

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

June 2, 2023

Senator Seeks Student Perspectives on Social Media Bill

by Hannah Guo '25

Senator Chris Murphy held a roundtable discussion after school in the Media Center on Friday, May 12 with approximately 30 students, faculty, town officials, and other members of the Amity community. During the discussion, many contributed respectfully about introducing legislation to keep kids safe online.

Senator Murphy began by acknowledging the value of student perspective and the importance of feedback from those who would likely be most impacted by the legislation. He then informed the group about some basic principles of the proposed bipartisan bill.

This included a restriction of social media platforms for those under 13, blocking the recommendation algorithm for those under 18, and establishing a statutory duty of care for social media platforms to implement. The statutory duty of care would penalize those platforms if harmful content was provided.

Furthermore, the group discussed the benefits of social media platforms, mentioning how they could help people find respective communities. Additionally, some students raised concerns about being unable to connect with people similar to themselves as efficiently without the algorithm.

"I am not interested in cutting those kids off from community," Murphy said. "There's something spiritual about putting in effort to get something."

With almost everything inches away from screens and search engines, finding genuine human connection that isn't through pixels can be difficult. There is a crisis of loneliness sweeping the nation right now, and studies have shown that higher levels of social media use are directly correlated to higher levels of loneliness. With this legislation, Murphy hopes to counter that toxicity and encourage healthy social media use.

The group also addressed some negatives that social media use brings, including polarizing political conversation and displaying content that glorifies dangerous behavior. Social media has a gargantuan impact on this generation. Content on the internet romanticizes depression, eating disorders, and unhealthy coping strategies, and it's detrimental to the mental and physical health of teenagers.

"As a parent, it really scares me," Murphy said. "My focus is on protecting kids online. I have a teenager and a preteen, and it's not healthy for our kids to be pushed into dangerous, dark corners of the internet."



Photo contributed by Trident Staff

Senator Chris Murphy speaks to students in the school library.

As the discussion came to a close, many were still invigorated by the subject. Samuel Bae '24 expressed that he thought the discussion was "amazing."

"I was even more impressed and grateful that [Senator Murphy] sought opinions from kids like us...[Murphy's] concern for the feelings and opinions of those affected by legislation was great to see in federal policy," Bae said.

Senator Murphy listened intently and considered students' suggestions and input, seeking perspective straight from the generation most impacted by this bill—America's youth.

Seniors Hone Job Skills during UELP and SIP

by Emily Russo '24

Once AP Exams are over, Amity seniors leave school and begin their internship programs. These programs, which last for three weeks, are an opportunity for students to experience various career paths and better understand the workplace.

However, this year marks a shift in how the Senior Internships are run. In prior years, they were optional; now, it is mandatory that all seniors either participate in an Unpaid Experiential Learning Program (UEL) or Senior Interest Project (SIP).

Lynn Cocco, coordinator of these programs,

explains the benefits of a mandatory internship.

One of the most important aspects of UELP is that, through the program, seniors actually

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Photo contributed by Sarah Granados '23
Sarah Granados (top left) as a UELP student-Orange Police Dept.

"Using Teamwork" Students Assist at 6th Grade Field Day

by Andie Napolitano '24

Students from the Amity Advocates class, along with other volunteers, recently traveled to Amity Middle School Bethany to help execute the annual 6th grade field day. The intention behind this event is to provide an opportunity for 6th grade students from Bethany and Woodbridge to meet each other before they enter 7th grade in the fall.

High school students had the responsibility of planning and organizing the stations that 6th-grade students participated in. Members from the Amity Advocates class, a health elective class at Amity that aims to foster a more positive Amity community through leadership, advocacy, and teamwork, worked on planning the trip in weeks prior.

The planning process involved recruiting 30 volunteers to participate, assigning volunteers to stations, and coordinating with Mr. Anthony Taddei from Beecher Road School, an organizer of this event.

Amity Advocates member Karena Norko-Allain '24 says, "We worked hard to plan the event and seeing everyone come together and have a good time was really fun to watch!"

On the day of the trip, students along with PE and health teachers Eric Rothbart and Robert Rosner went to AMSB. High school students were tasked with running stations. After watching a short presentation on One Book One Amity, 6th grade students toured the school while high schoolers went outside to set up the stations.

Stations included capture the flag, track and field, ultimate frisbee, and volleyball, among others. At the collaborative games station, students worked together to complete various challenges.

