

THE AMITY TRIDENT

LXXVII-No. 3 Amity Regional High School Woodbridge, CT 06525 November 17, 2023

Amity Veterans Honored with New Display Case

by Aryan Shrivastav '27

Veterans Day is a holiday dedicated to appreciating former members of the United States' armed forces. It honors the generations of men and

women who have served and sacrificed for American ideals and values.

On Friday, November 10th, Amity honored veterans in a ceremony which featured the display case in the main hallway. The ceremony began with Principal Andre Hauser giving a tribute to all veterans. He said this display case and Veterans Day are about "service [and] our service people."

Administrative Assistant Andrea Santos took on the lead role of this project, dedicating her time to improving and updating the display case highlighted in the ceremony. To accomplish this, she included all Amity veterans who served, are still serving, or were killed in action while serving in any branch of the U.S. military: the Army, Marine Corps, Navy, Space Force, and Coast Guard.

The display contains service emblems on the left side, followed by a picture of every Amity veteran. A special part of the display is reserved for those who have sacrificed their lives fighting for their country. To ensure the tradition of this project lives on, there is space reserved for future generations of Amity veterans. According to history teacher Peter Downhour, who is also a veteran, "[The display] couldn't be more about inclusiveness. These people need to be recognized."

In addition to Santos, many faculty members contributed to this memorial, including Down-

hour, Miguel Pickering, Edward Rostowsky, Carl Teravainen, Lisa Toto, and Jessica Zamachaj. Students also contributed, helping with welding, sanding, and making the different components of the display case.

Amity also arranged a Missing Person Table in the cafeteria; this is set up to honor missing, fallen, or imprisoned military soldiers. On the table, various symbols represented the plight of imprisoned soldiers. The white cloth stands for unwavering determination to fight for their country, the single rose for the blood shed in that fight. The red ribbon wrapped around the vase represents their deep love for their country, while the lit candle symbolizes the hope they hold on to. The lemon slices are symbolic of their bitter fate, and the salt represents the tears of countless families. The upside-down glass is a reminder of those no longer with us, and the empty chair represents an unknown soldier not present. When together, these symbols helps to create a thoughtful memorial for lost veterans.

Junior Ella Urban thought the dedication ceremony was a great way to honor the veterans. "I also loved the new display case," she said. "It showed beautiful craftsmanship and highlights what the CTE classes can do."

Thanks to the hard work of students and faculty, the Veterans Day celebration was a fitting tribute to all who served and sacrificed for America.



Photo by Aryan Shrivastav '27
The new veterans display in the main hallway

Students "Tangled" Up in Homecoming Prep

by Jacqueline Miller '27

Amity is "tangled" in excitement for this fall season's Homecoming 2023. This year, the Homecoming Committee agreed upon a very popular theme, Tangled, for the exciting evening.

Each November, this group in Student Government carries on the valued tradition of creating a Homecoming banner to place in the main school hallway. The committee gets together to make a sign that incorporates every members' opinions and artistic talents. This year, their decorative banner characterizes the theme of Tangled.

For the week before Homecoming, another Student Government Committee planned Spirit Week.

Amity students dressed up every day, following various themes, to show their school spirit. This year, the themes were Twin Day, when students dressed like a friend; Jersey Day, in which students represented their favorite teams; Pajama Day, when everyone got comfy by wearing pajamas to school; and Decades Day, in which each grade was assigned a decade to dress as.

Finally Amity Spirit Day is Friday, when students put on their black and gold to show school spirit.

Later Friday night, the Link Crew sponsored Freshman Tailgate will take place. The event begins at 5:00 pm where freshmen will begin celebrations before the Amity Spartan football team plays Guilford at 6:00.

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Medical Careers Day Highlights Specialists in New Yearly Tradition

by Emily Russo '24

On November 8th and 9th, the Career Center organized a Medical Careers Day.

According to Lynn Cocco, College and Career Counselor, "The event was designed to foster, promote, and teach students about careers in the medical field that require two years or less of education."

Medical Careers Day is an expansion of Trades Week, an annual, week-long event dedicated to careers in trades fields such as construction, plumbing, and electricity. Like Trades Week, Cocco says that Medical Careers Day will also become a yearly tradition.

Along the main hallway, various stations were arranged, each dedicated to their own medical career. Cocco said, "All students had an opportunity to meet with the different medical workers, who shared their pathways and experiences in their chosen fields."

Among the many specialists highlighted in this event were Pharmacy Technicians, Diagnostic Ultrasound Technicians, and Expanded Functional Dental Assistants.

Oftentimes, careers in the medical field are associated with an overwhelming amount of school and training that will take 10 to



Photo by Lynn Cocco
Students learning about medical careers

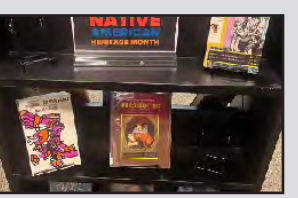
14 years to complete. Because of this, many students may feel that this is an inaccessible field to enter after graduation.

However, by hosting an event dedicated to medical careers that require two years or less of school, the Career Center has shown the field of medicine as more accessible to students.

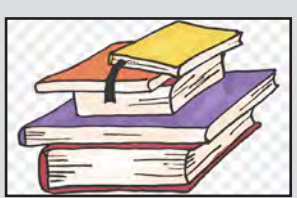
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“Tangled” Up in Homecoming Prep

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The freshmen tailgate allows freshmen to socialize with friends and show their Amity spirit!

Kate McGonagle ‘26 attended the event last fall and encourages all freshmen to join the tailgate fun and enjoy the festivities. McGonagle remembers, “Last year the tailgate was a very fun experience, and it was a great way to see your friends and hang out.”

This year, the Link Crew tailgate includes lots of great games, fun activities, good music, and delectable food. The food served is free of charge and students can fill up on delicious hotdogs, veggie burgers, and chips. Go Spartans!

Homecoming is scheduled for Saturday, November 18th and will feature a DJ, so the music will be top-notch and get everybody moving. The dance begins at 7:00 pm and will last until 10:00 pm in the

school gymnasium.

Homecoming Committee Co-Chairs Mia Bierowski ‘24 and Sabah Salahuddin ‘25 are fully involved in coordinating every aspect of the evening; from smaller details like securing delicious food donations, to bigger things such as ensuring the night truly embodies its theme.

Bierowski said, “This year’s theme is Tangled, and we hope to bring out the magic of the movie with amazing lantern decorations and odes to specific scenery in the movie!”

The gymnasium will be transformed into the whimsical Kingdom of Corona.

Salahuddin said, “After Homecoming, we stay and clean up; and it’s always a fun process. I have been on the Homecoming Committee since I was a freshman, and it’s a lot of fun and I love doing it every year.”



Homecoming poster spans the display case.

Photo by Jacqueline Miller ‘27

Principal’s Committee Column

by Andie Napolitano ‘24

The Principal’s Committee met before school on Friday, November 3rd, and Friday, November 10th in the district presentation room.

At the November 3rd meeting, the committee announced their Afternoon with the Admins initiative, which allows students to talk directly to administrators, including Principal Andre Hauser, and voice opinions or concerns.

