

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

September 19, 2017

The Year Kicks Off with Second Annual Spartan Stories

by Sana Pashankar '19

The 2017-2018 Amity school year started as an eventful first day on Monday, August 28th. While incoming freshmen were introduced and welcomed to the high school through Link Crew activities, returning upperclassmen were exposed to the opportunities and experiences that Amity foster through talks from two Amity alumni: Jeremy Benson and Jeff Gitelman.

Sophomores, juniors, and seniors were split into two groups to listen to the talks. In the cafeteria, Jeremy Benson, who graduated from Amity in 1997, spoke about his career after high school as a mountain biker and backcountry skier.

After earning a degree from St. Michael's College in Vermont, where his love

for skiing only grew after frequent trips with his friends, he ventured West to experience the risky terrain of American mountains.

Benson isn't only involved in the sport physically, however; he also reviews the sport intellectually by authoring multiple articles for popular ski magazines and his own book, Mountain Bike: Tahoe.

He also plans on publishing another book in the near future that will describe the details and guidelines of backcountry skiing in the Sierra Nevadas.

Benson may have never expected to go on to become a serious skier, but the values he learned at Amity allowed him to create his own opportunity to pursue something he truly loves.

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JSA Holds the First Successful Fundraiser of the Year

by Payton Grande '19

Amity Junior Statesmen of America (JSA) held their first fundraiser of the year on August 26th at the Blue Check Deli. Members of the club washed cars to raise money for the club. Cars were drawn to members waving signs advertising the event and others asking for a donation to support their cause. The club raised a total of \$436.

According to Rachel Crow '19, "The car wash was a great start to the year, and I expect there will be a lot more fundraisers from JSA this year."

JSA uses this money to lower costs for members to attend conventions throughout the year.

JSA is the largest student run organization in the country. It promotes student engagement in current political, social, and economic issues within the United States, and really emphasizes the importance and structure of government. Students from different regions of the United States all share the common bond of passion in politics, and are able to experience

different viewpoints, plans, and experiences that foster political thinking and justification of impending political issues throughout the nation.

Every year, there is usually three main overnight conventions Fall State, held in Boston, Winter Congress, held in Washington D.C., and Spring State, held in Stamford this year. At conventions, different school chapters meet and debate current topics, and hold a mock congress.

Members of JSA came together during their busy summer to dedicate time for this cause, since attending conventions is such an integral part of the experience of this organization.

The car wash was a great way to engage the Amity community and kick off the year!



Evan Hollander '19, Sam Farbman '19, Emma Gilshannon '17, and Payton Grande '19

Students Participate in "Exploring Justice" Program at Yale

by Erin McCormack '19

Select students from the New Haven and Amity area participated in a program called "Exploring Justice" at Yale University from June 19th-23rd. These students were chosen to participate in this program through applications that were submitted at the end of the 2016-2017 school year.

Over the course of four days, students learned about different topics within the legal system, including criminal justice, juvenile justice, immigration, social justice, and more. Each of the four days were dedicated to one of these topics, where lessons were given by different professionals in each of the specific fields.

The program involved mock trial cases where students acted as prosecutors and carried out different court cases. During the simulations, students presented their ideas and argued their points, just as a typical court proceeding would unfold. The cases

that were tackled dealt with a multitude of issues that are seen in the real world.

"It's a really fun program to meet new people and learn how to actually make a difference in some aspect of the world," said Arianna Pargen '19, who participated in the program this summer.

"You learn a lot about other's struggles that aren't always very apparent in the communities we live in, and use that knowledge to get more involved."

The program brought a new perspective of the New Haven legal system that participants had not fully been educated in before this experience. The students who took part in the program are offered many other opportunities throughout the school year to participate in community service events and outreach, where they can share what they learned during the program.

This program brought a new light on the legal system to students who are not typically exposed to as many opportunities such as this.

Amity Debaters Learn from the Best

by Jack Tajmajer '20

The Yale Summer Debate Camp, which was catered towards, but is not exclusive to, enthusiastic debaters located in the New Haven area ran from August 21-25. The program was for anyone looking to change how they think about both themselves and the world around them.

While it is a debate camp, the skills that Amity students and the countless others who attended acquired easily overlap into school, daily life, and my the way that thoughts are organized.

One of the most significant takeaways was the realization that the world is a blur of gray, and not necessarily two slates of black and white. These types of thoughts, intensely philosophical ideas that force one to question why people punish, how rights are assigned, and if responsibility can truly be doled out are just some of the aspects of this eye-opening camp.

The main motivation for attending this camp was to improve debate skills in preparation for the many tournaments held through-

out Connecticut, such as the Yale Invitational. The camp, with mentors who are seasoned members of the Yale Debate Team, one of the best teams in the nation, possibly the world, was well prepared to assist in fostering these skills for all attendees of all skill levels.

Tracy Lu '20, who attended the camp, said, "It was a really great experience that taught me a lot about debate and the strategy behind it."

Activities and classes were run by these mentors in a fashion similar to that of a normal school day, with the classes being picked in the beginning of the week, and the improvement of each participant being measured at the end of the week through a tournament.

Ariba Chaudry '20, who attended the camp, said, "The classes were amazing, and I feel like I'm so much better than I was when I first came there. Even though they were slightly short, they were completely filled with a lot of useful information."

Another reason that many people attended this camp was the affordability, with the program being free for Urban

Debate League members and costing three hundred dollars for all others.

Many of the attendees were drawn to this camp purely due to its affordability and proximity; however, even debaters from states such as New Jersey and New York attended due to its low price and high rating.

Also, while this camp may at seem as if it is catered solely towards beginners, it had a large assortment of Varsity debaters who still learned new skills.

Ananya Kachru '18, an Amity debater who has won awards and tournaments, as well as the runner up in this camp's tournament, declared, "I think the Yale Summer Debate Camp was amazing!"

"Our team uses it as semi pre-season training and it's always so helpful," she added. "Working with really experienced collegiate debaters is a great opportunity, and I'm so glad members of our team are able to attend."

The Yale Summer Debate Camp is affordable, extremely reliable, has a very reputable and knowledgeable staff, and is catered towards all skill levels.

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Summer Theater Camp Gets Kids Involved in the Arts

by Alicia Myung '20

For the past 10 years, the Amity Theater Department has brought summer fun to young students interested in musical theater. The Amity summer day camp ran throughout the month of July for a total of four weeks from Monday to Friday, 8 in the morning to noon.

The camp, run by Robert and Andrea Kennedy, included participants from second grade all the way up to high school. Every year, the program features a different theme. This year, Disney took the stage.

Participants were broken into age groups and attended classes for acting, singing, and choreography; playing fun games to improve their skills.

After their classes, all of the participants came together to practice their large group number. All this hard work led up to the hour long show that was put on for their parents and friends at the end of camp. The show was a musical review filled with Disney songs from musicals and movies, from the

original Pete's Dragon to High School Musical.

The theater camp is extremely helpful for kids who are interested in theater because they might not have an outlet to express their passion. Kids who feel uncomfortable about singing or dancing in front of others can feel accepted. This outlet brings out their personality and builds their confidence, especially for kids who are usually shy.

In this camp, you don't need to feel judged and Rob Kennedy, who teaches acting and theater classes at Amity, said, "It's a very accepting place, everyone tries to be welcoming, they try to be accepting."

Many of the kids who are a part of this summer

camp are younger, and with support, they begin to show

a zeal for theater. Emily Kilian '18 was as a counselor in the program this past summer. She even helped choreograph many of the numbers and also assisted the vocal instructor. Kilian described the atmosphere of the camp as "just pure joy and excitement." She truly believes that the participation in this program allows the kids to "understand the fundamentals of working as a team and putting on a production." Kilian calls the camp a learning experience that exposes them to new dancing and singing techniques.