Eliza Factor '24, who helped run a station, says "All the station allowed them to use teamwork and figure out solutions independently. It was very interesting to see what they came up with!"

After lunch, the activities resumed

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Teachers See They Are “Appreciated”

by Sabrina Osowiecki '25

During the week of May 8th, Amity celebrated Teacher Appreciation Week along with many other schools across the nation. This celebration allows teachers to be recognized for all they do for their students and is very important to Amity.

In particular, Student Government and Principal's Committee are highly motivated to make the annual appreciation week a success, but all students can take part in thanking their teachers.

Teacher Appreciation Week means a great deal to both teachers and students alike.

While teachers are always appreciated, having a specific week dedicated to being grateful for their work allows students a means to explicitly tell them why they are valued. Overall, this can brighten a teacher's day to know that their efforts are not going unnoticed.

Alex Klee '25 said, “Now more than ever, we need to make sure that our teachers know how important they are, and teacher appreciation week helps get this message across.”

The celebration of Teacher Appreciation Week can take many forms. For instance, the student govern-

ment oversees the collection of thank-you notes from student government representatives to distribute to many teachers.

Additionally, teachers receive gifts, participate in an activity that is set up at a faculty meeting, a banner is hung near the main entrance of the school, and the rocks near the entrance of the school are painted. Moreover, parent volunteers in the PTSO organized break-

ciation Week, students can purposefully make an effort to show their appreciation by making a teacher a card or sending them an email.

However, Klee '23 said, “Simply asking a teacher how they are or saying goodbye to them at the end of class” is just as meaningful.

Remembering to thank your teachers can impact their mood anytime and is a great way to acknowledge their work.

While careers in education are by no means easy ones, the teachers still manage to help and inspire students daily.

History teacher Chris Borelli said

his favorite part of the week is reading the notes from students.

“It feels good to know that your efforts in the classroom are appreciated,” Borelli said. “I especially like to read the notes from students who you may not have expected one from.”

Beyond teaching students lessons about their respective subjects, teachers put so much effort and passion into making students more knowledgeable, kind, and understanding people who can, in turn, succeed in their own lives.



Photo contributed by Anchal Bahel '23
The Teacher Appreciation Banner.

fast, luncheon, and dessert for teachers.

There are a myriad of ways Teacher Appreciation Week is observed, and the Principal's Committee comes up with new ideas every year. Plus, there is a different theme for Teacher Appreciation Week with this year's being “Amity Teachers Piece Us Together.”

Even if they are not in the student government or the Principal's Committee, students can still let their teachers know that they appreciate them

During Teacher Appre-

Students Assist at 6th Grade Field Day

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with relay races. High school students demonstrated each relay, which included running, jump-roping, and a wheelbarrow race.

Eric Rothbart, coordinator of Amity Advocates, said, “The field day is always a favorite day for students. It's a great opportunity for our students to plan and coordinate something that impacts future Amity students.”

Overall, the event was a success, as Amity students' participation helped introduce the 6th grade students from Bethany



Photo contributed by Trident Staff
Amity Advocates volunteer at the 6th grade Field Day

and Woodbridge to each other and give them their

first experience as Amity Spartans.

STEAM Day Brings Grades and Disciplines Together

by Sarah Shaikh '25

This year STEAM Day was held on May 31st and coordinated by teachers Jessica Zamachaj and Angelo Amato along with many students.

Located in the black box, the main gym, and outside the school were 27 booths, each showing a different aspect of STEAM, including tables for physics, math, science research, marine biology, music, ceramics, and AP psych, among others.

These booths were engaging, entertaining, and educational to show 5th graders from BOW how the different elements of STEAM work together as one.

The elementary students had one hour in each of the two waves to visit the booths, getting 15 minutes on each station. This was run by a mix of Amity staff, student leaders, and outside vendors. The Quinnipiac Science Research program also partnered with Amity's science research program for their booth.

Zamachaj discussed the different types of interactions, describing them as “demonstrations, visual displays, hands on displays, drones, catapults, and underwater robots” for elementary students to interact with and observe.

She also run a booth which included a visual demonstration with Play-Doh to promote the

arts. The other art teachers had printmaking and drawing, she said. Mr. Barren from Bethany Community School ran a robotics station set up.

