

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

November 11, 2020

Amity Remains in Hybrid Model for Foreseeable Future

by Emily Gu '24, Audrey Marin '22, and Jennifer Xu '21

On October 23, 2020, Amity parents received notice that the district was planning to switch from the hybrid learning model to a full in-person learning model. This change was to coincide with the beginning of the second marking period.

Since the beginning of the 2020-2021 school year, students in the Amity school district attended school either fully remote or in the hybrid model. The hybrid model splits students into two cohorts based on last name. Cohort A-K attends school in person on Mondays and Thursdays, while Cohort L-Z attends school in person on Tuesdays and Fridays.

On October 23rd, through a statement sent out to all parents, Superintendent Dr. Jennifer Byars shared a reopening plan update, stating that a transition to a full-in person learning model was anticipated for November 5, 2020.

Byars indicated that staying in the hybrid model for an extensive period of time was never the hope of the district, writing in her letter that "going back full in person has been the goal of the district since the August reopening plan was published." Byars stated that officials "worked very closely with our health departments to refine our contact tracing process" so that students could safely return to school.

The decision was met with uncertainty and worry from some. Because of the increase of COVID-19 cases in Connecticut, there were concerns regarding the timing of this decision. A community petition urging the district to remain in the hybrid learning model received over 1,200 signatures from concerned



Students walk to class in the hybrid model.

Photo by Emma Tirollo '21

community members. Annika Minotti '21 voiced that she "didn't think we were ready for everyone to go back" due to health concerns.

However, on October 30, 2020, Amity decided to remain in the hybrid learning model. The decision was informed by the State Department of Education guidelines. Every Thursday, the COVID-19 data from the previous week

is released and reviewed. In response to this information, including the increasing case per 100,000 population per day rate, officials deemed it imprudent to return to school at full capacity.

Byars responded, "When I sent the letter on October 23, 2020, all indicators favored more in person learning...What we have come to realize now is that a two week notice is really just a heads-up. The situation changes so quickly that we really cannot make firm decisions until 24-48 hours prior."

Nonetheless, at the start of the second marking period, the school day was extended to 12:47 pm, and the high school's letter day calendar returned to the regular A through D cycle.

There were conflicting opinions about this decision. Isabella Pfannenbecker '21 said, "I'm glad we're staying hybrid. I think the move is something that we should look towards in the future, but now was the worst time to do so."

Others were looking forward to full in-person learning. Alexandra Marinescu '21 said, "I miss seeing everyone together again and seeing what school would be like with everyone back, but I understand why we couldn't, and I trust the school's judgement."

Amity will continue to evaluate the COVID-19 situation as the year progresses, and administrators still hope to bring all students back for as normal of a year as possible.

2020 Election Proves Historic

by Grace Lodewick '22

The 2020 presidential election was far from ordinary. Among many other factors, the onset of the COVID-19 pandemic completely transformed the election process. Those at-risk, those quarantined, and those choosing to stay at home forced states to reevaluate their voting processes to ensure the safety of voters. Nearly one hundred million people cast their ballots prior to Election Day as states attempted to make absentee voting accessible.

The election was a buzzworthy topic in many Amity classrooms. In the preceding week, Jennifer Brechlin, an AP United States Government and Politics teacher, believed Election Day would be "one of the most historic elections in U.S. history," further stating that it would be "the most important one" in her life thus far.

On October 28th, Amity held a mock election during Spartan Seminar. Students from Critical

Issues classes created campaign advertisements for the election's two main contenders: President Donald Trump of the Republican Party and former Vice President Joseph Biden of the Democratic Party. Both students and faculty had the opportunity to vote.

Following Amity's mock election, Connecticut polls opened early Tuesday morning and remained open until 8:00 pm. As the Associated Press continued to call states, the country had its eyes glued to this year's major swing states. After an initial lead by Biden in Florida, President Trump carried the state. Biden won Arizona, turning it from a Trump victory in 2016. Holding 20 electoral votes, Pennsylvania was one of the more valuable states in the election.

President Trump prematurely asserted victory in the election at around 4:00 am Wednesday morning. He called for a halt to the vote-counting process underway across the United States, falsely

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Standardized Testing: The COVID-19 Edition

by Preethila Zaman '22

SAT testing was among the various school-related activities and events that were impacted by the school shutdowns in response to the coronavirus pandemic. As a result, last year's juniors could not take the school-administered SATs, leaving many without scores for a crucial component of the college application process.

While most schools went test-optional in response to these cancellations, the Amity counseling department still worked to provide students with an opportunity to take the SAT. The department decided to combine this testing day with the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

These tests are both broken up into four sections: reading, writing and language, math without calculator, and math with calculator. The SAT is around three hours long

while the PSAT is around two hours and 45 minutes long.

On Wednesday, October 14th Amity High School administered the SAT and PSAT from 7:34 a.m. to 12:09 pm. Many students, like Bethany Qian '21, were grateful for this opportunity.

She said, "I took the SAT on September 26, but I didn't do as well as I hoped. I'm glad Amity gave us a free test because it gave me a shot to push myself to do better."

In alignment with the health and safety expectations of the hybrid-learning model which enabled Amity to administer the standardized tests in the building, students wore masks and sat in a socially-distanced fashion in their designated rooms.

Upola Zaman '22 commented, "The room felt emptier than usual because there were less people, which I felt good about because there would be less distractions."

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stating that the remaining votes were fraudulent. Biden remained quiet on social media throughout the night.

In terms of the candidates' campaigns, their responses to the pandemic, climate change, racism in America, and women's rights were important characteristics. Brodey Lu '22, believed that the COVID-19 pandemic was one of the most important issues. He said, "I think the current administration had a huge opportunity to prove themselves and the fact that we're still wondering how to overcome this challenge eight months later shows a clear problem."

On the morning of November 7th,

Joe Biden won the 2020 United States Presidential Election after winning the electoral college votes in Pennsylvania. He is set to become the 46th president of the United States. Kamala Harris will become the first female and the first person of color to hold the position of Vice President. Electors will cast their electoral votes on December 14th.

The 2020 election was unlike any other, and as the United States held its breath awaiting the outcome, the public attempted to hold onto its faith in democracy. As Brechlin said, "Democracy will prevail. It is something that can't be rushed, bullied, or swindled." During this election, democracy, the public's patience, and the call to remain civil were held to the ultimate test.

Underclassmen Awards Night from 2019-2020 Goes Virtual

by Katie Sim '22

Every year, Amity High School administration, teachers, guidance counselors, and many other members of the school community gather to celebrate the accomplishments of exemplary underclassmen. Though there was nothing ordinary about the 2019-2020 school year, school staff still came up with a creative way to honor selected underclassmen.

On September 30th, the guidance department shared a pre-recorded Zoom presentation in which administration, guidance counselors, and department chairs announced and congratulated the recipients of the 2019-2020 awards.

For some students, such as Sydney Melchiorre '23, the awards came as a delightful surprise.

Melchiorre said, "I am really honored to have gotten the English and Math underclassmen awards. I had gotten called down to guidance, and I was surprised to hear that I had earned what I did. It feels great to be recognized. I know they're simple awards, but I worked really hard to keep my grades up, and I am happy that it worked out"

For the Class of 2023, this was their first awards night as members of the Amity High School community. For Harrison Rosenay '23, recipient of the the Excellence in Health, Physical Education, Algebra I, Spanish I, and Biology I awards, virtual Awards Night proved to be another great experience of his

freshman year.

Rosenay said, "I want to thank all of my teachers for their hard work and support. I was really nervous last year coming in as a new member to the Amity community. Looking back, though, I realize I had no reason to be. Everyone was so welcoming and it was a freshman year that I'll always be grateful for!"

The format may have been unconventional, but the event accomplished what it was meant to: it showcased the accomplishments of Amity's 2019-2020 underclassmen.

When asked about her thoughts on the event, Tasha Von Beeden '21, recipient of the Excellence in Physical Education and Marine Biology awards, said, "I think that even though we didn't get to be in person I liked that we were able to share our accomplishments with each other!"

Social Studies teacher LeeAnn Browett contrasted the differences of the virtual event to her experiences at the event in years past.

She said, "Even though underclassman awards didn't take their usual form this year in a packed auditorium with parents, students, and teachers cheering on awards recipients, it was really important to recognize the hard work and achievements of our students---even if it had to be in a virtual format."

