely. These days, seeing someone in the hallway with their nose or even their whole face exposed isn't rare in the slightest, even after the assembly reminding us of school rules. Despite this, seeing students with their noses out doesn't make them anti-maskers; mistakes do happen, and we can learn to become more aware of our actions.

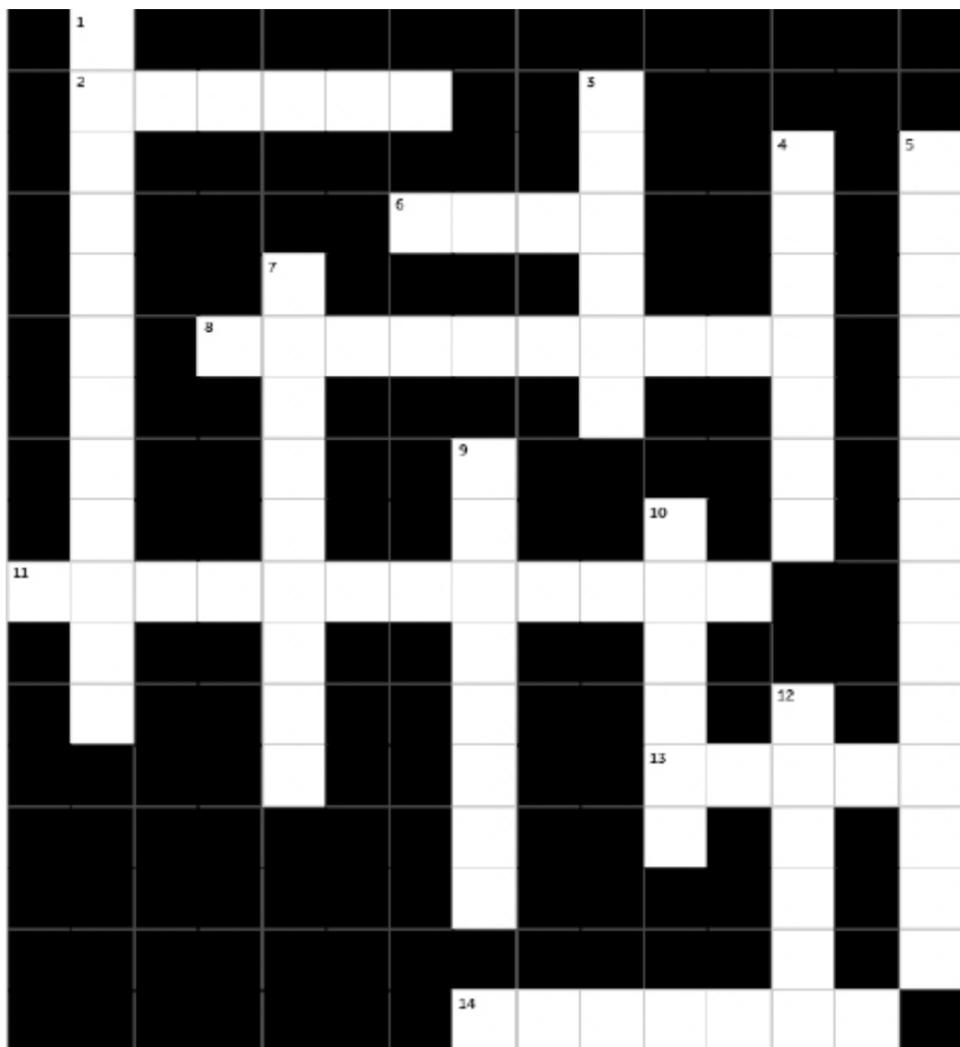
From an outside lens, someone not wearing a mask properly comes with a myriad of labels: Inconsiderate. Reckless. Stupid. Irresponsible. I've caught myself looking down on other students with their masks off, even though I've unintentionally done precisely the same thing. I know this is hypocritical, though it shows how easy it is to point fingers at others when you feel fed up. A dramatic inner debate is challenging to grapple with, but you know what else gets to me? The little issues I have while wearing masks throughout the

day. Glasses, sneezes, panting, sweating, itching—you name it. To me, this is a complete pain. I can see circumstances all the time where students would want to take off their masks. We didn't grow up with them, so some have more difficulty adjusting than others. That's a given.

On the other hand, many people don't think masks make much of a difference to their learning experience. Some are also grateful for how lenient our school has been, especially with lunchtime. I think it is important to mention that some of my classes have more masks off than others. Wearability is entirely dependent on the classroom environment. In the middle of the day, I'm panting so much in gym class that I can barely breathe with a mask on. So, should I take off my mask or pull it down a little? That's a big fat no.

Yet, I completely understand. If we deal with the bad now, the good times will come later, after our efforts to keep everyone safe. To me, those aren't unreasonable state regulations. They're essential, given the situation. We have these rules in place to protect us, and I, for one, am over the moon to be back in person again. If we're being honest, remote learning was a nightmare. When I'm wearing my mask, I know that there will be downsides, but I'm so happy with how far we've pulled ourselves out of the (hopefully) worst stages of the pandemic.