AI policies were heavily discussed, including potential AI policies for teachers and students. A concern arose about the use of AI in teacher recommendations, with students citing that this would make letters impersonal and detract from the personal connection between teachers and students. It was agreed that students and teachers should be held to the same standards when it comes to using AI. This concern sparked a dialogue about potential AI policies and the boundaries of using AI for class assignments. Some teachers are experimenting with using AI as a tool in their teaching, but views on AI remain largely negative among staff. This conversation provided valuable insight into the need for policies surrounding AI in school.

Additionally, the potential for students and staff to carry Narcan (a medication that treats narcotic overdose in emergency situations) was discussed.

At the November 10th meeting the committee discussed making the curriculum more flexible to suit a wider variety of student interests. While Amity offers courses in technical education, there is a lack in other interest areas.

In September, Connecticut joined 21 other states in requiring high school students to take a personal finance course. Currently, 15-20% of students at Amity take a financial literacy course. By the time the current freshmen are juniors, the school will have the staffing and setup for all students to take it. In the future, students will likely take the course during junior year so there is wiggle room to meet graduation requirements.

In light of the end of quarter 1, the committee discussed grading policies, including improving grading turnaround on assignments to prevent teachers from inputting mass amounts of assignments at the end of the quarter, and a policy implementing a minimum number of assignments that should be inputted by midmark period. The committee will meet again on Friday, December 1, 2023.

Connecting the Community through One Class

by Eliza Factor ‘24

Have you seen Post-it notes with positive messages around the school? That is thanks to the Amity Advocates students who worked along with the Umtr club as a small way to share positivity with other students in school.

Amity Advocates was developed to encourage students to work together to reach three main pillars: teamwork, advocacy, and leadership. Enrollment for the course has increased this year, and students are finding more ways to leave their mark through leadership and collaborative projects.

Amity Advocates students just completed a project in which they worked together to create a lesson plan for 9th graders on how to identify and manage stres.

“We are trying to do a couple of things that are less spontaneous, but more intentional acts of kindness, words, or intentional acts of positivity,” explained Eric Rothbart, the Amity Advocates teacher.

For their next project, advocates will put into action the three pillars and help with a unified physical education lesson. Before the activity, there is a lot of planning behind the scenes. While students are planning activities for the community, they are also learning lessons inside the classroom that give them the tools to facilitate these activities successfully.

This class requires a tremendous amount of teamwork, so before they move to another unit, Rothbart always makes sure to add lessons to build collaboration and trust between the students. These lessons can be as simple as going to the gym and doing trust exercises that really help reinforce the feeling of teamwork between advocates. At present, the students are

working on lessons like character development with a focus on team building in the classroom to prepare for their PE project. The class provides students with models of selflessness and activities to help them cultivate this quality.

The projects in Amity Advocates are demanding and involve many different steps, so often, the students will split into groups to tackle different tasks. The challenge of each project encourages students to practice teamwork so that each person can contribute something meaningful and no one person feels overwhelmed. This can include students being responsible for sending out emails and figuring out how to set up in-person meetings with the Unified PE class or other students who volunteer in that class.

Senior Aarushi Trivedi enjoyed planning these activities. “We worked with some of the students who were in Unified PE and Amity Advocates in order to figure out what we needed to plan for the day,” she said.

“We ended up coming up with different stations that the Unified PE students can rotate through, while they go through the stations we are prepared to cheer them on while getting them and amity advocates engaged together!”

Another group of students developed activities for the class and worked on strategies to make the lesson inclusive for everyone. The advocates plan to stop by during their class time to work with students in the PE class and get to know them better before they start planning the activities. This way, the Amity Advocates can form real connections with the other students.

While the focus is usually on the activity itself, the real purpose of these projects is for the students to make connections and have an impact on their local communities.

According to Rothbart, “[This is] the idea of selflessness and what it means to put people

or other things before yourself which really brings back our point of teamwork, advocacy, and leadership.”

This is not the end of the plans for these advocates. Although this is a half-year course, the students will continue planning and incorporating new ideas into the course. They also look forward to further work with the students who are in the Unified PE classes. Amity Advocates is important to our community as we can bring together not just our school but make an impact on the BOW community.

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Unveiling the Pitfalls and Impact of Labeling in Education

by Evelyn Alfaro ‘24

“That’s not what honors kids do.” Throughout my years at Amity, this phrase has been said countless times by teachers to set expectations for the ‘honors kids’ of Amity. This seems like a harmless statement that teachers say offhandedly, but through my years at Amity, I have realized that many students find it difficult to make friends and social connections with students outside of their leveled classes due to these categories teachers sort them into.

The first time a teacher had reprimanded a class I was in on the reasoning “honors kids don’t do that” was in the first honors class I had ever taken. I didn’t know how honors kids acted. When I signed up for the class it didn’t come with a list of things I should know. Something as simple as lining up at the door within the last minute of class was reprimanded with the reasoning “You guys are honors students. You should know better.”

At Amity, there is little crossover between students who take level 2 classes and students who take honors and AP classes and using students’ class levels to define them only makes this divide worse. By using a student’s class level to define what type of person they are meant to be limits creativity and growth.

These labels can also hinder a student’s self-esteem and make it impossible for students to feel comfortable moving up or down in class levels.

I wasn’t always in higher classes through middle school and freshman year, and when I asked to move up in my classes, the system at Amity had made the jump almost impossible. I did not feel like I belonged in the classes with the honors students and I did not feel supported by my teachers.

The impact of these distinctions extends far beyond academics, impacting social interactions and personal development. These labels not only create educational divisions but they also cast shadows on the self-perception of students, inhibiting their willingness to explore various academic paths.

To foster a more inclusive and growth-oriented educational environment, it’s important to look past these labels and redefine academic expectations. This means a collective effort to encourage fluidity between academic tiers, supporting students in their quest for growth and learning.

Amity needs a shift in its educational culture, one that values individual growth over expectations attached to class levels. By redefining the language used, adapting the educational structure, and cultivating an environment where students are seen beyond their academic classifications, we can empower all individuals to reach their fullest potential.

Inclusion Should Never Come at the Expense of Others

by Alex Klee ‘25

On Monday, November 13th, the Amity Board of Education will have its annual meeting to review next year’s calendar. The school calendar includes designated breaks for major Christian and Jewish holidays, in addition to the days for professional development and parent-teacher conferences.

This year, an important initiative to include Eid al-Fitr and Diwali as observed days off from school is underway. I believe that this is an incredible step in the right direction toward fostering a more welcoming and inclusive school community.

Over the last ten years, Amity’s ethnic and religious demographics have been changing. There has been an increase of students from East Asia, South Asia, and the Middle East, and with the changes, there has also been increases in the school’s Muslim and Hindu populations.

Despite the census categories being severely limited, the number of people who identify as Asian has increased 24% in New Haven county since 2010 (US Census). In the past, the school calendar has been made

to reflect the major groups of students in our community, first Christians, and then later the Jews. It is only appropriate that the Board of Education continues to uphold this practice for today’s group of learners.

As we embrace a more diverse student body, it is crucial that this inclusion continues to extend previously recognized holidays, not substitute them. As similar efforts have been pursued around the country, some school boards have taken the route of swapping new holidays for ones already included on the calendar.

Aside from creating tension and anger in their communities, this is not true inclusion. Under no circumstance should progress be achieved in this manner. Promoting the inclusion of some at the expense of others is isolating and invalidating.