Zamachaj shared her excitement for the day, saying, “I like [to see] it all coming together.” Through this event, she's found a good way to “talk to the K-12” about STEAM in general.

Amato continued, “All of the teachers and junior students who help really like the event.”

Moreover, he acknowledges that “teachers have a lot of end of the year commitments,” so their work

and effort put into this event “is really appreciated.”

STEAM Day is considered “valuable and a learning experience” for the 5th graders, Amato added.

This event not only helps to promote the different elements of STEAM, but also brings together different grades to create a connection between them as they bond over the arts, math, science, and technology present at each booth.

This demonstrates the positive effects STEAM Day has on both elementary and high school students, faculty, as well as our community, by educating children about STEAM's significance and potential applications for students in the future.



Amity and BOW students enjoy STEAM Day.

Seniors Hone Job Skills

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work through the process of finding a job. Every year, Cocco organizes a workshop that teaches students interview skills, as well as how to create a resume and a linkedin profile. These skills can translate into later years when looking for a job after school,

Cocco added, “Whether you go to school for four years or ten years, you're going to need to understand what the steps are to find a job.”

Cocco also explained the social benefits of entering the workplace as a senior. Internships can help to strengthen one's social skills again. According to Cocco, “[Students are] going to be working with all kinds of people ... [students] need to learn how to interact with people who are different from you.” Through UELP, seniors are taught this critical life skill.


Caitlyn Shanley '23, who interned at Mary L. Tracy School in Orange, said, “It was a great experience working hands on with kids.” Her internship, she said, made her

think about wanting a career working with kids.

The Senior Interest Project, or SIP, is another opportunity for graduating seniors to participate in for their last three weeks of school. Cocco explained that, through SIP, students are able to pick a topic they're interested in and discover a related project. Seniors then must find a faculty mentor willing to supervise their progress. And while SIP students come to school, there is a marked difference between how it is run this year compared to previous years.

SIP seniors go to a new room every period. She added that time management is crucial; while participating in SIP, students develop these skills.

Whether a senior participates in UELP or SIP, the fundamental lessons of either experience don't change: learning to be successful in life after Amity. Developing social skills, employability, and time management are critical life skills that are applicable to life after graduation - no matter what school one's graduating from.



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Congrats to all Amity Seniors!

Administrator Opinion

We Faced Tomorrow, Together

**by Andre Hauser
School Principal**

They say that time flies when you are having fun, and

as I look back on my first year as the principal of Amity Regional High School, I wonder where the time went. Sometimes it feels like I just took my first walk down Student Street yesterday, but the reality is that a full school year packed with countless accomplishments, struggles, and new experiences has passed for all of us. Our theme for the year has been “facing tomorrow, together,” and that is exactly what we have done.

Now, as we wrap up the school year, I have a few appreciations to share. As I have gotten to meet and work with Amity’s faculty, staff, and administrators this year, I am impressed by how committed they are to providing opportunities for our students.

Thanks to their efforts, our students had the opportunity to hear from actors at the Yale School of Drama, support elementary students in the BOWA towns and a New Haven sister school, excel in academic competitions, become beekeepers, rebuild computers, conduct research, display their art in gallery shows, publish an award-winning newspaper, and so much more. Nothing good happens in a high school without the faculty’s efforts, and there is a lot going on at Amity every day!

Of course, it is the students doing all these things, and getting to meet you this year has been a pleasure. There are so many students contributing to the school community in their own ways that it is hard to list them all. Just think about the spring musical: there were the actors and dancers on stage, but the play would not have been possible without the set builders, costume designers, musicians, backstage crew, and so many others working together out of the limelight. What you all had in common is a shared goal and a shared willingness to use your talents to make that goal a reality. That will take you far in life.

And finally, for our graduating seniors, thank you for being so welcoming and for all that you did to make this a successful year for our school. On the first day of school, I asked you to take your responsibility as role models for the rest of the school seriously, and you certainly met that challenge. You have been tremendous leaders for the rest of the school this year, whether it was on stage, on the field, in the classroom, or in competitions around the state and the nation.

But more importantly, you were good friends and good people, and your countless little, seemingly unremembered actions to make someone else’s day better did not go unnoticed. We noticed them, we appreciated them, and we will miss you all.

A Reflection on My Junior Year

by Rose Megyola ‘24

My junior year of high

school has been my favorite year of high school so far. What do I owe this to? Well, for starters: my family, my friends, track, my teachers, my cello, my art, and my singing. While I have said that every year was getting better –aside from a chaotic freshman year– this year was nothing that I could have ever expected.