Overall the event proved to be a great way to welcome in a new school year, one that will be unorthodox, but surely one that will be filled with many accomplishments, both academic and personal.

Standardized Testing

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Full remote students were also assigned to rooms together.

Amal Abassi '22 said, "I was glad I had the opportunity to take the PSAT, especially because I'm a remote learner and I wasn't sure how Amity was [going to] proceed with the testing situation."

However, some students felt apprehensive about the decision to invite both the A-K and L-Z cohorts to test on the same day.

Maddie Marcus '22 said, "I was glad to get the opportunity to take it. However, I felt slightly uncomfortable with being in school with both

cohorts. I think I would have felt safer if they didn't have both groups in the school at once."

Those who chose not to test, along with freshmen and sophomores, were required to remotely participate in asynchronous class assignments throughout day.

Although the administration of standardized tests was like no other year, Amity's staff and faculty took many careful, diligent measures in order to ensure students would be able to test safely, as did the students who all adapted to the new testing conditions and complied with health protocols.

Club Videos Get Students Involved

by Nicole Grosso '22 and Brodey Lu '22

Club Day has always been a well known part of the annual transition back to school after summer vacation. The event brings the community together by allowing students to share their interests and learn about new or recurring clubs they can join. It also gives groups of students the chance to put forth ideas they have spent a lot of time and effort organizing into practice.

Unfortunately, due to the large crowds and gatherings associated with this event, having a normal Club Day in light of the COVID-19 pandemic was difficult this year. Despite the obstacles they faced, the co-presidents of Club Council, Eesha Acharya '21 and Andrew Gilbride '22, were able to come up with a plan to have a Club Day alternative online.

Each club recorded a video about themselves where club organizers had a chance to discuss themselves, why they made the club, and what the club was all about. The structures of the videos were as diverse as the clubs themselves.

Many groups chose to record themselves speaking about the club, while others used slideshows and video editing software to add to their

presentations. Some clubs even created animations for their videos. Attached with every video was a link to a Google form to indicate interest. All of the videos were uploaded online to the Amity High School website.

Many felt that this year's virtual club day was a strong alternative for the typical event, including Colby O'Connor '22, one of the leaders of the Diversity in Action Club. O'Connor felt that his club "rolled with the punches", and he even stated that the videos were "a major success" based off of the many freshmen who joined his group.

Overall, amidst many challenges due to the COVID-19 guidelines, the virtual Club Day alternative was a success. Although the usual posters and discussion were unavailable, the experience this year showed that videos could be just as effective in sharing information and encouraging people to take part in the school community.

While Gilbride '22 is still "hoping [Club Council] can do some in-person club day-like activities in the future," Club Council is very thankful for all those who helped make the event possible.



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The 2020 Election: Record Turnout Indicates Hope

by Weiss Yuan '21

For both parties, this election represents both hope and disappointment. Many Biden supporters may have been shocked by the candidate's underwhelming performance in battleground states as strong Republican turnout reelected incumbents like Senator Graham and Collins. The current trend of a Biden victory is also a disappointment for many Republicans, however, who hoped that Trump would deliver a resounding victory. For a party that initially banked on a Biden landslide, gains in the House, and a flip in the Senate, this disappointment should have been obvious.

Ronald Reagan's historic presidency and his famous quote "Are you better than you were four years ago?" has been a lead indicator for every presidential election. Surprisingly, Gallup's most recent poll in September of this year showed roughly 56% of Americans indicated

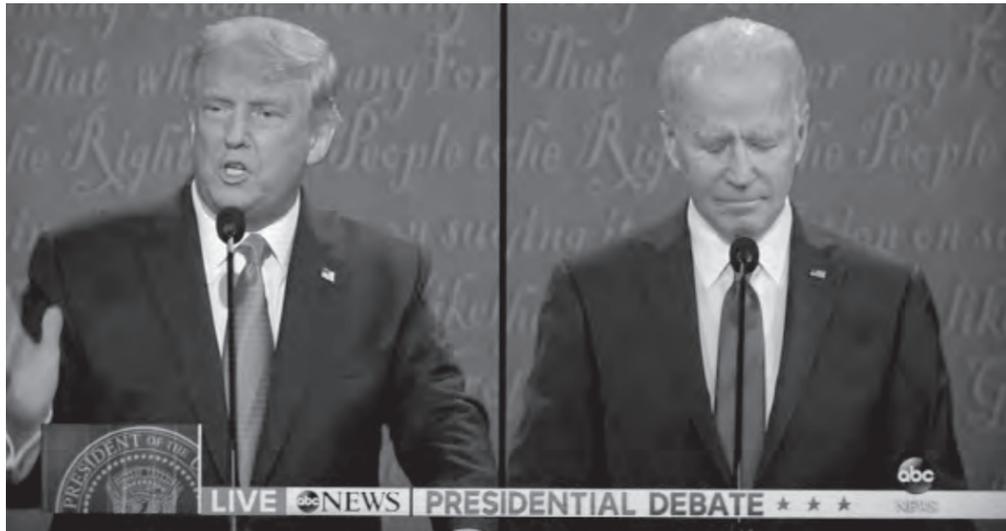
that they felt better off today than four years ago. Keep in mind that even in the middle of a pandemic, slow recovery from a recession and record unemployment, and racial justice, a resounding majority of Americans believe that they are better off today than they were four years ago.

What may be the most surprising outcome of this election are the changing demographics. The initial high turnout, particularly among minorities, might have been major trojan horses for optimistic Democrats. The lack of Latinx support in Democratic stronghold Miami-Dade County in Florida that led to a Trump victory in Florida represented a major turn that many Democrats have taken for granted considering Trump's prior rhetoric on immigrants. Many accredit this as a response to Trump's smears of Biden being a socialist due to many immigrants coming first-hand from Cuba.

Most surprisingly is the GOP turnout this election.

Even though Biden appears ahead in the popular vote, Trump was able to turn out record support, eclipsing turnout that both himself and Secretary Clinton received in 2016. Democrats, however, were not alone in a national realignment of voters as Republicans surprisingly lost ground in Arizona, a traditionally red state, making this only the fifth Democratic presidential candidate the state has ever voted for.

This election's volatility represents much of the changing political alignment and atmosphere in modern politics. However, this election also represents hope. With the increased partisanship, America has seen record turnout and participation in democracy, especially considering the pandemic. This record turnout and political participation offer hope for civil discussion, debate, and progress in this country that over two centuries ago started an experiment of democracy that has successfully advanced our country since.



Donald Trump and Joe Biden participate in the presidential debate.

Final Presidential Debate Was an Upgrade

by Abby Ball '22

The final presidential debate turned out to be much more civil and worthwhile than the first. Both Donald Trump's and Joe Biden's microphones were muted when it was their opponent's turn to speak. As a result, viewers could understand each candidate's answers and opinions, whereas in the first debate, almost nothing was audible.

I believe that this debate's moderator, Kristen Welker, did a better job than Chris Wallace in keeping interactions respectful. She controlled the candidates through her lenience by occasionally giving extra time for their responses (and, of course, with the aid of muting them). Welker also had more important and in-depth questions concerning the American people.

If one of these candidates won, I believe that it was Joe Biden. Biden's strategy of looking directly at the camera to address Americans was very powerful. He spoke directly to those who lost loved ones to COVID-19 and united the country under shared struggles.

In addition to this clear sense of empathy, Biden answered the questions more effectively than Trump. Trump either avoided the questions, repeated what Biden had previously stated, or spewed many strange and false statements. For example, he stated that

Biden "takes all the money from Wall Street." These sorts of claims have absolutely no basis for support and are absurd to say in the first place. Trump also occasionally returned to his aggressive and disruptive behavior tactics from the first debate, albeit less this time around. However, this does not negate the fact that Trump's derogatory language toward others is disrespectful and unnecessary. Overall, Biden's empathy and straightforwardness with Americans was more productive than Trump's lies and exaggerations.

Biden's closing remarks were also much stronger than Trump's. Welker asked both candidates, "What will you say on Inauguration Day to Americans that did not vote for you?"

Trump went first, stating that his success will unify America. He focused on the economy and how Biden would ruin it. Biden answered by stating he would be an American president to everyone.

Trump merely reiterated Biden's faults and his own past economic successes, while Biden talked about bringing Americans together and inspiring hope for the future. In my mind, Biden's emphasis on how we are all citizens of the United States, and not just blue or red states was encouraging to hear.