At this Board of Education meeting, I sincerely hope that our community recognizes the importance of including these two significant days on our school calendar. It is critical to support all of our students’ religious backgrounds.

At the small cost of two extra days at the end of the year, Amity can become a much more inviting and inclusive school. er turnout will not reach the levels it should.

The Amity Trident

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WRITE FOR THE TRIDENT

Great opportunity to get involved!

See your name in print!

Check your email and listen to the announcements for details on a writers meeting for the December issue.

Get involved. Write for the Trident!



See page 12 for a collage of photos from Spirit Week.

Embracing Autumn

Appreciate the Season Before Decking the Halls

by Kasey Smith '24

It's easy to overlook the beauty and significance of the fall season. The holiday season transcends cultural boundaries, offering a universal invitation to celebrate love, gratitude, and the warmth of shared moments with family and friends. But before that, comes autumn. The warmth of summer fizzles out as the air turns into a crisp breeze, the leaves change into vibrant colors, and a nostalgic sense of comfort and warmth takes over. In recent years, as the seasons change, I've seen a trend of people getting ahead of the seasons. Some people need to take a step back to enjoy fall for what it is. While the festive spirit is undoubtedly infectious, taking the fall season for granted comes with its own set of consequences.

Now, I understand my argument can't only be supported by my description of the dreamlike experience that is the fall season. After all, it can't truly be put into words. However, this year,

the autumn equinox began on Saturday, September 23, at 2:50 a.m. and will last until the winter solstice on Thursday, December 21, at 10:27 a.m. So, statistically speaking, we shouldn't start "decking the halls" until the 21st of December. But how come holiday decorations are in every store I step into? Why has Starbucks decidedly ended "pumpkin spice season", and begun selling candy cane cake pops at the beginning of November?

Fall, with its unique charm, deserves to be savored and celebrated in its own right. The fall season is a magical time. School begins, the leaves change, and you can finally wear all of the fall outfits that you've been dreaming about since summer. Whether it's sipping on a PSL, wandering through orchards to pick apples, or carving silly faces into pumpkins, the activities of fall are a celebration of nature's transition. It's a feeling that is incomparable. And it only lasts for about 2 months!

With all that being said, my passion for fall

doesn't distract me from my love for the winter season. The holiday season brings marvelous feelings of joy and love. Streets lined with twinkling lights, the scent of evergreen wafting through the air, and of course the classic tunes of Mariah Carrie and Michael Bublé create an enchanting ambiance. Which is why I believe that it should be cherished for what it is, and celebrated during the appropriate time.

In our eagerness to embrace the joyous festivities of the holidays, let's not forget the unique charm and significance of fall. Fall should encourage us to slow down, appreciate the beauty in its simplicity, and relish in this wonderful time. A balanced approach allows us to give each season its own moment, fostering a deeper connection with the changing rhythms of nature. So, before we start stringing up lights and hanging ornaments, let's take a moment to enjoy the beauty of fall, recognizing that each season has its own magic and is worthy of our attention and gratitude.



FALL WORD Scramble

- LFAE
- EAHRDYI
- AQSUSH
- FLLA
- NCAOR
- LEAPP
- OLBOTFAL
- RRCADHO
- IFOBNRE
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One Kit at a Time

Amity Transition Academy Spreads Birthday Cheer

by Shriya Garg '27

To help children in need celebrate the important milestone of their birthday, the Amity Transition Academy at the UNH Orange Campus has been working with local food banks to supply the celebrants with birthday kits.

These kits contain items like boxed cake mix, frosting, birthday candles, 8x10 tins, and plastic utensils to make every kid's birthday special.

This project is supported by donations from someone like you! For this reason, the Amity High School SAILS program is accepting donations of similar items to put in kits. These birthday kits are a year-round project with a big impact on these children's lives.

Amity Transition Academy teacher Allison Morill says, "We're looking forward to making a lot of birthday kits. So far we have donated 46 kits with the help of all the donations!"

With the objective of supplying families in need with donations of ingredients and/or items like candles, tins, and utensils, many of those who may not have been able to celebrate their birthday can.

All donations can be put in the bin in front of the SAILS room 155.

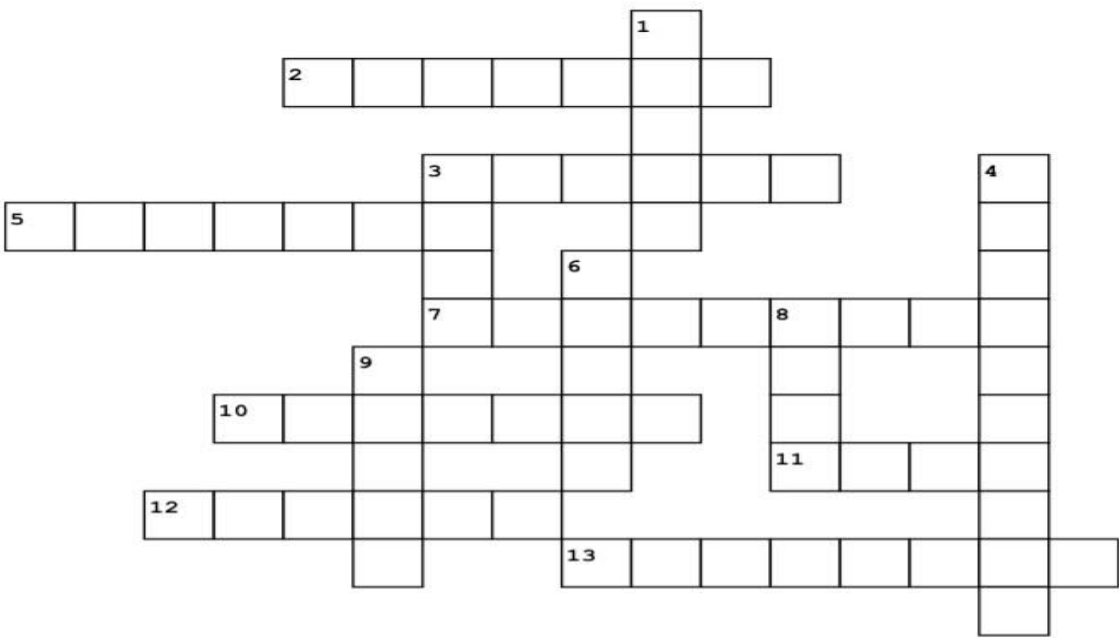
The Amity Transition Academy's collaboration with food banks to help children in need is truly going to impact their special day. Only wanting to boost the number of children receiving kits, Amity is highly encouraged to donate something big or small to later be used in these birthday kits.



Photo contributed by Allison Morill

An example of a completed birthday kit

Amity Fall Crossword



Across

- 2. Amity's Mascot
- 3. Thanksgiving is on the ____ Thursday of November
- 5. Amity recently welcomed members from these types of careers to talk to students
- 7. What Amity students learned about in Spartan Seminar the week before Thanksgiving
- 10. What Amity students wore on the second day of Spirit Week
- 11. This Amity sports team recently won an SCC title
- 12. Amity's music department recently held a successful Music in ____ event
- 13. Amity recently opened a new display case in honor of this day

Down

- 1. Potter, An Amity alumni plays a sport inspired by this popular book series
- 3. The Amity ____ Football team will play North Haven on Monday, November 20th
- 4. This fun event will take place on Saturday, November 18th at Amity
- 6. The store that sponsors the annual Thanksgiving Day Parade
- 8. The Spanish National Honors Society is collecting these items for the holidays
- 9. The science research classes recently took a field trip to the Cushing Center to learn about this important organ



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Veterans Day Memorial Event Helps Those Who Served

by Soumya Wijesekera ‘25

On November 11, 2023, thousands of people in the country celebrated a historic holiday: Veterans Day. After an armistice between the Allied Nations and Germany on November 11, 1918 went into effect, the eleventh day of the eleventh month was considered the “war to end all wars.”