On February 28th, our state is granting public schools the chance to lift the mask mandate. This prospect fills me with anticipation and apprehension. While I'm agitated I might not get to see beautiful smiles on the faces of my closest friends, it beats seeing them through a screen. I am eager to see how this all plays out while we continue our day-to-day learning at Amity.



February Crossword Puzzle

by Abby Ball '22

Across

2. Country with the most Winter Olympics medals.
6. Winter sport in which athletes travel the fastest (in a one- or two-person sled).
8. Type of snow used in Beijing this year.
11. The first openly non-binary athlete to compete at the Winter Games.
13. Country hosting the 2026 Winter Olympics Games.
14. _____ is the first city to host both the summer and winter Olympic games.

Down

1. _____ is the newest Paralympic winter sport, added in Sochi, Russia, in 2014.
3. The first Winter Olympic Games were held in the _____ Alps.
4. A sport in which players slide stones on a sheet of ice toward a target area segmented into four concentric circles.
5. First woman to successfully land a quad in figure skating at the 2022 Games.
7. One of the seven added sports this year (a type of skiing).
9. American woman who won her consecutive gold medal in snowboarding this year.
10. Country caught in yet another drug test scandal.
12. American who won the men's singles figure skating gold medal, setting a new world record.

Ways to Support and Celebrate Black History Month

by Keziah Smith '22

February marks the start of Black History Month. Growing up, my family and I always took time during Black History Month to reflect and take the time to make intentional actions towards the uplifting of black people.

For many, especially nonblack people, it can be difficult to know how to celebrate and go through Black History Month. So if you are looking for some forms of celebration that encapsulate the purpose of the month, I've compiled a list of great ways to celebrate and support!

SHOP BLACK

There are numerous amazing products, local and online business, and restaurants by black creators. Many of these businesses have incredibly welcoming environments with products that are to die for. One of my personal favorites is BLOOM, which is located at 794 Edgewood Ave, New Haven, CT. BLOOM is an adorable shop filled with cute clothes, tasty drinks and treats, and plants for purchase.



Photo contributed by New Haven Arts

BLOOM in New Haven, CT

If you are having trouble finding a black-owned business, retail stores like Target have created sections highlighting products made by black creators, so you can find cool new clothing, delicious snacks, refreshing self-care products, award-winning books, and more. There is such an array of items to choose from that it is definitely worth the look. When picking somewhere to eat, shop, or hangout with friends, try researching some black business to support.

WATCH ENTERTAINMENT WITH POSITIVE BLACK REPRESENTATION

I did not have much representation growing up. Throughout a majority of my life, the black and brown characters that made the big screen were often

a part of the same typecast. They were either telling stories of black trauma, playing a "sassy" best friend to the white protagonists, or a bully. There weren't many stories about adventure, love, mystery, magic, or any of the great genres that we know and love.

Although there are still many gaps within media representation, now there are more options. Black History Month is a great time to explore many different black stories that demonstrate how non-monolithic the black experience is. Many streaming services even have a Black History Month or Black Stories section, so exploring is even becoming easier. I highly recommend movies like Spider-Man: Into the Spider-Verse (2018), Moonlight (2016), Get Out (2017), Hidden Figures (2016), BlacKkKlansman (2018), and The Wiz (1978) because they tell compelling and unique black stories beyond the cliché typecasts typically seen.

EDUCATE ONESELF ON BLACK CULTURE

Black culture is filled with richness and life. Black culture can be seen in many aspects of pop culture that many might not even know about. African American culture is unique because it combines aspects of the African diaspora. African Americans were among a population that was stolen from their cultures. Therefore, they had to create their own through hair, music, clothing, shoes, speech, slang, and more. Black culture is often not granted the same level of respect as other cultures. Many aspects of black culture are often called ghetto or ratchet; however, black culture is rich with history and pride. Educating oneself on the significance of black culture can help alleviate the negative connotation surrounding it.

REJOICE OVER BLACK EXCELLENCE

One of the most important, if not *the* most important thing to do during Black History Month is to take the time to learn more about black history and black figures. Education is one of the most prominent purposes of the month. Black History Month was made in order to acknowledge and celebrate black figures and aspects of history that often are neglected within education.

When learning of black history, two key events are the primary focuses of such learning; slavery and the civil rights moment. Although learning about those events is incredibly important, black history reaches beyond that.

Black people have been in America for over 400 years and not all of black history is tragedy and injustice. There are stories of creativity. There are stories of community. There are stories of victory. Black History Month encompasses the stories of triumph and glory.

Studying: Some Tips and Tricks

by Anchal Bahel '23

Throughout the pandemic, many students, regardless of grade level, have been out of practice preparing for cumulative exams. Following the recent conclusion of midterms, many students have spent hours studying



Photo contributed by Karishma

Studying with desk lamp

effectively block out time.

to prepare for these exams. There are a variety of ways that one could prepare for a test, but it is important to know where to start.

When hearing about an upcoming assessment, it is important to make note, digitally or in a planner, when it will occur to make

Annie Yun '24 said, "When I study, I always like to plan out my study session beforehand so I am able to be efficient and make sure I am studying everything I need to." Planning out how you would like to utilize your time will minimize procrastination and make it easier to break tasks up. It's important to feel in control of your study sessions and not to feel overwhelmed or panicked.