According to Kennedy, the Amity Summer Theater Program is a "half-day fun theater camp for kids that are into acting, singing, and dancing." Although the Amity

Summer Theater is filled with fun, the kids who participate in it are extremely hard working.

In Kennedy's words, "They take it very seriously, they look forward to it, but

they have fun."

The camp is a great place for students, young and old, to come together and express themselves through theater!



Amity Theater Department via Facebook

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The Year Kicks Off with Second Annual Spartan Stories

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An alumni from the Class of 2000, Jeff Gitelman presented his own successful path after high school in the auditorium. Gitelman went to Berklee College of Music after graduating from Amity, and was able to find many musical opportunities following graduation from college.

Gitelman has worked closely with world-famous Alicia Keys as a guitarist in her band, and has worked closely and helped produce songs with Lauryn Hill, Stevie Wonder, and Justin Timberlake.

After moving to Los Angeles, Gitelman began incorporating his own musical taste with many up-and-coming rap artists by helping produce songs for Chance the Rapper, Kendrick Lamar, J Cole, and more.

During his presentation in the auditorium, Gitelman and his colleagues demonstrated some of his works and musical inspirations by performing "24K Magic" by Bruno Mars and the melody of "Flashing Lights" by Kanye West, a song which he helped produce.

Many students were very inspired by the values and beliefs Jeff had about pursuing your passion as well.

Maddie Pickett '19 said, "Jeff really showed us how you can do something you love as your career. He told us that you should love going to your job in the morning, and that's really important."

In addition to coming back to Amity to show students the opportunity and impact they can have on the world, Jeff Gitelman is continuing to give back to the Amity community by

creating and running The Duality School of Music, an afterschool program dedicated to helping kids with musical interests learn how to pursue their passion, put themselves in the industry, and to teach them the reality of creating and producing music in an ever changing musical world.

Ultimately, the two speakers demonstrated to Amity students the variety of experiences, impacts, and careers that they can pursue by continuing on the path that this community provides for them.

By showing the reality of success and impact that people can have on the world, even after graduating from a small-town high school, the dreams of students were hopefully invigorated, allowing them to "go the distance" this year.

Link Crew Trains to Welcome Incoming Freshmen

by Danielle Grosso '19

Amity's Link Crew leaders, a group of juniors and seniors selected at the end of last year to help freshmen transition to high school, met to begin their training on August 22nd and 23rd while most students were savoring the last days of summer. Training lasted for a full school day, from 7:30 to 2:30. During this time, the Link Leaders practiced and participated in activities developed for the freshman on the first day of school.

Rigorous work was interspersed with fun get-to-know-you games and the occasional dance break. The Link Crew Leaders were then paired or tripled off and assigned groups of incoming freshmen that would be in their Link Crew for the upcoming year. Many people don't understand the allure of being a Link Leader or why anyone might willingly give up a piece of their summer vacation, but each of the Leaders have showcased their excitement and eagerness to introduce the freshmen to their new school and, hopefully, make the transition as easily as possible.

Mayah Sachs '18, a Link Leader, conveyed the group's sentiment by saying, "It is gratifying to know that I could share my enthusiasm and love for the school to

welcome the students who undoubtedly will be somewhat taken aback by the sheer size and number of students that attend Amity Regional High School. My Link Leaders had a way of calming me and... I know that the experience that I benefitted from can be passed on to our incoming class."

Link Leader Anthony Tom '19 explained the hit-or-miss quality of the activities, which have a purpose and relation to life in high school. "As a freshman, I didn't really get the point of some of the activities that we did during link crew," he said, "but being involved with the process helped me understand why those activities were done and a way that I could help those who would be new to this school."

The moment the training ended, the leadership responsibility was passed from the teachers who led the course to the Link Leaders. This point of release has been described as equally gratifying and terrifying. The experience that both the freshmen and Link Leaders gain from their interactions and activities that were perfected at training is rewarding on both ends. The 2017 Link Crew Leaders look forward to applying their training to help acclimate the freshmen to the high school and make the year memorable in the best ways possible.

Amity Welcomes New Staff

by Marty Gnidula '20

This year, Amity welcomed many newcomers to the school, including freshmen, transfer students, and new faculty. At the high school, many who have moved on or retired have been replaced by new staff.

Although it's sad to see our old teachers leave, it is exciting for the school to work with new staff to broaden the Amity environment.

There are currently ten new teachers at Amity this year. The World Language Department welcomes two new Chinese teachers, Ms. Shu Jin and Ms. Rui Du. New Physics and Chemistry teachers, Mr. John Cobleigh and Ms. Maura Delaney, joined the science department.

In the special education department comes Ms. Nicole Rivera. Our physical education department added Ms. Diana DiGangi and Mr. Eric Rothbart. The library media center features a new library media specialist as well: Victoria Hulse.

The technology department and security have received the new additions of Mr. Brian Dower and Ms. Lorraine Milano. Also, Ms. Taylor Doughty is a new Speech/Language Pathologist.

All of these educators have different experiences that allow them to foster new ways to improve Amity. Some came from Amity Middle Schools, including Digangi, who worked as a physical education teacher

at the Amity Middle School in Orange for four years.

Others, including Hulse and Rothbart, are new to the district. Hulse came from ACES Middle School, and Rothbart came to Amity as a relatively new teacher to the school system. Despite being new, many new teachers have remarked on how inclusive and friendly Amity has been as an environment.

Rothbart said, "The students have been open and welcoming, and the staff has been nothing but helpful." He added that his experience so far at Amity has been enjoyable, and he is "looking forward to [his] experience at Amity High School."

Our school environment, for the majority of the new staff, has also been comfortable, as Hulse called Amity the "right fit" for her. Additionally, she stated that the community has made her feel as though she wasn't new to the school at all. Although our school has been very helpful to these teachers, there are some things that they have had to adapt to.

DiGangi said adjusting to the school has caused some minor confusion, like "what to do if a senior parks in my parking spot (things that [she] didn't have to deal with at the middle school level)."

If you see them in the hallways, classes, or meet them this year, make sure to welcome them. It's important to show newcomers that Amity works to incorporate and work with new people, students and faculty alike.

Thoughts on Culture from a Senior

by Ali Hagani '18

When Americans heard about the events that transpired in Charlottesville, North Carolina, everyone had their own reactions. Generally, it was a feeling of disbelief, almost as if we were looking at the headline that belonged to another time. A time that had since past. Or so we thought.

For me, when I first heard about Charlottesville, I thought about my past and contemplated the future. White supremacy has been an issue for a long time. The everyday reality of many African Americans all across our nation and the growing racism towards those of Middle-Eastern descent has been undeniable for most of my life. However, the nazism headlines were truly something that shocked me. Whether or not it should have is a conversation for another time.

I grew up Jewish in a town with a very low Jewish population. Despite this, I don't remember ever receiving backlash for my religion because it was--unlike race--something I could easily hide if I desired to. It was also something people knew better than to mock. I did go through the phase where I was uneasy about it, though. I recall that for a few of my more immature years, I was upset that I was always unoccupied on Christmas while all of my friends were busy celebrating that central holiday. When we had Yom Kippur off, my friends were giddy about their fun day off from school. I on the other hand would spend the whole day at temple with a hungry, empty stomach. When my uncle died in 2008, I invited my friends to his sh'va at my house. Nearly everyone had no idea what it was. Had I been Catholic, I wouldn't have had to explain what a wake was.

However, as I grew, my love for my religion grew with me. I was Bat Mitzvah'd, like most dedicated Jews, when I was 13 and was proud of that accomplishment. After all, it was an occasion that demanded you to connect and think about your religion on a deeper level. So although

I did deal with a slight reservation for my religion, I generally grew up proud and devoted to Judaism. Most importantly, I was given the opportunity to reach that level of pride on my own.

