

# THE AMITY TRIDENT

LXXV-No. 7

Amity Regional High School

Woodbridge, CT 06525

May 2025

## Mock Car Crash Shows Dangers of Drinking, Driving

by Aachal Gupta '25

On April 9th, students from Students Against Destructive Decisions (SADD) club hosted a mock car crash and subsequent guest speaker for 11th and 12th graders. This presentation was organized by club's co-advisors Greg Twohill and Gary Lindgren, in addition to students Kaitlyn Courtney '25, Maggie Gravitt '25, Jillian Lydon '25, Sofia Fattal '25, Alyssa Fuchs '25, Bianca Lambiase '25, Noah Bayer '25, and Mia Martire '27.

Other people from the school community who took part in this event were counselor Karen Waterman, resource officer Frank Sapi-one, master of ceremonies Anthony Cusio, and Woodbridge and Orange police, fire, and medical emergency responders. With help from the school and local community, the SADD club was able to host a mock crash to educate young drivers about the dangers of drinking and driving.

During the event, students saw a dramatization of a car crash that

featured members of the SADD club, who gave a realistic and breathtaking performance to the upperclassmen.

Lindgren said he was amazed

the mock car crash. By having them watch their fellow classmates be the victims it allowed for them to understand it can happen to anybody."



Students view the mock car crash

Photo contributed by Trident staff

by the students' acting. "It captured the audience's attention with moving emotions they expressed during

Gravitt said, "It felt very real at the moment and that you don't realize how fast this type of situ-

ation can unravel."

Courtney, Gravitt's partner, added, "You don't realize the true impact of a situation like this until you are in it."

By playing a key role in this event, they wanted their fellow classmates and friends to better understand the deadly impacts of drunk driving. Similarly, Twohill talked about the importance of "getting seniors to understand the reality of light and a sense of what drinking and driving does to people's lives and their families."

Ultimately, Twohill and Lindgren wanted students to have the most authentic experience to learn from and hoped that this could help students make decisions that could possibly save a life in the future.

Waterman, who played the distressed mother of a deceased victim in the simulation, said, "It was important I was a part of the mock car crash because of my personal experiences. I felt that people should know that in these situations they don't just physically hurt themselves or others but also families."

Continued on page 2

## Juniors' POG Presentations Wrap Up with Success

by Isabelle Delgado '26 and Darianna Singh '26

recently conducted for juniors and it was the very first trial of this new graduation requirement. Students were expected to reflect on three works or activities of choice from their time in high school.

Students also had to connect these artifacts to the five characteristics of the POG: collaborator, communicator, empathizer, planner, and problem solver. The reflections consisted of answering in depth questions and meeting with assigned mentors from the Amity district. These presentations allowed juniors to showcase work throughout their high school career and display how they have grown into a responsible person as they go into senior year.

After the presentations, Evelyn Sun '26 said, "I liked the fact that the POG presentations were in small groups, and there was a lot of discussion between the teachers and the students."

Amanda Giachino '26 agreed, saying, "Presenting was not nearly as hard as I anticipated. I felt embarrassed at first,

The Portrait of the Graduate (POG) presentations were

but the teachers being relaxed calmed me down a lot."

These students clearly demonstrated how this event gave time for the class of 2026 to really look at their work with an audience and be left with a gratifying feeling of how much they have developed as a person.

Although juniors seemed to have been content with the outcome of the presentations, some of them seem to have been upset with some other aspects of the POG process. Many have felt that the POG added additional work to students' already busy schedules.

Aliza Sherman '26 touched on this sentiment when she said, "I believe we should be allowed to work on our artifacts in Spartan Seminar more often, just so it feels less like a homework assignment."

While the work going into the POG presentations was definitely a rigorous and sometimes confusing process, many members of the class of 2026 left feeling like the finished product was rewarding. Choosing artifacts and writing reflections let the juniors see how far they have come and show educators that they are ready for their next steps following graduation.

## The Senior Courtyard: A Revitalization

by Aitan Herman '28

At the beginning of April, the Student Government held a vote in favor of spending \$3,200

on a plan to bring life back to the Senior Courtyard. The money was broken up among different items. Student Government spent \$1399.95 on a ping pong table and \$19.95 on ping pong paddles. They also bought two sets of Spikeball each for \$69.99. They also bought a \$199.99 cornhole set with bean bags and five adirondack deck chairs that cost \$229 each.

The Student Government did not end up paying for all the chairs, however. Two were paid for by the Senior Class Council and one by the Junior Class Council. Given the size of this initiative, many Amity Students both in and out of Student Government had a unique perspective on the project's merit.

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Photo contributed by Alex Klee '25

Seniors relax on the new chairs in the Courtyard.

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# Mock Car Crash Shows Dangers

*Continued from page 1* This heartfelt message truly helps others understand the rippling effects of not only drunk driving but other preventable car accidents as well.

After students attended the mock car crash, they had a guest speaker Steve Emt come to solidify the insights from this experience. Emt, a two time paralympian and author, delivered a powerful message about overcoming adversity and showing students the real life consequences of drunk driving.

Lindgren said, “It was an inspiring story that hit all the key points and raised a level of awareness that cut through the denial that this won’t happen to me.”

Overall, the mock car crash and guest speaker events raised awareness for Amity students about the life-altering consequences of drunk driving. With the collaboration and help from the school and local community, SADD was able to give an engaging performance that emphasized the importance of making safe and responsible decisions when it comes to protecting themselves and those around them.

# The Senior Courtyard: A Revitalization

*Continued from page 1* Even though members of the Class of 2025 will mostly miss out on the chance to enjoy the renovated courtyard, many seniors believed that it would be a good gift for the next generation.

Dariush Raissi ‘25, the Student Government Vice President said, “Even though we were not able to use the senior courtyard that much, I am still happy to leave a gift behind for future students.”

Additionally, Erik Jiang ’25 commented on his excitement for the expansion of this space, saying, “I believe the courtyard holds immense potential to become a signature aspect of the senior experience.”

While the current juniors will be the first class to have the new courtyard available for the entire duration of their year, not everyone is excited. Jordan Hass ‘26, a member of the Student Government who voted in favor of the spending motion, said, “I believe that this will not significantly alter the usage of the senior courtyard.”

Throughout his time at Amity, he has seen very few people in the courtyard, which is often attributed to poor weather or building renovations, and he thinks adding these things will only make minor improvements but no drastic differences.

On the other side of this discussion, some sophomores, who have over a year before they can

step foot in the courtyard, are already excited to see the finished product. One member of the sophomore class who is a firm believer in this is Adelina Ahmed ‘27, a member of Student Government who also voted in favor of the improvements. She is one of the underclassmen who cannot wait to spend time in the courtyard.

Ahmed said, “I think students will enjoy being able to go there as opposed to the library, cafeteria, or senior lounge.” She believes this to be the case because she thinks students will find the appeal of going outside when it warms up, and want to spend their downtime in a beautiful and fun space during their senior year.

Though the freshman class has a long time until they can access the senior courtyard, they look forward to experiencing the perks. Sresthra Kompalli ‘28, a class representative who also voted to approve the spending bill, said, “I believe that adding more activities and giving the area a more laid back feel will allow students to engage socially.”

She also mentioned that this can benefit seniors who tend to feel stressed, providing them a chance to relax, offering them a sense of comfort, and allowing them to decompress outside.

This new change seems like it will be positively received and will have positive effects like offering students a space to decompress and have fun, one that will hopefully be around for many future generations of Amity students.

# New Tariffs from Washington Hit Home in BOW

by Sage Wong ‘26

As of April 24, 2025, the current major tariffs in effect include a 145% baseline tariff on all Chinese imports, a 25% tariff on steel, aluminum, and automobiles, and a 25% tariff on most Canadian and Mexican imports. President Donald Trump has stated that these tariffs aim to bring manufacturing back to the United States and protect American jobs.

One of the major impacts of this shift in global trade policy will be on the automotive sector, as the majority of car parts come into the US from tariff-affected countries.

Dominic Beardsley ‘28 com-

mented on how this will affect his family’s business, Crowley Auto Group.

“My uncle’s company is taking a big hit from the tariffs. He works with the automobile company, and the car parts that come from Canada get a lot more expensive. His company isn’t able to sell as much as in previous years since stock is running low.”

Through Dominic’s experience, it is clear that some local businesses are already beginning to struggle under the weight of these new economic pressures. If the costs of running his family business continue to rise, it could potentially lead to layoffs and a loss of an opportunity for Dominic to work there when he grows up.

This has also affected students trying to find a replacement for

car parts. Mo Amarou ‘26 elaborates on this dilemma, “I wanted to buy a wheel well cover that was originally \$150, and now it’s \$203. My model is the Ford F-150, it’s manufactured in Canada, so they ship it over to the US, and there are tariffs applied to it.”