Allen Liu '23 said, "My favorite study hack is to make a consistent schedule. Whether it be something as big as Midterms or small as a quiz, it helps me mentally to know that I've set aside a part of my day to focus on studying. As someone who often procrastinates, my study habits have really improved since."

Not only is planning out when you want to study, but maintaining your habits is also crucial. Having consistent study habits will allow you to be more productive and focused during your sessions.

Following this, it is important to establish what type of studying works best for you. If you are one who studies better in groups, then form study groups with your peers. Working through problems with multiple people may allow for you to learn content from

Continued at the top of the page

others who may have a deeper understanding. Also, teaching material to peers who may be struggling with it will allow you to have a better understanding of it.

Hannah Chen '23 said, "Study groups can be both productive and fun! Being able to bounce ideas off your friends/peers helps me to better understand concepts as well as learn new ones from different perspectives."

On the other hand, Shreya Hebbar '23 states, "Studying alone is good because you can't get distracted and can focus more easily."

Depending on your learning style, studying alone may also allow you to finish your work and study

efficiently.

Jason Byun '23 said, "Something I like to do when I study is to have snacks around me, such as grapes, so I don't constantly get up and get distracted."

Having a study snack will give you motivation to finish your work faster, as you can use it as a reward. Also, it will allow you to sit at your desk for longer periods of time.

At the end of the day, there is no perfect way to study, as you just have to know what works for you to make sure you are successful when taking assessments. Trying out new tips and habits will allow you to figure out your preferences when preparing for exams.

Students Excel in Wharton School's International Investing Competition

by Anchal Bahel '23 and Hannah Chen '23

Recently, a team of Amity students were notified that they made it to the semifinals in the Wharton Global Investment Competition. The students who are representing the high school in this competition are Piyush Bahel '23, Aarav Patel '24, Eydan Lavi '24, Henry Ranani '24, and Edwin Sweeney '23.

This 12-week international competition consisted of teams from over 60 countries and close to 7,000 participants. The competition states that this is one step towards their "mission to connect high school students and educators around the world with the Wharton School's many businesses, finance, and leadership opportunities."

This competition is a part of The Wharton Global Youth Program, which inspires and gives exposure to pre-college students in business. They host a variety of events that allow students to tackle real-world challenges to make an impact in the global economy.

This investment competition is sponsored by one of the world's leading financial services companies: Citi. Additionally, judges were from an asset management firm from Philadelphia, called Aberdeen Standard

weeks, and their report contained information regarding investment strategies, analytical approaches, and their competition journey.

The Amity team had to prepare their first report to submit on December 13, 2021, for judging in order to make it to this round. A unique aspect of this competition was that judging was not based on how much their portfolio grew, but rather their creativity of it. Amity currently is placed in the top 50 out of 1,300 teams that are a part of the competition, putting them in the semifinals of the competition. One word Patel '24 used to describe his team's successes was "ecstatic."

Currently, they are preparing another report in hopes to make it to the final round. Ranani states "my goal is to win and learn new information from people."

The top ten teams in the semifinals will move on to the final round of the Global Finale, which will occur on April 23, 2022. Sweeney said, "If we make it to the next round, I hope to go to Wharton for the final round."

Depending on COVID-19 cases, the final round could take place in person at UPenn Wharton. This will allow for teams across the country to get together, which excites the Amity team as well as Lavi.

He said, "we hope to make it to the finals and have a good time there." With a similar sentiment, Bahel states "we hope to learn new ideas from other teams and get the opportunity to talk to experts."

Although the rules of the competition prohibits club members from getting a mentor's help, this is not an issue for the team of Amity students.

Club advisor and math teacher Scott Ranani comments on the club's collaborative skills. "They work phenomenally together," he said. "They bounce ideas off each other and their strengths compliment each other well."



Photo contributed by Scott Ranani

Amity team advances

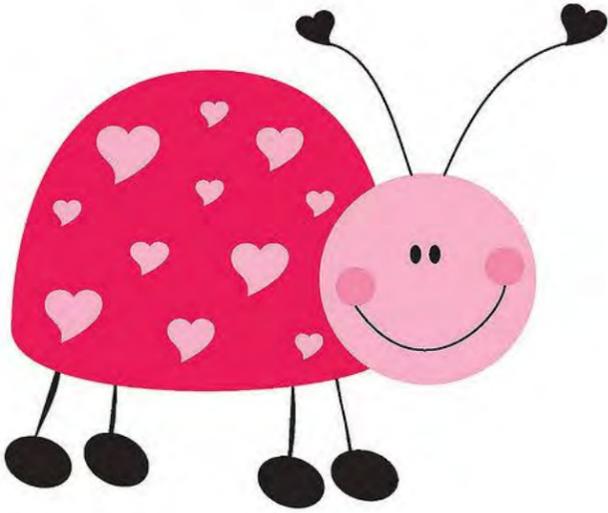
Investments. Teams across the world had to prepare high-level reports based on a case study. They started out by trading in a simulator for ten