I remember learning about the Holocaust in school and thinking about the whole experience in utter disbelief. It seemed like these inhumane actions that differed so strongly from the present-day reality. It was, in plainest terms, like conceptualizing dinosaurs were roaming the earth. The only true anti-semitism I was exposed to was found within the facts about the Holocaust, anti-semitism plopped in old literature, or the infrequent ignorant comments from some of my peers. One of the most saddening aspects of the returning anti-semitism is the updated regard to the Holocaust in that we should all be fully aware that it isn't an obsolete belief from another time, but rather still reflected in today's headlines. It's surreal and unfair, but if anything, gives us insight on how the Holocaust unraveled in the first place.

Regarding Charlottesville, my experience growing up Jewish varies from what is displayed in the headlines. The shy, silent anti-Semites and racists are --exceedingly so--coming out of their shells of shame to freely express their beliefs that had previously been silenced. So when I saw the headlines, the first thing I thought of was my censored history growing up Jewish and, furthermore, how it contrasted to a young child growing up as a minority in the Trump era.

With all the current controversies, beliefs, and politics that are being increasingly more covered by a progressively more angry press, it's easy to forget the true sadness that is behind events such as Charlottesville. It's not merely the awful notion that one life is inferior to another: the belief that Heather Heyer was somehow less worthy of living than a male is, or that minorities have no place in our country. That is a huge part of it. However, it's also the rising generation that is watching these events unfold.

As a conscious 17 year old who "understands" what the KKK and white-supremacy are, I can "make sense" of these actions in that they are a culmination of many deep-rooted beliefs, but still unjustified. However, for a young child, these events are detrimental to their ability to grow up and decide what they believe in and what aspects of their character they should be proud of (hopefully most of them). In looking back on the events that have transpired, I have pondered how different my history with Judaism and my Middle-Eastern culture would have been had I been a child growing up under current circumstances. Imagine being a Connecticut citizen growing up in a country where Connecticut citizens are publicly being protested against on television. "Connecticut citizens are inferior," they say. "Connecticut citizens will not replace us." And, on top of that, you have no idea why Connecticut citizens are inferior or why the masses suddenly believe that they are. Try to think --objectively --of how that could impact your feelings towards being a Connecticut citizen.

I suppose that these beliefs have always been in the hearts of some Americans, but if they were, I was unaware of it. Maybe that's attributed to the fact that I grew up in a less technologically-advanced generation where news wasn't as accessible. Maybe that's attributed to the fact that I have only been conscious of the events and politics around me for a few years. Or, maybe that's attributed to the new administration who--for the first time in a while--has given the silent "okay" for such beliefs to be acted upon.

In retrospect, I don't remember feeling as if my religion were "inferior" other than my slight knowledge of the Holocaust and my own insecurities about being different. Either way, it's hard to root for free speech when it consequently clashes with one's right to live (in the case of Heather Heyer) or, in the case of many Americans, the right to understand that they are equally worth it.

THE TRIDENT

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To view the newspaper online, go to <http://ourschoolnewspaper.com/Trident/>



Why I Joined The Amity Trident

by Sophie Baum '18

I signed up for the newspaper in freshman year because my brother always brought a copy of the Trident home and I knew that when I finally got to high school, I wanted to see my name in the byline. My first article was a book review of a popular chick-flick novel, and I wrote an article each month my freshman year. At first, I wrote for the thrill of having a published article, the thrill of being a high school journalist. I failed to recognize the true significance of writing

for the paper until last year.

It may not seem that we, as writers for a small high school newspaper, are making an impact on the world. That's because unfortunately, journalism is a dying art. Even enormous media companies like the New York Times are experiencing a loss of interest in the print news. Say an earthquake is predicted by the National Weather Service. Within hours or even minutes, our phones and computers are buzzing, alerting us of this news. The next day, the announcement of this approaching disaster no longer has the same relevance, thus

signifying why print newspapers have faced significant challenges over the past few decades. But, it's not just technology that's threatening journalism: many journalists are being ostracized when they're simply trying to fulfill their responsibilities.

This summer, I attended a journalism program in New York City. One day, we were told to take a walk in Central Park. Simple, right? Except for one small detail: we had to stop to talk to a stranger (or a group if we wanted). I saw a mother with five children, so I approached them. The mother didn't speak English fluently,

but I was still able to have a conversation with her, with frequent interjections from her extremely vocal kids. The woman told me she's a mother of 7 kids; 5 were at the park with her that day. They live in the Bronx and don't have much money, so going to Central Park is their vacation. She said the city has changed, and essentially, it feels less connected. As she told me this, the younger kids begged me to tell them about living in a place that doesn't have subways (I told them Connecticut doesn't have subways, and they were extremely intrigued). The 5-year-old gave

me instructions on riding the subway.

In a school of nearly 1600 students and many faculty, we may not find stories about a large family living in the Bronx, but there's always another story. In this way, the Trident has the potential to connect the Amity community, which sometimes feels like it lacks a sense of spirit and unity. To me, that's one of the main purposes of the newspaper: providing a medium in which students can express opinion and expose the untold stories of our community. We have a responsibility to tell the stories of Amity.

A New Outlook on the First Day of School

by Kate Yuan '19

Speaking to almost anyone on Sunday, August 27, I could have

mistaken it for the day before the apocalypse, quite honestly. It seemed as if everyone was preparing for death. But really, I feel as if the attitude towards the start of school is an true over dramatization. Sure, getting up at 6 a.m. when the norm for summer is well into the double digits is no easy feat, but going back to school itself is not as bad as we may portray it to be.

I myself am guilty of demonizing the start of school as well, but after getting through that first week, I came to the conclusion that starting school is not that bad, despite what most people think. Yes, I do realize that it was only the first week, and it will get harder, but within those five days, the first of which we spent only nine minutes in

each class, I took two assessments and am still very much alive.

Struggling to get back into that school routine is not so much of an inability to do so, but an unwilling attitude. After eleven years, I have learned that you can not prevent the inevitable. It's truly profound, I know! I have found that the more and more I have resisted the start of school, the more difficult it becomes when it is time to get back into the practice.

Interestingly enough, despite all of the posts I saw on social media about the dreaded return to school, when I walked in on that first day, I did not see zombies shuffling down the hall.

Instead, I saw people talking excitedly with their friends, catching up on what they did over the summer. I saw the nervous smiles of freshmen walking through the front doors for many of their first times. The energy was practically tangible

from the moment I stepped off of the bus.

Furthermore, and what I feel is most important, is that concept of when one experiences something that may be "special" so often, each time, it becomes a little bit less special. Let me explain. I was about seven years old when I fell in love with Nutri-Grain bars. I must have eaten at least four bars a day for two weeks straight. Rounding that second week, the taste was practically acrid in my mouth. Let's just say I took a much needed break from Nutri-Grain bars for quite a while.

My whole point in this is that sure, we always enjoy sleeping in and getting in a nice Netflix binge, but an endless break would only result in restlessness and boredom. Now that we are back to school, we get to look forward to the blessings of those professional development days which we can appreciate more as a break from weeks of hard work!

