

THE AMITY TRIDENT

OPINION

The Importance of Veterans Day Must Be Acknowledged

by Emily Russo '24

Since 1938, Veterans Day has officially been set aside to honor our veterans and the sacrifices they have made. As the holiday approached, I began to consider the phrase “honor their sacrifices,” as it is tied to this day of remembrance.

We hear this quite frequently, but what does it actually mean? I’m not referring to the definitions of its words. Rather, I think we need to take time to really understand the phrase’s connotation.

The unfortunate truth of the matter is that over time, “honor their sacrifices” has somewhat lost its significance. By hearing it over and over again, we’ve

people are someone’s brother, mother, father, sister, friend, etc. And by enlisting, they run the risk of never seeing the people who call them those names again.

This is why we have Veterans Day: to set time aside to appreciate the people who choose to fight for something they believe in, even though they understand they may never come home.

While I myself understand that our school does its best to convey the significance of Veterans Day, there’s more that can be done to achieve this goal. Things such as an appreciation video, moment of silence during announcements, and “Missing Person Table” set up in the cafeteria are necessary to recognize the importance of November 11th.

And while each memorial

Schoology Update: Program Allows Students to Turn on Notifications

by Shreya Hebbar '23

This school year Amity Regional High School is piloting the switch from Google Classroom to Schoology, which will be fully implemented next school year. Schoology has several benefits that are much better for students.

When asked about the benefits of Schoology, Lisa Lassen, Content Coach - Computer Education coordinator for the district, commented on them, saying, “It is significantly more similar to the learning management systems that are used in colleges to ensure our students are best prepared for college and career.”

This new system includes applications such as group invitations, portfolios, audio/video tools, and most importantly -

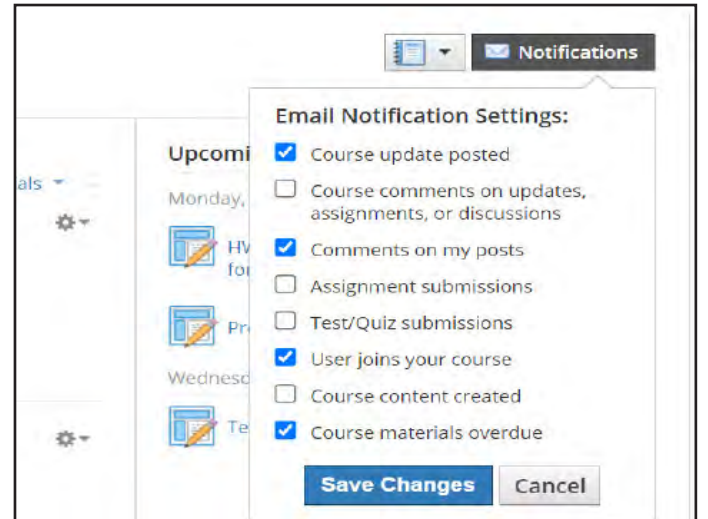
notifications.

Many students are unaware of this important notification feature.

Students and teachers have the option to turn on notifications by going into their

application.

Individuals are able to select exactly which notifications they prefer such as comments on posts, test submissions, overdue course materials, and more.



Schoology screenshot showing how to turn on notifications.

account settings, found in the top right corner of the Schoology website or in the menu on the mobile

In addition, there is the option to input a cell number to receive text message notifications.

Editor’s Note: This article is a clarification of a statement made in October’s Trident.

“Suffering Is a Normal Part of Life” Webinar Details the ‘Pressure to Be Perfect’

by Sabrina Osowiecki '25

Picture this: you open PowerSchool, and nervously scroll through your grades, pausing to check your GPA, and to see how you did on that tough math quiz. You check to see if your history teacher put in the grade for your essay, and you gasp. How can you ever get your grade back up? This obsessive yearning to be perfect and successful at everything is the difficult reality of many students- but it does not have to be.

On November 3, 2022, Dr. Alicia Farrell held an insightful webinar for the Amity community about “The Pressure to be Per-

fect.” She started off by describing how so many teens have become exceedingly stressed, often as a result of social media, which shows a filtered version of reality. Dr. Farrell mentioned that “suffering is a normal part of life,” even though it is rarely reflected in social media, making teens feel alone with their struggles. Striving to achieve this perfection as a result of misconceptions, teens progressively lose self esteem and joy, judge themselves based on how they measure up to others, and can experience mental health issues.