LINES OF LOVE - HAPPY

Daniel Mowerman,
I love your curls.
-Secret Admirer

Olivia,
I love you
my little oil
spill!
-Pag

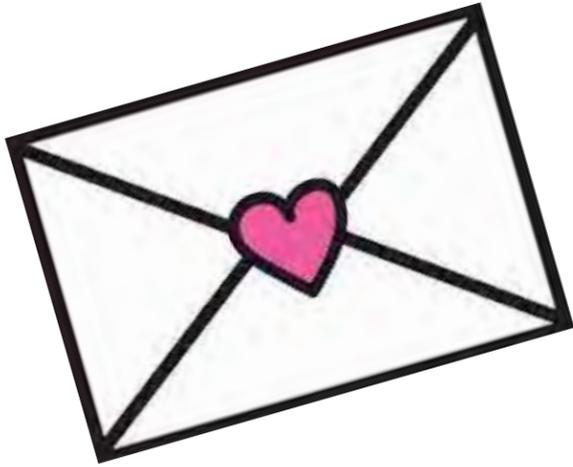
I love my karaoke
partner, JJ Tafuto
<3



Andy, please please
please clean your room
— your nanny

Be true to
who you
are.

becky chen,
meowwww:)
from blood
related
acquaintance



Mr. Shamp —
I'm not lazy. I'm
overflowing with
potential energy.
<3 Marin

To NAKA:
If we were
chromosomes, you'd
be my homologous
pair!
Love, Nina



Thanks for the money
Geophpph! You're the
best!
- Andrew Gilbridge

elise and anoushka
paul,
meow
<3 anchal

I love you,
Zachalafakas
Chorgle

To Varun:
I clamped you up last
night. - Aayan

HAPPY VALENTINE'S DAY!

happy v day to my fellow
spaghettis!
thanks for being lonely with
me <3
love, annie

LOVE



Bolivia,
te amo, chiquita.
Te admiro mucho.

JJ, Nice!
-You know
who

Ms. Hastings,
We can't thank
you enough for
your support!
Love,
The Trident
Staff

Lauren Losty,
your eyes are
so pretty.
-Secret
Admirer

Dear Juniors of Mine,
Thank you for being
practicing readers and
writers. You're wonder-
ful characters who have
wonderful character.
- Mr. Allard

I <3 JJ



u got a bbl

Mr. Rocco,
We really appreci-
ate your help over
the past month!
Love, The Trident
Staff

I love you,
Zachypoo



Julia Luciani,
keep on reading
- love, your secret admirer

Eydan...
My friend, My
dear boy...I am
glad we are in this
together
-MK

Mrs. Clark,
Thank you for
everything. We are so
lucky to have you!
Love,
Your Trident Staff

Gilby,
please don't
shave your
head
- Farbs

Upcoming Art Events in Connecticut

Lunarfest Mural Presented by YaleChina

Takes place from February 15 - March 15.

This collaborative mural is designed to display the different experiences from our peers. It is a part of the LunarFest celebration created by YaleChina to represent the voices of Asian-American members in our communities.

Do not forget to stop by and admire the mural located on Audubon St in New Haven, CT!

by Shreya Hebbar '23

Discuss the book "The 1619 Project" with a particular focus on chapters 1, 7 and 8.

Yale Symphony Orchestra

Takes place on Sunday, February 27th from 4:00-6:00 pm. At Woolsey Hall (WOOL): 500 College Street New Haven, CT 06511.

Performing Leonard Bernstein Symphony No. 2 "The Age of Anxiety."

Virtual Art Tour

Takes place on March 16th.

Experience art history via the oldest public art museum in the U.S. Join to view the Wadsworth Virtual Art Tour Series in the Woodbridge Library's meeting room. The first one in the series will focus on Women Artists: A Women's History Month Spotlight.

The Event is co-hosted by the Woodbridge Town Library and Human Services.

Community Book Discussion

Takes place on February 24th.

The Town's Ad Hoc Diversity & Inclusion Committee invites residents to participate in a series of facilitated book discussions called Mosaic: Woodbridge Reading in Community. The first event will dis-

Shades of Poetry

Takes place on March 19th at the Kehler Liddell Gallery in New Haven, CT.

An evening filled with poetry and art with open mic and performances!

Young Writers to Write on Pioneering Figures and Topics that Broke Barriers

Based in Norwalk CT.

9th annual young writers competition for middle schoolers (grades 6-8) launched February 7th, ending on June 3rd. Writers will be tasked to write an essay about a person, place, or topic in history/current times that they consider to be ground-breaking, pioneering, or innovative, that broke technological, social, or cultural barriers.

Cultural Arts Film: Series: In Her Footsteps

Takes place from (From May 16th to May 22nd). Viewing of the film In her Footsteps.

A Hebrew-Arabic film about a family fleeing to a Jewish town and later discovering the meaning of home and family.



Photo from yalechina.org

Mural painted by Kaitlin Tan Fung and Emily Chew

AP Art Exhibition Pictures

by Sena Ho '23



Illustrated by Grace Lodewick '22
A woman sitting in a bathtub.



Illustrated by June Lin '23
Two hands clasped together, dripping blood.



Illustrated by Olivia Frankiewicz '22
Two gaunt hands with a display of food.



Illustrated by Eveleen Jiang '22
A woman surrounded by monsters.



Illustrated by Olivia Frankiewicz '22
A girl surrounded by eyes. Accompanied by two images of a girl in a distorted style.