Crossword Puzzle

ACROSS

1. Amity's 2017-2018 motto
8. Freshmen year science class, abbreviated
9. Original gangster
10. Cry for help
11. Yes, Yes in French
15. A female first name; also used as verb (____ a dog)
16. Famous mother-son duo at Amity
17. Lane, abbreviated
18. Neither sunny nor cloudy
21. Type of "healthy" bread
23. Homophone of reed
25. ____ terms are in January at Amity
26. One who takes exams
27. Opposite of STEM
29. Most populous state
30. Past tense form of "comer" in English (from Spanish)
31. Σ
33. Ea (translate from Latin to English): third person pronoun and often the plural of she, he, or it
34. Subject that occupies the rooms in the 300s at Amity
36. Wedding proposal: Will you marry ____?
37. Abbreviation for sister
39. Online service provider
42. These are swollen when a patient is ill
44. ____ dynamics is the study of the properties of moving air
48. Bill ____ the Science Guy
49. Eric Clapton's " ____ in Heaven"
51. Musical term meaning "loud soft"
52. GPS will show the ____
53. English composer who wrote a famous cello concerto, among many other works

DOWN

2. Committee that chooses the summer book
3. Common phrase during the holiday season
4. Santa Claus says this three times
5. The people who draw little pictures (often in class)
6. Type of large lizard
7. Famous book this year at Amity: we all read it!
10. We are the ____!
12. Intravenous; patients sometimes get these inserted if sick at the hospital
13. "To smell" in Español
14. America
19. Before Facebook messenger or texting
20. "Agréable" (translate from French to English)
22. Synonym of "but"
23. Often precedes email subject
24. Famous husband-wife math teachers at Amity
28. Energy-storing molecule
32. A basic sense; savory taste
35. Trump's favorite social media activity: sending a ____
38. Opposite of "out"
40. More than 20 minutes ____ to class at Amity is considered a tardy
41. ____, Boots, and Backpack are stars of this American animated show
43. Coloring for hair, clothes, etc.
45. Snakelike fish that can sometimes be electric
46. Girls in the orphanage in Annie the musical use a ____ to clean
47. Stands for fortissimo in music
50. Class of 2018 grade right now, abbreviated

1	2	3	4		5	6						7
	8				9							
10					11	12	13	14				
15					16							
					17		18		19	20		
21	22			23		24			25			
26						27		28		29		
30					31	32			33			
		34		35		36						
37	38					39		40			41	
	42		43					44	45	46		
47		48						49				50
51			52					53				

If you correctly complete this crossword puzzle, email a picture to amitytridentnewspaper@gmail.com, and the first person to send us a correct puzzle will receive a prize (likely a gift card).

Words of Wisdom for Freshmen

by George Liang '18

Being a freshman at Amity High School can be daunting. It's your first year in a completely new environment. There are hundreds of faces you have never seen before and a school you can easily get lost in. The idea of balancing school work, sports, clubs, sleep, and a social life is scary. Yes, high school (especially as a freshman) can be difficult, but remember that everyone around you is here to help you through times of stress. Amity means friendship, and our school is a place of compassion and respect. So instead of worrying, take a look at these words of wisdom to help you along your high school career!

Focus on the present. Don't worry too much about what may happen in the far future. Concentrate on what is happening now to avoid putting too much stress on yourself. Focus on the math quiz you have on Friday, your audition on Saturday, or the big game on Sunday. Although standardized tests, college visits, and applications are important in the next few years, they are not a

freshmen's primary concern. Brian La-Rochelle, a school counselor at Amity, gives sound advice, saying that "It's more important to get acclimated to

school and get your feet wet here." Try new topics, clubs, and sports that interest you, and do not be afraid to take a chance!

Talk to your school counselor and teachers. The staff at Amity High School is here to help. They want you to learn, they want to see you grow, and ultimately, they want to see you succeed. If you have any questions about school or just want to talk to someone, stop by your school counselor's office. Your teachers are great sources of information, as well, so don't be afraid to get help after school or to ask questions. Be proactive and seek help when you need it.

Get involved. Do a sport, join a club, or play an instrument! Do

something to become part of the community at Amity. Participating in something you are interested in as well as meeting new friends in the process is what makes high school more fulfilling and enjoyable. Find your passions and expand upon them, or delve into new opportunities here at Amity. You may also meet new friends through involvement in the school community. Echoing the words of Mr. LaRochelle, students who actively participate and are engaged at Amity tend to also succeed academically.

Balance your time. Many high schoolers stretch themselves too thin over the various activities and schoolwork they sign up for. It is important to ensure that you organize your time each week so that you are not staying up late frantically trying to finish schoolwork and study for tests. Although classes and events that you have a passion for are important, your health is even more of a priority. Junior Mounisha Anumolu '19 speaks to the idea of balancing the various parts of your day, saying, "It is important to not procrastinate so that you have enough time for schoolwork, clubs, sports,

going out, and most importantly, sleep." After a long day of hard work, it is vital to take some time to relax and enjoy yourself!

Find your strengths. Often, students try to handle more than they can handle, leading to a very stressful life. Pick and choose what you want to do and commit to it instead of trying to do everything at once. Try to discover what your interests are and pursue them. Don't do something just because everyone else is doing it; do it because you love it.

Although the first year of high school can be tough, the Amity community is always here to help: from upperclassmen to any faculty member. Never be afraid to find what you love to do, and to work hard to achieve your goals. Good luck in the next four years of high school, Amity Class of 2021!



Students exhibit Amity unity at lunch. Photo taken by George Liang '18.

Best of luck to all Amity students and faculty for a fun, successful, and stress-free year!

What Will You Remember?

by Hadiya Iftikhar '18

When you hear the words "high school," you probably think about grades, GPAs, and frantic nights spent studying for upcoming tests. What we don't often appreciate are the lasting memories we make each day. The students who truly understand the bittersweet balance between work and community is the senior class of 2018. For three full years, they have experienced countless classes, amazing teachers, and unforgettable laughs. To commemorate all that they have gone through and to start off the school year with a tribute to those precious moments, The Trident has asked seniors for some of their favorite memories for their last September issue.

The seniors reminisced about events ranging from humorous class incidents to finding a place where they truly belonged. Nevia Selmon '18, recalled, "My favorite high school memory was freshman year when I accidentally catapulted a ruler stick in Ms. Cournoyer's biology class during our lab." It's enlightening that something so small left Nevia with an amusing story to tell during her senior year. Even the smallest memory can become something we look back on months and even years later. Our ability to try new things and meet new people throughout high school is what contributes to such amazing experiences.

A student of Amity's Science Research Program, Yusuf Ahmad '18, dedicated his best memory to science. "The Science Research Symposium was my favorite because I got to showcase all of my work to other students, parents, and teachers. It's pretty cool seeing your work displayed to others." Yusuf

was able to take his hard work and show it off to the rest of the world. A satisfying experience of success is bound to make an impression on Yusuf's high school career.

Christina Lee '18 found her favorite memory by trying something new and exciting. "My favorite memory was when I was a photographer for the Spring Fest last year. I actually really liked it because I got to take pictures of everyone being happy and having fun and in a way that brought us all together." Christina was able to capture students' moments of happiness, leaving a deep impression on her life here at Amity. She was



Anisha Jain '18 (left) and Christina Lee '18 (right) after reflecting on their high school memories.

Photo by Samantha Fleischman '18.

able to have a firsthand look at the joy and excitement that filled the air that day, something one can see whenever they walk through the doors of Amity.

Ben Kemp '18, like many others, discovered his lasting memory to be at a popular Amity school event. "Watching a good friend of mine win Mr. Spartan last year has to be my best memory." When prompted by asking how this made him feel, Ben replied with a simple, "Felt good." Watching friends succeed can often be an inspiration to their fellow peers. Amity is home to this idea. Hopefully, this will inspire Ben to try out for Mr. Spartan himself.

Anisha Jain '18, president of JSA, found herself in the very club she is leading with no idea as to how much it would impact her high school career. "JSA has been a really defining point in my life. I found a group of people that were so like-minded. It helped me define my own opinions and spend time with people who are like me." Anisha found a place where she could truly fit in and be herself. A memory like that is bound to be something she will look back upon happily when she graduates from Amity.

Hannah Epstein '18 says one of her favorite memories of high school is something with which almost all seniors can appreciate. "When I was a freshman, I had a class with all seniors. One of them brought a piñata from their Spanish class and hung it up in our classroom. All the seniors had been stressing over college applications so we thought it would be fun to relax for awhile and take our stress out on a piñata filled with candy." Hannah was the only freshmen, yet she was able to recognize

that no matter how tough school gets, there is always time to make memories at Amity. This is something the senior class should truly take to heart.