Another major stressor for teens is grades. According to Dr. Farrell, to-

day’s culture has morphed into a society valuing performance highly and ignoring character. Plus, in recent years, being “average” has gained an increasingly negative connotation, causing many people to feel they have to be exceptional in everything they do, even if this is not feasible.

Consequently, there has been a recent rise of perfectionism, which is the toxic belief that perfection is necessary for one to be loved and successful. When attempting a task, perfectionists often motivate themselves by raising the bar unreasonably high. If they are not

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Photo contributed by Trident Staff

The Missing Person Table was displayed in the cafeteria for Veterans Day on November 11. A detailed description of the meaning of each item appeared on a board beside the table. See our Instagram posts @amitytrident for more information about the symbolism in this display.


reserved less and less time to contemplate the phrase.

As a result, the words have simply become words, rather than an acknowledgement of the valuable things soldiers have given up for the sake of a larger cause. And by valuable things, I mean more than material goods; these

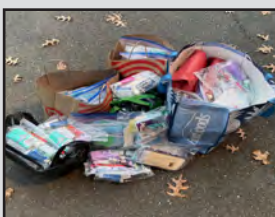
conveys the meaning of Veterans Day adequately, the one thing they lack is student engagement.

If the message is going to stick, students must be involved in these activities to some degree. It is crucial that this meaning resonates with students, as it’s an important one to acknowledge.


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Neurosurgeon Shares Personal Stories with Students

by Shreya Hebbar '23

Neurosurgeon Dr. Ketan Bulsara came to Amity Regional High School on November 7th, 2022 for a presentation on neuroscience, neurosurgery, and Dr. Bulsara's personal experiences in the field. Students in the Amity Science Research Program and Claude Roy's psychology classes attended the lecture in the Brady Center during period 2.

Dr. Bulsara discussed our brain function and structure and how it affects human decision making and behavior. Dr. Bulsara, the chief neurosurgeon at University of Connecticut, has been in the field since he was 28 years old. He has a range of expertise on neurosurgical disorders such as tumors, aneurysms, and hemorrhages, and explained each concept to the students.

Dr. Bulsara was grateful for the opportunity to speak to and inspire Amity students and said, "Presenting at Amity High School took me back to my high school years where I recalled endless dreams and aspirations with a supportive environment of high school to guide me in this

direction."

The presentation included videos of specific brain procedures, history of important figures, and biology of the brain.

Not only was the presentation informative, but it also expanded student knowledge about this unique career path and its rewarding nature.

Science Research Program Director Catherine Piscitelli said, "It was so exciting to have Dr. Bulsara speak to students about his career path. It's important that they learn about his journey to becoming a neurosurgeon as well as all of his contributions to the field."

This opportunity was especially valuable for current seniors who are in the process of exploring careers and majors for college. Allen Liu '23 said,

"His presentation was so compelling and interesting. I've been looking more into the field of neuroscience."

Nina Carmeli '23 also commented, "Dr. Bulsara's dedication and sheer excitement about his life's career definitely guided me to develop a strong interest in the study of the brain."



Photo contributed by Catherine Piscitelli
Dr. Ketan Bulsara presents to SRP and Psychology students

The presentation ended with ten minutes dedicated to questions from the students. Dr. Bulsara said "I enjoyed speaking with all the students and hearing their inquisitive questions."

Principal's Committee Column

by Hannah Chen '23

On October 28th and November 11th, Principal's Committee convened in the district presentation room with Mr. Hauser to discuss recent happenings within the community. Some recent topics include the Southern Regional Music Festival, Spartan Seminar activities, and the practicality of progressive discipline.

Students shared their concerns about not being able to attend the Southern Regional Music Festival because many teachers and students in band and choir are committed to the spring musical, which falls on the same weekend as this festival. A solution to this problem that Mr. Hauser explained was in the future, Mrs. Serio will sign off and sponsor any choir or band student who wishes to participate.