A \$53 increase for a wheel well cover costing a total of \$203 is a lot in the perspective of a student at Amity. He’ll likely have to spend an additional four hours at a part-time job, which is a lot of time to commit, especially when managing homework and activities.

While it may seem like the biggest effect on students at Amity comes from the manufacturing tariffs imposed on Canada, there are much bigger tariffs on China. Dwarfing both Canada’s and Mexico’s 25% tariff,

China’s comes in at 145%. So why is there so little focus on the impact of Chinese tariffs, especially given that Chinese goods make up the largest share of total US imports at 22%?

The answer lies in how stores manage supplies and international shipping time. According to the Office of the US Trade Representative, most trade with China is done through the seas, and shipments take around 23-30 days to arrive from China.

Combined with the fact that most major grocery chains like Costco and Walmart have huge inventories of tariff-free items, this makes the tariff on Chinese items negligible, at least in the short term. When inventories run out and shipments arrive, consumers will likely see a rise in prices.

# Sophomores Explore Future Options at Annual Career Fair

by Evelyn Kim ‘27

Sophomores explored a variety of future paths at the annual career fair on April 4th. Held in classrooms across the school, students attended a total of three sessions based on their interests and the fields they wanted to explore.

Of the many career paths featured, the Medical Lab Scientist was popular with students. The seats were completely filled, with additional students joining in the back. The speaker was enthusiastic and engaging, describing her job as the “elves” of the medical field—the ones doing work behind the scenes to aid doctors. Her presentation was informative, giving sophomores who joined her in the sessions an understanding on a possible career path they may have not considered before.

Students also met with EMT dispatchers. Stephanie, one of the speakers, really engaged the audience in her presentation by demonstrating equipment and posing real-life situations to students.

“I learned that you could be an EMT at sixteen,” said Claire Hubbard ‘27, adding that, “The EMT person was very passionate about her job.”

Both speakers gave valuable advice on first-aid, and insightful knowledge on their jobs as an EMT dispatcher. Stephanie concluded her presentation by remarking, “Thank you guys for having us. It’s honestly an honor to be able to speak to the next generation about being a first

responder and try to drum up some enthusiasm about the job.”

While some students took this career fair as a chance to explore the different options out there, others already had an idea of what they wanted to pursue, and used this day to learn more about their field of interest.

Haum Ahn ‘27 explained, “Although I had a specific dream, I didn’t know the specific methods or practical steps to achieve it. Through this career fair, I learned about various paths and ways to become a nurse.”

In this sense, Career Day was the perfect chance for sophomores to both explore and seek out the information they need.

Career Counselor Lynn Cocco said, “Career Day exposes sophomores to various career options and helps them understand the skills and education required for different fields. This event provides the chance for them to meet professionals face-to-face, where they can ask questions, seek advice or even connect with a mentor for their senior internships.

“It helps students make informed decisions about their future, providing them with valuable



Photo contributed by Gary Lindgren

Students and community members at Career Day

resources and connections.”

It can be challenging for students to know what their future will look like. Many students are not sure what direction they want to head in, while others have a goal but don’t know how to get there.

The Career Fair offered an opportunity for sophomores to see a glimpse into their futures. It gave students a chance to consider the different options available to them and start thinking about the path they will need to take to start that journey towards these careers.

# Protect Our Earth, Stop Fast Fashion

by Madison Lindsay ‘26

Each year, Americans throw out over 34 billion pounds of clothing material, while the average US consumer throws away 81.5 pounds of clothes annually. Only 12% of the materials used for clothes get recycled worldwide.

The fashion industry contributes 8%-10% of carbon emissions and water pollution due to the pollution caused by Fast Fashion. The Fast Fashion industry is known for its overproduction of clothes, waste of products, and low prices. Fast fashion produces approximately 100 billion clothing items annually while wasting about 1.9 million tonnes of materials because of this business model. Due to cheap and easily breakable clothing, consumers throw out the product and buy more affordable products from them, resetting the cycle.

The rising production waste in the fashion industry has gotten out of hand. Many companies lost the passion for making pieces for their target consumers and started falling into greed, throwing out the mindset that the Earth is in danger. Many rich people only buy to consume, and they waste 76% more clothes than people who aren’t as rich. These



Photo contributed by Madison Lindsay  
**Shoppers at the Fashion Club Free Cycle Clothing Sale.**

types of consumers follow the cycle of wasting more to buy more products. Throwing away perfectly good clothes is not good for the environment, nor for the sense of fashion, and we are here to save both.

Amity’s Fashion Club wants to help address this issue happening in the fashion industry to save the environment while also helping beautiful clothes and garments be revived or owned by someone who can cherish them. We want fashion to strengthen the community healthily, and our contribution to Earth Day is supposed to help with that. We will be doing a Free-Cycle Clothing sale to try and fix this problem.

Free-Cycle Clothing sales aim to help strengthen the community and encourage good habits of recycling among others. The clothing sale gives the opportunity to recycle clothing that is no longer useful to them, which will then reduce the waste of unwanted clothing. Doing this will help the Earth become a more sustainable and healthier environment. After the sale, you can recycle, thrift clothes, or sew together your own clothes!

By combining fashion with environmental protection, we can make our Earth a little better. You can combine interests with nature conservation, art with environmental advocacy, and science with climate change research.

# The College Admissions Process Is Flawed Due to a Lack of Student Knowledge

by Sage Wong ‘26

My personal definition of the col-

lege admissions process encapsulates all of the actions students take starting from freshman year of high school, as that is when your transcript begins to form and when you start participating in extracurricular activities (ECs). With this in mind, the college admissions process is unfair due to a lack of student knowledge concerning how exactly the admissions process actually works, resulting in skewed admissions results amongst equally capable applicants.

Most top students are not aware of the Common Dataset (C7). I can tell, since when I asked several friends about it, almost none of them had ever heard of it before. I had only luckily stumbled upon the C7 dataset by scrolling through YouTube shorts. The Common Dataset details the relative importance of each factor in college admissions, such as GPA, course rigor, ECs, and demonstrated interest. Allow me to show you the hidden power of this dataset. Let’s take two students, A and B, who start their freshman year at Amity. Both’s life goals are to get into Yale. (Crazy, right?)

Student A focuses on participating in class, getting to know their teachers well, studying, and doing ECs. Student B volunteers, works part-time to demonstrate their soft skills to colleges, and studies hard for the SAT to get that perfect 1600. But student A is much more likely to get in than student B. Why?

Well, student A knew about the common dataset and was able to efficiently manage their time to focus on what Yale wants, while student B didn’t. Yale doesn’t really care that much about student B’s SAT score, as it’s ranked pretty low in their dataset (many colleges rank it relatively low and allow you to go test-optional nowadays). They also don’t pay extra attention to volunteer or work experience, which student B happened to spend over 3000 hours on in total. However, they re-

ally like student A, since their profile matches their dataset perfectly. Yale tends to admit students who have an ultra-high GPA, outstanding recommendation letters, and solid ECs.

This is a theoretical example of how two equally capable students can end up having drastically different application results just because one knew how to play the game correctly. If you’re wondering how to access it, just google “[insert college] common dataset”, click on the dataset link, CTRL+F, type in “C7”, and view the table.

How much time should you spend on grades? Students are split on this question. Some believe that once you pass the threshold of 4.9, it doesn’t matter anymore, since the highest category of GPA is labeled  $\geq 4.9$  on Amity’s college admissions profile. Others believe you need to get it as high as possible. The answer to this question lies in the scattergrams of schoolinks. And it’s complicated, since each college answers that question differently (generalization of colleges’ admissions process is a huge mistake made by many students).

The average weighted GPA for those accepted into UCLA, Caltech, and MIT is  $\sim 5.2$ . For UMich and UCSD, the average weighted GPA for those accepted (excluding outliers) is  $\sim 5.0$ . For Tufts, it’s all over the place, from 4.7 to 5.2. To find out, you need to log into Schoolinks >> Colleges >> School Search >> Enter school name >> Admissions >> See scattergram. Because students lack knowledge on how GPA works, there’s the potential for many of them to over-focus on GPA but not end up applying to the schools that favor high GPAs, and vice versa. This could lead to wasted time and frustration amongst students who were simply not aware of such tools.

In a perfect world, every single student would be aware of both the common dataset and the scattergram, and the college admissions process would be more fair for everybody. But as long as these facts continue to be obscure and not well known by most students, an inequality in college admissions chances will continue to exist.

# The Amity Trident

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

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

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# Stricter Tariffs in 2025: Boon or Burden?

by Armaan Shrivastav ‘27

“Tariffs are rarely popular, but popularity should not be confused with necessity. In 2025, the United States faces a harsh but essential reckoning: reclaim control over its own economic destiny, or continue bleeding leverage to foreign powers who play by a different rulebook. Some may see recent tariffs as aggressive, even isolationist. But what they truly reflect is a pivot toward dignity in trade-finally, a line drawn in the sand.