High school is a time to discover a part of ourselves we never knew before. With these lasting memories of high school, our senior class will be able to look back on their time at Amity and hopefully be satisfied with what they see. Even though there are times when we struggle in school, we will always have these memories to remind us that there are even better days waiting for us in our future. Good luck to Amity's senior class of 2018!

Amity Plans to "Go the Distance" This School Year

by Elana Bershtein '19

As the school year officially began, Amity introduced this year's theme: "Go the Distance." Over the past few years, Amity has released annual mottos to serve as an overarching theme throughout the school year. These phrases have been influential and beneficial to the community and have successfully motivated students to

achieve their goals. Undoubtedly, this year's motto will continue to do so. "Go the Distance" relates to this year's summer reading book, Every Day by David Levithan. Vera Belfonti '20 was pleasantly surprised by this year's phrase in its relation to the main theme of the book. "When I heard that this year's motto was 'Go the Distance', I immediately saw its correlation with Every Day. A does everything in their power to be with Rhiannon and dedicates all of their time and emotions to her. A goes the distance in order to follow their heart, despite the many disadvantages they face."

This year's motto also follows

the theme of the previous year, "Make It Happen." Ben Schiff '19 says, "I believe that it is very important to continue to 'Go the Distance' even if you have already 'Made It Happen.' Just because you may have achieved your goals does not mean that you need to stop trying. Each year the school mottos never fail to inspire me to do well in and out of school."

To inspire Amity students to

"[Molly Cox '19] will personally try to 'Go the Distance' in attempting to set the school record in the 100-meter backstroke."

fulfill this motto, Jeff Gitelman '00 and Jeremy Benson '97, two Amity alumni, presented their achievements to the student body on the first day of school. Gitelman spoke of his journey from being a local musician to influencing major stars today, such as Kelly Clarkson, Chris Brown, and Chance the Rapper. His road to success has inspired many students, such as Payton Grande '19. She says, "His dedication and devotion to fulfilling his dreams has truly inspired me to do the same."

Benson also described how he went the distance by becoming a highly skilled skier, mountain biker, and author. Both men continuously worked hard to achieve their goals, despite any setbacks or doubts they encountered.

Students have already begun to interpret their personal meaning of this year's phrase and even apply it to their daily life. To Molly Cox '19, the phrase means "trying your hardest every day, despite any obstacles you face. Even when you reach your goals, set even higher ones and keep persevering."

She will personally try to "Go the Distance" in attempting to set the school record in the 100-meter backstroke. She says, "The new motto coincides perfectly with my hopes for this year's swim season and has further inspired me to work even harder."

This new theme will hopefully continue to inspire students throughout the year. Students can "go the distance" not only in school, but also in sports, in arts, and in any other goals they hope to achieve.

GOING THE DISTANCE:

Two years ago, we were encouraged to “Find Our Passion.” Last year was time to “Make It Happen.” And now, we must “Go the Distance... Everyday.” We talked to some Amity students, faculty, and staff to see how members of the community literally went the distance this summer—through travel, new experiences, community service, and more — and how they plan on going the distance this year. Welcome back, Amity High School! From the entire *Trident* editorial staff, we hope you have a successful school year.

How Will You “Go the Distance” This Year?

Tommy Livesay, Junior

“I plan on going the distance by working hard and also having fun in both old and new clubs this year.”

**Dameon Kellogg,
Math Department Chair**

“The math department introduced a lot of new programs, so I’d like to fully implement them and make them successful, so that students can get the most out of their education.”

**Christina
Allen, English
Teacher**

“I plan to make each class period a real priority so that students can get a variety of experiences. That way we are not just doing the same routine everyday, but they are able to have all aspects of Language Arts presented to them.”

Lourdes Mollica, Freshman

“First of all, I want to try my very best to get good grades, but I also want to be the best version of myself and stay positive.”

Anna Mahon, Principal

What’s your hope for the effect of the theme?

“It’s hard to find structure in the Amity community and to have pride and an identity. With the themes, we can focus on a common goal and focus and reflect on the needs of the community., To all students, be true and kind to yourself and others. You have to push yourself, even though it may not always be comfortable. Finally, having persistence and integrity pays off, and you’ll be able to find who you really are.”

Why did you start choosing themes each year?

“Before becoming an administrator, I was an English teacher, so I find inspiration in language and quotations. And a few students suggested the ‘Go the Distance’ theme on the School Climate Survey at the end of last year. I brought three possible themes to the Principal’s Council, and they chose. This year, I want to continue to focus on our core values but also emphasize the academic and cultural sides.”

Mina Kim, Sophomore

“I hope to ‘go the distance’ this year by finishing everything I start and working hard to achieve my goals.”

**Victoria Hulse, New Library
and Media Specialist**

“So I think for me this year there’s a huge learning curve, because number one: I’ve never taught high school, so I have to learn what the levels of high school students are. Two: There are a lot of logistics of this job that are different than my previous job, so every day I’m learning something new. So for me “Going the Distance” is making sure I just keep learning everything all year. And I hope to become part of the community, so I think that’s another part of it. I want to go to some games, join some clubs, get to know students on that level rather than the kids that come in here for study hall. So, for me, going the distance this year is making myself at home here.”

**Angelo Amato,
Science Department Chair**

“I am going to try to do the best I can to implement the new AP Physics course we have this year and make it as relevant and exciting as I can to the students.”

Ken Clark, English Teacher

“My personal goal is to ‘simplify’, so I think I will go the distance by simplifying things by shedding all the excess weight so I can run that much faster and that much further.”

**John Cobleigh, New Earth Science
and Physics Teacher**

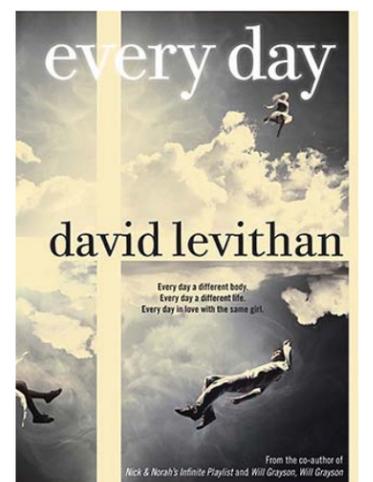
“For me, coming to Amity has been a big change, so even going day by day is a challenge with the different schedules. But my goal for the year is to get to know the kids and be a contributing member to the community. Amity is also a bigger school than Deering High School, so I’m trying to get used to that... The hallways here are as crazy as [Route] 84!”



Above: OBOA board containing pictures of people’s “Every Day” summer adventures. *Photo by Ali Hagani ‘18.*

Right: *Every Day* by David Levithan, the One Book/One Amity selection for the summer of 2017.

Down (to the Right): “Go the Distance... Everyday” Poster in the main hallway of Amity. *Photo by Sophie Baum ‘18.*



**Dominic
Iassogna,
Freshman**

“I hope to make the baseball team.”

PAST AND FUTURE

Going the Distance (Literally) This Summer

John Cobleigh, New Earth Science and Physics Teacher

"I taught at Deering High School in Portland, Maine for many years, and I spent my whole adult life there. Neither of my kids come to Maine often, so my wife and I wanted to move closer to see them more. We're now living with our kids until our home is remodeled, but most of my belongings are in Maine. And one experience that makes me a true Connecticut resident: I spent 4.5 or 5 hours in the DMV. I thought everyone was online for tickets to see Taylor Swift! But now I'm a registered voter here in Connecticut, and am officially an Amity High School teacher!"