During Spartan Seminar on November 2nd, freshmen, sophomores, and juniors completed a workshop on resilience, with generally positive feedback. Seniors participated in a resume writing workshop aimed toward helping them get a head start on their unpaid experiential learning

program, also known as UELP (formally referred to as SSLP, senior internships). Seniors generally agreed that smaller, more personalized resume workshops, such as those previously hosted by Mrs. Cocco, would be better than Spartan Seminar workshops.

Lastly, the committee and Mr. Hauser discussed progressive discipline, which is the practice of having students in conflict have an open and mediated conversation to resolve their issues. In previous meetings, students agreed that this was a good idea and could be beneficial.

However, some students discussed the realities of this idea and how it may not be as effective as it seems. A student shared concerns about the lack of readiness for such conversations from both sides, which prompted the committee to discuss how to ensure both sides are prepared.

Mr. Hauser listened and was open to feedback and suggestions. He assured students that administrators (mediators) are trained for situations with a method called "restorative practice" and that they will look into ways to make the experience more comfortable for all involved.

Link Crew Continues to Guide Class of 2026

by Anchal Bahel '23 and Andie Napolitano '24

With a busy first quarter, along with the adjustment to high school, Link Crew has been hard at work putting together fun events for the Class of 2026. The annual Freshman

Tailgate was held Friday, October 21st at 5:30 pm, just hours before the Pink Out Football Game against Wilbur Cross High School.

Link Crew Leaders and Coordinators played a key role in ensuring that this event is fun and successful. Leaders were responsible for reaching out to their set group of 9th graders to encourage them to come to the event, providing yard games, and grilling hamburgers and hot dogs. The fun did not end with the tailgate, as ninth graders were admitted into the football game for free for a night of fun full of new memories and friends.

Fiona Donahue '26 said, "I enjoyed playing soccer at the tailgate and getting to be with my entire class in one place. It was also nice that we got into the football game for free afterwards."

The Freshman Tailgate was a great opportunity for the Class of 2026 to come together over food, games, and new friendships.

Then, on November 9th, Link Crew hosted another successful annual event: the Ice Cream Social.

At this event, Link Leaders and 9th graders met in the cafeteria to reflect on the first quarter of the 2022-2023 school year while enjoying ice cream from Ashley's Ice Cream. This event gave the 9th graders a unique opportunity to gather advice from Link Leaders about how to have a productive freshman year.

Link Leader Ben Aviad '24 said, "Our Ice Cream Social was a great event to prepare the ninth graders for upcoming endeavors at Amity. This event allowed them to feel much more welcome at football games, and really see the spartan culture that appears at them. And, it provided an opportunity for them to debrief on the first quarter, which is a great way for them to evaluate and improve for the rest of the year!"

Amity Link Crew is now hard at work to ensure their annual Cocoa and Cram before Midterms is successful and productive as well.



Photo from Amity Link Crew Instagram
Ninth graders attend Link Crew's Ice Cream Social

"Suffering Is a Normal Part of Life"

Continued from page 1 successful, they shame themselves, but if they are successful, they automatically assume they did not challenge themselves enough.


Additionally, Dr. Farrell commented that parents' excessive investment in their children's academic performance and life in general can be harmful if it is not balanced properly. By constantly managing every aspect of their child's life, a parent can strip them of opportunities to build confidence and the ability to think for themselves.

When parents allow their chil-

dren to develop the resilience they need independently, this can be done much easier.

She also discussed that current research shows many teens feel unworthy and constantly disappointed in themselves. This often distorts their view of their own capabilities and potential for the future.

Through creating realistic goals and working on seeing themselves in a positive light, students can reduce their stress levels. Dr. Farrell said, "[Happiness] originates from how you feel about yourself."



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Why Celebrate the Holidays So Early?

by Michael Perrone '23

Just so people don't label me as a jerk who despises the holiday season, I'd like to preface this article by saying that I, Michael Perrone, like Christmas. I've always liked Christmas.

Alright? Got that? Cool.

What I don't like, however, is the fact that people begin to celebrate the holiday in question before October 31st. Just a few weeks ago, I walked into a local Target to buy some candy to hand out on Halloween. I walked into the store and made my way back to where I would typically find all their decorations for Halloween. Instead, I was greeted by a handful of Christmas trees on display. This all happened about a week before the 31st. It wasn't even November yet.