Yes, tariffs raise consumer prices. But if we are unwilling to absorb short-term discomfort for the long-term health of our economy, what exactly are we defending? Tariffs are not a punishment, they are a recalibration. They remind our trading partners that access to the U.S. market is not a given, but a privilege, especially if reciprocity is not respected.

A tariff policy that rolls back

automatically when foreign barriers are lifted is not a wall- it is a dialogue. One that puts fairness at the forefront.

The real story here is industrial revival. Already, foreign automakers and pharmaceutical giants are investing in American soil to avoid duties. That is not fear- that is confidence. Confidence that the U.S. is once again a place worth betting on. National security, too, is deeply entangled in these reforms.

Do we want our medicines, our semiconductors, our solar panels reliant on the whims of geopolitical rivals? Or would we rather take ownership of what matters most?

Critics focus on cost. But history teaches us that strong economic foundations are not built on convenience. If temporary price hikes buy us decades of resilience, autonomy, and high-wage employment, then that is a trade worth making.

Tariffs are not a rejection of global trade, but they are an insistence that it be conducted on equal terms.

by Aryan Shrivastav ‘27

For all their patriotic packaging, the 2025 tariffs are starting to feel less like a strategy and more like a gamble, one where American households are footing the bill. There is a subtle cruelty in policies that claim to champion national strength while tightening the financial screws on ordinary people. A family should not need to choose between supporting domestic industry and affording basic goods.

Despite promises of economic renewal, the reality on the ground is one of rising prices and shrinking margins. Tariffs have turned everyday necessities into luxuries, from clothing to medicine. And while we are told to be patient for long-term gain, that is cold comfort to those already straining under the weight of inflation and stagnating wages. How long must we wait for these gains to arrive, and who gets left behind in the meantime?

Even businesses, often the supposed beneficiaries of these policies, are expressing doubt. Costs are rising, supply chains are buckling, and uncertainty is paralyzing investment. How can companies thrive in an environment where trade policy feels more like a political stunt than a coherent plan?

There is also the international fallout to consider. Retaliatory tariffs are not theoretical, they are happening. Tit-for-tat trade wars do not inspire innovation; they stifle it. And in a world that is more interconnected than ever, turning inward carries risks we cannot afford to ignore.

Yes, America deserves fair trade. But fairness is not achieved by going it alone. It comes through strategy, diplomacy, and a deep understanding that economic power is built through collaboration, not confrontation. If we continue down this path, we may well find that the price of sovereignty was economic isolation all along.

## May Is Mental Health Awareness Month.

## Expanding the Conversation Around Mental Health

by Janet Fan ‘26

May is Mental Health Awareness Month. Four years ago, I would have passed through this month with no extra thought in the world. Now, even if I make no conscious effort to do so, when May rolls around, I notice. It’s built into my brain, a strange kind of chronological monument to the emotional rollercoaster and crushing darkness I experienced when I was in the unforgiving grip of depression.

For me, and for many others, a walk with mental health leaves a lasting mark forever. An estimated one in five Americans lives with a mental illness, but of this huge population of people, only 50% seek or are able to receive treatment (NAMI). I applaud the increase in awareness campaigns and Signs of Suicide training sessions, but also point out that the nuances of mental illness identification can be lost in catchy acronyms or a condensed poster. In health class, we watched PSAs about how to identify someone who is considering suicide. In each depiction, the archetype was the same: a downcast face and crying. These are truthful depictions of some people with depression and can help friends and family identify loved ones whose depression manifests in that exact manner.

Resources like these leave out, however, the plethora of other ways that depression can appear or be experienced. For example, having depression doesn’t preclude feeling genuine moments of joy. Someone battling depression can appear giggly and upbeat or irritable and avoidant. “We’re emotional beings with many layers of complexity,” says Michele Goldman, clinical psychologist at Columbia Health. “It’s absolutely possible to be both happy and depressed at the same time.”

Suicidal ideation also doesn’t always involve an explicit desire or plan to kill oneself– it can also be passive, with thoughts like “I wish I could go to sleep forever” or “I wish I could disappear.” It is estimated that 10% of people will experience passive suicidal ideation (PSI) in their lifetime; however, this equally concerning manifestation of suicidal ideation is not as frequently addressed in educational materials.

There also remains a lack of culturally sensitive resources to address mental health. Ethnic minorities are more likely to battle mental illness, but less likely to seek treatment. In many communities, “mental health” is a foreign concept. Goldman says, “It can [also] be difficult for some to connect to sadness or experience sadness because of biology, cultural upbringing, [or] societal values.”

Learning how to identify mental health illness in the context of diverse cultural backgrounds requires more research into how different groups conceptualize emotions. In the past 20 years, society has made a lot of progress around mental health awareness. Our work is not finished, however. I often think about how much the impact of depression on my life could have been minimized if I had known to seek treatment earlier and if the stigma surrounding therapy in my Chinese American community did not exist. There remains so much more to be done to ensure that individuals with mental illness are made aware and can seek treatment, and time is of the essence.

*If you or someone you know is experiencing a mental health, suicide or substance use crisis or emotional distress, reach out 24/7 to the 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) by dialing or texting 988 or using chat services at 988lifeline.org to connect to a trained crisis counselor. You can also get crisis text support via the Crisis Text Line by texting NAMI to 741741.*




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# Honoring Their Legacy: The Stories Behind the Names

by **Jacqueline Miller ‘27**

*As the Trident continues to celebrate the individuals whose names adorn our library, fields, and awards, we return with Part Two of our tribute to those who helped shape the district’s legacy. From visionary leaders to beloved educators and champions of the arts, these names carry the stories of Amity.*



**Dr. Stephen Gordon**

A notable namesake is the Dr. Stephen Gordon Media Center. Dr. Gordon served as the district’s superintendent from the early 1980s through June of 1997, becoming one of the longest-serving superintendents in Connecticut’s history. Under his leadership, Amity thrived not only administratively but also in spirit. English teacher Anastasia Kimball said, “He was the longest serving superintendent in any district in Connecticut. He was here a long time and I think that’s a testament to the work he did here. “He also had a funny quirk of putting on sweatpants in the afternoons during exams and running around the building. But I think that was just to make sure teachers were here,” Kimball added. History teacher LeeAnn Browett, who joined the faculty in the mid-1990s, recalls his passion for preserving Amity’s unique approach to junior high education.

“I remember being interviewed by him in order to get the Social Studies job. One of the things he was super proud of was that Amity was the only district in the state that had grade seven to nine Junior High schools left. Every other place had moved to a middle school model. He was proud of being unique in that way,” Browett said. Dr. Gordon was also instrumental in overseeing both middle schools during his tenure. Trident adviser and English teacher Emily Clark, who was one of Dr. Gordon’s final hires before his retirement in 1997, began her journey under his guidance—a legacy of educational leadership that still echoes today.

The turf field that now serves as a hub of the school’s athletic excellence is named in honor of William Johnson, who retired 10 years ago. A deeply respected physical education teacher and football coach, Johnson left an enduring mark not only on the field, but in the hearts of many students and athletes.



**William Johnson**

Bill Rocco, a long-time English teacher, recalls, “He [Johnson] was my football coach. One of his sons was my year, and he had another son a couple years younger. He was a serious, soft-spoken man, highly regarded among the faculty—well respected.” Johnson’s commitment to discipline, strength, and teamwork helped shape the character of Amity’s athletic programs, a tradition still upheld today on the very field that bears his name. For over three decades, Patricia E. Martin nurtured not

only a love of reading, but also a vibrant appreciation for the arts in Amity’s library. In her honor, the Patricia E. Martin Amity Art Award has become a beloved tradition for the past 36 years. Fine Arts department chair and art teacher Jessica Zamachaj says, “I think the artwork is beautiful, and she was a former librarian. She really loved art and she wanted it in the library.”



**Patricia E. Martin**

Sponsored by the PTSO, the award offers a \$100 gift for a selected piece of student art. In addition to this, the PTSO covers the cost of framing and matting, while the Visual and Performing Arts Department creates a plaque and arranges for the piece to be proudly displayed. Recently, the award-winning artwork was moved to the hallway near the Brady Center due to upcoming library renovations. While the location has shifted, the purpose remains the same: to celebrate student creativity and to honor a woman who believed in showcasing the arts at the heart of our school. Each of these names - Gordon, Johnson and Martin - represents more than just a sign on a wall or field. They represent decades of dedication, innovation, and heart. As students pass by their names daily, it’s our job to remember the people and values that made Amity what it is today. *If you know of anyone else the Trident should recognize, please contact one of the editors.*

## “Hot and Fresh”: Lunch Staff Serve Amity’s Hungry Students

by **Catherine Kohncke ‘28**

Many students get school lunch from the cafeteria, served to them by the hardworking lunch staff here at Amity. But most people don’t think about what being a lunch worker entails. So here is what a work day might look like.