Tommy Livesay, Junior

"I went to Spain. It was just a family vacation. My family was really interested in going somewhere and we picked Spain because we felt like it would be one of the safest places to go--which was kind of ironic considering the terror attack happened during our stay. "I stayed for 10 days. I spent the first three days in Madrid. Then I went to Cordoba on the way to Seville where I spent another three days in. We were going to go to Barcelona for another three days, but instead went up to France where we spent one day in a different city between Carcassonne, Avignon, and Perpignan. There are few things that are actually different [between American and Spanish cultures]. For one, everyone eats super late. Usually we were eating dinner between 10:30 and midnight, because no place was open earlier. Also we assumed that Siesta would be a bigger deal, but it really wasn't because everything was open during Siesta because of the tourism and everything."



Tommy Livesay in Carcassonne, France in the summer of 2017. Photo contributed by Tommy Livesay '19.

Andrew Burford, Senior

"This summer I trained for the Cross Country season at our high school. And during the summer we always try to hit much higher mileage than we do during the rest of the seasons, so a lot of the varsity was doing 50-60 and then some people were doing 65 miles a week, so that's typically 9-10 miles a day...everyday. And then also we will do long runs so we will do 20% of our weekly mileage, so I did a few 13 mile long runs. I also had my birthday over the summer where I turned 17 and then I did a 17 mile run on that day. No one else did their birthday mileage unfortunately. In total I ran 600.2 miles."

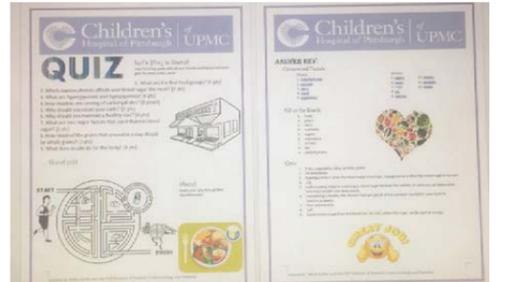
Mina Kim, Sophomore

Mina went to Haiti to do community service: "I got involved through my Korean Church. The place [we visited] is called Kkottongnae (Flower Village). At this community, I helped wash the elderly [who had] dementia, and I painted the new houses for the homeless people. I also helped serve food in the mornings. On my last day, we hiked up this mountain and carried a backpack filled with rice bags and candy to give to the poor villages at the top."



Neha Sudhir, Junior

"This summer I went to Pittsburgh and did an internship with the Endocrinology Department/Diabetes Clinic at the Children's Hospital of Pittsburgh. I volunteered in the [diabetes] clinic. I was actually given the opportunity to sit in on some appointments when patients were talking to the dietitians. I also created a diet-related informational packet for the children, which is a lot more entertaining than the one they already had. They just started using it in the hospital. I got to spend time with a kid who was diagnosed that day. Several teams were brought in to educate him and the family, and I got to see firsthand what that was like."



Informational packet for diabetic children, created by Neha Sudhir. Photo by Neha Sudhir '19.

Anna Mahon, Principal

"This summer I went to Alaska on a family trip! I also trained during the summer for the New Haven half marathon, which was on Labor Day. I ran probably 200 miles to train, and I ran the race in just under two hours. It felt like the culmination to my training, but it was also a nice way to kick off the year."



1: Mina Kim with group in Haiti
2: Painting houses in Kkottongnae
3: Group with Haitian girl
Photos contributed by Mina Kim '20.

Victoria Hulse, New Library and Media Specialist

"This summer I got a new job...officially! I took two vacations, and then we spent a lot of time in the pool-we have a pool in the backyard so we spent a lot of time there. I did a lot of reading too. I read Everyday twice I liked it so much, and all the Nutmeg nominees for the high school level so that was a good experience. I also really fell in love with my kindle this summer, because I didn't have to go to the library and borrow books, and then they'd return them automatically which was even better. So I'd just download random books off the website. And that's pretty much it! It was kind of a nice, relaxing summer; this is the first summer I didn't work. Usually I work writing curriculum and other things, but this summer I was like 'No, I'm gonna hang.' So it was good."

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Amity Creative Theater Reveals Play and Musical

Talya Braverman '20

Amity Creative Theater (ACT) held its annual meeting in the Brady Center where the fall play and spring musical were revealed.

First, the fall play was announced to be *The Laramie Project: Ten Years Later*. The production includes a compilation of real interviews taken in Laramie, Wyoming, about a hate crime involving the murder of Matthew Shepard, a young gay man.

The interviews were conducted as a sequel to the play, *The Laramie Project*, which was created ten years prior and directly after the hate crime occurred. Amity will perform the sequel this December, ten years after they had performed the original play.

Auditions for the play will be held on September 27th

and 28th at 2:30 and performances will be on December 6th, 7th, and 8th.

After the play was revealed, *The Addams Family* was announced as the spring musical. The comedic musical is about the ghoulish and dark Addams family. This comedy focuses on a family member who goes against the Addams's values by falling in love with someone who is "normal."

"I was very shocked and excited!" said Alaina Dwyer '18, in reaction to the musical reveal. The show is sure to be enjoyable, and

In addition to the show reveals, Dwyer and other ACT board members, Emily Killian '18, Kayla Zamkov '18, and Maren Westgard '18 announced that there will be a student directed show this year! Although Zamkov "[is] unsure of what it will be...it will most likely happen in May." She hopes to create a "more chill" atmosphere, rather than the more formal ambience of past productions by the theater program.

The board members also discussed

the upcoming ACT mentorship program, beginning on September 19th. The program involves ACT members who will help instruct 9 to 12 year olds and prepare them for a performance on November 14. The program will be sponsored by parents of ACT and will help fundraise for an ACT trip to Disney in the spring.

Be sure to look at the Amity theater department's website

and Facebook for more information on upcoming auditions and events!



The Addams Family plays out on a Broadway Stage.

Photo courtesy of Broadway.com.

The 2017 Solar Eclipse Dazzles Viewers

David Chen '18

On August 23, a few days before the first day of school, a number of Amity students had the chance to experience the solar eclipse. There

I realized that the view was worth the inconvenience when the field dimmed and the outline of the sun was the only light left."

Kelsey Morgan '18 and the rest of her family planned an extensive trip to observe the solar eclipse. Mor-

and there we watched the eclipse on the side of the road."

Some Amity students did not leave New Haven County to observe the eclipse. Andrew Johnson '18, a member of Amity's tennis team, was ball boy at the Connecticut Open



Howard Ding, '18, took the opportunity to capture the eclipse with his camera.

Photo Courtesy of Howard Ding '18.

was a frenzy of buying eclipse glasses, finding out the eclipse start time, and booking hotels. Some students, such as Arvand Golbazi '18, viewed the eclipse during their family trips.

"My family had planned to go to Yellowstone National Park," said Golbazi. "Trying to book a hotel was the most frustrating thing for my parents because they were all full or ridiculously overpriced, but

gan's family ended up in the state of Nebraska, free from light pollution and in full view of the solar eclipse.

"I was so excited to see the eclipse at Homestead National Monument, but then panicked when I saw the first clouds drifting over," Morgan said. "We abandoned the state park location and frantically searched for a new one... Finally, the search led us to the town of Geneva, Nebraska

tournament. He said, "The big screen of the stadium played a video recording of Agnieszka Radwanska, the number 1 seed, and reminded spectators and players alike to wear the custom glasses distributed by the tournament during the eclipse. A lot of the younger ball kids were especially awestruck by the experience."

Jamie Hulley: Evening for the Arts

by Ella Marin '20

Jamie Hulley was an artistic person from a very young age. She discovered her love for the arts and pursued it intensely. Whenever considering the future, her plans invariably included some sort of creativity.

As Jaime grew older, her talents for creative writing, singing, song-writing, dancing, acting, and comedy only grew. Unfortunately, Jamie was never able to pursue a career in the arts because her life was cut short in

2002, just weeks before her 21st birthday, due to a brief struggle with an aggressive case of lymphoma.