Photo contributed by Trident staff
Veterans Day Bracelet Fundraiser poster provided by the Amity Student Government Community Outreach Committee

In 1954, Congress finally passed a bill to change Armistice Day to Veterans Day. Ever since, November 11 is a day to celebrate all who

have served in the U.S. military.

At Amity, our school has honored this historic day, showing our respect for those who have served and sacrificed their lives to defend our freedom.

On October 24, Amity’s Student Government Community Outreach Committee decided to hold a fundraiser to honor Veterans Day. From November 8 to November 14, the Committee held a bracelet and ribbon fundraiser in an effort to raise money for our veterans outside the school cafeteria. Two types of bracelets were for sale: one for three dollars and one for five dollars.

In addition, the Community Outreach Committee is also selling pins and ribbons for two dollars each. Students were encouraged to stop outside during their lunch wave and support this important cause.

All proceeds will be donated to the Fisher House Foundation, a charity which builds homes where military and veteran families can stay, free of charge, while their family or friends are in the hospital. Leading the fundraiser were Andie Napolitano ‘24 and Aachal Gupta ‘25 who were able to raise over \$100.

Alicia Castellanos ‘24, a contributor to the fundraiser, said, “Supporting veterans is so important because they have sacrificed so much for us. It’s important to try and give a little bit back to them.”

All in all, Amity has done a terrific job contributing back to those who have sacrificed their lives for us.

“The Amity community is generous and always looking to support people in need. Veterans day is a great opportunity for us to give back to the people who have fought for our country,” Napolitano said. We hope that with the incentive to honor those who have served, we can show our immense gratitude for our veterans on this monumental day.

National Spanish Honor Society Hosts Toy Drive to Benefit Fair Haven School

by Elizabeth Grant ‘25

To embrace the spirit of community and cultural appreciation, the National Spanish Honor Society has been hard at work preparing for its annual drive to support children and families attending Fair Haven School.

In the past, the NSHS has done a food drive to support Fair Haven, but this year is a little different. The Spanish Honor Society will be collecting toy donations for children whose parents may struggle to afford holiday presents for their children.

President of the NSHS, Sofia Silva Rodriguez ‘24 says, “Being able to give something back in a season of giving is nice.”

The philanthropy doesn’t stop there. The Honors Society will also be collecting cash donations to go toward the same cause.

So why Fair Haven? The Pre-K-8 magnet school located in New Haven is known for being bilingual, catering to families that speak both English and Spanish. This type of school is especially helpful for parents and children whose

first language is Spanish. The English immersion program makes it easier for kids to learn English in an environment that is more catered to their lingual needs.

Additionally, the programs offered at Fair Haven are valuable to students who need a Spanish language education to communicate with parents and other relatives who may only speak Spanish. The NSHS donates to this school to support language education and cultural exchange, aligning with the society’s mission of recognizing academic excellence while promoting the study of the Spanish language and the culture of Hispanic countries.

The Spanish Honor Society will need help from students, parents, and faculty members to support the students of Fair Haven. There will be donation boxes in the hallways to make it easy to contribute toys.

Silva-Rodriguez ‘24 says, “We will be outside the cafeteria during lunch and ssp!”

The donation collection will start on 11/15 and close on 12/15, so encourage your friends and family to support a good cause and help spread the holiday cheer!



Fair Haven School in New Haven

Photo by fhchc.org

As COVID-19 Declines, the Need for Counseling Rises

by Shaina Das ‘24

The counseling department of Amity Regional High School has gone through hardships after COVID-19 dimmed the bright light of students’ lives.

Most schools have a counseling department, offering guidance to students. Whether it’s for mental health issues, family struggles, personal dilemmas, college assistance, or employment services, the counseling department at Amity remains valuable in personnel and resources to manage students and stabilize their high school careers.

Amity’s student assistance counselor Gary Lindgren said, “Just from my experience what I’ve seen, not pinpointing anyone, for younger people that went through COVID, it had to be really hard to lose activities, social (aspects), and so many other pieces.”

He’s also concerned with social media, saying, “In a sense, kids are growing up way too fast.”

Lindgren sees more stress and burnout today and admits that there is an “explosion” or a “perfect storm” happening where the challenge is what to do about it.

School social worker Adam Donroe agrees and said, “Anxiety has been a common rising concern, and I think students are trying to manage that on their own but the level is becoming so much that they are requiring extra support. I would say that’s probably the number one thing that is on the rise.”

With stress and anxiety being the top most concerning factor as of late, participation and the proactiveness of asking for help have also been affected.

Paula Vallie, who works in the Career Center, said, “I feel like there are a lot of seniors out there that didn’t come to our college visits and that is concerning because I would like to see more students tune in, participate, and

read our resources online.”

School counselor Courtney Campbell similarly said, “Anxiety and stress have been rising upon the students that I talk to. Many don’t talk about it unless they’re asked, especially my seniors going through the college application process as of right now.”

Not only does the Amity counseling department staff acknowledge rising issues, but they also have plans to battle these issues for incoming students. Counselors by definition are problem solvers, and they counsel students to the best of their ability.

Lindgren looks at his initiative to solve problems from a different perspective as he stated, “I’ve seen some change over the past year after talking to Principal Hauser, such as bringing in the comfort dog during the recent presentation.

“I’d like to see us get a little bit more proactive with the kids,” he added.

On the same page, Donroe added, “I think it’s all about students that come in here and engaging them to figure out things that alleviate all of the stress and anxiety over time. It’s not a quick fix.”

In contrast, Lindgren also seems very concerned about the counseling department working too hard and asks himself, “Are we (as counselors) doing too much? Some things are just like a parent-type thing.”

He questions where to draw the line when it’s helping versus enabling students.

Many in the Counseling Department contribute their personal experiences, time, and effort to the school community, especially after the shutdown that COVID-19 caused almost four years ago. With such rising concerns, solutions reveal the hard work put into students’ welfare after a global transition.

The important roles and urgent needs of the Counseling Department remain significant as they give their time and effort to guide students.

Sports Feature

Intramurals: A Cross Between Fun and Exercise

by Jacqueline Miller ‘27

The first intramural event of the year took place on the last Thursday afternoon of October.

Intramurals are a low-commitment, fun opportunity for anyone to participate in regardless of their skill level. People can join to enjoy recreational activities for the sole purpose of fun and exercise and everyone is encouraged to take part. Over 40 faculty and students participated in this first intramural event of the academic year.

This first intramural activity was a soccer shot event. The fun was exhilarating. Each participant competed by taking three shots at the goal. The first was a close shot at the goal worth 10 points. The second was a medium length shot worth 20 points. Finally, the athletes took a long shot at the goal worth 30 points.

This event is the first chance to win points toward the objective to be intramural school champion at the end

of the year. The intramural atmosphere is competitive, but only in a very friendly nature.