It was the little things that made this year great. These little things include coming to school one day after a long run and experiencing an insatiable appetite. Consequently, I did ask to go to the “bathroom” in the morning, and I miraculously came back to class with tater tots, butter, an apple, and orange juice. I regret nothing and neither did anybody else that went!

Amazing things have happened to me this year. Even though quarter two was an emotional rollercoaster for me, I wouldn’t have had it any other way; I gained some pretty nice life lessons. (Thanks Mr. Rocco.) Also, my cello playing abilities have continued to transition from a chore into an activity I genuinely enjoy so much! I now practice pizzicato improv and pop songs in my free time. Can’t get enough. I also have the privilege of knowing the best possible friends that I could ask for, and I am just so blessed to have their company as much as I do.

But none of that was clear cut. Ever. All of these things that I’m realizing now that I’m so incredibly grateful for have happened over a very long period. All of these little changes

happened so much slower than I could have ever anticipated. My often hectic routine is likely responsible for this. I set ballistically low expectations for myself. In the morning it probably looks like adding one more rep to my workout. But then, after like a week, I get happy and do sixty more reps for my cardio. My point being that small victories can turn into bigger victories.

Still, there are a billion things I do a day that can be improved. Am I always hydrated? No. Do I turn in all of my assignments on time? No. I always ask for extra time. But do I love to make youtube videos? Yes. Take a photoshoot of my dog for the fifth time that week? Abso-Tibbin-lutely. This just goes to show how even the littlest things have made my year.

Stuff is awesome. I am no longer going to guidance because I’m stressed out; I attribute my better energy to track. Thank you to Coach Cas for being the best coach ever and giving us workouts that improve us so much. I am excited beyond everything to participate in cross country this fall with Coach Wallin and Coach Cas. Thank you to Coach J for starting me out with the awesome technique needed for pole vaulting, and thank you to Kim for taping up my shin like the complete angel you are day after day. It helps me so amazingly, and your abilities are magical. I am really glad there are so many amazing adults in athletics, and their work means so much to me.

Over the summer a lot will happen, and next year too. A lot happens all the time, and that’s been good this junior year, even when I didn’t like it.

The Amity Trident

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Art Classes Offer “Creative Innovation”

by Nicholas Lu '26

The Main Street Gallery in Ansonia is the region's premiere source of fine art and photography. From April 18th to May 15th, Amity ceramicists and photographers took part in the gallery's annual ceramics and photography exhibition.

Event organizers and art teachers Mrs. Jessica Zamachaj and Ms. Lisa Toto worked with the owners of the art gallery to host this event so Amity's artists could display their pieces and potentially turn a profit on their creative work. This meant that not only did Amity's aspiring artists get to see some of the best art pieces in Connecticut, but they also were able to have some experience in the world of professional art business.

“The students pay a membership fee and a gallery fee from each piece sold, just as an artist would. Students are in charge of everything from publicity to install and take down,” stated Zamachaj of the event.

With art pieces ranging from finely crafted pottery to photographs that both capture a moment in time and convey a deeper meaning, the ceramics and photography exhibition helps really display the best Amity's and Connecticut's artists have to offer.

Zamachaj added, “This is a great experience for our students to know what it is like to be in a professional gallery.”

In addition, besides showing off their individual creativity and artistry, ceramicists and photographers are able to test new ideas and styles and then pitch them to viewers for feedback.

While pottery is mainly made as a single solid piece, perhaps incorporating many holes into the

design could increase its appeal.

No matter how much one appreciates photography or ceramic artwork, exhibitions like the ones at the Main Street Gallery offer a great oppor-



Photo contributed by Nicholas Lu '26

tunity to explore art from various angles and understand the work, creativity, and meaning that goes into each and every piece. Furthermore, any students interested in art can potentially have their first taste of a future career in the field of professional art. The world is full of opportunities as long as there are people passionate enough to pursue them.

While the author has never considered himself as much of an artist, he has been to many art galleries throughout the Tri-state area and have seen some incredible works of art.

However, he often did not see much in terms of photography or ceramics in spaces largely dominated by large paintings and stone sculptures. The ceramics and photography show offered a great first

glimpse into an area of art that he had never really been exposed to. It is recommended to anyone else that has an interest in art galleries and displays to look more into ceramics and photography shows like the one at the Main Street Gallery.