Alexandria Brown, the kitchen lead, has been working here for three years. She gets to school at 6:45 am to begin setting up the cafeteria for school. She explains her morning tasks, saying, “I fill the wells up with water, I turn on all the snack bar items so your food is hot and fresh, I refill the containers with fruit... I take temperatures, I task the chef with making the breakfast sometimes, and then I open the snack bar at 7:15 in the morning.”

The other cafeteria staff arrive at the school around 7:30. They do additional tasks to get ready for the day like putting together sandwiches, preparing the meal of the day, setting up the salad bar and more. Every lunch worker follows a dress code: black shirt, black pants, non-slip shoes as well as a hair net and gloves.

During the four lunch waves, the staff work on serving students, checking them out and restocking the snacks and



*Photo courtesy from Catherine Kohncke ‘28*

**Kitchen behind the cafeteria where workers prepare lunch**

trays of hot food.

Their work isn’t over right after lunch. The lunch workers have to clean up the cafeteria, as well as prepare food for the following day. Brown also mentions one dis-

advantage to her job, and that is deliveries. These come three times a week on Mondays, Tuesdays and Thursdays. She says, “The only thing is sometimes the deliveries come a little late, and I need certain things that the kids like.” Because of this, she has to check for deliveries multiple times throughout the day. Another lunch worker, Lisa Maus, also states, “Sometimes the food prep can be a lot because we are down staffed, and there are so many things to prepare.” With so many students at Amity buying school lunches, it makes sense why it would be hard to get enough food ready. Despite the workload, there are benefits to the job. Lunch workers enjoy flexible hours with afternoons, weekends, and school vacations off. The staff also do not have to worry about things breaking because Amity IT workers come and fix it. Brown remarks humorously, “I get to play around with my kids, which I love so much.” Maus also comments, “It’s good to see the students. A lot of them are nice and friendly. It’s good to work with everyone.”



Connecticut  
Orthopaedics

# Amity Turns 70: The Trident

Dear R

Welcome to our highlight of The Trident through the decades. We would like to firstly apologize for the attitude, but we're cheeky, hop on over to the old Trident office near the lecture hall to check out the absolute sass the writers of The Amity short and sweet, we worked hard to capture the "essence" of each decade. We skimmed, glanced over, rked so hard to publish. Each copy was a masterpiece (even the parody edition that may have gotten some students suspe

We are proud to be the legacy of hard

- Libby Grant and

## THE 1950s

Our first record of The Trident dates to June 1957. If there were more editions published, they were lost to the dark depths of the Trident filing system, never to be seen again. The issue, nearly 68 years old, was edited by Paul Kosha and David Nordin and managed by Liz Eaton—three Amity alum who, we were sad to learn, have since passed on. Kosha, Nordin and Eaton managed a staff of 23 writers which is actually fairly similar to any particular edition of paper today! Not too bad, considering the graduating class of '57 was composed of only 80 seniors. These writers, now all in their 80's, covered the brand-new Honors Society chapter at Amity and vacation plans for the summer.

Sixty percent of graduating students planned to go to college, a stat that would probably send our counselors into a panic. Many went on to perform in the trades or start work. As for sports, the baseball, track and golf teams were having an especially successful year. Those must have been lucky track uniforms because, frankly, we're pretty sure our team still wears the same ones . . .

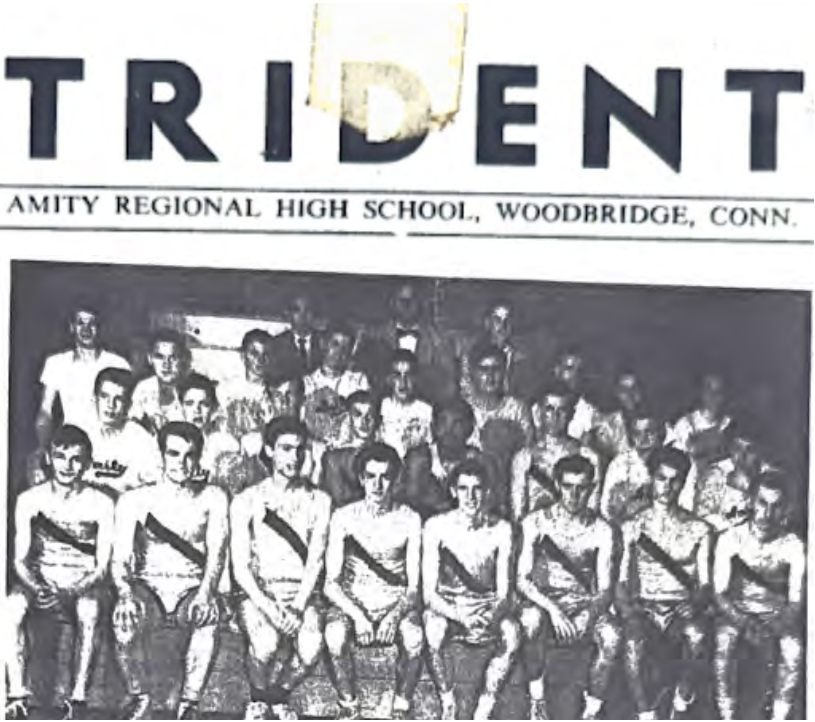


Photo from the June 1957 Trident Edition  
The 1956-1957 Amity boys track squad, the "Tracksters"

## THE 1960s

When it comes to The are almost entirely a mystery of the newspaper through the one lonely edition from Dec even this edition isn't exact From at least 1969-1972, the High School got their monthl form of a magazine. Within th that only lasted two years (the format returned in 1972), the dent body is displayed throu hand drawn advertisements, a implement fans in the bathroo the cigarette smoke.

Clearly, Amity students full of bright ideas. The edi less local news at the time, who protested the Vietnam W The Trident grew to become

## THE 1980s

Welcome to the totally tubular, mixtape era! The 80's were bold, big and neon. The Trident focused on major teen-drinking themes, having an alcohol awareness article in many editions. The first ACT performance was in 1982, becoming the humble beginning to the award-winning productions the community enjoys today. Publishing costs can get high with all the indispensable reporting that goes on here at Amity. Rather than relying on exclusively ad revenue, the genius 80's editors started the Mr. Trident pageant fundraiser where boys would get up on stage and sing, flex their muscles and charm the school. The winner would receive the exclusive title of Mr. Trident. Unfortunately it lasted only a couple years (I wonder why?), but it certainly made an impact on the decade's editions.

In 1986, smoking was banned at school. What now seems like a total faux pas was a major part of everyday life. To cheer up the students, The Trident did some exciting reporting on the \*dramatic pause\* building renovation referendum! Exciting times were had, and as usual, the Trident did captured our highlights (and lowlights)!

## THE 1990s

The 90's are fa out in baggy jeans, c (sounding familiar?), some major technolog "QuarkXPress" detail lishing software that papers we know and l Adobe InDesign, the l day. Through these a staff was kept busy rep a fungus problem (bet "Stop Smoking" progr passing a plan to renov

Amity's leaders distributed into three a Czuba, Patricia Foley continued to work h flannel and fungi, to e stayed strong to see an



Photo from the June 1985 Trident Edition  
A photo of the 1984-1985 Trident editors

## THE 2010s

As we enter the 2010s, we see The Trident emerge as the unmistakable beacon of journalistic prowess. Anyway, the editions of the 2010s show a real emphasis on world and national news, whether it be elections, politics, sports, global conflicts, politics, protests, technology, and – did we mention politics – The Trident had it covered. There was no lack of local news either, and the articles we now see almost annually, like Link Crew features and commentary on club day began to take over.

The Trident also covered the technology that began to rapidly expand during the decade, even containing a now extinct tech and business section that regularly reported on new advances now taken for granted or even stock market updates. The school's first online gradebook debuted and was predictably met with complaint over the functionality from the student body. But, really, have students ever supported any electronic school program? (Looking at you, E-Hallpass). Suffice to say, considering the substantial level of creative writing, recipes, and opinion pieces also included in the newspaper, the editions from the 2010s are pretty hefty.