Maggie Kershner ‘27 competed in the soccer shot. She exclaimed, “It was so much fun to play with friends and teammates. I look forward to participating next time!”

Another competitor, Jimmy Mascia ‘25 proclaimed, “The event was very fun! I haven’t seen something like that at Amity for a bit, but it was definitely a lot of fun. And, we should have more of those events.”

The next event was the football pass which was held on Thursday, November 16. There are more events to come in the winter and spring as well. Students and faculty are welcome to join even if they did not attend any of the previous events.

The overall leaderboard will be posted after every event. To view the leaderboard, it will be displayed by the Class Act Council board near the senior lounge. Intramural sports are a great way to be involved while helping to build a strong, cohesive community.

Students Expand their Cerebrums with Trip to Harvey Cushing/John Hay Whitney Medical Library

by Janet Fan '26

The Year 1 Science Research Program students recently had the chance to visit the Harvey Cushing/John Hay Whitney Medical Library and learn about all things related to the human brain.

The Science Research Program, directed by Catharine Piscitelli, is a four-year elective course offered to incoming freshmen and rising sophomores. Students passionate about science have the opportunity to select a question of interest and conduct individual research on the topic. At the end of the year, students present their findings and work at science fairs across the state.

On this trip, students had the opportunity to learn about Harvey Cushing’s legacy in operational field surgery, as well as learn from presentations given by Yale students about the neural networks that collect sensory information.

When asked what stood out most, Chloe Chang '27 said, “For one of the sensory experiments, we were given a miracle fruit tablet that altered the receptors in our taste buds. After eating the tablet, the lemon tasted like lemonade!”

Students also had the opportunity to explore the Harvey Cushing Center, located in the lower level of the library. This educational space, which opened in 2010, is dedicated to chronicling the achievements and impact of Harvey Cushing’s life work in the field of neurosurgery.

However, the Cushing Center is most well known for its collection of preserved brains and brain tumors, which is part of over 2,200 artifacts from Harvey Cushing’s life work. These artifacts, including the brains, patient photos, and medical posters, are displayed throughout the center in interactive drawers and poster cabinets.

All in all, the trip was inspiring and resonated deeply with students—just as Harvey Cushing himself would have wanted.

Joy Deng '26, said, “I had a really fun time tasting lemons with miracle berries, gawking at brains, and learning about brain mechanisms!”

The Harvey Cushing Center is open to the public from 8:30 am to 5 pm on weekdays, from 10:00 am to 5:00 pm on Saturday, and 10:00 am to 5:00 pm on Sunday.

If you want a unique and fascinating experience like these students had, be sure to check it out!



Photo by library.medicine.yale.edu

Native American Heritage Month Display

Learning More about Our Country’s Past

by Kyle Iacomacci '24

Amity is currently getting ready to celebrate the nationally recognized Native American Heritage Month in the media center with non-fiction, historical, fiction, and memoirs ready to be featured. This allows students to learn about and appreciate Native American culture. Native American

by Native Americans, students can look into and be exposed to their culture. Clark states the diverse set of books helps celebrate their culture. With nearly 40 different books being showcased, there are many different types of Native American culture to which students can be exposed to cooking recipes, such as American Indian Food and Lore by Carolyn Niethammer and Great Indian Chefs

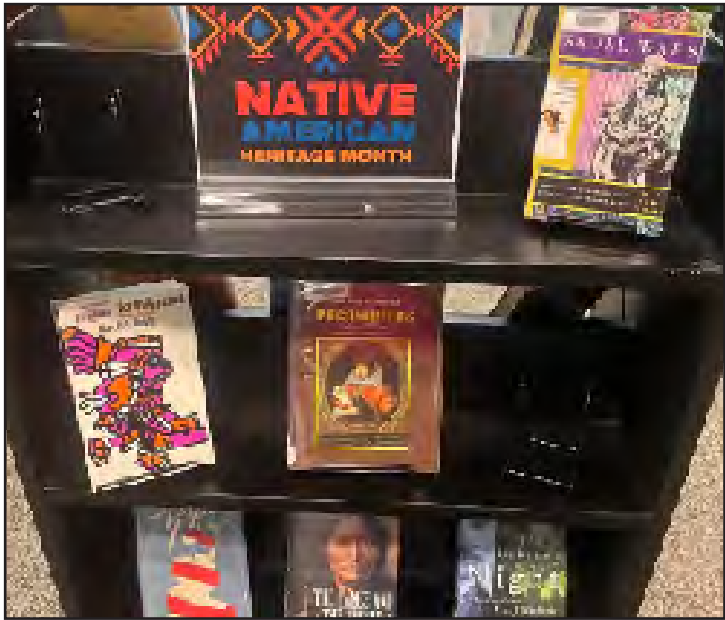


Photo contributed by Avery Dillon '24

The Native American Heritage Month display in the Media Center

novels and autobiographies will be displayed at the entrance of the media center, replacing the prior Halloween books set up.

Rather than obtaining new books for display, the event is attempting to showcase books already available. Librarian Ken Clark, who helped organize the event, states how Native American books will be “presented in a way not usually displayed,” allowing these books to take the spotlight.

Alexander Kallmeyer, a senior who is Native American himself, appreciates the display. He said, “It does a lot for the Native American community in a way that gives everyone a chance to further educate themselves on the history of Native American culture.”

These books can also spread awareness of prior difficulties and atrocities committed on the Native American population. “[Amity] providing an opportunity to peer into their unique culture can allow us to learn from their experiences connected to Earth and nature,” said Bowen Tullo '24, “as well as spread awareness of the difficulties faced by the indigenous communities both historically and present day.” Tullo supports the notion that Native Americans have always been a historically underrepresented group.

Rather than only learning and spreading awareness about the troubles and atrocities endured in the past

by Albert Roland, art pieces, such as Native American Art by Robin Sommer; poems, such as Earth Always Endures; Native American Poems by EAR; and memoirs, such as Apple, Skin to the Core: a Memoir in Words and Pictures by Eric Gansworth.

In addition to showing off their culture, the showcase also allows Amity students a chance to see our country’s past. Freshman Logan Decarvalho believes that their culture is vital to respect and accept due to it being around before other cultures came to America. He said, “Learning their culture helps us learn more about our country’s past.”

Novels such as The Indian Frontier: 1763-1846 by Hurt Douglass and The Natives People of North America: A History by Bruce Johansen also give students a better understanding of America’s past alongside learning the history of Native Americans. The list of books available is on the Amity Library website right under the “New Arrivals” tab where a link will be present which will redirect to a website with the full library catalog. After clicking on collections at the top, the list of Native American books should be present.

A larger range of cultures are starting to be recognized and celebrated at Amity, and Native American Heritage Month allows students to be exposed to and learn more about Native American culture.

“Learning their culture helps us learn more about our country’s past.”

Amity High School Athletics Booster Club

Dedicated to supporting, promoting and raising funds for all athletic teams.



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Sponsor of facility upgrades, awards and scholarships

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Catch the Spartans Spirit

An Early Look at the Student-Led Production of “The Gifted Program”

by CJ Brinton ‘24

The Theater III Class is back this year, and is already hard at work on their first student-led production! For the fall semester, the class will perform “The Gifted Program” by Ruben Carbal, a show about four social rejects in an inner-city public high school in 1986, all of whom used to be part of a program for talented and gifted students; and all of whom are members of the Dungeons and Dragons Club.