Overall, the month-long art exhibition allowed Amity's very creative artists to express themselves and their art to a wider audience at one of Connecticut's best art galleries. Opening up such opportunities to Amity's most artistic students is a major goal of the Amity Visual Arts Department and the successful ceramics and photography exhibition were a major step towards achieving that goal.

To summarize the experience for the ceramicists and photographers who were able to attend and display their works, Zamachaj says it best: “This show is one of our authentic experiences the Visual Arts department provides.”



Photo contributed by Nicholas Lu '26

Opinion Student-Led Productions Fill the Spring Theaters

by Grace Kennedy '24

As a member of the drama club here at Amity, student led productions are one of my favorite parts of high school theater. There were a few student-led productions this year, notably *Almost, Maine* in March directed by Olivia Sceppa '23 and Jacob Ebert '23, “Duets” in May directed by Ebert, and now “Pronoun Showdown Jr” in May as well, directed by myself.

Pronoun Showdown is a concert style show created by Amity Alumni Kim Simon and her business partner Abby DePhillips, where the pronouns of popular songs are changed to shift the perspective. This concert only ran in New York City with Broadway actors at a club called 54 Below, until Kim approached me last year about directing my own version.

This year's production of Pronoun Showdown Jr. featured 13 talented performers ranging from freshmen to seniors, as well as beautiful lighting and sound run by the student tech crew.

Some songs include “Defying Gravity” from *Wicked*, “I Can Hear The Bells” from *Hairspray*, and “Beauty School Dropout” from *Grease*. The students who performed in this year's concert have worked so hard and have put their all into their songs, and I couldn't be prouder of them.

Throughout this process, I have been lucky enough to work with the creators who have taught me so much about what it takes to run your own concert. One of the most special parts of the show last year was Kim and Abby sending videos of the performance to the original Broadway performers, which was such a cool experience and beautiful connection.

Student-led productions play an important role in fostering creativity in young performers and give everyone a chance to work together and create something amazing. Being able to work with my peers to put together a concert to showcase all our talents is such an amazing opportunity, and I am always so impressed with what we are able to create at our age.

I attended *Almost, Maine* in March and was amazed by the professionalism, poise, and talent of the students who performed, and even more amazed that they had no adults to guide them. Other past student-led productions include themed cabarets and the 24 hour play festival, which are also fantastic celebrations of creativity and the arts. I feel so fortunate to be able to be a part of student-led shows at Amity and hope that students continue to create and inspire in the future.

A Can't-Miss Annual Event: MusicFest Exceeds Expectations

by Alex Klee '25

On May 18th, the John J. Brady Center was once again filled with the amazing musical talent of Amity students. On that magical night, the band and choir put on their second annual MusicFest concert.

Between all of the groups present, over twenty pieces were performed. These greatly varied in genre, with movie tunes, 2000's pop songs, and moving modern compositions on the set list. In fact, this year a total of seven songs were organized and performed by small or solo student acts.

The first of these small acts presented was performed by JJ Sun '24. She wowed all in attendance with her powerful rendition of “Burn” from the incredible play “Hamilton.” With a run time of three minutes and forty-six seconds, Sun had the audience sitting in awe for the entire duration of the piece.

The ensuing act was also put on by a small group of talented Amity students. Annika Lyngdal '23, Grace Mahon '23, and Lily Parady '24, all of whom have been in the choir throughout their time in high school, performed “For Good,” from the play *Wicked*. They dedicated this piece to their choir teacher Mrs. Marcia Rizzotti.

This song was sung as a duet between Mahon and Parady, while Lyngdal danced. The two talented voices combined with the riveting dance moves, proved to be a great addition to the group's final concert as Amity students.

Following a fiery and lively performance of “Mambo,” from the timeless play *West Side Story*, by the Amity band, Kay Fitzpatrick '24 and choir student Harry Rosenay '23 presented a wonderful duet of a Rhianna staple, “Stay.”

For this song, Fitzpatrick played the piano, much like the following performance

put on by Marin Korenaga '23.

While many of the smaller and solo student performances were from singers, two groups from the Amity Band, The Funksters and The Wonders, performed some lively instrumental arrangements. The Wonders performed first, and true to their name, they performed “Superstition,” by the one and only Stevie Wonder.