Photo from the April 2017 Trident Edition  
Posters from an April 2017 science march



Students w  
pandemic

# ent Through the Decades

reader,  
ve been holed up in the windowless Trident archives too long to not add some personality. If you think we're being too  
e Trident have had for almost 70 years, and tell us it wouldn't have rubbed off on you a little bit. Though our blurbs are  
and thumbed through (we may have read one or two) hundreds of Tridents that students before us w  
ended) and we are truly thankful to have had the opportunity to live vicariously through six decades of life here at Amity.  
working Trident writers and editors.  
Olivia Cummings

0s  
e Trident, the 1960s  
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Photo from the 1969 Trident pamphlet  
A hand drawn ad and a photo of the 1969 march on Washington protesting the Vietnam War

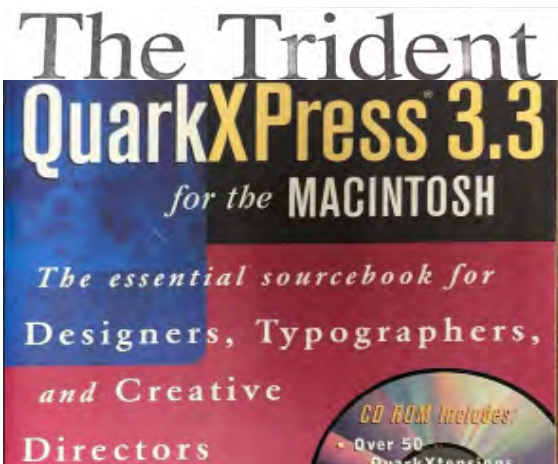


Photo from classicsturf.com  
A 1995 QuarkXPress 3.3 Manual

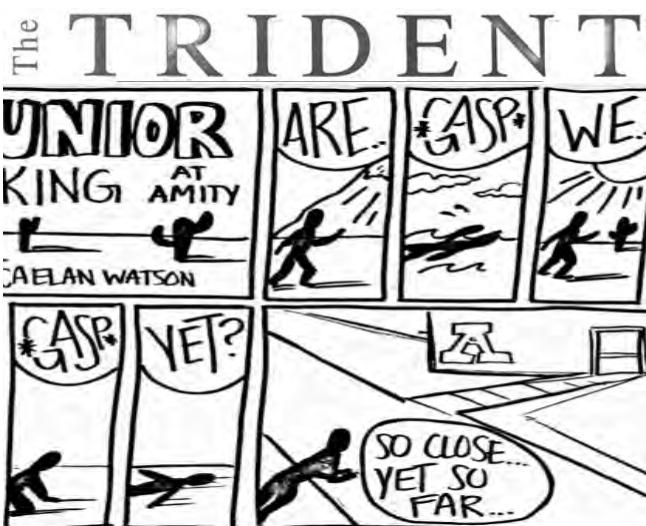


Photo from Caelan Watson from a 2000's Trident  
Student-drawn cartoon mocking junior parking

## THE 1970s

Welcome to Amity's glory days. The football team captured the state title for the first and last time (hopefully 2025 will be our come-back?). But let's get to the main event: The Amity Trident. If you were an Amity student in the 1970s, the paper in your hands would have cost you \$0.25. But this isn't the 70s, and if you're reading this article, it is likely the result of an unfortunate accident involving a stack of newspapers and a well timed breeze. Just kidding.

Either way, these editions were filled with familiar topics tailored to the goings of the decade - election coverage, Vietnam War commentary, and hand-drawn Cold-War cartoons. Fashion columns featured surprisingly familiar styles while the pictures told the story of legendary '70s flair. Trident writers wrote with heart, humor, and wit to succeed in sharing student voices, month after month, year after year.

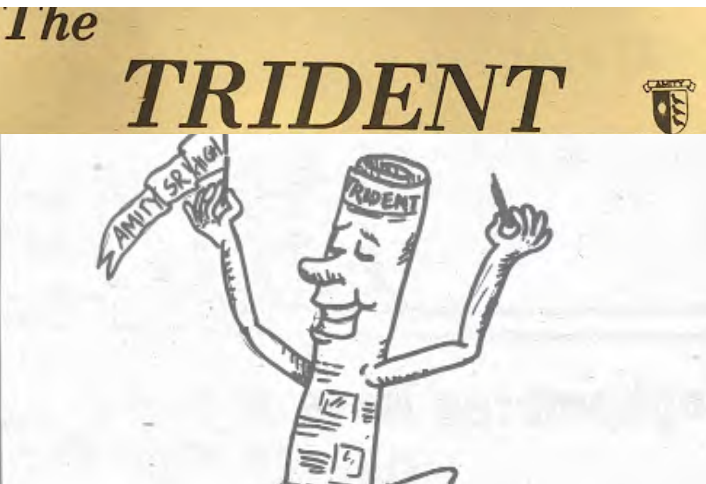


Photo from the October 1975 Trident Edition  
A political cartoon from the 1970's Trident

## THE 2000s

As the world celebrated the turn of a sparkling new century, the Trident documented the fun and excitement growing throughout the school. Which is to say, the fungus (and now mold!) problem. A genuine issue at the time, teachers and students fought for their health and safety against the outbreak. Luckily, in a stunning triumph of education, the district won nearly \$3 million in court to resolve the issue. Sure, the district did manage to end up \$2.2 million in debt at the start of the decade, but let's not get bogged down in the details.

There are bigger and brighter things to worry about, like administrative crackdowns on smoking. Through district victories and mishaps, the Trident continued to pursue its mission of capturing student voices. The paper put forth moving reflections on elections, powerful perspectives on 9/11, complaints about junior parking, features on clubs and athletes, and everything in between.

## THE 2020s

Behold, the brand-spanking new decade. The 2020's started with a historical global pandemic, shaking up the world. The Trident stayed strong, continuing to publish digitally. Luckily, as time has moved on, phrases of the past - like "distance learning" and "mask mandates" and "omg I wasn't on mute" - have thankfully faded into history. With normal life restored, our beloved school newspaper captured the reactions of overjoyed students witnessing Amity's newest investments: the sparkling new turf field and state-of-the-art vape detectors. Really, what more could a high schooler ask for? The Trident reported on the Black Lives Matter movement and Amity students making their voices heard at a schoolwide sit-in. A news article highlighted our administrative switch from Mrs. Mahon to Mr. Hauser. The decade is only halfway through and look how busy we've been! Here's to five more years of 2020 reporting.



Photo from Emma Tirollo '21  
Walk the halls during the Covid-19

# Artist of the Month: Liam van Tonder

by Nicholas Lu ‘26

For the first time this year, the Trident highlights a representative of the theatre arts. The May artist of the month is junior Liam van Tonder.

A member of Amity Creative Theatre (ACT), his medium of artistic expression is acting and singing.

Since he was a freshman, Van Tonder has always had a passion for theatre. When asked about why he joined ACT, he said, “I joined Amity Creative Theatre because I was obsessed with the idea of performing on a stage in front of lots of people. I wanted to experience that feeling.

“In the end, the audience seemed to disappear while I was on stage, but the experience was much better than I could have ever imagined anyway,” he added.

Not only has he been a steady presence at ACT for the past few years, Van Tonder has also played integral roles in many of their major performances, including this year’s spring production of *The Little Mermaid*.

The musical this year was especially significant to Van Tonder. He played a leading role as King Triton and had many solo performances. De-



Photo contributed by Liam Van Tonder ‘26  
**Photo of Liam Van Tonder ‘26 as King Triton in the musical The Little Mermaid**

scribing this new experience, he said, “Being a lead this year was different from previous years, and was great in its own ways. Being a lead helped me improve my acting and singing throughout the progression of the musical.”

In addition to Van Tonder having a positive experience as a lead, he also generally had a great time being a part of the ACT community. When asked about the overall experience, he said, “It was great! We spend so much time together, and everyone there is like a second family.”

As a junior and soon-to-be three-year veteran at ACT, Van Tonder believes that the journey to success can be challenging, but hard work and determination can allow anyone to achieve their theatre dreams.

He feels that prospective ACT members should be patient and persevere if they truly want to do well.

He said, “For anyone looking to join the musical, my best piece of advice is to not quit. It’s a very competitive program to be in.

“In fact, I got cut from the musical in freshman year. Instead of quitting, I joined the stage crew and began taking voice lessons. The next year, I got cast in the ensemble. And this year, I was cast as King Triton.”

# AI in Art

## Creative Innovation or Threat to Artistic Expression?

by Avery Ketchian ‘26  
and Lawrence Kibaru ‘26

In the last few years, artificial intelligence has grown rapidly, but people are still coming to terms with its consequences.

Artificial Intelligence (AI) has been around long before ChatGPT, but its recent growth has been especially significant and indicates even greater changes to come.

In particular, AI’s expansion into entertainment and the arts has led to many questions surrounding creativity, plagiarism, and whether AI will be a game changer or a permanent end to the world of art.

One of the major impacts of AI on the art world is the rise in AI image generation. New AI models like DALL-E and Canva AI have proven capable of creating hyperrealistic art from nothing more than a simple text prompt. Many in the art industry fear that AI could be the end for artists.

According to the Society of Authors, a quarter of illustrators’ jobs have been taken over by AI, showing the impact it has on the job market.

Another way that AI is affecting artists is how AI models often violate copyright protections. Many AI companies still lack accountability for the images generated by their models, leading to some AI models stealing the work of other artists since their own designs and illustrations are what the models

were trained on.

When asked if AI can be a useful tool for artists, Amity art teacher Christina Ruenhorst explained that AI should be used as a tool to help you generate ideas, not to copy the generated art. The main problem is people are using AI to do their work, not enhance it. She believes that people have to personalize the art and it has to have some of the artist’s emotions, feelings, and perspective involved.