That, to me, is ridiculous. I always thought that putting out Christmas decor before Thanksgiving was obnoxious. But before Halloween? That's complete and utter insanity.

I'm all for celebrat-

ing the holiday season when necessary. Heck, throughout November, I'll even listen to the occasional Sinatra-sung Christmas tune just to prepare for December. But I would never even begin to fathom putting an ornament on a festive tree until after Thanksgiving.

What is it about Christmas that's so appealing to stores that they just have to prepare so early every year? Do they really expect people to buy a new Santa blow-up for their front yards in the middle of October? I'm friends with somebody whose father goes bonkers for lawn decorations during the holiday season. As a matter of fact, he calls himself "Mr. Jingles" from Thanksgiving until New Years. Somebody as crazy for Christmas as Mr. Jingles doesn't even begin to think about his light display until late November. If people like him don't begin to focus on the holiday season until after Black Friday, why should Walmart put out their festive displays in mid-October, when the majority is still focused on Halloween?

Crossing the streams

of major holidays like Christmas and Halloween makes them all the less special, too. If I walk into Target in October and see Christmas lights all over the place, not only am I missing out on the festivities of Halloween, but the wonderful feeling of the holiday season prematurely begins to bubble to the surface, making it feel all the less great when December finally rolls along. There's a reason why people call the holiday season the most wonderful time of year: it only comes along for a relatively short period of time. If festivities begin far too early, the feeling of the holiday season loses its profoundness.

I don't mean to sound like an annoying brat who hates Christmas. Like I said before, I do, in fact, like Christmas. But I only like Christmas when it's the right time to celebrate. As much as I like "The Nightmare Before Christmas", celebrating Christmas during Halloween is obnoxious and squanders the reputation of the holiday season.

That's all I have to say about that.

the TRIDENT

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Food vs. Art: A Fight That Must Stop Here

by Claudia Garcia Munoz '23

undoubtedly comes to mind when you think about art. When you think of food, not much comes to mind, am I right?

You may also suppose that there isn't even the slightest link at all between food and art. Sure, there are a lot of paintings of food, but when climate change activists are involved, the entire discussion of food and art is altered. The battle against climate change appears to be expanding to include art institutions. And surprise, surprise, the weapon of choice is food and we need to stop it.

Protesters in Europe have thrown food on a precious work of art twice this month in an effort to draw attention to the dangers that climate change poses. According to The New York Times, at the Museum Barberini in Potsdam, Germany, two climate activists wearing flashing orange vests poured mashed potatoes over the safety glass protecting Monet's Grainstacks. They talked while pressing their hands on the wall close to the painting. One of the protesters claimed that people are just concerned about tomato soup or mashed potatoes in a painting while the world is in the midst of a global crisis.

This protest is the most recent in a string of anti-climate change protests that have occurred across Europe. Activists with the Just Stop Oil campaign threw tomato soup upon Vincent van Gogh's Sunflowers earlier this

month in London. Visiting a gallery or museum

month in London.

Additionally, a man daubed cake on the Mona Lisa's protective glass in May. The Washington Post also claimed that the Vatican, Glasgow, Florence, and several London art galleries have been targeted by all these food attacks on paintings.

Some individuals who are used to seeing climate activists waving banners in public may find these inventive gestures a little odd. These protests, in my opinion, were helpful in increasing public awareness of the global climate crisis; but, destroying a priceless work of art should not be the primary means of raising awareness. They want to be loud, spark a debate, and motivate action because, indeed, preserving our planet should be a top concern for everyone. If we don't act, we can be wasting a lot of resources in our daily life. Again, there are many options other than damaging priceless and irreplaceable artworks to get people's attention.

Food-throwing won't advance the discussion on climate change. Yes, these protests are making news throughout the world. However, these attacks won't cause people to reflect about existential issues related to climate change. When I watch videos of these activists online, I don't see earth-saving heroes; instead, I see young people attempting to change the world in an improper way.

We should quit wasting our time and start acting instead of wasting food on these kinds of actions since we can do much better for the environment.