To honor Jamie and her love for the arts, Jamie's friends and family established the Jamie A. Hulley Arts Foundation. The foundation is dedicated to artists who share Jamie's artistic passion. Its goal is to provide

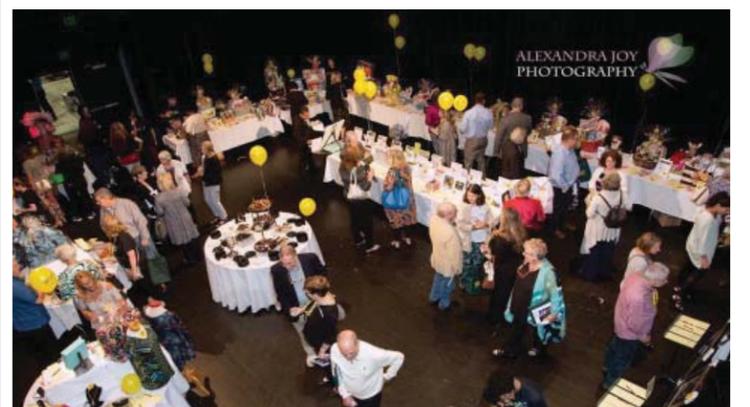
artistic opportunity for promising youth, especially in Connecticut.

Each year, the Jamie A. Hulley Arts foundation hosts a gala in which all profits go to support arts programs. This year, the foundation put on yet another successful event, the 15th Annual "Evening for the Arts."

The first hour of the gala was

a silent auction in which attendees could place bids on desirable items. After that, there was a live auction with performances. Amity's own Creative Theater sang "You Will Be Found" from *Dear Evan Hansen*. In addition, the Square Foot Theater and Broadway Method

Academy had musical performances. The last act was an 80s cover band known as Rubix Kube. The group sang a multitude of popular classics such as "Somebody Who Loves Me" by Whitney Houston, and a fan favorite, "Girls Just Wanna Have Fun," by Cyndi Lauper. Overall, it was an inspiring and successful night for the guests and performers!



From Top to Bottom: Flyer announcing the event.

Photo Courtesy Jaime Hulley Art Fund.

Evening for the Arts, Amity students performing.

Photos by Alexandra Joy.

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Amity Students Enjoy the International Festival of Arts and Ideas

by Sean Lee '20

The International Festival of Arts & Ideas is an organization that hosts an annual festival celebrating performing arts, lectures, and culture every June in New Haven. The non-profit organization's mission is to create an internationally-renowned event that strengthens New Haven's community, and many people from different areas around the state and country come to this 15 day event every year to celebrate.

This summer, musical talents such as The Wailers Band and Rusted Root performed on the New Haven Green for the festival's night performances. The Wailers Band performed reggae music that added a distinct cultural aspect to the festival. However, Rusted Root performed their

vast catalogue of rock music to provide an upbeat atmosphere to the audience on the Green. Arts and Ideas is one of the few events local to the Elm City that showcase various cultures and experiences.

In addition to the concerts on the Green, Arts and Ideas presented a variety of lectures and theatrical performances. One performance from the

ry lane. Their show, "The End of TV," focused on the years before the age of the internet. They used distinct visuals that showed the audience commercials that would be seen during the popularity of American TV culture.

The festival was a great experience for both new and returning people, and Amity students were also among those who attended.

Siavash Raisi '20 said, "It's great to see lots of people coming together to enjoy the arts as one tightly knit community."

"It's not something everyone gets to experience and should be widespread internationally," he added.

Families and friends visited the festival, ready with their picnic blankets, to enjoy the many performances at Arts and Ideas. The overall environment was inviting and the organization is hoping to expand its horizons.



Logo for the International Festival of Arts and Ideas.

Photo Courtesy of The Union.

Manual Cinema company led the older viewers of the audience go on a trip down memo-

Odyssey: A Cultural Journey

by: Kayla Morgan '20

On Labor Day weekend, St. Barbara Greek Orthodox Church in Orange held their 37th Annual Greek festival, Odyssey.

Four months ago, a group of performers, consisting of kids of all ages that want to connect to their Hellenic roots, waited for instructions during their first rehearsal to prepare for this event. After rehearsing for two hours every week, these young talents showcased their talents at Odyssey.

The Greek community in southern Connecticut might be small, but what it lacks in size it makes up for in the love they all share for their culture. Many of the performers had family members that immigrated here directly from Greece.

Ellie Maniatis '20, one of the dancers at the festival, remarked that her grandparents have "instilled such a love for [her] culture into [her] and [she's] forever thankful for that."

Many of the young performers had been going to the festival since they were babies, but attendees were not limited

to members of the Greek community; many people who were not of Greek ancestry went as well.

When Daniel Cortright '20 visited the festival, he remembered it being "very social and family friendly." The welcoming Greek community is one reason why festival goers return every year.

In addition to the warm environment, there were also traditional cooking demonstrations, live music, and of course, dancing. Dancing may not be everyone's forte, but the festival provided dancing lessons that taught anyone who wanted to learn!

At the end of the weekend, the dancers and organizers knew that their hard work was worth their effort. From the amazing traditional meals and pastries to the authentic Greek souvenirs, there are plenty of reasons why people come back year after year.

As Gia Dalakas '20, a dancer at the festival, said, "It is most certainly one of the best weekends of my life every year."

However, if you missed it this year, do not worry because planning is already underway for next year's Odyssey celebration!

Artist of the Month: Madison Tom

by Tara Mohseni '19

Madison Tom '19 has been an artist since she was very young. "I always liked to draw, but only started being serious about it around 3 years ago," Tom said. "[I] started to learn the fundamentals and all the theories behind drawing."

When Tom was around 10 years old, she began to print out and learn from drawing tutorials from different websites. Tom remembered that she started "to [draw] when [she] saw the animations on flipnote hatena on [her] old DS and wanted to

draw like them."

Since she is interested in many genres, her art is by no means conventional. She calls her style "cartoony" but... also still evolving."

She continued, "if you looked at my art from 3 years ago, it was very different from how I draw now."

Tom takes pride in the different tools she uses to create her work. She explained, "[I use] a mechanical pencil that's .05 lead because I like to draw really tiny... I've also lately been

using colored pencils for sketches, and my favorite by far is my brush pen, because I can get a lot of line variation so the line art don't look so dull when I color things. I always use watercolor too because it's very convenient and easy to set up... stuff like acrylic takes too long to set up for me so I like something quick."

For many, drawing is a

type of escape or a pastime. Yet simply Tom stated, "I've always thought of drawing as a hobby, so it can be an escape at times... but mainly it's just something I am interested in and want to get better at!"

Her recent successes do not make her immune to creative block. She said, "Sometimes it makes me frustrated though, and I literally just cannot draw... and then I have to take a break for a day or two until I am ready to work again."

It is not uncommon for modern artists to find their inspiration in painters from earlier eras such as Van Gogh or Renoir inspire these artists' artwork. Tom insisted, "I don't really care about the masters or the old painters, so my inspirations are more modern artists... so, there's Leslie Hung, Louie Zong, Loish, Ha Gyung Lee/NAKI, Sachin Teng, and James Jean!"

Tom's unconventional approach to her craft is perhaps what makes her work so unique. Her love and dedication has helped her become one of Amity's stand-out artists.



Above and Right: Artwork and sketches by Madison Tom '19.

Photos of art contributed by Madison Tom.



2017 Fall Sports Photo Gallery



Top row (left to right): Girls Volleyball Team during a home game against Daniel Hand on Sept. 8, 2017. They won!

Football Team in action against Harding on Sept. 8, 2017. They won!

Second row (left to right): Boys Soccer Team during a game against Shelton on Sept. 8, 2017. They lost in a close game of 1-0.

Abby Harbinson '19 jumping for a hit.