After the intermission, where food was sold by the Class of 2024 Student Government, The Funksters, also in homage to their name, performed an arrangement by Lucky Chops of the songs “Funkytown” and “I Feel Good.” Both of these groups performed with an infectious energy that got the crowd hyped.

As subsets of the Amity Band and Choir, the Jazz Band and Rhythmix are made up of a select group of kids from each performing ensemble. At MusicFest, the jazz band played three oldie classics, “Everybody Needs Somebody to Love,” “Brick House,” and “Freebird.”

On the other hand, Rhythmix, which is an acapella group, performed “Send My Love,” by Adele. As they do not play with instruments, in order to make percussion sounds, they performed a clapping hand-shake.

By the end of the concert, it was clear that the Amity music department is composed of countless talented individuals. This talent is most clearly demonstrated through the smaller groups, which give Amity students an opportunity to seize their moment.

While this was one of the last performing opportunities at Amity for the seniors in the Music Department, some of the groups from MusicFest 2023 can be found performing at the Music in Motion concert in the fall and next year's MusicFest.

Make sure to check them out and come see for yourself all of the talent concentrated in Amity's music department!

Spring Teams Advance to SCCs and State Tourneys

by Sarah Fortin '24

many have moved on to competing in the SCC (Southern Connecticut Conference) tournament and even in the state tournament. This has really shaped the spring sports teams and prompted them to work together and provide encouragement in order for the whole team to succeed.

The girls track and field team has been working hard all season to bring unity to the team and make this an incredible year.

Avery Palmucci '23 said, "The captains de-



Photo contributed by Avery Palmucci '23

Girls track at the end of a successful season

decided to make it a goal to try and come together and win, adding a great amount of team spirit to the end of our season."

These efforts paid off, as the team placed third overall at SCC Sectionals. Their 4x800 relay, consisting of Palmucci, Audrey Cummings '23, Mackenzie Martin '24, and Nell Grant '23 placed second, and with that qualified for Nike Nationals, which is an invitational meet that serves as the unofficial team national championship.

The team's 4x100, members being Macie Salado '25, Sarah Granados '23, Riley Zielinski '24, and Grace Launder '24, placed first. The 4x400 relay, with Riley Zielinski '24, Gia Tessitore '26, Audrey Cummings '23, and Macie Salado '25, also placed first at this meet. Salado also won the 300 meter hur-

As Amity's spring girls and boys sports come to an end,

dles, setting the new school record at 45.69 seconds.

The team moved on to the SCC Championship, where they also did extremely well, earning the 6th place medal in 4x800 and the 4x400, second for the 4x100 team, and a spot on the Second Team All SCC. As for individuals, Salado placed second in the 300 meter hurdles, also making the Second Team All SCC, and Palmucci placed fifth in the 3200 meter race.

Palmucci, a captain of the team shared what it meant to her to be a part of track, saying, "One special thing about track and field is the team aspect: people see it as an individual sport, but in reality you need your teammates, coaches, and friends to push you toward your goals."

The qualifying events will compete at Nike Nationals from June 15-18.

The boys track team also had an excellent season. They placed first at the SCC East Sectional Meet, and second at the SCC Championship Meet, behind only Xavier. Some of the team members qualified nationally and will be competing in June. The 4x100 team with members Micah Blair '24, Max Musial '23, Daniel Kim '23, and Mike Bowman '24, won the relay at East Sectionals, beating the school record with a time of 42.79 seconds.

In addition, Blair broke the school's record for the triple jump, jumping 45 feet and 8 inches. Lastly, Musial broke the school's record for the 400 meter race with a time of 48.95 seconds, and is now ranked third in the state.

Eydan Lavi '24, when asked about how they did at SCCs, said, "I was thrilled with how the team performed at the East Sectional and SCC meet and

we are looking forward to leaving our mark on the state level at the Class L Championship!"

The team will compete at the state tournament on May 31st, and are hoping to come out of it



Picture contributed by Max Musial '23

The Boys Track team holds their SCC Championship Runner-up plaque.

placing well. The girls tennis team also had a successful season and SCC tournament. They played against many challenging teams, such as Guilford, however they were able to pull through and do really well overall, coming out with an overall winning score of 6-1. Their state tournament, which started on May 26th, has a promising outlook, following the SCC win, although it will undoubtedly be more difficult.