Student Artist Highlight

Maggie Liu '22

by Selin Ho '23

As you pass the main hall at Amity Regional High School, you will notice an art exhibition for the AP Art students. Their small-yet-expressive art gallery was a little project that the students had to complete for the class' midterm exam.

Riddled with unique color choices, interesting shapes, and various art mediums, we see one artist who has shown an increasing interest in her project: Maggie Liu '22.

A senior at Amity, Liu has dedicated much of her time to complete her art pieces to the best of her ability. With the help of her iPad, she combines convenience with creativity to make displays that expand beyond what we are used to seeing. Liu takes a less traditional approach by experimenting with various new techniques and styles as she goes through her art process.

Liu started her hobby at a young age

to start drawing on pieces of paper."

Around fourth grade, Liu explained, she considered creating meaningful works that pertained to her interests. The type of mediums she used were important to the method in which she demonstrated her thoughts.

"One of my favorite mediums is digital art, and it helps me convey what I want to express in my artwork because it is very versatile," Liu explained.

"I can bring it along with me everywhere, and whenever I come up with an idea, instead of reaching for paper, I can draw everything on my iPad."

This is a more convenient way for her to express her art on the go and make illusions on the digital screen without causing a mess through traditional techniques. She talked about her works in AP Studio Art, and the wide range of pieces she has created digitally that add to her portfolio.

Liu said, "There's

ate about art and she enjoyed using online mediums as one of her main forms of expression.

Additionally, Liu is a very big advocate for Asian-American-hate-related art within her school community. She stated that she gets inspired by her personal background and what she reads in the news everyday.

"Because I am a Chinese-American," she said, "I have experienced some things that aren't really talked about and I want to create that conversation."

School, she believes, is an important outlet for spreading and conveying these ideas. Liu says that the AP Studio Art class has "encouraged me to look and research into my background and our interests."

Additionally, students have much creative liberty in what they are planning on exploring. The wide levels of freedom that the students are given in the class help to foster creative growth and thinking that can be applied to a variety of other classes in the

Olympic Figure Skating: Artistry or Technique?

by Sena Ho '23

Today, figure skating has developed into a highly competitive sport in which precision and timing prove to be more important than any other winter sport that was displayed at this year's Winter Olympics.

There remains a high focus on the aesthetic aspects of figure skating, as commentator Johnny Weir noted that it is essential to make the jumps and turns look as effortless as possible.

However, since the emergence of quadruple jumps

like a checklist.

Meanwhile, ice dance draws out the artistic forms that this sport can take. Nevertheless, this should not mean that singles skaters should completely abandon the performance for a high technical score.

Most recently, Kamila Valieva from the ROC took the ice in her stellar team-based Olympic debut where she was able to showcase both her expressive features and wonderful technical abilities to set a high standard for perfection in the world of figure skating.

However, such a feat cannot always be achieved, and to what extent should the artistic components be abandoned for the sake



Photo from Sky News

Kamila Valieva figure skating at the 2022 Winter Olympics.

(which have all been achieved in the five general figure skating jump categories: toe loop, flip, lutz, salchow, loop, and axel), there has been an overwhelming transition to a focus on technical elements rather than the artistry behind each performance.

Figure skating scores are broken down into two categories: the artistry/presentation, such as the skaters' incorporation of the music, and the technical scores, which focus on exact execution of each element. Elements do not just include jumps but also steps and spins.

Since major figure skating events like the Olympics bring forth immense pressure and competition aura, skaters nowadays have begun to perfect their execution and take it to a whole new level. But what happened to the pizzazz?

While figure skating naturally appears graceful and poetic due to the position of the arms and the tilt of the body towards the ice, there are still performance points that add to the overall score.

Typically, men's and women's singles skating programs are designed to incorporate a series of elements after another,

of a "clean" run? Many fans who have been involved in the figure skating world for decades now comment on the difference in pressure between an era dominated by triple jumps to now quad jumps.

The emergence of such a straining element makes it difficult for the skaters to keep their stamina, and furthermore, be equally in tune with the music. Despite two-time Olympic champion Yuzuru Hanyu's fourth-place ranking in this year's men's singles skate, he symbolizes the end of an era.

While he emphasizes being in tune with the musical elements, his pure athleticism allows him to complete even the most difficult of elements with ease. However, this Olympic season, he was chasing another goal that may possibly change the world of figure skating forever: the quadruple axel.

If such a move were to be cleanly executed in competition, there is no telling where the ever-expanding sport may find itself next.

At the end of the day, one must not forget that figure skating is one of the only sports where artistry and aesthetics are strongly valued. We can only hope that the tradition of meaningful and performance-driven programs can persist, if not create a reemergence in future years.



Contributed by Maggie Liu '22

Liu's painting depicts struggles with heritage and identity.

by exploring many different mediums and concepts while taking additional art classes. When in elementary school, she attended a few workshops at Palette Art Studio. As she entered seventh grade and her classes came to an end, it did not hinder her ability to grow as an artist.

When asked about her inspirations, she said, "At a young age, I would say I was a very bored child and boredom brings you places, so it led me

no clean up with digital art in comparison to oil or acrylics, and this makes it a more practical option for me." So far her creations in her art classes have been displayed around the school, and demonstrate her ability to utilize technology as a means of crafting important artwork.