What matters most is who has a more just and definite plan for the future of the United States. Joe Biden is that candidate.

the TRIDENT

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FACULTY ADVISOR

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CORRECTIONS

In the September issue, the article "Students Engage Awareness in the Black Lives Matter Movement," George Zimmerman was incorrectly identified. He is a neighborhood watchman.

For any corrections or tips, please email the Editors-in-Chief (chenca21@amityschools.org, garfinkleza22@amityschools.org, sual21@amityschools.org)

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The “Scientific Devolution”

by Hyunjin Kim ‘21

The Trump administration has caused havoc on the integrity of federal agencies. Trump unleashed a new wave of political pressure on many of the agencies, especially the Federal Science Agencies.

Trump creates policies against science. He has appointed political appointees who either have no scientific background or have a history of opposing scientific agencies. President Trump appointed Michael Caputo as the assistant secretary for public affairs of the Department of Health and Human Services (HHS) in April 2020. Caputo and other HHS officials attempted to control publications of the Centers for Disease Control that contradicted President Trump’s public messages, downplaying coronavirus reports.

Trump’s political pressure further extends

to the FDA which seems to have been politically pressured to enact the Emergency Use Authorization (EUA) for Trump’s reelection bid. In August, Trump pressured the FDA to quickly approve the EUA for convalescent plasma therapy even with NIH concerns over the effectiveness of the treatment.

Further evidence of this “scientific devolution” lies in the Trump administration’s response to climate change. The administration’s potential policy changes could cause global carbon emissions to the point of no return. National Oceanic and Atmospheric Administration (NOAA) is crucial in limiting U.S. carbon emissions because its National Climate Assessment sets the foundations for regulating greenhouse gas emissions.

The acting chief scientist of NOAA, Craig McLean, was

fired for asking new political appointees to acknowledge the agency’s scientific integrity policy. The recent executive order that facilitates the hiring and firing of civil servants involved in setting policy, the already growing number of climate denialists in the NOAA, and the memorandum that requires the approval of internal and external communications by political staff three days before being issued, sets up the possibility that the 2022 National Climate Assessment will be purely driven by political ideology.

Scientific agencies are supposed to be non-partisan by nature. The goals and tasks of scientific agencies should be driven by data unhindered by political pressure. However, the Trump era ushered in a dangerous precedent of controlling scientific agencies for political goals like his own reelection campaign.

Hybrid PE Has Shortcomings

by Dylan Speranzini ‘22

In response to the COVID-19 pandemic, Amity has altered the way we students learn. In addition to social distancing measures and mask requirements, Amity has changed the structure of physical education (PE) classes. While some of these changes were necessary and appropriate, I believe that Amity’s hybrid-style PE classes are ineffective and inadequate.

To begin, there are no locker rooms available. It is unreasonable to expect students to wear clothes specifically designed for athletics for the entire school day. Most of the time, activewear is more casual, and some kids like to dress nicely for school. Without locker rooms, students can no longer do this; they are forced to wear their PE clothes for the duration of the school day. After PE classes, they have to walk around in gross,

sweaty clothing. Nobody wants to smell bad and feel uncomfortable while trying to learn.

Beyond this, some students own very little gym clothing. It is unreasonable to expect students to spend money on more clothes with this change in schedule. What if the only piece of athleticwear a student owns is shorts? Now, instead of only wearing the shorts during PE class, a student would have to either wear shorts for the entire day, even during the winter months, or buy new athleticwear to stay warm.

In terms of locker rooms, I believe that the main reasons they are currently closed are concerns surrounding the size of the rooms and the fact that they need to be cleaned. While it is necessary to keep students distanced, the locker rooms are not that small, and there are less students in each class. I have about six people total in my in-person

PE class. Therefore, allowing a few students to use the locker rooms to change in and out of their PE clothes will not be as dangerous.

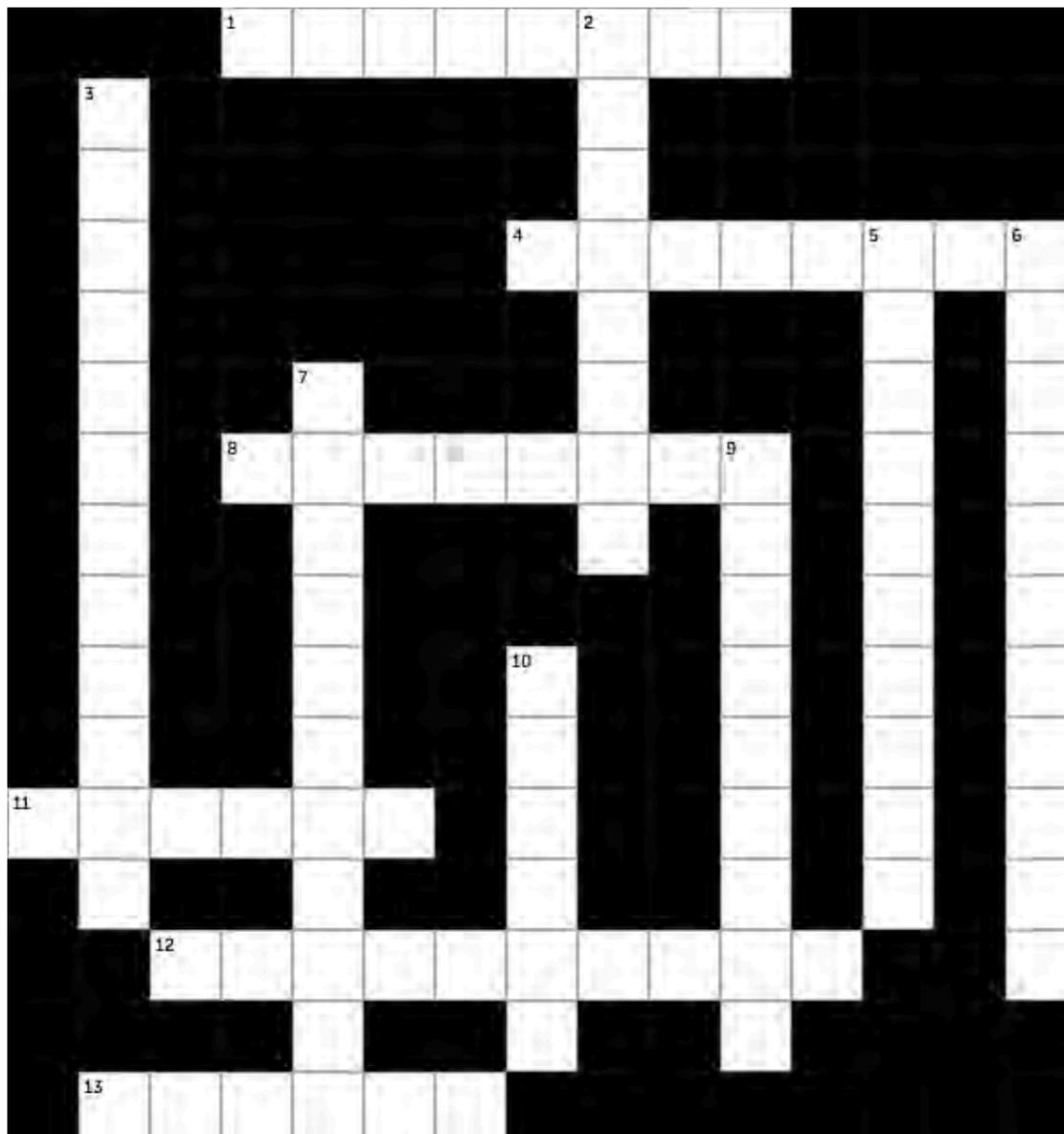
Online PE classes are also poorly conducted. Although it is difficult to have students exercise on their own at home, a five minute Ed-Puzzle, in my opinion, does not do an adequate job of teaching the material. Creating a balance between home workouts and in-school worksheets would be better.

In the last couple of weeks, physical fitness testing has exacerbated the current issues with hybrid PE classes. The lack of locker rooms has forced students to walk around in their sweaty gym clothes all day after running the mile, and the students at home, especially those that are full-remote, have been left with an inadequate amount of work.

Overall, hybrid PE classes are currently not working well and require modifications.