Lastly, the softball team just came away with a win at the SCC tournament, earned through a lot of hard work and dedication as well as spirit and unity on the team. Working together, they managed to make a comeback in each of their three games reaching ending scores of 7-3 against Mercy, 3-2 against Jonathan Law, and 7-6 in the championship game against North Haven. Overall, their team spirit and ability to adjust and push through even when their odds weren't great allowed the team to win.

Congratulations to all teams' successes, even those not highlighted. The post-season tournaments have made a successful end to an even more successful season.

Beyond the Game

Senior Nights for Spring Teams

by Scarlett Zhai '25

Senior night is an Amity tradition that celebrates graduating senior athletes. Typically held near the end of the sports season, these are special events organized by the team to honor the contributions and achievements of senior athletes who have dedicated their time and effort to the team.

The Amity Girls Tennis team has dominated the regular season in the SCC League with an impressive 17-0 record. The girls had their senior night on May 17th against Daniel Hand at Amity. Pulling through their matches with a 7-0 win, here is what some of the players had to say about their experience during senior night.

Karishma Bulsara '23 said, "Senior night was so special this year. It was so nice hearing all the underclassmen talk about the seniors and sharing our experiences over the years on the team."

Kiley Pickens '23, who committed to play tennis at Carleton College, commented on the bond the tennis team shares, saying, "It really meant a lot to me to see how much effort the rest of the team, especially the juniors, put into making it amazing."

Aadya Wijesekera '23 also acknowledged how senior night brings

the team together, commenting, "Senior night is a really great way to close off our regular season. The atmosphere is electric and we get to say goodbye to our teammates while getting ready for our playoffs and state championships. Families and friends also come to support our seniors all together, which makes it even more special."

Throughout their season, the Amity Boys Volleyball team played very well-rounded, with a record of 9-10. The boys had their senior night on May 15th against Brookfield. The boys fought through the night and took home a 3-0 win.

Leo Gao '23 described the bond between the volleyball team saying, "Senior night was a lot of fun. The team was very hyped going into the game and it felt good winning 3-0. My walk-up with my new parents, Carlos and Owen, was my favorite moment and we really bonded together as a new family when we took pictures."

As the seniors prepare to embark on new adventures, their remarkable achievements deserve to be recognized. Though their time at Amity may be coming to a close, the skills they have developed through their sports have prepared them well.

Congratulations, seniors, and best of luck in all your endeavors.

Class Act Kickball Tournament Returns for Second Year

by Liliana Fleming '24

Last year, Class Act Council held its first Kickball Tournament. It was such a success that this year on Tuesday, May 9th, from 7 to 9 PM, they ran it again.

PE and Health teacher Eric Rothbart is the advisor for CAC and talked about the event, saying, "While we had fewer teams registered, 12 compared to 16 from last year, the energy and excitement was just as high."

"Teams also had more members allowing us to raise nearly the same amount of money as last year," he added. Funds raised at CAC events support Amity's athletic programs.

Throughout the event, the high level of energy and excitement never wavered. Rothbart shared an anecdote highlighting this, saying, "This year's highlight was definitely when YMCA came on. There were spontaneous pockets of dancing that popped up all around, even those helping in the press box."

This year's winning team was team Mashallah FC. The team

consisted of Pat Coughlin '24, Steve Cifarelli '23, Drew Aronin '23, Colin Aronin '23, Omar Almashi '23, Ryan Burns '23, Jesse Palermo '23, Spencer Stratford '23, and Ethan McDaniel '23. This was their second year competing in the event.



Photo accessed from @amity_classactcouncil on Instagram

Mashallah FC at Kickball Tournament

Coughlin said, "It felt great for our team to win. We lost in the semi-finals last year so it was great to take first place this year. My favorite part was holding up the championship sign when we won it all. It felt great to do it with this group of guys."

Overall, the event was a great success. The Class Act Council can not wait to continue to host this event in the future.