As the interview continued, there were a few things Liu revealed about her extensive art career. She is extremely passion-

school.

Though she has always considered art a hobby, Liu is willing to explore more ideas within this realm. She has considered doing commissions on the side as a way to make some profit from her work, though her academic career in this field is limited.

Liu remains enthusiastic about her art, saying, "If the opportunity [to minor in art in college] ever comes up, I'm willing to do it."

Write for *The Trident*! Contact one of the editors if interested.

Ski Team Competes in CT Interscholastic League

Season's Conclusion Leads into Winter Olympics

by CJ Brinton '24

The Amity High School's Ski Team's regular season concluded Wednesday, February 2nd with mixed results.

Both boys and girls compete in the Connecticut Interscholastic Ski League (CISL) along with 29 other teams divided into Class L and S. Amity is in Class L, and practices and competes at Mount Southington.

All members of the team participate in giant slalom, which is an event that combines downhill skiing with traditional slalom. This requires racers to compete for fastest time while rapidly changing direction to touch all of the required gates or poles.

Captain Olivia Frankiewicz '22 shared her thoughts on the team's overall performance this season.

"We had a really strong season this year," she said, "all of our racers have had fantastic time improvements and were super supportive of our underclassmen!" Frankiewicz commented.

Sarah Fortin '24 furthered this point when she expressed that one of her favorite parts of being on the team was cheering her teammates on while all being up on the mountain together.

The Ski Team's bond is clearly very tight, and this idea continues through Frankiewicz as one of her most enjoyed activities is "slipping the course, where we [the captains] go down the mountain and talk our team through the harsh turns or areas we need to look out for. It's a great time to reflect and hype the team up!"

Captain Jack Fortin '22 commented on the

The Amity High School's Ski Team's regular season concluded Wednesday, February 2nd with mixed results.

Jack Fortin emphasizes that fact to the Amity boys speed being on par with the girls, but their competition demands a faster performance.

Ten girls competed and finished, as a team, in second to last place. Sarah Fortin felt that the team could have performed better under different weather conditions.

"A lot of us went slower on the course because it was very warm," she commented.

The snow on the course was more of a slushy texture than the preferred powder. Gianna Manuele '24 finished highest for Amity, placing eighteenth individually with a two-heat combined time of 46.94.

With the conclusion of the Amity Ski team's season came the introduction of the 2022 Winter Olympics! Both Sarah Fortin and Frankiewicz shared