November Crossword Puzzle

by Ian Glassman ‘21



Across

- 1. a.k.a. the Centennial State
- 4. Italian bread with doughy texture typically coated in herbs
- 8. punished by Zeus to roll a boulder up a hill for eternity
- 11. room with a particularly long scan task in the video game “Among Us”
- 12. theorized that the sun is the center of the universe (heliocentrism)
- 13. miniature tree or shrub grown in a pot

Down

- 2. German highway with no formal speed limit
- 3. popular Fender guitar
- 5. cone-bearing trees or shrubs
- 6. fear of situations difficult to escape
- 7. brain structure in limbic system; long-term memories
- 9. self-addressed monologue in a play
- 10. oval-shaped seed/nut; common snack

Enjoy Some COVID-Safe Autumnal Activities

by Ava Gross '22

While this autumnal season might look a little different, there are still many options to celebrate. The only limiting factor is creativity! To be safe, all events should follow Covid-19 guidelines, but that should not inhibit the fun. Many of the students at Amity Regional High School are participating in socially-distanced pumpkin carving and safe outdoor sports!

To have a festive experience, all you need are a pumpkin, some carving tools, and a large open area that you can get messy. If you are not so handy with tools, painting your pumpkins is also a great option. With proper distancing, it can be done in a driveway, on a porch, or even

in a backyard. These small gatherings have even turned into intense competitions of who can carve the best pumpkin.

For many people, the time has not even been impacted because, as Nicole Grosso '22 puts it, "pumpkin carving is one of those things that's about bringing people together for a little bit of fun to celebrate the season."

Even if you are not a fan of pumpkin carving, socially-distanced sports are always an option. Seasonal sports, such as soccer, can be done outside while the weather is still warm.

Brett Chodos '22, who plays both soccer and golf, stated, "There is zero difference in the game. It is still as enjoyable as before." During these difficult times, creativity is key to still enjoying the season, so have a safe fall!



Photo by Charlotte Lindskog '22

Pumpkins painted for Halloween

New Elective Cooks Up Something Exciting

by Grace Swain '21

Faculty at Amity High School have experimented to create a new elective: the Science of Food. Culinary teacher Chef Matt Zawacki and chemistry teacher Maura Regan cooked up a class that explores cooking and the science behind it.

The Science of Food is a co-taught class with the two teachers. This means that students spend two weeks at a time in a traditional classroom setting, partly taught by Regan and then switching to a culinary kitchen where they are taught by Zawacki.

"I am also so happy we are able to collaborate on this course so that students can get some hands-on experience in the kitchen," said Regan. "Many of the labs applicable to this class cannot be done in a chemistry lab."

Regan said that she was excited to work with Zawacki and face the challenge of creating a curriculum for their new course. Not many classes like this exist so they didn't have anything to reference.

One unit that students are currently learning in Zawacki's kitchen is how to create a colloid by making their own salad dressing. This is a chemistry concept that wouldn't be delved into in a normal culinary class.

Zawacki first demonstrates that when you toss together lettuce with some oil and vinegar the mouth feel isn't the most appealing. Unpleasant mouth feel means that while eating this combination of oil and vinegar it doesn't taste right. This is because the properties of the oil make it want to repel the vinegar instead of mix with it. Making it so while eating the lettuce, you sometimes taste a lot of oil or a lot of vinegar.

Next, he shows how by slowly adding oil into vinegar, in a moving food processor, it turns the two separate ingredients into a combined colloid. This is where the particles of the substances are distributed evenly throughout each other creating one liquid that has a good mouth feel

since the two ingredients are distributed evenly among the lettuce.

The oil and vinegar still want to repel each other which is why you need to shake salad dressing before you use it. Blending them makes it so when you shake the dressing they will blend together easily once again, creating the same colloid.

"I wanted to teach a culinary class that delved deeper into answering cooking's why questions," said Zawacki.

This is why he is able to explain why blending the dressing made the ingredients blend together and taste different, even though he used the same ingredients.

The other half of the students are also working with liquids in the chemistry classroom. Regan is teaching about types of solutions and phase changes. She is able to create a hands on activity by demonstrating how to create rock candy.

Students heat three cups of sugar into one cup of water to create a supersaturated solution. After a few days of allowing the solution to sit, it turns into rock candy.

Julia Turski '21, a student currently taking the course, said, "I have made rock candy before taking this class and did all the same steps just because the recipe told me to. I never knew why you had to heat the sugar and how it was able to turn a liquid into hard candy".

Turski said that she recommends this course because she believes it is important to learn why you are doing things in the kitchen rather than doing things solely because a recipe tells you too.

This class is not available to everyone. There is a prerequisite where you need to have two years of science completed at the high school, meaning that you can only take this half-year elective as a junior or a senior.

If you are a sophomore or junior thinking about what courses to pick for the upcoming school year and are interested in experimenting in the kitchen, these teachers have cooked up the perfect class for you.

Putting the "Thanks" Back into Thanksgiving This Year

by Grace Cavallaro '24

It's Thanksgiving Day, and your family is hosting. Your dad is standing over the sink in an attempt to clean the bird, season it, and get it in the oven with just enough time to let it roast to perfection before company arrives. Your mom has taken over the kitchen and is spinning around in a whirlwind trying to peel potatoes, make five different casseroles, and polish every last surface of your house all at once. Your brother is watching football, and you're standing in the middle of it all, simultaneously trying to help and enjoy the day.

Does this sound familiar? Even if your family doesn't host Thanksgiving, you can still feel the stress in the air as the family that is hosting tries to make the meal as perfect as possible.

Unfortunately, with all of this chaos, America has forgotten what Thanksgiving is supposed to be like. It's time we reflect on the true purpose of this holiday and remember what's most important, especially during the pandemic.

Students and staff here at Amity reflected on what Thanksgiving means to them. Jill Barnes '24 and Ava Wooldridge '24 both explained how spending quality time with family is what they look forward to most on Thanksgiving. Barnes believes that the perspective of the holiday has, in a way, shifted from focusing on what's

gives me a chance to sit back and admire everyone around me, who I love for who they are, not what they've done."

Thanksgiving is also close to the heart of Catherine Piscitelli, Amity's Science Research Program teacher. To her, Thanksgiving is a time to really slow down and reflect on all we've been given in the past year. She's always been fond of the holiday because when she reflects on what she's grateful for, it makes her feel good.

According to Piscitelli, "While I believe we should always be thankful, I think the holiday provides us with an opportunity to really focus on the good things in our lives and appreciate what we have."

To Patrick Cumpstone, a teacher in the Social Studies department, Thanksgiving is even more special this year than ever before. This October, he and his wife welcomed a new baby boy into the world.

Cumpstone said, "He is really what we are both grateful for this year—certainly the light in all of this craziness!"

He, too, included that Thanksgiving means spending time with family and reflecting on all there is to be grateful for.

Even though our plans may have changed, I encourage you, dear reader, to really think this Thanksgiving. Reflect on what this holiday means to you, and, even though it may sound cliché,



Photo by history.com

Thanksgiving meal

most important to material items.

As she put it, "People need to spend less time worrying about commercial things and be grateful for the permanent things, like family and friends."

Wooldridge agreed, saying, "On Thanksgiving, people only care about the food, and there's a lot more to it than that. Food isn't the only factor in Thanksgiving. People don't appreciate what they have as much as they should."

To Nell Grant '23, Thanksgiving is a holiday to truly appreciate those around her. Grant said, "I'm always thankful on Thanksgiving because it really

reflect on what you are grateful for this year.

The true meaning of this holiday has been tossed to the side amid the stress of cooking, cleaning, and getting the best deals on Black Friday. Focus on family, friends, and the tremendous amount of blessings we are all granted each year.

As you enjoy having pie with your family this year, just imagine what it would be like to spend this special day without the ones you love, and spend some time putting the "thanks" back into this very thankful holiday.

Atticus Bookstore and Cafe: *The Perfect Outdoor Spot for a Meal*

by Abby Ball '22

Nowadays, eating out is a very different and more challenging experience due to the pandemic. However, there are still hundreds of restaurants nearby that are accommodating in these times and offering their best! One such restaurant is the Atticus Bookstore and Cafe in downtown New Haven.

Atticus is located on the busy Chapel Street, right near Arethusa, Starbucks, and The Juice Box. Since it is in such a main central location, Atticus has gotten a lot of buzz and still does.