Ruenhorst has used AI to help students find inspiration. AI often generates unusual or strange images which can be exactly what an artist needs to find inspiration to create a beautiful piece. In essence, she believes that AI in art needs to be a balance between convenience and honesty.

It must be noted that a similar conversation about new technology in art has already happened. Photography was initially also viewed similarly to AI. Since cameras can take photos in much less time than a painter can capture an image, it seemed photography would also have a disruptive effect on the art industry.

Photography and AI art each had the same advantage when they were first introduced: time. Many others also claimed that, since the photos were not created directly by a human, then it cannot be “real art.”

Only time will tell if AI will simply add to the array of tools for artistic expression or be the end for artists.

# Student Talent Shines through Wonderful Sounds of musicFEST

by Jake Ricciardi ‘26  
and Blake Wegman ‘26

At 7:00 PM on May 8th, the third annual musicFEST concert will be performed in Amity’s Brady Center. This concert will include Amity’s choir, concert band, jazz band, and a cappella group, along with other solo and group performances.

All kinds of music will be played at musicFEST; including today’s popular hits and older hits; along with music from various movies, Broadway shows, and television shows. Whatever group they may be in, all of these students and music teachers have been working very hard to deliver the best show that they can.

All of these students and teachers have been practicing rigorously since the end of midterms in January. As groups like the concert band have more time to prepare for this concert as compared to the Fall and Winter concerts, more music will be played, with all of the music being a step up in difficulty relative to the earlier music.

Whether it be things like higher-tempo songs, more complex rhythms, or unfamiliar notes, you can

be sure that all the musicians are being challenged to perform better than they could before.

One student in the choir, Ayira Daley ‘26, said that the choir will

that solo acts can audition and perform, which I think is a great way to showcase student talent to a wider audience.”

In addition, Daley would recommend that people go to it as “the

ie titles.

Philip Dolan, the Amity Band Director, explained that the music for musicFEST, although challenging, gives his students a chance to grow their musical talents. It has been the main focus of the music department for a few months now, and everyone involved is excited to show where their hard work has been going recently.

Another aspect that stood out was his emphasis on this concert being more flexible than the average concert. The solo and group acts, in addition to the full band and choir arrangements, allow students who may not be in either class to be able to share their love of music with the entire Amity community.

The solo and group acts performed by our talented students display the commitment they have towards the arts and the effect that hard work can have.

If you have no other plans on May 8th, you should check out the concert and support your fellow talented students. Students from K-12 are even able to buy tickets for half the cost of the standard, adult tickets. Come to MusicFest and enjoy a wonderful night of music.



**A photo of the 2023 musicFEST**

Photo contributed by Phil Dolan

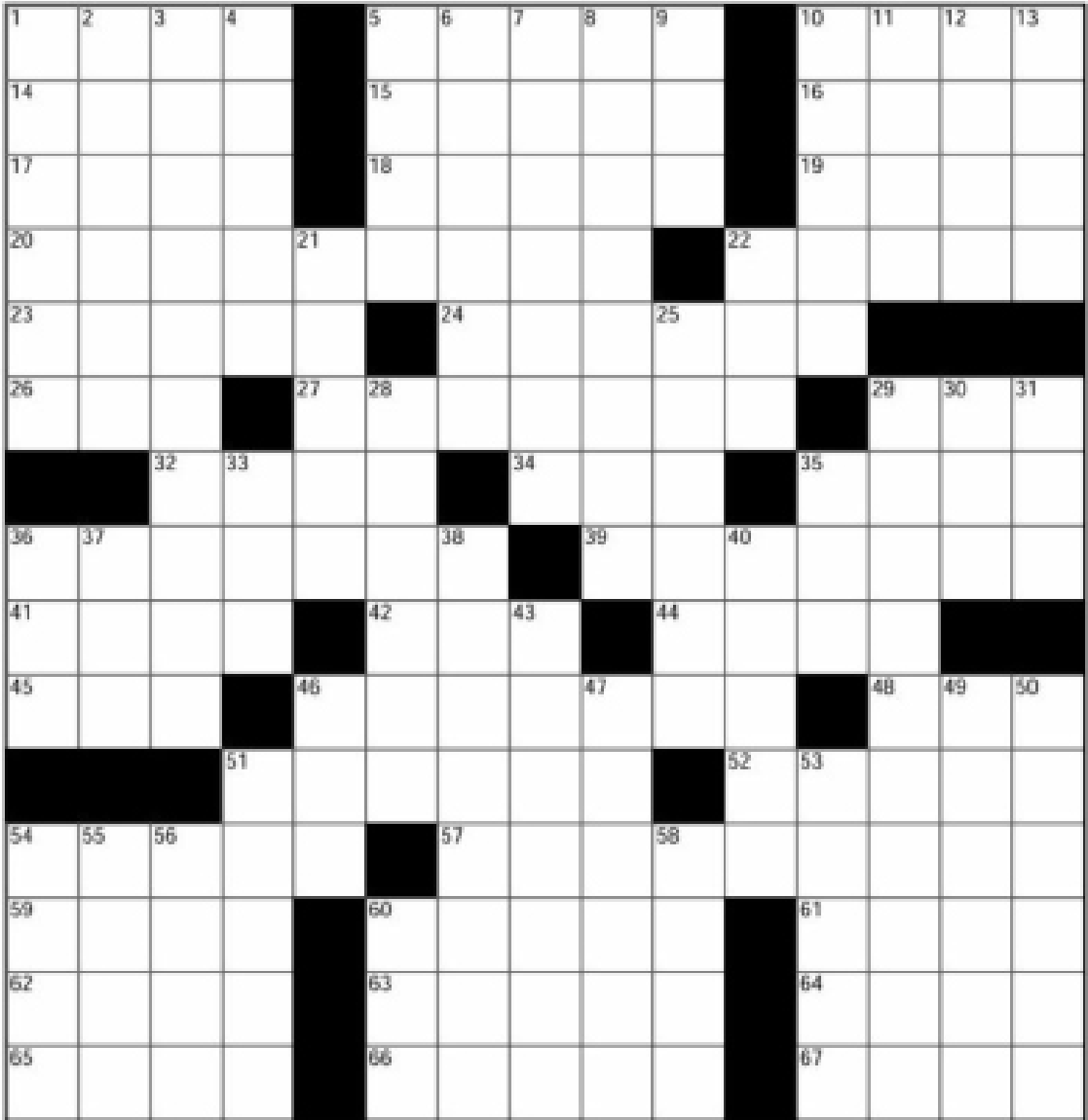
be performing two different medleys along with one other stand-alone song, and these all have a focus on musicals and theatrical performances.

She added, “Something I particularly enjoy about musicFEST is

concert isn’t too long and it’s wonderful to watch talented students perform.”

The musicFEST spirit also expands into the Amity Band, which will be performing a variety of older classics combined with some popular mov-

# May Crossword



## ACROSS

- 1 Tattoos, for short
5. (Two words) “I am open to questions”
10. Means “so be it”, muttered at the end of prayer
14. (Two words) many, numerous
15. Less common term for spy or watcher
16. Small car brand manufactured by AvtoVAZ
17. Major American cosmetic chain
18. Krispy \_\_\_\_\_, frequent partner in donut fundraisers
19. untruths
20. (Two words) street synonym and the Egyptian capital
22. British princess well known for her activism and tragic death
23. (Acronym + word) “link to” but replace the “link”
24. What to hope for so the game is not cancelled
26. Social Security Number abbr.
27. Black and white birds, related to crows
29. Computer-Aided Design abbr.
32. Looks like “Oh bye!”, name of

- songwriter and producer Ablabyad
34. Sink or bulge downward
35. Also called bubble tea
36. “Aprils showers bring May \_\_\_\_\_”
39. Having gained much knowledge through study
41. Musical group whose songs are everywhere in “Mamma Mia”
42. Doctor for short
44. Same as 14a
45. Disc jockeys abbr.
- 46 Genus of the Bowhead Whale
48. Lovelace, who was the first computer programmer

- sickness
30. Abraham for short
31. Father
33. Country code for Botswana
35. Brother or buddy for short
36. Trend, craze
37. Lebron James or Lyndon B. Johnson for short
38. To become solid
40. Famous battle sight during the Texas Revolution, “Remember the \_\_\_\_\_”
43. “Canals” in Spanish
46. Franklin, whose face sits proudly on the \$100 bill
47. This tower is arguably the greatest of Paris’ landmarks and the city symbol
49. The shoes you wear if you cannot tie laces
50. Valuable things or qualities
51. Gal, Famous actress known for her portrayal as Wonder Woman
53. (Two words) augment, increase
54. Common pond plant when combined with “pad”
55. Common slushie drink at Subway
56. receives
58. Curved pieces of wood that make up the rim of a wheel
60. Cured pork leg frequently eaten during Christmas

## Musical Review

# The Magic of “The Little Mermaid” Comes Alive

by Avery Ketchian ‘26

Imagined attending a light-hearted musical that immediately captures the crowd’s attention with lively outfits, choreography, lights, and music. That was exactly how Amity Creative Theatre’s (ACT) production of The Little Mermaid can be described. Here, Amity’s very own students worked hard for several months to put on the best performance they could.