Photos by Howard Ding '18.



Right: Girls Volleyball players huddle during a game on Sept. 8, 2017. Photo by Howard Ding '18.

Below: Members of the Amity Girls Swimming and Diving Team sport red, white, and blue on Sept. 11 2017 before their meet that day against Sheehan. They won! They also won their meet against Lyman Hall on Thursday, Sept. 12, 2017.

Photo contributed by Kayleigh Foley '18.



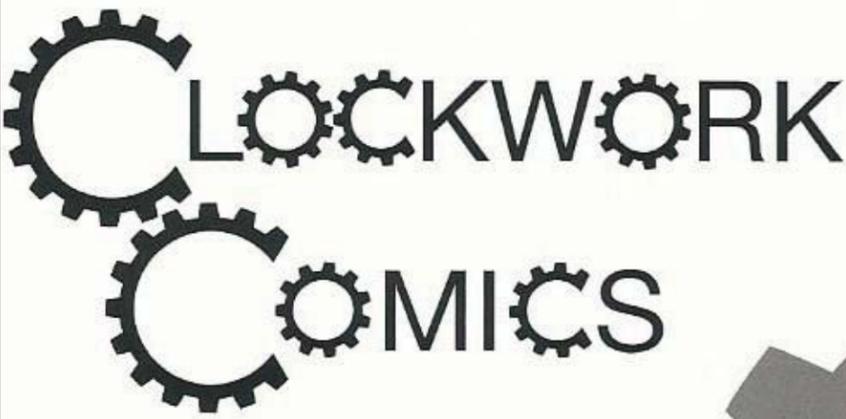

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Girls Cross Country Is Ready to Dominate

by David Sugarmann '20 & Adam Ginsberg '20

Now that school has started, every athlete at Amity is excited for the quickly approaching seasons. Soon, all of the teams will get to go out and fight for a victory in the sport that they love.

The Amity Girls Cross Country team is no exception. Led by coaches Sean Mahon and Thomas Haley and captains Morgan Ramadan '18 and Maya Oestreicher '18, the team is in a good position to succeed. The 2016 squad entered the season with their sights set high after capturing the 2015 SCC title.

The consensus from the girls was that they were happy with last year's results but they believe that they can do even better this season. Although they enjoyed many thrilling victories last year, the team also endured some devastating losses. Though they were upset when Amity did not finish their 2016 season on top, the returning members of the team found the silver lining. The loss brought the team closer to-

gether and motivated them to do better this year.

However bringing home an SCC title won't be easy—many of the team's fastest runners graduated, leaving gaps on the varsity squad. Some of the team's star runners include Abbey Bowser '18, Caroline Rafferty '18, and Morgan Ramadan '18.

Led by these home-grown stars, the team is confident that they will have success.

Dana Della-Giustina '20, thinks modified training techniques will make a positive difference for Amity this season.

"The team is running more miles," she said, "and doing more workouts like mile repeats and hill runs."

These drills allow for the girls to maintain a consistent pace on steep hills and to strengthen their stamina in preparation for races. Over the next few weeks, the girls will be able to see how this intensified work out strategy plays out.

They hope to demonstrate their commitment and prove to the rest of their conference that they are a force to be reckoned with.

Amity Spartans Football: Season Preview 2017

by Nick Ricciardi '20

The Amity Boys Football Team is gearing up for an exciting new season this fall. There have been some significant changes from last year. In the first game last season, the starting quarterback, Paul Buda '18 sustained an injury. It looked grim from there—the team ended with a rather underwhelming record of 3 wins and 7 losses.

There were quite a few close games last season, though, signaling that despite the unimpressive record, the team may have more talent than meets the eye. A high point from last year came in Amity's crushing victory over Jonathan Law 41-21. The Amity team this year looks to have more games like this against even tougher opponents.

Many of last year's var-

sity players have graduated, including star quarterback Colin Beaulieu, who replaced Buda as QB after his injury, and left many spots vacant in the varsity roster. These spots are open to the aspiring underclassmen to looking to prove themselves on a higher level.

One of these aspiring athletes is James Laubstein '20 who is taking the reins of the Amity varsity offense at quarterback. It remains to be seen if he can empower the Amity offense to victory. Captained by Ryan Sabo '18, a running back and linebacker coming off of an injury from last year, Amity may have a chance to perform better. Other notable players include include lineman and Captain Ellis Feola '18 and Luke Smith '18 at receiver and corner.

Leading the team is Coach Ted Czepiga, who is

going into his 3rd year of coaching the Spartan Football team. Czepiga was met by overwhelming excitement from the Amity athletic community when he took over the coaching staff. He has produced disappointing results at best. He, along with his assistant coaches, will be looking to harness the talents of the already skillful varsity while building up a solid underclassmen base.

This season has promise, despite a few difficult matchups early in the season namely Wilbur Cross (9/28), Notre Dame West Haven (10/6), and Hamden (11/10). If the Amity Spartans football team hope to secure a record of .500 or more they certainly will need to put in the hard work to get there. The season is looking up and the Spartans are ready to shatter expectations.



The Field Hockey Team Ready for Bright Season

by Nitya Bhattarai '18

As fall sports are kicking off, the Field Hockey team is looking forward to a thrilling season. Led by coach Sarah Hale and captains Alexa Smith, Eliza Crane, and Lauren Chaffkin, the group

the progress made after a successful season last year, where they owned a respectable 9-8 and reached the second round of the state tournament.

Doing well in tournaments isn't the only objective they have though. "The goals we have for this season

Spartan Soccer Shoots for a Stunning Season

by Jordan Conn '18

The Amity Boys Soccer Team, captained by Henry Molot '18, Will Hunter '18, and Cole Bova '19, is looking to improve off of last year's 6-5-5 season. Despite losing a number of key players, the team this year still looks strong, with star attacker Thomas Kanter '18 working to carry the team forward. Coming off of an injury, it is expected that Kanter will



Molot dribbles downfield in 2016. Photo courtesy of Henry Molot.

soon return to full force. He hopes to lead his team to win the Housatonic division championship and more.

The talent within the team runs deep: Zach Young '18, Luciano Artaza '18, Gabe Paglia '20, and captain Molot will all be vital

to the team's success on the offense. On the other side of the field, Thomas Swat '19 and Sam Koorejian '19 will hold down the fort and protect the net on defense. Their schedule this year is

tough, but manageable. "Daniel Hand and Wilbur Cross should be our toughest games," said captain Henry Molot. "But we'll be looking to win out against teams such as Foran, Law, North Haven and Branford."

Last season, the Spartans

demonstrated their strength with some impressive wins, including an enormous home win against Shelton, the Class LL runner-up in the state tournament. Although the team barely missed out on the Housatonic Division title, they still showed remarkable improvement as compared to prior seasons.

The team has high hopes for this year and wants to continue their pattern of improvement.

"We hope that we can improve on last year by winning the Housatonic Division," says Molot, "as well as make a run in both the SCC and state tournaments."

The boy's determination will surely result in an exciting season.



Goalie Alexa Smith makes a save. Photo courtesy of Orange Live.

is more than well equipped to face this year's challenges.

"This preseason has been more difficult than previous years, but it will definitely help us in games and in the long run. Because of all the hard work we have put in, the team is really coming together," said Marissa Proto '18.

"It doesn't matter if they're a first time player or if they've been playing for four years, we're always trying to push each other to do better."

The team has set some goals for themselves for this fall. They hopes to further

are to improve as players and of course as a team. Our program has been growing so much the last few years and we're really excited because it makes us that much better," says McKenzie Sullivan '18, a fourth year player on the team.

The team has 16 games scheduled this year but may play more if they advance to tournaments after the regular season. Spectators caught the first bit of Field Hockey action on September 12 in North Haven. Amity was victorious.

Their first home game was on September 14.

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