The combination of its tasteful selection of food and overall cozy style also boosts its popularity. Currently, the book section of the cafe is open to two people at a time, and the ordering area allows for eight people.

Upon walking into the cafe, my friends and I were met with wafts of freshly-baked bread and could hear the sound of sizzling food. The space was very welcoming, mainly because of its warm yellow lighting and the glass wall that looked out onto the street.

Although we could not sit inside Atticus, there was an adorable outdoor seating area in front of the Yale University Art Gallery right across the street. It was a great spot for such chilly weather—my friend and I were warmed right up by the sun!

As we looked over the menu, we noticed a wide variety of healthy foods and drinks with mostly affordable prices. I ended up getting the roasted apple salad for \$10 along with a small cup of homemade lemonade for \$2.25, which was just the right blend of sweet and sour.

I definitely recommend this salad—the savory Dijon vinaigrette and cachalot cheddar complimented the sweet apple slices and pecan-cranberry crumble wonderfully. My only complaint is that there wasn't enough dressing and the price was a bit on the high side.

Conveniently, though, the salad came prepackaged, so I just picked it out myself. However, if you don't mind a wait, like my friend, who chose the classic egg sandwich for

\$7.50, you can watch the staff prepare your order behind the counter.

My friend said the sandwich was really delicious, especially with the bacon and greens,



Photo by Abby Ball '22

Roasted apple salad, egg sandwich, and homemade lemonade from Atticus Bookstore and Cafe.

but that it just missed the mark on the seasoning. Luckily, Atticus provided some salt and pepper packets to add on. Having ordered the egg sandwich before, I know that the egg is prepared exactly to your liking.

For the last thing we bought, my mom decided to get a loaf of the Country Sourdough for \$7. It was straight from the oven and smelled heavenly!

Overall, Atticus' food was highly appetizing and totally worth the cost, especially the sandwich! On a crisp October day, some warm food or drinks from this cafe are all you need. We ate there on a Sunday at noon, and it was just starting to get more crowded.

I recommend being prepared to wait in line to get into the cafe or waiting for a table to open up. Even with the expense and crowds, we thought Atticus was a first-rate cafe made all the better with its charming outdoor setup. Granted, eating out is not the same as before, but it is still fun to get out and enjoy a tasty meal. Atticus is the perfect place to do so!



Photo by getawaymavens.com

Visitor looks into Atticus Bookstore and Cafe during pandemic

Next time you're in downtown New Haven, stop into Atticus for a good meal and a great read!

Junior State of America (JSA): A Club for Civil Debate

by Ava Wooldridge '24

Looking for a club where you can debate and talk about political issues with your friends? Then Junior State of America, or JSA, may be the right club for you.

In JSA, members throughout different regions of the country compete against one another to improve their debating skills on important and enjoyable topics.

At meetings, students learn more about political issues, exchange views, and prepare for upcoming conventions. At the conventions, students from different high schools work on projects, argue over problems the country is currently facing, and are exposed to and analyze new perspectives.

These conventions take place at all different levels—such as regional, state, and national—but most schools compete with other students throughout the region they live in.

The goal of the club is to develop members into leaders, help them strongly voice their opinions, and work on analyzing political information. JSA also allows students to find other individuals who share similar interests and talk about them together.

Throughout all schools that participate in JSA, but especially at Amity, all debates are civil and respectful. Some debates JSA has had were about changing the voting age, medical drugs, animal testing, public college tuition, and many more topics. If you have any interest in joining, contact the club's president, Peter Savelyev '21 at savelyevpe21@amityschools.org.

One member, Scott Lowder '22,

reports, "I enjoy doing JSA because it allows me to improve my general knowledge on a wide range of topics and issues while giving me the chance to argue with my friends."

He continues, "I would recommend joining even with all the COVID-19 alterations because the club is still continuing to meet, debate, and make the best out of this situation."

Like numerous other programs, sports, clubs, and activities, changes have been created to meet pandemic guidelines. Normally, students would meet in the lecture hall after school and go to conventions in person, but meetings are now held over Zoom at 3:00 pm every Wednesday.

Any conventions will also be virtual for the time being to ensure that all members stay safe and healthy. Nonetheless, COVID-19 does not stop JSA from operating and members from doing what they enjoy.



Photo by JSA

*On this Veterans Day, the
Trident wishes to thank all
the veterans in the Amity and
BOW communities for their
service to our country
through the years.*



Sean Mahon: The Mahon with a Plan

by Melita Collins '21

With the first marking period of this academic year already past, students have become more accustomed to their general cohorts. Out of the many faces seen in the crowd everyday, Sean Mahon has become a familiar one over his twenty one years of teaching. This year, he has become the Department Chair of the Health and Physical Education Department. Additionally, he is teaching ninth grade Physical Education along with Adapted and Unified Physical Education.

Known to many as the CEO of four square volleyball, Mahon received his teaching education at Southern Connecticut State University, where he earned his bachelor's degree in Physical Education. Following his bachelor's degree, he received a master's degree in Health Education and a sixth year teaching degree at the same institution.

Outside of his experiences at Amity Regional High School, Mahon has taught in the Health Sciences Department at St. Peter's School in Bridgeport, CT, Southern Connecticut State University, and the Fisher Middle School in Terryville, CT.

As for his plans at Amity this school year, Mahon stated, "I am very excited to be back and look forward to the students coming back into full 'in person' learning hopefully in the near future. My plans for the year include honing a few new teaching styles to suit the needs of remote and hybrid learners. I am also optimistically looking forward to coaching my son's eight grade basketball team, watching my daughter swim, doing some winter stand-up paddleboarding on the sound and snowmobiling in Vermont."

Mahon is well-loved by Amity's student body. Emma Beloin '22, one of his former physical education students, said, "Mr. Mahon was one of my favorite gym teachers! He always started every class with excitement and positivity. He would always talk to us about our lives and actually cared about what we had to say."

Isabella Antonucci '21, another one of his students, agreed. "He's definitely the most supportive teacher. If he knows you do something for school, whether it's a sport or a club, he'll make sure to ask you about it and how it went the next time he sees you," she said.

Mahon's easy going attitude and caring nature helps students strive toward success. His involvement within the school allows for students to grow and develop an understanding of topics within the realms of Physical Education in an exciting manner.

Along with his involvement within the school, Mahon is heavily engaged in extracurricular activities. He is currently coaching the Amity Girls' Cross Country team for his twelfth season. Additionally, he was also the head coach of the Amity Girls Track and Field team for eighteen years.

Brigitte Gagnon '21 stated, "Mr. Mahon is one of the best coaches because he always gives the best advice, he's super fun, and literally gives the best pep talks ever. He talks to us before each race and his pep talks always give us inspiration and determination. We're lucky to have him!"

Mahon continues to stay active outside of school and extracurricular activities. He enjoys stand-up paddle board racing, golfing, and growing tropical plants. In addition to his hobbies, Mahon enjoys watching his children in their activities.

The Amity community continues to be grateful for Sean Mahon as he completes his 21st year with us. His excitement and passion for learning as well as his commitment to his students leave a lasting impression on the student body of Amity High School.



Photo by Sean Mahon

Sean Mahon

Falling Leaves

by Preethila Zaman '22

Who knew New England autumns could be so beautiful?

It's such a gorgeous time as the trees gradually

Become ablaze with a thousand small fires,

Fires that seem to burn with even greater

Strength and passion with every passing day

Until the forests are covered in vibrant colors of

Cranberry red, golden-delicious yellow, and pumpkin orange.

I recall one fine, autumn day,

When the air was as crisp

As a freshly-harvested apple,

Watching the leaves of a tree

Quiver as a soft breeze wove through them.

The breeze was so light and delicate

Like a parent gently touching their newborn,

That only a single leaf fell to the ground

With a grace that a swan would be envious of.

As I watched the tree continue to shed its leaves

In preparation for a cold winter,

I couldn't help but look towards the next winter-

even towards the next year.

And I am reminded that time doesn't stand still for anyone.

However, I also remind myself to

Take the time to reflect on the past year,

To collect the fruits of my personal harvest,

And to take the time to unwind,

A process through which I realize

That I'm not simply aging,

But I'm aging like fine wine.

I must repeat myself:

New England autumns truly are beautiful.

But beyond their aesthetic value, they also have

The potential to produce profound, meaningful moments

If you simply take the time to watch the leaves fall.