Members of the class reflected that the show is humorous, different, and relatable. In fact, one of the student-directors, Jacob Ebert ‘24, chose the show partly because of that.

“After a three-week process of reading shows, I picked this one because I liked the social-reject premise, and I was imagining the show as I was reading it with our group.” He said, “It’s filled with high schoolers, and they actually talk like high schoolers, and I can relate to it and I think that other people can too.”

Ebert, who took Theater III last year, and directed two shows, is excited about what this group has to offer.

“More and more it seems that everyone truly wants to be in the class,” he expressed. “I don’t have to beg people to do things, everyone is very kind to one another, and there’s a greater understanding of everyone’s role.”

Theater III is a unique class experience at Amity, one that is mostly student run. Robert Kennedy is the teacher, but from the first week,

the expectation for students was clear: it’s their show, and they have to create it. In this class environment, students are involved with every part of creation and production of the shows they put on.

Milki Ejara ‘26, detailed the role of each student in the class.

“Everyone gets to choose what part of the production they want to involve themselves in. Everyone acts in the show, unless they opt not to, and they usually have a second job.” She said, “I chose costuming for this show, and we’re currently super involved in designing what everyone will wear for the show.”

Ebert agreed, adding, “Groups like our publicity team [Kasey Smith ‘24 and Anthony Stankye ‘24] have to be constantly involved, finding opportunities to take pictures and create interest for the show. Even our crew, they’re already finding and building sets, and putting up lights.”

Ebert is co-directing the show with Lily Parady ‘24, and these two set much of the pace of this production. Ebert expressed the uniqueness of directing as a student, something evident in the casting process.

“Obviously I know these people, they’re my friends,” He said, “but I didn’t necessarily know how they would take direction and criticism from me [and Parady].”

While Ebert reflected that the process was overall “stressful,” Ejara seemed to feel that auditioning for peers was easier.

“It was less stressful, because it’s our

friends casting the show,” she said, “but we still had to put the work in and be professional and serious about the show.”

A typical day in Theater III is very different from most of the other course offerings at Amity. After Mr. Kennedy starts class, the directors decide which scene(s) they want to focus on, and the rest of the class breaks out into the different groups to work on other parts of the show.

Not only is Theater III different from many classes, its different from many theater productions. Amity’s theater program is renowned for its fall plays and spring musicals, all of which have something Theater III doesn’t; a budget.

When asked about sets, Ebert touched on this limitation, saying, “There’s only a sort of set, aspects of it. We’re in a black box, so we want to be minimalist. We’re borrowing some stuff from the construction class, we’re makeshifting a radio booth, and we’re fortunate to be able to use some of what ACT already has.”

Ebert also mentioned the timing aspect of creating the show.

“We’re still in the beginning of rehearsal, we’re blocking and running Act I. We only have around 45 minutes during class, whereas other shows have three hours afterschool.”

Overall though, the show is moving along, and the students are extremely passionate about the project.

The group is aiming to perform “The Gifted Program” for audiences on January 26th and 27th, in the Black Box, and to perform an-

ACT Hosts a Halloween “Spooky”-Themed Fall Cabaret

by Nicholas Lu ‘26

An action-packed night of costumes and song? A spooky Halloween theme? A great experience for the audience and performers alike? The Amity High School Fall Cabaret had it all. At the end of October, Amity Creative Theater (ACT) conducted another one of their cabarets for all to enjoy.

These events mainly consist of a series of open-mic performances organized and run by the all-student ACT board.



Photo by Lily Parady ‘24

The performers pose after the performance

opportunities to those who are unable to be in our fall play or our spring musical.”

As it was the Fall Cabaret, there was a recurring Halloween theme across the performances. The performers were encouraged to dress up in costumes that matched their songs and to bring treats for all. The entire event was meticulously planned and centered around unique performers.

Ebert said, “Many different people perform just for the fun of it. No experience or audition is required and anyone can get up and sing.”

Once interested, the performers were asked about any technical requests such as lights or sound effects that they would like in their performance. The cabarets are held in the Amity’s Black Box, which has a lighting grid in order to light up the “stage.”

From there, the ACT board members and their advisor, Robert Kennedy, began to organize the various songs into one cohesive performance. In the lead up to the final show, a group of students led by stage manager Aly Salazar ‘25 set up the microphones, lights, speakers, and seating so that the audience could better enjoy the spectacle.

On October 18th, the club ran a full-length rehearsal, to ensure a cohesive experience and fix any last minute issues. Then on the 20th, the true fun began.

Gabi Restrepo ‘25 said, “Whether someone is going as an audience member or actually performing, it’s always entertaining! The whole point of the cabaret is to perform in front of others, whether that be in a solo, duet, trio, etc.” Restrepo performed “I Put a Spell on You” from Hocus Pocus as a duet with Milki Ejara ‘26, as well as “Kidnap the Sandy Claws” as a trio with Ejara and Anthony Stankye ‘24.



Photo by Lily Parady ‘24

Ejara, Stankye, and Restrepo perform together at the Cabaret

On the event overall, Restrepo said, “Seeing everyone’s hard work, planning, and preparation come together was so satisfying, and it was so great to see everyone’s talent showcased.”

Just as she said, the Fall Cabaret was a great chance to witness the talent and hardwork of the members of ACT and to just have a good time listening to halloween-esque music!

Music in Motion: Another Spectacular Production

by Chloe Chang ‘27 and Karishma Balamurugan ‘27

Aired! Music in Motion, a performance led by Phil Dolan, band director) and Marcia Rizotti, choir director has garnered a lot of attention.

This year’s theme, On Air, suggests broadcasting and a radio vibe. Performances took place in the Brady Center on October 26th for the public and October 27th for 8th graders. It was a one hour long performance consisting of the Band, Jazz Band, Percussion Ensemble, Choir, and a student-led group, Chop 6.

Students from performing arts electives had been collaborating with staff to prepare for performances for over 300 pairs of eyes. Additionally, band students learned new percussion instruments before the performance.

Students backstage had “high hopes” as they watched their peers perform, and some even “had a feeling in their bones” that “tonight’s gonna be a good night.”

The Jazz Band took the floor with a classic. “I Gotta Feeling” was a catchy starter to the night’s show. The renowned Choir then swept the audience away into the River of Dreams with their unique synchronized choreography showcasing their skills.

Also, band students showcased four percussion songs called Crazy Train, Soul Bossa Nova, Cheeseburger in Paradise, and Havana. High Hopes were set as musicians collaborated to crush the challenging piece.

Clarinetist Grace Zhang ‘24, said, “It’s such a rewarding experience when you see that you made a posi-

tive impact in someone’s day once they have seen you play.”

The Jazz Band then reappeared for an award-winning song “Cissy Strut.” The enticing Choir performance of “I Want It That Way” left audience members in a daze over their emotional connection with the piece.

One of the crowd’s favorites, Good 4 You proved a successful display of the band’s maximum potential.

One of the crowd’s favorites was an amazing performance played by Chop 6, in which individual soloists took the stage enjoying a masterful rendition of Danza. Excitement radiated across the theater as Band pounded out the timeless classic, Radioactive!