Anna Edwards ‘26, was given the opportunity to play Ariel in the musical. In her third year of being a part of ACT, Edwards, after finding out that the musical would be about The Little Mermaid, immediately realized she wanted to play the main role of Ariel as that is her favorite Disney princess.

After successfully getting the role, Edwards said, “The first time I got to put that costume on with my beautiful red wig felt surreal, and I would do anything to be a mermaid again.”

After working on her singing and acting, and having to wear a multitude of costumes, Edwards was able to deliver an authentic and impactful performance as Ariel while on stage. Edwards also has

Imagined attending a light-



Photo contributed by Avery Ketchian ‘26

Maisy Enright ‘26, Milki Ejara ‘26, Anna Edwards ‘26, and Thomas Francese ‘27

advice for students interested in ACT, saying that they should just give it a go. As long as you are willing to put in the effort and go in with a positive attitude, that is exactly what the people casting the show want. Being an actor is not the only way students are involved in ACT.

Another role is being part of the costume crew which Orokwu Igo-Amadi ‘26 who learned how to hand-sew and grew quickly in her skills.

Spending over 70 hours, Igo-Amadi spent time cutting patterns on the fabric, ironing the lining, sewing the fabric together, and hand-sewing the wedding dress for the wedding scene. Despite the number of talented students, none of this would be possible without Robert Kennedy. ACT director. He looks for passionate, invested students who will give their all to the character they are playing. He said, “I look for kind, empathetic, and hard-working actors too. Being a good person takes no talent at all.”

Before the casting, however, Kennedy gets help from Peter Downhour, for which he is very grateful, to manage the finances of the show as there needs to be many fundraising activities as the

shows are expensive.

There were also a multitude of others like Andrea Kennedy, Robert Kennedy’s wife, who helped with choreography; Ryan Howell and Andrew Gusciora who helped create the backdrop; and Philip Dolan and Marcia Rizzotti who both conducted the orchestra as it would not be a musical without the music.

Good luck at Sondheim, ACT!

# Siblings and Teammates

## The Kim Brothers Share a Special Journey on the Court

by Janet Fan ‘26

Brothers Soma Kim ‘25 and Theo Kim ‘28 may be three years apart in age, but on the volleyball courts, the two are powerhouses working in tandem to bring their team to success.

The boys volleyball team, which has a current season record of 2-5, has made great strides on the courts and with building a collaborative community.

“One of the biggest pushes in our team this year is building up and encouraging each other,” says coach Gunnar Poulimas. “Every person has a job, whether they are on the court or on the bench, and that is to support the team the best they can.”

The Kim brothers exemplify this attitude both on and off the courts by living out this commitment to the brotherhood environment on the team.

The younger brother says, “I feel that having a sibling on the team has been a benefit to me because I am new to the sport and haven’t ever been on a team.”

By introducing him to more senior members on the team, Soma helped his transition into the sport and helped to build a stronger bond between older and younger players.

For the older brother, having a brother on the team means something more personal.

“Seeing him dedicate time to the sport reminded me of my first year on the team when I was adjusting to the schedule of a student-athlete,” Soma says.

In addition, the brothers help each other grow their skills. Theo appreciates the tips that Soma gives him about how to improve and the feedback when he makes mistakes. Soma also appreciates the opportunity to give back in an area where he has some expertise.

When he first started out playing, he was a defensive specialist before he later became the team’s libero. Soma enjoys helping out with advice on how to pass and what he learned when he was in that role.

This brings him a great sense of fulfillment, as he explains, “While I



Photo taken by Anthony Feng ‘25

Theo Kim ‘28, Coach Poulimas, and Soma Kim ‘25 after the team’s recent game against Cheshire.

still have a lot to learn, it feels nice to be able to pass down my knowledge to my brother.”

The sense of community is a vital aspect of the boys volleyball team. Both Theo, Soma, and Coach Poulimas cited the collaborative team atmosphere as one of their favorite parts of being with the team. Coach Poulimas applauded the brothers for their contribution to the team environment.

“Having a pair of brothers the past few seasons has definitely added to the developing brotherhood that we have in our program,” he said.

# Plans for Newly Committed Girls’ Lacrosse Players

by Emma Fotjadhi ‘27

For years, seniors Addie Zalin-sky, Addelyn Maxwell, Haley Mario, and Mia Hartmann have taken over the lacrosse field. All four have been playing lacrosse for years and are now taking their skills to the next level by playing Division 1.

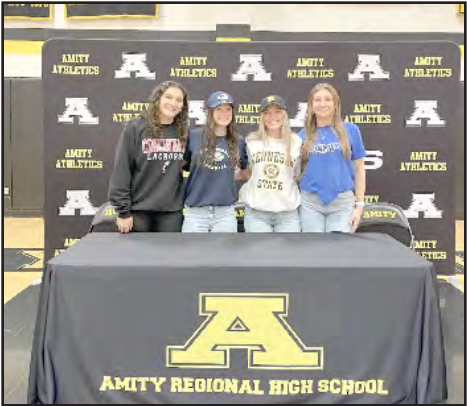


Photo contributed by Haley Mario ‘25

**Seniors Haley Mario, Addie Zalin-sky, Addelyn Maxwell, and Mia Hartmann.**

Maxwell states, “I chose KSU because of the resources the school will give me as both an athlete and a student.”

Kennesaw State University offers both amazing academic opportunities and athletics. Maxwell always knew that she wanted to play lacrosse in college.

No matter what level, it always had a lasting impact on her. It has shaped her into the type of person she is today. She adds, “I also chose it because of the coaches and the girls on the team that I was able to bond with right away.”

Zalinsky is continuing her lacrosse career at the University of New

Hampshire. UNH has a very up-and-coming program and is making many changes in order to make a name for itself in the America East Conference, as well as to compete for a conference title.

She chose UNH because of the sisterhood environment created within the team, along with their strong athletics in general. She hopes “to make a difference there and be a contributor to their success next spring.”

Hartmann is continuing her athletic and academic career at Southern Connecticut State University. SCSU has a strong blend of academic and athletic opportunities and allows student-athletes to flourish and succeed. As a captain of two years, she is a powerhouse on the field and will be missed by the whole team.

“I chose to play Division 1 lacrosse at the University of Cincinnati because it felt like the perfect place for me to grow both on and off the field,” explains Mario.

The University of Cincinnati is known for its competitive athletics, strong academics, and a team culture. Mario loved the coaching staff there, and she knew that they would strive for her to play her best, whilst also supporting her through every obstacle on and off the field.

She has been playing lacrosse for many years and played for Dewlax outside of Amity. She is now a senior captain who thrives on the field and does her best no matter what.

These seniors thrive on and off the field and the team, as well as Amity, will miss them. Amity lacrosse was taken to a whole new level with them on the field. They take the time to make sure all the girls feel welcomed and confident on and off the field.

With them taking spots as four out of the five captains, next year their presence will be missed.

# From Dugout to Diamond

by Rohan Hebbar ‘27 and Tyler Kingston ‘27

When springtime comes around, Amity is usually known for its outstanding baseball. However, this year the girls’ softball team is making a name for itself.

With the middle of the spring sports season approaching, the Amity sports teams have begun to cherish successes, develop meaningful connections with teammates, and work even harder to reach their goals. Early on this year, the team has had great success, with an astounding 8-0 record so far.

Senior captains Jenna Moss, Leah Monschein, and Amara Forstrom have been paving the way for a successful season as they have and continue to lead their team.

Sophia Richtelli ‘27 described the team, stating, “We have a young team this year, and we are looking forward to spending time together whether it’s a game or a practice, and we’re looking forward to having a suc-

cessful season.”

As a result, the captains have successfully stepped up and led the team towards a season that has made their mark.

The team has absolutely dominated the first half of the season, with scores to show off. Currently, the girls are steam-rolling their competition with multiple four-inning merces and winning 6 games by 10 or more runs.

Additionally, they are at the top of the SCC’s in run differentials, scoring 76 runs while only allowing 15 to pass them by. Monschein says that the main reason for their dominance is because of “how much [they] love and trust each other.”

Along with spending time on the field together, the girls spend almost as much time off the field with one another. Moss states that these off-the-field team hangouts are “an essential part of this program, as it makes sure [they] are as bonded as possible.”



Contributed by Amara Forstrom ‘25

Seniors Leah Monschein, Amara Forstrom, and Jenna Moss.

Amity’s softball team hasn’t won or taken part in an SCC or state championship in a while.

However, with the way this season is going, the team definitely has the talent and the ability to make it happen.