CORRECTIONS

For any corrections or tips, please email amitytridentnewspaper@gmail.com
To sign up to write or take photographs for *The Trident*, contact the Editors-in-Chief, Mrs. Clark, or email amitytrident@amityschools.org

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

WRITE FOR THE TRIDENT

**Great opportunity to get involved!
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Check your email and listen to the announcements for information on upcoming writers meeting to plan for the December issue.

Get involved - write for the Trident!

*Happy Thanksgiving,
Amity!*



@amitytrident

Social Media: Every High Schooler's Nightmare in Disguise

by Kaylee Ferris '23

It's the first thing you see when you wake up, it's there when you go to school, while running your errands, and even the last thing you look at before you go to sleep. It's your phone! It destroys relationships with friends and families, negatively impacts the adolescent social skills, manipulates teens into thinking they need it all times a day, and has brainwashed highschoolers.

Social media is a great form of entertainment for highschoolers, until they find themselves locked in their bedrooms on a beautiful day. A recent study from the Pew Research Poll, tracking the effects of social media on a sample of highschool students, found that 70% of students hide their online life from their families, and almost all of them said they are self aware of how unhealthy their screen time usage is, but they are too "addicted" to stop.

It's sickening to see how high school students having a strong addiction to something so harmful has become normalized by communities as a whole.

Many teens find themselves opening and closing the same apps for hours a day in their room, having no idea how much they are missing. According to a recent study conducted by Jama Pediatrics on June 18, 2022, the average social media screen time for a highschool student is 8 hours a day. 8 hours a day wasted on self absorption and isolation.

Experts believe that constant overstimulation of social media networks shifts the adolescent nervous systems to go into fight or flight mode. Excessive screen time causes teens to compare themselves to others, creating a harsh competition between students without them even realizing. These things cause anxiety, depression, and lower self esteem.

While social media has many negative effects on teenagers, it in many ways, helps bring communities together, and some teens even say that social media is their "lifesaver" for giving them the opportunity to express who they are.

However, even with these good effects, the good definitely does not outweigh the bad. There are much healthier ways for teens to express themselves, rather than using something that is killing their self esteem and social skills.

Every teenager's favorite thing is their phone, and every teenager has their own right to spend as much time on their phone as they want to. The fear of missing out theory has teens hooked on their phones and it would be a lot to ask teens to give up their phones entirely. However, it is crucial that we inform them about the negative effects of social media that they are oblivious to.

It is important that we acknowledge safer ways for teens to use social media, as well as show them ways to help limit their screen time. We can't let social media use its manipulative tactics to ruin our generation of students who have great potential.

News 8 Interview an Honor for Amity

by Anchal Bahel '23

On Tuesday, November 1, Amity's Science Research Program was featured on News 8. Laura Hutchinson does a segment each week called "What's Right With Schools." A week prior she, along with her camera person, came into my period 3 Science Research class.

The environment during that period was filled both with excitement and nerves. For most of us, this was our first experience seeing how a news segment was produced, along with the opportunity to have been featured.

I had a unique experience of being interviewed regarding my Junior year research project and the success I had in Amity's Science Research Program (SRP). Laura Hutchinson from News 8, asked me a wide range of questions about my research, along with the impact SRP has had in my academic career.

I also was able to talk to Laura Hutchinson about her career in News 8. This conversation was very insightful, and I appreciated the opportunity to gain more career exposure as a Senior in High School. She also gave me some public speaking advice from the perspective of a News Anchor, as in SRP much of our time is spent becoming a refined public speaker.

As a senior in high school, SRP has been a great part of my academic career here at Amity. This interview not only allowed me to showcase my love for speaking, but also I had the unique opportunity to reflect on my research from the past 4 years. Although I do get exposure through story building in the Trident, it was very interesting to understand how one hour worth of film was condensed into a concise story of two minutes.

For me, SRP is so much more than another class, but truly it is a community and I am glad that News 8 gave us the platform to share that.



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After School Clubs Reach Out to the Community . . . and Beyond

by Anousha Shaihd '24

Amity has an assortment of over 80 clubs focused on countless topics, such as community service, diversity, sports, activism, fundraising, academics, and many more. Students in these clubs partake in a variety of activities to expand their passions past Amity and make a meaningful impact on the community around them.