Photo by heartstonejourney.com

A falling leaf

Google Classroom

by Natalie Wang '21

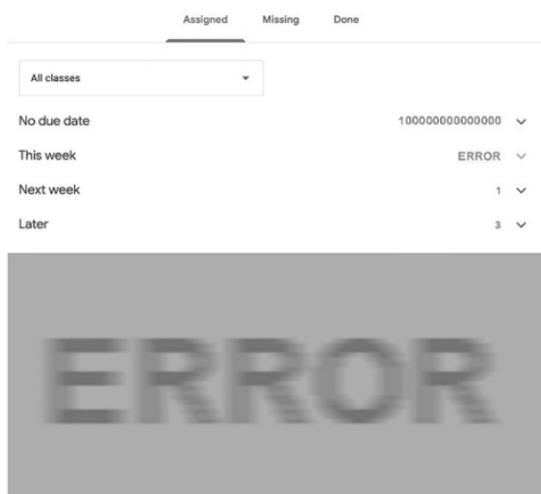


Google Classroom

To-do Calendar



CLICK



Readers Enjoy “Books and a Blanket”

by Nicole Grosso '22

Despite all of the current restrictions placed on social gatherings, the One Book One Amity (OBOA) club figured out a way to safely meet and do what they do best - unite the community through discussion of books. The club hosted two separate “Books

sunny and relatively warm, so the date change wasn't too much of a problem.

Julie Chevan, English department chair and one of the coordinators of the event, said, “OBOA had wanted to give anyone who wanted it the opportunity to talk about the memoir they'd read over the summer in a relaxed, ungraded setting. “OBOA members



The A-K Cohort enjoy “Books and a Blanket.”

and a Blanket” events to keep the A-K cohort and the L-Z cohort independent of one another based on their in-person days and to keep groups smaller for social distancing purposes and discussions.

Students were asked to meet by the pond at the high school with a blanket, a lunch, and the memoir they read over the summer to discuss their book with the group. A number of teachers and students from all grade levels and disciplines participated in discussion on both days, and the discussions had a range of topics.

For the A-K cohort, the event was held on Wednesday, October 21st, and for the L-Z cohort, the event had to be moved from its original date of October 20th to the 27th due to rainy weather. Both days were

felt it was important to do this in person, if possible, and we were grateful to have gotten permission to hold the event in-person outside by the pond,” Chevan added.

Ava Gross '22 considered the event a success in this regard as she described the atmosphere as an “inclusive and accepting one that fostered an engaging conversation.”

Audrey Marin '22 agreed, saying, “It was very interesting to hear about a variety of memoirs”, adding that she “left the meeting with a list of books to read.”

Chevan shared that the OBOA club is already looking to plan events for next year, including a trivia night like they had last year.

Keep an eye out for more One Book One Amity events to come!

New Digital Art Club: A Welcome Addition for Students

by Annie Liu '23

With the new school year comes new clubs, even during a pandemic. This year, we saw the creation of the Digital Art Club.

The Digital Art Club is a much-needed new club for digital artists, filling a hole for some creatives at Amity. In recent years, the industry for digital art and digital artists has grown exponentially, and digital programs for art have massively expanded. More and more people are getting into or trying digital art, and students at Amity are certainly no exception.

“It's astonishing to realize how far art has evolved over the years, and I thought that creating a club for it might be something that others might be interested in,” Yujin Kim '21, the founder of the club, says.

Kim started the club with Selin Ho '23, who helped Kim with the process of forming the club and with making critical decisions. Kim and Ho are the two leaders of the club, and Courtney Morrison, a math teacher, is the club advisor.

Together, the leaders of the Digital Art Club have created comprehensive plans and ideas for the

future of the club. Kim describes how “this year is to form groups of artists who will be working on various projects over the year.

“For now we are in the process of forming the group and we are hoping to create some manga, comic books, or webtoons. As we finish this project, we might go into other things like competitions or work on other forms of digital mediums,” she added.

He also expresses a very clear vision for where he wants the Digital Art Club to go, elaborating that “I want the club to be a thriving community of artists alike who want to work on a different medium apart from the normal pencil on paper drawing or painting. It would be interesting to see how other people bring their own unique style of art to contribute to their own projects.”

Individualism and creativity are core values of the Digital Art Club. While the members of the club are together as a group, the club emphasizes how they want to foster each member's personal art style and cater to their abilities and interests.

The club leaders have definite plans for the direction and running of the club, but even in their projects and plans, they leave room for each member of the club to pitch in their own opinions and suggestions.

“It's a pretty engaging and creative club; everyone's included and meeting new people,” Yinuo Wang '23 says. “It's a pretty cool club

that literally means its name—everyone usually does digital art together and overall has a fun time.”

Digital art is already a unique niche to center a club around, but Kim expounds further upon how the Digital Art Club is distinct from existing art organizations at Amity: “what makes the Digital Art Club unique is that it's not like other art organizations in the [school] like the National Art Society... our club offers the unique chance to interact with other artists and work together to create something beautiful and simulate a real-world setting for artists.”

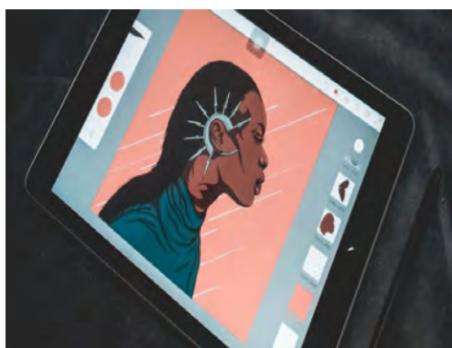
The Digital Art Club makes individualism something to be celebrated, and it brings Amity's one-of-a-kind artists together under a common interest in a cheery and welcoming atmosphere.

The club encourages anybody interested in digital art mediums to join, and it is a fantastic way to both meet other artists and explore new ideas and digital art techniques.

Also, as a group, the Digital Art Club will be undertaking projects that could potentially take an individual artist months or years: joining the Digital Art Club will give budding artists and designers at Amity the opportunity to work with a group and combine their efforts to create something truly special.

The club leaders have clearly put extensive planning, care, and forethought into the Digital Art Club, but the club is still relatively new, meaning that the club is still able to grow and improve.

We look forward to seeing where the Digital Art Club goes!



Example of Digital Art
medium.com

In Focus

Photography Classes Face Challenges with New Learning

by Antonia Tzepos '21

Amity Regional High School photography students and teachers seem to have a different focus this year around.

Recently having to sort through internet, technology, and communication problems, Lisa Toto, the photography teacher, said she has never had a

year quite like 2020.

Experiencing with new ways to teach at-home and in-person students has left many underlying issues for Toto to sort out. However, with Photoshop now available for photography students' personal laptops, all are able to do the same work whether they are at home or in school which makes for easier teaching and learning.

After having to

come up with solutions to problems that were non-existent in the previous years, Toto has had to be creative with her assignment choices and deadlines to allow for students to succeed in her classes.

Photography student Emma Tirollo '21 has noticed the changes and is adapting.

“The course this year has definitely been more challenging than

in years past,” she said. “I feel like it's harder to get in all the work in class due to ongoing setbacks so it's hard to finish assignments at home.”

Technology is a big concern for the Photography III class.

“Technology has been awful for photo class, and sometimes the Google Meet does not work,” added Tirollo.

Many Photo III

students agree that there are challenges, but Toto had reached a solution for this drawback. She said by loading Photoshop onto each student's computer and giving them flexible assignments to work with, she has managed to find her way around some of the complications.

Students and teachers are doing their best to keep their focus despite all the challenges

Write for the Trident's Arts Section!

Amity Creative Theater Plans Fall Play and Spring Musical

by Emma Beloin '22

Amity Creative Theater is known for its magnificent performances. Whether it's their annual fall play or spring musical, the ACT always hits it out of the park with its incredible cast, crew, orchestra, sets, and costumes.

On September 30th, Amity Creative Theater announced its choice for the fall play and spring musical via Zoom, choosing "It's A Wonderful Life" for the fall play and "Anastasia" for the spring musical.

This announcement was quite different from the club's usual elaborate reveal that takes place in the Brady Center after school. However, students this year were just as excited.

Usually, the cast of the fall play rehearses everyday after school, but due to the COVID-19 pandemic, director and head of the Theater department, Robert Kennedy, was forced to change things up.