Sports Profile: Baseball Player Brock Goodwin

by CJ Brinton '24

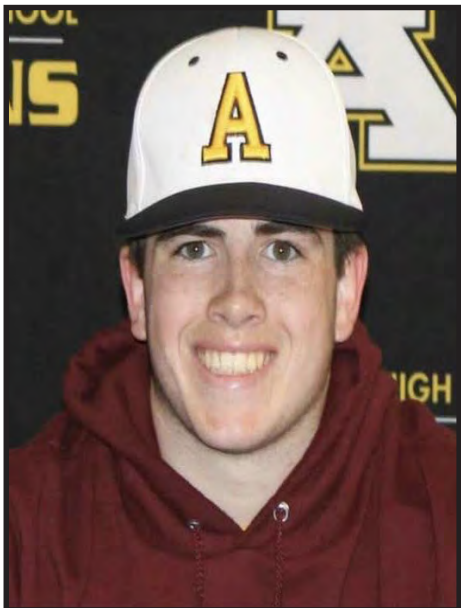


Photo accessed from Gametime CT

As baseball season comes to an end, many seniors will hang up their cleats for good. For seniors like Brock Goodwin, this is a bitter-sweet moment, and far from the last he will see in the sport. Goodwin has been playing baseball since he was four.

He said he tried out other sports but worked

choose from. He talked to coaches, toured schools, but ended up pretty certain of where he wanted to go.

Goodwin chose Springfield College, in Massachusetts. This school has an NCAA Division III program, competing in the New England Women's and Men's Athletic Conference (NEWMAC). Goodwin's Amity teammate Steven Cifarelli '23 will also join the Springfield "Pride" on the baseball team.

"Springfield was the best option for my future," Goodwin said decisively.

He describes the balance between this serious commitment to baseball and his ongoing requirement regarding academics as largely non-negotiable. While challenging, Goodwin says schoolwork comes first.

Goodwin's last season as a Spartan has been a good one, to say the least. Apart from the loss to Fairfield Prep in the SCC Quarterfinals, Amity had a decent record. Goodwin in particular was an imperative member. As pitcher, he threw two no-hitters throughout the season. This hard work put in by Goodwin did not go unnoticed.

He was named SCC Player of the Month for April, something he calls a highlight of his career.

"This was a huge accomplishment for me as I was playing at my personal best," Goodwin said.

At the end of April, he was also named Athlete of the Week by Gametime CT, a local high school sports publication. This accolade required the

nominations from Gametime CT, and then votes.

Goodwin reflects fondly on his time playing for Amity, and his appreciation for the sport, saying, "Over my years at Amity, I have made great friends and great relationships with my coaches. I love base-



Photo contributed by Brock Goodwin '23

the hardest in baseball.

The dream to play in college became a goal when he entered high school, as he became more committed and took steps to make himself a marketable player.

Goodwin said, "Once I got into my junior year I began reaching out to coaches and playing for teams which would help me get exposed."

He went on to describe the process, with him being fortunate enough to have many schools to

ball because it's a team sport and every single teammate has each other's back."

Goodwin is a great example of the balance required to be a student athlete of his caliber and will surely find success in the next chapter of his academic and athletic career - at Springfield College and beyond.

Student Entrepreneur Creates His Own Business "I Was Always Motivated to Make Money"

by Avery Dillon '24

Last year, junior Dylan Berke wanted something other than a typical job, so he created a business called Berke Landscaping after becoming interested in the landscaping business. He started advertising but it was mainly word of mouth.

Then, he decided to do what a lot of businesses do in today's world and designed social media accounts for his business.

In January of 2023, he created his Instagram account, Berke Landscaping. The posts on this account consist of pictures and videos of the work that is done by the company.

Doing all of this is just the surface of what is needed for the company. Berke has fully insured his company in case of any unforeseen issues that he encounters when doing work on other people's properties.

The insurance process of a business is not an easy task. He was required to get approval and go through a long process before he could be fully insured and trusted by the insurance companies.

He discussed how he started the landscaping



Photo contributed by Dylan Berke '24
An example of services offered by Berke Landscaping.

business saying, "I was always motivated to make money and wanted something different than a typical minimum wage job. It took about 3 years to fully get it started.

"But, it was worth it because as of 2023, I have generated 18k in revenue which includes job costs, materials, and profits," he added.

Not only has Berke gained the trust of the insurance company, but he also gained the trust of his customers. Being easygoing and personable are very important when it comes to business. Along with this, all of this is important for gaining trust amongst your customers.

Considering the amount of work this Amity junior has put into this business, it is very evident that he is passionate about this. But showing his customers the work he does by putting it online is a very smart business choice because it allows his customers to know what they are getting before even meeting him.

If you are interested in learning more about Berke Landscaping and the services it provides, contact Dylan Berke.

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