The Asian Activism Club is one incredible example. The organization partners with Jason Chong, a professor of Asian American studies, to take steps towards eradicating Asian hate in the community. Melinda Lu '23 said, "One great thing about working with him is that he has connections to other organizations, like Make Us Visible Connecticut." Make Us Visible is a national organization that advocates for more Asian American and Pacific Islander (AAPI) education in schools. The Amity Asian Activism Club partners with Make Us Visible CT and the Bipartisan Campaign for the Connecticut State Senate in hopes to achieve "legislation to push for AAPI studies in high school." The Asian Activism Club's efforts exhibit just how significantly Amity students can impact the communities around them.

Students are not only hoping to change the lives of those in their communities, but also of those across the country. The Help Your Community Club is currently working hard to organize a drive to help survivors of the devastating Hurricane Fiona in Texas. Aarushi Trivedi '24 said, "The mission of Help Your Community Club is helping the community, whether it be Amity or outside of Amity. Every month we pick an issue to support people."

Supporting others is a crucial part of being an Amity student, and the Help Your Community Club goes to show that student-led clubs are capable of supporting anyone anywhere.

The theme of uplifting others no matter the distance is seen in many other Amity clubs, such as the Muslim Student Association (MSA) and South Asians at Amity. Although MSA is a relatively new club, club president Zainab Rizan '24 outlines its big plans for the future.

"Muslim Student Association plans on helping the community by fundraising for countries in need, such as Yemen. We also plan on correcting misconceptions about Islam and creating a welcoming community for all," Rizan said.

The association hopes that by fulfilling these goals, students will generally feel more accepted outside of Amity, and a more unified BOW muslim community will come as a result. MSA's efforts display the importance of helping individuals feel seen, and the concept that individual changes can lead to big impacts.

The South Asians at Amity Club also has plans for providing international aid. Currently, the club is selling delightful holiday candles during lunch waves to fundraise for aid to Pakistan after devastating floods have been continuously hitting the country since mid-June. The club's efforts will certainly make a positive impact on those in need.

A club that takes a more local approach of reaching out is the Amity Leo Club. Junior president Alice Xu '24 remarks, "We do our best to help out all over the BOW area by volunteering at elementary school parties, town events, and local fundraisers."

Although these initiatives may not be on the scale of legislative change, they certainly make a positive impact on the BOW community. The week before Halloween, the Leo Club volunteered to face paint at Beecher Elementary's annual Halloween Hoot. Kids excitedly pointed at the table, and walked away smiling after mermaids and butterflies were painted on their faces.

Leo Club emphasizes the importance of small changes to the local community. Xu continues, "As a community service club, it's really important to us to spread our reach and contribute to our community in all the ways we can."

These are only some examples of the many initiatives Amity clubs have taken to make a positive impact on communities all over the world. The ability of Amity students to translate their passions into community outreach is truly special.



Photo contributed by Trident Staff

Students had the opportunity to join impactful clubs at the annual Club Day in September.

Pumpkin Spice Crème Brûlée An Extra-Special Thanksgiving Dessert

by Anousha Shaihd '24

A crackly crust with creamy custard underneath can only mean one thing: crème brûlée. This fall-ready reboot includes everything you love about the classic French dessert, but with an added pinch of pumpkin spice and a bit of pumpkin purée. Gently tap the caramelized sugar crust to crack it open, then dig your spoon through the sugar shards and into the silky smooth pumpkin custard for the perfect bite. This dessert will definitely impress all of your family members and be a delicious addition to any Thanksgiving spread!

Ingredients:

- 1 1/2 cups heavy cream
- 1/2 cup milk
- 1 teaspoon pumpkin pie spice
- 4 large eggs, yolks only
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1/4 cup pumpkin purée
- 1/3 cup white sugar

First, preheat your oven to 300F.

Then, in a medium saucepan, combine heavy cream, milk, and pumpkin pie spice, and bring to a steaming simmer before removing from the heat.

Next, in a separate bowl, add the egg yolks and 1/2 cup sugar and whisk together immediately. Slowly add the milk mixture to the egg mixture while whisking to temper the yolks.