Band members gave it their all for the last performance Shut Up and Dance as they realized “this is my last chance” (Shut Up and Dance).

Choir left the audience with a message: to handle opportunities any way that you want it.

JJ Sun ‘24 vocalist said, “In choir, we work hard on our music but also have a lot of fun during class. Participating in multiple aspects allowed me to experience the excitement of everything fitting together.”

The performance passed by in the blink of an eye. As the night started to wind down, players realized they spent the night creating memorable experiences and an unforgettable night.

After a performance of the same caliber the next day, some aspiring musicians thought, “I wish that I could do that [one day]” (Good For You).

Join the Young Adult Book Club!

Do you like to read YA books? Are you looking for recommendations? Do you long to discuss what you read with others?

JOIN THE YOUNG ADULT BOOK CLUB!

Every month, the Young Adult Book Club votes on and reads one book and meets to discuss. You can talk about characters you liked, what confused you, hot takes, and that niche part of the book you’re really hoping someone else wants to share.

Bring all of your thoughts!
The November/December pick?
“Heartless” by Marissa Meyer

Our December meeting date will be announced soon. It will be after school in Mrs. Bonaldo’s room 152.



This space sponsored by the Law Office of Tracey Lane Russo.

This Album *Bewitched* Me

Voice Brings Minority Struggles to Light for Millions of Listeners

by Hannah Guo ‘25

Icelandic-Chinese popstar, who describes her musical style, a mixture of jazz-pop and bedroom pop, as “modern jazz”.

Bewitched has broken the all-time record as the biggest debut for a jazz album on Spotify – a far cry from recording lo-fi songs in her bedroom, where she first started out. Laufey truly is bringing jazz back to the modern era, with rich vocals notably accompanied by cello, violin, and saxophone.

Before the release of this album, I saw her in concert last year in April, where she actually played some unreleased songs. Little did I know—they would end up to be singles on her newest album.

One of my favorites from this album is “Letter To My 13 Year Old Self.” Unsurprisingly, Laufey and I don’t have too much in common—she is a Grammy-nominated, musically brilliant twenty-four-year-old woman, and I am a sixteen-year-old fangirl. However, we are both music lovers. We both love to write.

More importantly, though, we both know what it is like to grow up being Asian-American.

It personally means so much to me when I see a prominent woman in

the music industry who I can identify with and relate to. In “Letter To My 13 Year Old Self,” Laufey sings, “I’m so sorry that they pick you last / Try to say your foreign name and laugh / I know that you feel loud / So different from the crowd / But baby know that / You’ll grow up and Grow so tough / Charm them / Write your story / Fall in love a little too / The things you thought you’d never do.”



Photo accessed from Wikipedia.

Laufey uses her voice to bring up minority voices and struggles in the music industry, and touches millions with her songwriting. Laufey’s letter to her 13-year-old self is also so many people’s letters to their current selves.

These words are something she wishes she could have heard, growing up Chinese and feeling like she didn’t fit in. It is a letter of comfort, a letter to all the other people who didn’t grow up fitting the classic American beauty standard.

Just as predicted in her song, Laufey grew up. Day by day, she is still growing—she ended up blossoming from a small underground artist to a well-known figure among Generation Z. She is one of the most prominent artists doing something extraordinary: bringing back the underrated genre of classical jazz to our modern-day.

She inspires countless by telling her authentic stories—through her music we resonate with heartbreak, reclamation, growth, and love.

To all my thinkers, dreamers, and romantics –give this album a listen.

Recap at Season’s End: Fall Teams’ SCC

by Eve Marin ‘27

As the regular season, games, meets and events wind down, teams have begun to qualify for postseason tournaments including conference tournaments, and the State tournament. Connecticut High Schools sports are governed by the CIAC (Connecticut Interscholastic Athletic Conference); there are 11 conferences or leagues in the CIAC. The SCC (Southern Connecticut Conference) is the league Amity competes in. Within the SCC, there are a total of 23 teams.

Amity teams will generally play only teams within this conference during regular season of play. After regularly-scheduled events, top teams and finishers qualify for the SCC tournament and the state tournament.

Many of Amity’s 8 fall teams have qualified for both these tournaments. The Amity teams that qualified for the SCC tournament include, Volleyball, Swim and Dive, Boys and Girls Cross Country and Field Hockey. Teams that have qualified for states include, Boys and Girls Soccer, Boys and Girls Cross Country, Volleyball, Field Hockey and Swim and Dive.

The state tournament is a little different from the SCC tournament. Instead of being divided up by league, High Schools are divided up by size. Interestingly enough, depending on the sport, Amity competes in different categories. For example, field hockey competes in the M division, meaning during the state tournament, they can play any teams that are also qualified as class M. However, soccer competes in class L.

Amity has been very successful in the SCC tournaments. Volleyball made it to the finals, Swim and Dive won and Field Hockey made it to the semi finals.

This year the field hockey team managed to make it to the semi finals of the SCC tournament. They won against Laurelton Hall (2-1) in the quarterfinals and lost in the semi finals against the #1 ranked team, Madison’s Daniel Hand.

Captain Ava Wooldridge ‘24 mentioned that the team “really prioritizes conditioning which can be exhausting mentally and physically...” all of this paid off though because they were “...one of the fastest teams because of how hard everyone worked...”

The team also focused on stick skills.

Wooldridge added, “Stick skills are critical to scoring and advancing around our opponents, so we focused... [on] basic dribbles and pass-

ing to keep the foundation strong.”

Girls Cross Country qualified this year for the SCC meet. At this meet, the top 7 runners from each school get to race. From Amity, this was Mackenzie Martin ‘24, Libby Grant ‘25, Claire Theiss ‘26, Bridget Lowder ‘24, Christina Corvigno ‘27, Jacqueline Miller ‘27 and Quin Cohen ‘26.

These seven runners also qualified and ran in the class L meet. Cross country was able to advance to States by qualifying at the SCC meet. Girls and boys soccer qualified for states by winning at least six games during regularly scheduled games. When

Boys soccer captain Jaan Melville ‘24, was asked about the work ethic of the team especially regarding the teams qualification for states, he responded with “...everyone put in their best every day and it’s the main reason we did as well as we did.”

He also added that the team “did way better than we thought we would going into the season.”

Field hockey also qualified for states, by winning at least 7 games during regular season, which they exceeded, winning 10 regular season games. Field hockey had a very impressive season, they hosted the first round of states since 2019.

Captain Ava Wooldridge ‘24 called this “a huge accomplishment!”

The fall sports season for Amity saw a lot of accomplishment and excitement this year.

Hopefully this momentum will continue for future seasons!



Picture accessed through Instagram @scccommis
Girls Volleyball SCC Coach of the Year Seth Davis and SCC Player of the Year Lexi Bonato ‘24

Girls Swim and Dive Win SCC Championships

by Ziyang Zang ‘27

Among a thousand swimmers, coaches, and officials, the Amity High School swim team waited patiently for the speaker to announce the final score for the Southern Connecticut Conference (SCC) Swimming and Diving Championship.

Finally, with a loud voice, the speaker declared, “And finally,




Photo accessed from @amitygirlsswimdive on Instagram.

the winner of the 2023 Southern Connecticut Conference is Amity High School with 4490 points!”