"I knew we needed a show that could be performed while still social distancing and a show that we could move to a full virtual performance if we have to go back into quarantine," Kennedy explained. "A radio play allows that."

When asked to explain why he chose "It's A Wonderful Life" and why it was the ideal choice during a pandemic, Kennedy said that "the actors in the

show are performing a 1940's radio version of the film 'It's a Wonderful Life.' Because they have to stand at microphones in a radioplay, this gives us the opportunity to perform and still keep the actors apart from each other. The set will include plexiglass barriers between the actors as well."

The Amity theater department has a plan to do whatever it takes to share their performances with the community, whether their performances are on stage or a computer.

The ACT's main objective is to perform, and after showing the cast the plan for the school year, Kennedy stated, "Even though we were all in masks and sitting far apart from each other, it felt good to be back in the theater."

COVID-19 has prevented many annual Amity Creative Theater events from taking place this year, the fall play just being one of them. Everyone needs some positivity in their lives right now, which is why this year's play is the perfect choice for ACT. The fall play, "It's A Wonderful Life," is a comforting play that takes place during Christmastime.

The plot focuses on George Bailey's life and what his town would be like without him. After he almost attempts to commit suicide, an angel, Clarence, is called to save him. He shows

Bailey what life would look like without him and the effect on his family, along with the whole town of Bedford Falls.

The 2021 spring musical, "Anastasia," follows a young girl, Anya, who claims to be the Grand Duchess of Russia that escaped the execution of her family. The amnesiac orphan, along with two con men, goes on a journey to uncover her past.

Amity Creative Theater's students are just as excited about this year's play and musical as any other.

McKenna Maxwell '22, a proud member of the ACT, said, "I'm really excited about both the choices for the musical and the play this year! I think the play is an awesome choice especially with the uncertainty of the virus, and the musical is one of my favorites!"

She went on to praise the theater department, saying, "I think ACT will do such an amazing job putting together [and] performing both of the shows. Amity has so many talented individuals, and I can't wait to see what this year has in store!"

Everyone involved in the ACT's productions, even the audience members, are more excited than ever to see a show. It is clear that they will do whatever it takes to make that happen.

As the theater department always says, "the show must go on!"

Movie Review

ParaNorman

by Elizabeth Amankwah '22

The haunting season is over, but with all the pandemic-induced chaos of the past few months, people are still looking for a good

dead, Norman finds himself in an unlikely alliance with his sister, Courtney, his new friend, Neil, and his brother, Mitch, and the school bully, Alvin, as he is forced to find a way to stop the curse that consumes his town.

This spellbinding film was released in the fall of 2012 and still remains one of the most heartwarming Halloween films of all time. ParaNorman was directed and written by Chris Butler, an English storyboard artist, who is known for his stop motion movies like The Missing Link, Kubo, and The Two Strings.

Although the movie began filming in 2009, it took three years for it to be released. The film was an awe-inspiring amalgamation of stop-motion animation, 3D effects and impressive voice acting and sound effects.

The amount of attention to detail on each aspect was more than enough to make the audience feel as though they were not just watching the movie, but experiencing it firsthand. Each scene was crafted with love and so much attention to detail that the stage seemed as though it had been brought to life.

As Norman went through his life facing not only bullies but ghosts and the living dead, the audience got to see a side of main characters that most movies are typically reluctant to show.

The audience was able to understand Norman as a pre-adolescent child facing relatable problems like bullying and social isolation while facing a supernatural evil unlike anything he had ever seen before. "ParaNorman" not only entertained us, but it also helped us sympathize and gain a new perspective on main characters and villains alike.

Critics like Rotten Tomatoes and the Hollywood reporter raved about the film in the days following its release. Indiewire called it "one of the best movies of the year," and Rotten Tomatoes gave it an 89% score.

If you're out of spooky movies to watch, Norman's progression from town pariah to hero will be a ride that you won't soon forget.



Poster of ParaNorman
Photo from imdb.com

distracted. Although we couldn't go trick-or-treating, attend Halloween parties, or visit haunted houses and hayrides, we can still appreciate the spirit of Halloween by watching the spookiest horror movies of the season.

The list of movies is vast, ranging from classic Nosferatu to modern Chucky. But if you're looking for the perfect movie to scare you out of your skin and leave you checking underneath your bed, then "ParaNorman" is for you.

"ParaNorman" is a stop-motion film centered around the life of Norman Babcock – an eleven-year-old kid with the ability to speak to the dead – as he battles a curse that a witch placed on his town over 300 years ago. Besides his connections with the dead, Norman tries to be a normal kid, yet he battles with being the town outcast.

His uncanny ability leaves him with a strained relationship with his family, with his dead grandmother being the only one he feels he can talk to without fear of judgement.

In the story, Norman's estranged uncle Pendergast (who can also speak to the dead) tells him that the curse supposedly placed on the town three hundred-years-ago is real and will come true unless he can stop it. When zombies rise from the



David B. Cohen, MD

Head Team Orthopaedic Surgeon Quinnipiac University

ct-ortho.com

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Stay Tuned for More Reviews...

Boys Cross Country Team Races Onward Despite the Pandemic

by Ryan Lima '22

As the Coronavirus pandemic began to unfold last winter, the hopes of having spring sports began to dwindle, but a cross-country pandemic has yet to stop the Amity Boys Cross Country team. While some sports had their seasons postponed, the Boys Cross Country team was given the go ahead.

However, this ability to play comes with the necessity for rules and regulations to keep everyone safe.

In late August 2020, the Connecticut Interscholastic Athletic Conference (CIAC) released an official fall 2020 guide giving cross country teams rules for the pre-season, regular season, and postseason.

One of the rules included one that coaches could not hold in-person practice sessions for longer than one hour in the pre-season.

Coach Elledge described some of the struggles that he faced during the pre-season, saying, "For XC, a major issue was having the athletes get together and train in the pre-season. I would normally encourage this, but due to the pandemic, I did the opposite."

As a coach during these times, one of the

hardest decisions has been discouraging cooperative team training, but Coach Elledge was willing to do so for the sake of his team's health.

Players also seem to miss the lack of social interaction. Colby O'Connor '22, a veteran on the Cross Country team, says that although the regulations don't necessarily affect his performance, they interfere with the connections that he could have developed on meets.

O'Connor said, "I really miss those big invitationals with hundreds of other guys. It really brought a spark to my experience that has been lacking since COVID-19."

The guidelines placed by CIAC limit the number of participants per race to 50, either limiting the number of teams per race or the number of athletes participating in the race.

Even through these guidelines, O'Connor says the team has been able to find the light at the end of the tunnel. "The culture of our team is some of the best I've been a part of," he remarked.

COVID-19 has presented the Amity Boys Cross Country team with many difficulties, but through unity and cooperation, they have been able to persevere to the finish line.



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Athletes of the Month

Arian Bobi '21 and Payton Rahn '21

by Ben Martin '21

Throughout the month of October, Arian Bobi '21 has really stood out for the boys soccer team. Bobi, a team captain, has scored 12 goals in 10 games for the Spartans, beating his last season's total of nine already in five fewer games.

Boys soccer goalie JC Rodriguez '22 says that "[Bobi] is honestly a huge part of the success we have had as a team. Obviously because of the goals he has scored, but also because of the space and opportunity he opens up for other players on our team. The attention he gets from other defenses allows other players to step up."

In addition to carrying the scoring load for the Spartans, Bobi sets a good example with his strong work ethic.

Fellow boys soccer captain Kaojao Boonyalai '21 had this to say about Bobi's work ethic: "He works hard everyday and gives 110 percent every game and every practice. He has a big impact on the game."

With-out him we just would not be winning as much as we are."

When asked about challenges due to the pandemic, Bobi stated, "Just knowing that our season could be canceled at any time."

"Because of this, we try to play every game like it's our last, he said."

An integral part for the success of any athlete is having an effective pre-game routine.

Bobi said, "I have to take a shower before I play. It makes me feel awake." Later, he stated, "I usually listen to some pumped-up music and visualize me scoring."

This minimalistic approach to pregame preparation seems to work out for Bobi, as he is our male athlete of the month for October.

Another athlete who has stood out this October is Amity Field Hockey's

generous situations."

Communication is vital for a goalie. Rahn says, "Communication is vital to our team's success because it helps maximize our defense's power."

Field hockey captain MaCaelan Rahn agreed with her sister, saying, "She is extremely good at calming us down when we get frazzled. Without her, our team probably would fall apart."