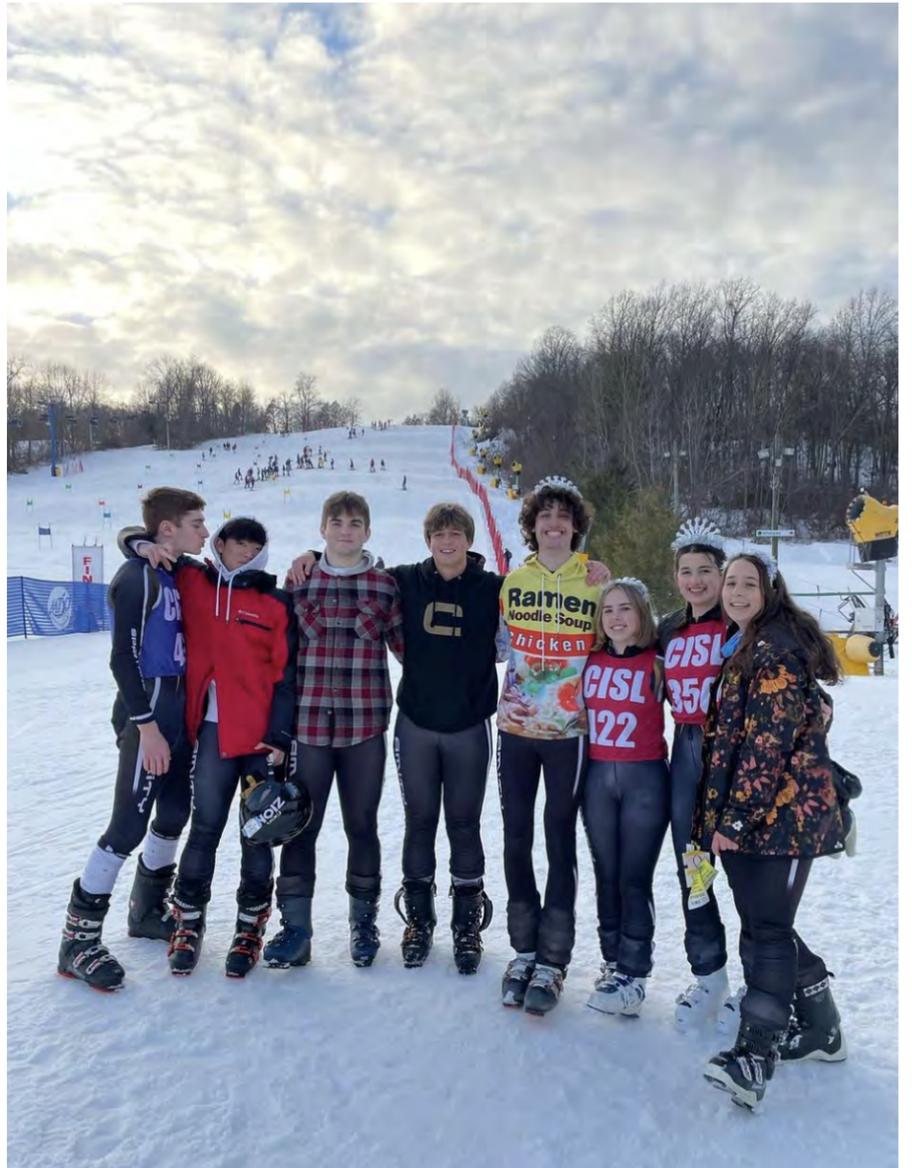


Photo contributed by Jack Fortin '22

Pictured left to right: Seniors Chris Fournier, Jason Kwon, Padraig Haughton, Liam Tassiello, Jack Fortin, Sam Cantalupo, Olivia Frankiewicz, and Carly Ryan.



Pictured accessed from NBC Sports

Pictured left to right: Olympians Ashley Caldwell, Christopher Lillis, and Justin Schoenefeld.

impact of COVID this season.

"Despite COVID-19, the season was relatively back to normal this year, which was nice to see," he said. "Races were longer and the atmosphere was more alive, which I really missed last season."

The ski team loses nine seniors this year, but Frankiewicz is confident in the team she leaves behind. Jack Fortin agreed and said, "There were a lot more boys this year, which is good to see for the future growth of the team."

His younger sister Sarah is ready to step into a larger role next season.

"I'm excited for next year because I will be a junior so there will be more responsibility for me on this team," Sarah Fortin said. "I want to be able to help the sophomores and freshmen."

She is also committed to improving her "tuck" in order to go faster. A tuck, in skiing, is a stance optimal for aerodynamic efficiency.

States were held on Wednesday, February 9th. Unfortunately, none of the boys qualified.

Shiffrin's disappointing Olympics. Shiffrin competes in multiple downhill skiing events.

"I felt really bad for her because she fell on her element (slalom) which I would think would be very demoralizing."

In Beijing, the US has already medaled in several ski events. The first was Kauf's silver in Moguls, followed by Ryan Cochran-Siegl winning bronze in the Super-G. This event is similar to giant slalom, but requires much more speed.

The inaugural mixed team aerials competition ended in a US gold for Ashley Caldwell, Chris-

topher Lillis and Justin Schoenefeld. They capitalized on a Chinese mistake to win with a score of 338.34.

This event judges mixed gender teams on their air height, challenge of jump, and landing. Two US athletes medaled in freestyle skiing. Megan Nick clutched gold in Women's aerials, while Colby Stevenson won silver in Big Air.

The Olympics will continue until February 20th, at which time forty-four athletes will have competed in various ski events for the United States.

that they enjoyed watching Mogul Skiing.

Competitors combine freestyle ski moves with navigating small bumps, known as moguls. US athlete Jaelin Kauf won a silver medal in this event.

Sarah Fortin also touched on Mikaela



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Boys Look Towards Basketball Playoffs after Season of Bonding

by Clem Neary '22 and Ryan Lima '22

The Amity Boys' Basketball team has completed most of their regular

Notre Dame and Wilbur Cross. With a record of 10-6, the team sits at the number 18 spot in their 34-team division.

Nate Simon '22 reflected on the team's performance thus far, and the

mented on what has been the team's key to success.

"Throughout the season, we have bonded more like a family than a team," he commented, "which has led us to multiple wins."



Picture from @amityboysbasketball

The Amity Boys Basketball Team stands shoulder to shoulder before a game.

With the boys'

season, and now has their sights set on SCCs and states.

The team started off the season hot, looking unstoppable in a seven-game win streak, which included tough teams like Wilbur Cross High School.

Unfortunately, the winning streak was about to end in a 39-66 loss against Notre Dame High School. After this the team saw some mixed results, with wins against Xavier High School and North Haven High School, but losses to Newtown High School and Stratford High School.

The team also could not get it done in their rematches against

expectations heading into the near future.

"We started out strong this year, but we've lost a little momentum as of late," he said.

"We're not worried about it, though, because this team is going to fin-

senior night on the horizon, many players will see their run as Spartans come to an end at the playoffs.

Justin Zamkov '22, remarked on the consistent chemistry between the upperclassmen and its resulting effect.

"It's been a lot of fun playing with this group of guys. We have a lot of seniors on this team, so we all know each other well. A lot of our successes this season can be attributed to chemistry," he said.

There is energy and optimism among the players on this team, and they hope to convert this into successes for the remaining regular season and playoff games.

"We have a lot of seniors on this team, so we all know each other well. A lot of our successes this season can be attributed to chemistry."

- Justin Zamkov '22

ish strong and go far in the playoffs, for sure."

Jack Pretlove '23, one of the few juniors on the varsity team, com-

Girls Basketball Heads Towards Finish Line

by Meredyth Laskowski '22 and Ryan Lima '22

With the State and SCC tournaments just around the corner, the Amity Girls Basketball Team is looking to have a strong end to their season.