However, those words were drowned out by thousands of girls screaming and a big splash as the swimmers and divers jumped into the pool with their coaches, Todd Rainey and Amand Craig. Winning this competition is a massive achievement for Amity, marking their third triumph in the SCCs. They had previously secured victories in 2011 and 2021, with Chesire claiming the rest. Therefore, it emphasizes how spe-

cial winning this meet was this year.

Coach Todd Rainey said, “What makes it so meaningful is that it was such a team effort for a group as close-knit as I’ve coached at Amity in over 30 years. Our captains, Bridget Morrison ‘24, and Caroline Scott ‘24, set a positive tone at practice and meets throughout this season. This positivity paid off at the Conference meet.”

“The meet was inspiring and rewarding as our team worked extremely hard this entire year,” commented Bridget Morrison ‘24, a team captain.

“Going into the SCC finals meet, we knew it was between Chesire and us. Hearing who was in the lead at certain points of the competition was nerve-wracking. Ultimately, I was very proud that the swimmers and divers could work together and win the meet!”

Of all 31 swimmers and divers, 29 scored points at the Finals. Individuals who led the way were Marea Li ‘25, who won the 200-yard IM and the 100 Breaststroke while breaking the previous school records she already held, and Elizabeth Bodie ‘24, who won the 100 Backstroke with a school record. Other “All SCC” performers were Amanda Ford ‘25, Aarya Mulmi ‘26, Mary Sampara ‘26, and Cora Doucette ‘26.

Congratulations to the team for having such a great season and becoming the 2023 SCC Champions.

Congrats to all the fall season teams!

Powder Puff Flag Football Prepares for Game Against North Haven

by Emma Fotjadhie ‘27

Amity
Girls Flag
Football

the captains run the stretches, and then they break off into two groups, running offensive and defensive drills. After they split up they will run plays against each other to better prepare themselves for the games.



Photo accessed from @amityflagfootball2024 on Instagram. This seasons’ captains pictured left to right: Maeve Russell, Grace Launder, Brooke Flaherty, Camryn Flaherty, Amara Santulli, Savannah Gallagher, Tori Pocwierz, Lindsay Pidlipchek, Grace Cavallaro, and Abby Fitol.

Captain Savannah Gallagher ‘24 talked about a prize the coaches have put in place if the team completed a certain task.

She said “A special tradition the coaches have put into place is advertising pizza to the whole team if one of the players can knock down a coach.

“This motivates the team to try their hardest during practice and work on their blocking A game.”

The team earned pizza around 2 weeks ago when Erin Callahan knocked down Morrison in a blocking drill run by Stockmal.

So far the team played a scrimmage against Southington Saturday, November 11th. The team fought hard, but came a little short losing 16-18.

The official game against North Haven is Monday November 20th at Amity on the turf. The team is excited to show off all the work they have put in and hope to have many people come and watch!

has been going on for 20 years. With help from the coaches including teachers Greg Twohill, Rick Bourdeau, Michael Stockmal, Karl Wilson, Gunnar Poulimas, Laura Osowiecki, Courtney Morrison, and Elias Kabèche; flag football is a great experience for all of the senior girls.

The annual game is always against North Haven on the Monday before Thanksgiving. Amity and North Haven alternate who hosts the games. This year the game will be hosted at the Amity turf on November 20th.

At the moment, Amity is currently on a three game winning streak!

In order to prepare for these games, flag football practice is very structured and a ritualistic experience, that happens in just a few short months. During their practices

Senior Athletes Participate in National Signing Day

Nine seniors joined high school students across the country on November 8th for the National Signing Day. After a tremendous amount of time and effort put into their respective sports, and into the commitment process, these students have officially been accepted and will attend and play for these schools with which they signed. The Athletic Department and the entire Amity community are so proud of all our signees!



Photo accessed from @amity_athletics on Instagram. Top Row: Anthony Lucibello (Endicott Baseball), Jack Lewis (Western New England Baseball), Sam Gettinger (Stonehill Baseball) Bottom Row: Amara Santulli (Western New England Wrestling), Kylee McLain (Monmouth Softball), Maddie Bosma (Framingham Lacrosse), Lexi Bonato (Springfield Volleyball), Karenn Norko-Allain (Springfield Volleyball), Liliana Fleming (Northern Michigan Lacrosse)

A Series of Senior Nights to Remember

by Soma Kim ‘25

Senior nights – known to be a tradition with food, drinks, and perhaps a few shed tears – have been held yet again for Amity’s sports teams. Underclassmen take this time to appreciate the efforts, achievements, and leadership shown by the seniors. These events often serve as a gesture of farewell to these student athletes. This season, the Girls Volleyball team and the Girls Soccer Team have played fantastically and their senior nights could not have been any more memorable.



Picture contibuted by Cece Cadelina ‘24 Girls Volleyball seniors pose with the Spartan.

On Friday, October 20th, Amity’s Girls Volleyball settled their 8th win of the season against Branford, dominating the game with a score of 3-0. On this day, the team also held their senior night to celebrate their seniors.

Commenting on this significant event, the team’s right side hitter and Captain Ellie Lupoli ‘24 said, “Our juniors did a fantastic job making the day special; from breakfast to the end of the day.”

The Girls Volleyball team, having killed the season with an overall regular game win rate of 90% (19 wins, 2 losses), demonstrated the significance of having

all really talented and have helped the team have an amazing season. They support one another and lift the team up whenever we need it.”

The Girls Soccer team also displayed this sense of Spartan pride and love for their seniors. Their senior night was held on Monday, October 23rd, also against Branford. Led by captains Ella Moffett ‘24, Lucci Dottori ‘24, and Gabby Rosa ‘24, the girls pulled through, winning the match 1-0.

Through this event, seniors Moffet, Dottori, Rosa, Juliana Barret ‘24, and Cynthia Burns ‘24 were recognized for their leadership skills and the athletic abilities that they have sharpened throughout their time at Amity.

Moffett felt very passionately about the occasion saying, “My senior night was so special, and after being part of the Amity Girls Soccer team for four years, it was so nice to be celebrated by my teammates.” Moffett also said, “We knew that we wanted to win on our senior night, so we had to focus on the game, and not let all of the distractions get the best of us.”

The team knew their goal, and worked hard to come out with a win. The seniors seem to have inspired their underclassmen as well. “Overall, senior night went super well. Everyone worked hard to put it together and to make sure that our seniors could have the best night!” Holly Parady ‘25, an outside back defender on the team, remarked, “We played a well fought game and got the win, making it even more special for our seniors who definitely deserved it!”

While senior nights might symbolize a melancholy goodbye to some, it is important to realize that the tradition welcomes a new chapter in the seniors’ lives.

Just as bare trees leave their colorful legacies on the autumn ground, let us congratulate the seniors and the legacy that they have left for Amity.

seniors on a sports team.

Kathy Scully ‘25, a setter on the team, stated that, “The seniors are

School Spirit in Full Swing!



**Twin Day
kicks the
week off with
matching
suits, gray
sweats, and
stripes!**



**Students “sport”
their favorite
jerseys on
Tuesday!**



**“Teachers who
dressed up as
students crushed it.”
Prinicpal Hauser**



**“I got to wear
my PJ bottoms
to school, so
that was
pretty cool!”
Zoe Benton ‘25**



**“A fun and
entertaining time!”
Nick Drakonakis ‘27**



**An entire class
shows off their
school spirit
with PJs!**

*Photos Contributed
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