Rahn's teammates have a lot of faith in her. For instance, Varsity captain Kennedy Cs-jeka '21 stated, "We can always count on Payton to save

Arian Bobi '21
Photo by Kaojao Boonyalai



goalie Payton Rahn '21.

In the goal this month for the Spartans, Rahn has racked up 65 saves in eight games. She had 25 in one game against Sacred Heart Academy on October 20th, which Varsity starter Morgan Rahn '21 described as "an incredible number."

When asked what she has done differently this season, Rahn stated, "I have been able to take control of the field. I have helped direct my defense

us. There have been a lot of close games that we would have lost if it was not for Payton. Being a defender, I am super confident in her and love working with her."

Rahn mentioned her complex pregame routine: "First, I make sure that I have all my gear and take it out of my bag. Pregame or on the bus I try to relax and focus my thoughts... I have to get warmed up by the same group of people each game."

"Once I am warm and comfortable in my gear, I will stretch anything that feels tight," she added.

Many athletes have a pregame superstition that they carry out before each game. Rahn describes hers: "Once the game starts, I always tap my right post and the upper post of the cage,

walk to the stroke, mark and stretch. This helps me get out any last minute nerves."

She and the field hockey team have achieved a record of 7-1.

Keep watching for great achievements in the future for Bobi and Rahn.

Payton Rahn '21
Photo by Brian Laubscien



to force low-angle shots which I am confident in saving."

She also stated, "The stronger the team, I will play more aggressively to help minimize the dan-

Where Are They Now?

Profile on Ohio State Swimmer Colin Roy

by Scott Lowder '22

After making quite the splash at Amity during his swimming career, current Ohio State swimmer, Colin Roy, has generated new waves of success ever since he elevated to the college level.

Even before graduating in 2018, the student athlete had numerous achievements from being a four-year letterwinner to being a four-time All-State, All-Conference and All-Area/County honoree.

Now playing at the division one college level, the competitive swimmer has dominated his lane with new personal records in every event since his time began at Ohio State.

Most notably, our Amity alumnus had personal bests in the 50 Back (22.33) and the 100 Back (49.54) at the OSU Winter Invitational while also ending his sophomore season last year with two other personal bests at the Last Chance Meet with a 20.60 in the 50 Free and a 45.09 in the 100 Free.

When consulted about

his time at college as a student athlete, Roy said, "College athletics was way harder than I could ever have expected! Not only was the training harder and more time consuming, but so was balancing swimming and school."

In addition to the harder training and more demanding schoolwork, Roy also commented on the complications brought about by COVID-19 shut-downs; however, his experiences thus far have been very rewarding.

Even though Roy has been off to college for two years, the swimmer still misses several aspects about his high school from the teachers to the friends he made along the way. Roy especially highlighted teachers like Coach Rainey.

"He had a lasting impact on me both in the classroom and in the pool, showing me how to balance school and swimming in a way that's helped me in my college career," Roy said about his coach.

He also gave shout-outs to other teachers and people who had an influ-

ence on his success such as English teacher Tasia Kimball, math teacher Joy Romero, and principal Anna Mahon, who was a great mentor and leader.

Given Roy's success in high school and college athletics, he was asked what advice he would give to our current Amity swimmers who also aspire to compete at the college level.

In response, Roy said, "Always carry yourself with a high level of character and aspire to be a leader in anything and everything you do."

"That could mean leading the lane at practice, to encouraging your teammates in the pool at school."

Essentially, Roy advocates that all student athletes be strong leaders by being good people and having confidence in their own abilities.

Amity Regional High School can be proud of Colin Roy's accomplishments for our school and cannot wait to hear about his continued success at Ohio State.



Colin Roy '18
Ohio State University Swimmer
Photo from ohiostatebuckeyes.com

Sports Debate Club Scores at Amity

by Amir Jarad '22

In the past months, the sports world has changed greatly. A few students at Amity decided to channel their love for sports into a club where they can discuss their thoughts on different sports events.

One of the founders of the club, Ryan Lima '22, was asked why he helped in its creation.

He said, "I wanted to make the Sports Debate Club to provide an environment for people to

voice their own opinions on sports. So much happens very quickly in the sports world, and sometimes it's nice to take a step back to digest and analyze what's happening."

This is especially true since COVID-19 can take a player off of a team for weeks at a time. He added, "I think sports can be a unifying factor in these uncertain times and may provide an escape for many."

Lima takes the stance that this club is a way for Amity students to escape their hectic lives for an hour a week and enjoy talking about what they love. To Lima, it is more than a club; it is a space where he can relax and do what he loves.

When the advisor of the club, Robert Notholt, was asked what he would say to describe the club to a new student at Amity, he said, "The club is a way for all of us to ac-

tually state our views on sports. It's also a way for Amity students to create individuality and independence by backing up points that they see. If you love sports journalism or First Take on ESPN, you will love this club."

He describes the club as more than a place for

students of all grades to discuss sports; it's a place for character growth, to build one's individuality. It is a community that helps students to build each other up and face the dif-

ficulties that the future holds.

When Varun Prahbu '22, a cofounder of the club, commented about his intentions for the club and made his vision clear.

"The objective of the club is to make everyone who attends even a single meeting sharpen their skills in debating and sharpen their skills in conveying their ideas," he said.

"Needless to say, we use sports as a vehicle to sharpen our skills in a way that includes everyone and everyone's thoughts," Notholt added.

More than just any sports club, the Amity Sports Debate Club provides students with a way to meet new people and talk about their interests, specifically their interest in sports..

Anyone interested can join by contacting Amir Jarad at jaradam22@amityschools.org.

"I think sports can be a unifying factor in these uncertain times and may provide an escape for many."

*Ryan Lima,
club co-founder*

Love Sports?

Write for the Trident!

Contact Sports Editor

Ben Martin

WHY IS IT IMPORTANT TO VOTE?

Amity Students Respond

Bethany Qian '21: "Voting is a fundamental process that characterizes our government. It is a right that is so significant that people have literally fought wars to obtain it. Higher voter participation allows our government to better represent its people and make decisions on our behalf."

Angela He '24: "Voting is important because it affects the future of not only yourself but those around you as well."

Anchal Bahel '23: "I think it is important to vote because America is a country, unlike others, where people's voices are heard, so we should take advantage of that right and honor that privilege."

Tina Burland '22: "Voting is essential to any healthy democracy or republic; voting allows your interests to be represented in such a big world."

Anika Agrawal '22: "I think it's important to vote because it allows you to participate in our government since it's something that directly impacts our day to day lives."

Emma Schaffer '22: "Voting is important because we live in America where we can have a say in government and it's the best way to contribute to democracy."

Weiss Yuan '21: "Voting is important because it means that we, the people, have a voice in our government. It means that our government is representative of its citizens and that our ability to hold our elected officials accountable is a civic duty and a responsibility, not a privilege or entitlement for so many other countries around the world."

Marin Korenaga '23: "I feel as though it is crucial to vote, not just because of who's running for President, but because of getting your voice heard. Voting is an opportunity for change in America—in women's rights, immigration, healthcare, affordable college, human rights, the planet, and so much more... This is our future, and it is in our hands to choose what we decide to do with it."

Eesha Acharya '21: "Voting is the foundation of any democracy. To want to have freedoms and choice, people need to vote for who they want running our government in the federal, state, and local level."

Election Day Word Search

N	N	S	D	R	E	L	C	E	T	O	V	I	T
O	C	T	P	E	O	N	G	I	A	P	M	A	C
I	A	D	O	N	M	I	E	O	E	N	I	A	N
T	N	P	L	T	N	O	V	E	M	B	E	R	M
C	D	R	I	I	S	D	C	U	O	S	I	P	P
E	I	E	T	N	N	Z	N	R	I	B	P	E	D
L	D	S	I	P	L	T	N	E	A	V	S	D	P
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S	D	N	B	A	P	O	S	I	S	B	T	I	S
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E	S	E	N	A	T	O	R	N	A	E	U	N	T
C	C	B	A	L	L	O	T	N	T	A	E	T	D

- DEMOCRACY
- ELECTION
- POLITICS
- BALLOT
- COUNT
- PRESIDENT
- CANDIDATE
- CAMPAIGN
- CITIZEN
- SENATOR
- NOVEMBER
- TUESDAY
- POLLS
- VOTE