Since then, the team has been looking to catch that same fire, as they haven't had too many successes within their past six games. But now, with senior night in the rear view

team has worked so hard despite every obstacle thrown at us and I'm so proud to be a part of this program."

Vicki Gajdos '22 also reflected upon the team's performance this season and her time on the team as a whole.

"As the



Picture from @amityboysbasketball

Pictured from left to right: Seniors Meredyth Laskowski, Jayne Whitman, and Vicki Gajdos.

The team has had a very up and down season. The girls started 3-2 before dropping three straight to Sacred Heart Academy, Mercy High School, and Cheshire High School.

However, they followed this up by a three-game win streak in which they outscored their opponents by fifty-three points within that stretch.

mirror, many of the team's 2022 members are reflecting upon their experience as Spartan players.

Jayne Whitman '22, one of the captains on the team, commented on how she felt as a member of the team for the past couple of years.

"It's been amazing to be a part of such a great team for the past 4 years," she said. "Our

season went on, we started to work more as a team than in the past," she said.

"I am very sad that I will be leaving but I'm very happy I got to be a part of the team."

The girls are looking to find success in the upcoming SCC and state tournaments while reigniting the fire they captured early on in the season.



LINES OF LOVE

To Mrs. Kane,
Thank you for
putting up
with our stupid
questions.
- Period 3

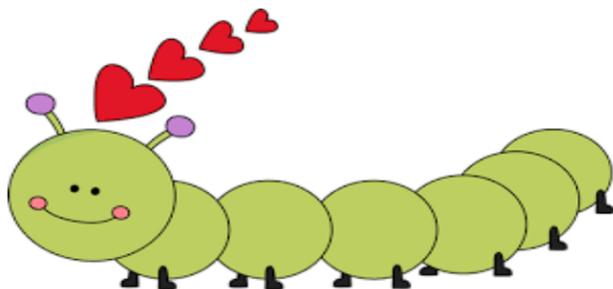
PC>BC Love
you Scotty
- Andrew
Gilbride

You're one of a kind JJ <3
- Marco Bonato

Henry Ranani,
Your luscious gold
locks make me smile
every day ;)
- Secret Admirer(s)



WEE WOO
WEE
WOO!
That's
my
pretty
alarm
going
off. I
must be
around
Zola!



Dear Seniors of Mine,
My hopes for you are two:
that you find work that
fulfills you; and, when you
find someone to love, may
they love you in
return. [caw caw!]
- Mr. Allard

Jaflumpo Junior
Taphoton,
you are the Max
Rebo of people.

Zola ur
cute lol
-Jack

You're
out of my
league,
Zola



Victoria Cerritelli,
I love you
From Abigail
Cerritelli

Surprise Your Sweetheart with Some Sweet Hearts

by Grace Cavallaro '24

other, your friends, family, or even yourself! In any event, the best part of Valentine's Day is not the flowers or fancy gifts, but the sweet treats.

Nothing is better than receiving a box of chocolates, except something homemade that came straight from the heart. Whoever you are aiming to celebrate this Valentine's Day, these heart-shaped scones will be the perfect sweet treat to make your valentine smile.

White Chocolate Cranberry Heart Scones

Recipe adapted from Hershey's Easy Cinnamon Chip Scones

Yield: about 13 scones

For the scones:

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ cup granulated sugar
- ⅛ teaspoon salt
- 1 cup heavy cream
- 1 tablespoon unsalted butter
- ¾ cup dried cranberries (craisins)
- 1 cup white chocolate chips

For the glaze:

- ½ cup powdered sugar
- 1 tablespoon water
- 1 teaspoon vanilla extract
- 1 drop red liquid food coloring

Instructions:

Preheat the oven to 375 degrees. Cover sheet pans with parchment paper. Set aside.

Chop cranberries until they are about ⅓ their original size.

Valentine's Day is a day to show your love, whether it be to your significant

Mix flour, baking powder, sugar, and salt. Mix in cranberries and white chocolate. Stir in cold cream until just combined.

Turn about half the dough out onto a mat or clean surface. Roll it out until it is about ½ inch thick.

Using a heart-shaped cookie cutter, cut out scones from the dough and move to the pans, spacing at least 2 inches apart. Try to cut as many out as possible on the first roll, but reuse any scraps you have to use all of the dough. Repeat with the second half of the dough.

Melt the butter and brush it on top of each of the scones. Top each with a pinch of granulated sugar.

Bake for about 15 minutes, or until the scones are slightly golden on the edges and can stay together when lifted with a spatula.

For the glaze: Whisk the sugar, water, and vanilla. Whisk in one drop of red food coloring, which should turn the glaze a bright pink.

Either pour glaze on with a spoon or pour it into a plastic bag with the corner snipped and ice scones in any pattern you'd like.

Enjoy :)

Not only are these scones delicious, but they are very easy and just as fun to make! Though any filling can be used in these scones, the white chocolate chips and cranberries are a perfect pair while being festive in color and flavor. The original recipe, made with cinnamon chips and pecans, is just as delicious even with the different fillings. These scones are easy, versatile, and delicious and will make a perfect gift for your valentine this year.



Photo contributed by Grace Cavallaro

Freshly baked heart-shaped scones