# CJ Costanzo’s Athletic Journey with Dad on the Field

by Teesha Godawat ‘27

Parents and coaches both play an impactful role in most teenagers’ lives, but what happens when the two roles are held by the same person? Being coached by a parent can be a challenging experience, but it can also be beneficial in many ways. To further explore this within the Amity community, junior CJ Costanzo shared his experience being coached by his dad for the boys lacrosse team. Costanzo has been a dedicated player on Amity’s lacrosse and hockey teams. Lacrosse is his passion, and he has been a varsity starter for two years with the number 22. In 2024, he earned an award for the Amity Offensive Player of the Year. On the ice, Costanzo has represented the varsity hockey team under player number eight for the past two years. Outside of school, he also enjoys fishing and skiing. Costanzo has been coached by his dad since second grade and has learnt many valuable lessons from him throughout his lacrosse journey. Throughout the past ten years, Costanzo has built up his passion and skill for the sport through his hard work and guidance from his dad. “I have found myself constantly getting better in my sport, as

my dad always pushes me to do my best,” he says. However, some challenges arise with having a close family member constantly pushing you at home and on the field. For Costanzo, the main challenge occurs on the field, as it becomes difficult to “see him as my coach and not just my dad.” He reports that having to quickly switch his perspective and attitude on the lacrosse field towards his dad can be confusing. Overall, Constanzo truly does enjoy being coached by his dad and says it has helped him grow as an athlete. He explains, “Some parents only coach to help their child, but luckily my dad does it for the entire team.” He appreciates this because then he can focus on the team and coach them to improve as a whole. This also ensures that CJ is not singled out, and he can strive to become a good teammate. Through Costanzo’s experience, it is clear to see that being coached by a parent can help an individual be more motivated in their sport and keep their passion going. As expected, difficulties come up, such as adjusting his behaviors and attitude toward his dad on and off the court. However, Costanzo’s success as an athlete, specifically in lacrosse, shows the positive impacts of having a parent as a coach.

# Serving Up Success Boys’ Tennis Volleys to an Impressive Record

by Sarinah Zamir ‘27

On the courts, the Boys Tennis Team has entered the season powerfully with an impressive 7-1 win-loss record. The team is led by two captains, Dariush Raissi ‘25 and Jackson Key ‘25. Along with their coaches, Mike Bullers and Zach Brocklehurst, the captains help drive their teammates to success on the courts by creating an environment where everybody feels like a valued part of the team. Tennis is mainly an individual sport, with everyone playing their separate matches. Because of this, fostering team unity through cheering and giving support is especially important. Raissi feels the team has done a great job of this, commenting, “No matter who is playing, it always feels like that support is there.” He has played on the team throughout his high school years and recognized what it means to be a good captain during his last year on the team. Raissi says, “I take a lot of pride in being captain of this team, because it gives me the chance to help lead a bunch of great kids.” For him, memories created at matches, as well as before and after, have been some of the best and most memorable of high school. Key feels similarly about the team’s ability to work together. When asked about what he enjoys about being captain, he said, “One of the best parts of the team is the energy we produce cheering. We take energy from the sidelines right to the players, fueling their match

and making us feel like a team.” He notes that the team is really brought together by their competitive drive, and that they all “continue to push each other to reach [their] potential and become stronger as a team.” One standout athlete on the team is Thomas Sirichantho ‘27,



Photo taken by Jesse Hoffman-Santiago ‘26  
**Thomas Sirichantho ‘27 serves against Fairfield Prep on April 22**

who plays the number one singles position and plans to extend his tennis career onto college, hoping at a Division 1 university. He has set high aspirations for this season, stating, “My goal is to win State Invationals to solidify my profile for top D1 schools.” Sirichantho reached the semi-finals of States in the 2024 season and has hopes to be the first individual Amity States winner since 2016. Coach Mike Bullers, who was the assistant coach two years before this year, is highly enthusiastic about the current athletes. He appreciates their determination and devotion to tennis, but what he appreciates most is “the way they treat each other. They support each other, encourage each other, and go out of their way to make everyone feel accepted on the team.” As the team continues to prepare for matches, Coach Bullers feels it is “an honor to coach such a wonderful group of individuals.”

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# RozChopShop Clips and Snips for the Freshest Cuts

by Akshay Bulsara ‘26  
and Tyler Frantz ‘26

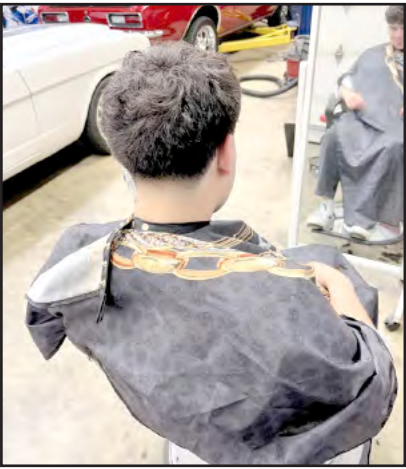
DeAngelis ‘25 is among these students. DeAngelis has successfully launched a barber shop named RozChopShop, located in his garage, where he also enjoys building and rebuilding older cars. He specializes in cutting students’ hair and has been documenting his progress at @rozchopshop.ct on Instagram.



RozChopShop

Students at Amity High School have interesting hobbies outside of school. Senior Roswell (Rozzy) DeAngelis responded with quite a funny story. “I made a bet with my friends and a teacher that I could cut Dariush’s hair,” he said. “I used an old clipper he had that he brought to my back porch. The haircut actually came out good so I just kept doing it.” DeAngelis continued, saying, “I was self taught and I just got better by practicing. My friends trusted me

for a while and once I got good enough, I made it a business and started charging. That’s when I made the Instagram, and ever since people have been coming to get haircuts.” Clients have put their trust into DeAngelis, showing his shop’s professionalism and character. Regarding his other hobbies in addition to cutting hair, DeAngelis responded, “Besides cutting hair I coach lacrosse, work on cars, I used to ride dirt bikes and mountain bikes a lot before I injured my leg. I also volunteer a lot teaching stem classes in New Haven and coding at the Orange Community Center.” DeAngelis not only enjoys cutting hair but enjoys the connections he made and is continuing to make with all his friends. Many students at Amity have been going to DeAngelis frequently and have only said great things about his business. Junior Burke Lindsay is one of these frequent fliers. He said, “I had a great experience. He’s very welcoming; we had a great conversation and I left with a great new haircut. I would highly recommend



Alex Gilbride’s haircut

him to anyone looking for a great haircut.” DeAngelis not only gives great haircuts but cares for his clients and often engages in conversation while working. Another student who shared a similar experience is Joe Vatner ‘26 who said, “I really enjoyed my experience as I got to hang out with one of my friends while also getting a great haircut. The atmosphere is very laid back and it is a chill, low stress environment. I myself am a recurring customer. If you want a great haircut, pull up to the shop.” It is clear that locals enjoy going to DeAngelis for haircuts. Overall, students that get their haircut from DeAngelis never seem to complain and always have extraordinary things to say about him and the experience they had. If you are looking for your next haircut, message Rozzy DeAngelis on Instagram @rozchopshop.ct and he would be happy to give you a quick haircut.



Rozzy DeAngelis (right) and a client

## Envirothon: Community Outreach and State Competition

by Claire Theiss ‘26

Amity’s Envirothon club promotes environmental stewardship and awareness both within and beyond Amity. The club is active throughout the year, with their most recent event being an exhibit at the 2025 Woodbridge Earth Day expo on April 26. At this event, club members set up a poster advertising what Envirothon is, and displayed hands-on nature-related activities for those walking around the celebration. Beyond spreading awareness about the environment in our local community, the Envirothon club has been hard at work preparing for a field day competition, which will be a chance for club members to demonstrate their knowledge in various areas of study. This competition will be held on May 22, at Indian Rock Nature Preserve in Bristol, Conn. Viviana Pfannenbecker ‘26 explains, “The competition has five topics: forestry, soil, aquatics, wildlife, and current issues . . . The whole point is that each person on your team is an ‘expert’ on their topic.” Olivia Parks ‘26 adds, “For example, I’m in a group of five people and I’m in charge of soil, while Vivi is in charge of aquatics.”

With the competition quickly approaching, anticipation has grown as members continuously learn more about their respective topics. Sophie Cohen ‘26 says, “I am super excited to compete this year, the competition is going to be super fun, and it has been so cool learning about our environment in Connecticut.” Pfannenbecker added, “I want to come out of this competition with a new appreciation for the environment. This experience will strengthen my ability to work with a team and my interest in the environment.” Given the time and dedication of Amity’s Envirothon club, it seems their hard work will likely pay off and they will be competitive in the upcoming event. Good luck to all Envirothon club members!



Photo contributed by Viviana Pfannenbecker ‘26  
Envirothon club members at the Woodbridge Earth Day celebration

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