Continue to add the warm milk while constantly whisking until it is completely combined. Add the vanilla extract and pumpkin purée, then whisk until well combined.

Divide the mixture evenly between four oven-safe ramekins. Place the ramekins inside a large shallow baking dish and fill the dish with water about halfway up the ramekins.

Then, place the ramekins in the oven and bake for 40-45 minutes. The custard should be jiggly, yet firm in the middle when the pan is gently shaken. Carefully remove the pan from the oven, then remove the ramekins from the water bath.

Cool custards on a wire rack until almost room temperature before covering with plastic wrap and placing them in the refrigerator for at least 2 hours.

Once chilled, sprinkle the custards evenly with the 1/3 cup sugar to completely cover the surface of the custard. Using a culinary torch, torch the sugar until it has dissolved and turned to a dark amber color.

If you do not have a torch, turn your oven broiler on high heat and place the custards under the broiler for about 2 minutes. Be sure to stay close to the oven to keep an eye on the custards, as they will caramelize quickly.

Once the sugar topping has caramelized, let cool slightly and serve! Enjoy!



Show Your Friends How Much You Care with a Fabulous ‘Friendsgiving’ Feast

by Grace Cavallaro '24

Thanksgiving is a fantastic holiday. It’s always a dreamy day full of hot comfort food and being surrounded by family on all sides. Overall, the day is warm, cozy, and... well, there is just nothing missing.

Or is there?

If someone was to ask what you are most thankful for, what would you say? Among the top few things, you would probably mention your friends. While Thanksgiving is typically a day reserved strictly for family, celebrating with friends is just as special. Friends are people we interact with on a daily basis, and they provide much of the same comfort as family, sometimes even more.

Family traditions on Thanksgiving are important, but consider throwing a Friendsgiving party this Thanksgiving break. Not only could it become a fun tradition, but it will be a great way to express gratitude for your friends.

Friendsgiving (nicknamed “the cool younger sibling of Thanksgiving” by EatingWell) has gained popularity over the years, especially since the pandemic. With the many travel restrictions and social distancing requirements, it has been difficult for some longer-distance families to get together. So, instead of seeing family, many people chose to spend Thanksgiving with friends instead, increasing the prevalence of Friendsgiving parties. Though Covid-19 restrictions have relaxed significantly over the past year or so, these new traditions seem to have lasted.

Where does one start when planning a Friendsgiving gathering? For starters, the food is an important part of any Thanksgiving gathering. Many Friendsgiving party hosts choose to have a traditional Thanksgiving feast, potluck or otherwise. However, because most families have turkey and all of the trimmings at their own Thanksgiving dinners, you may choose to change up the menu for your Friendsgiving dinner. For example, one creative menu idea might involve traditional Thanksgiving foods... but with a twist. Instead of just roasting a turkey, try cooking it a different way, like smoking or even frying it. It’s a similar dish, yet totally different at the same time.

Also, there are infinite ways to cook a potato. Instead of the traditional mashed potatoes, try making potatoes au gratin (thinly sliced potatoes in a rich cheese sauce) or duchess potatoes (mashed potatoes with egg yolks and butter that are piped into various shapes and baked).

Both are delicious, but you could also try just changing up how you make traditional mashed potatoes. Instead of just using butter with salt and pepper, try mixing in some cheddar cheese, bacon, and chives for a different flavor.

You could also use garlic and feta for a more mediterranean flavor, or make it spicy by adding in some cheddar and jalapeno or poblano peppers with queso fresco. Potatoes

are excellent no matter how you slice them, so try something new! You may love it, and it will certainly be a welcome twist for your Friendsgiving feast.

Though food is certainly important, you will certainly have time to do more than just eat at your Friendsgiving party. For example, perhaps instead of having everyone bring food, have everyone bring ingredients. Part of the party could be just cooking the meal together. Although it can feel odd to share your kitchen with a bunch of friends, cooking together is a great way to spend quality time with one another, as it can open the door to some beautiful conversations as you work.

When you finish cooking the meal, everyone feels as though they contributed, and you can laugh over the time you had making the food as you eat it. Though cooking is a great means of fellowship in itself, you could take it up a notch by turning it into a competition. Perhaps everyone tries to prepare a different side dish, or maybe the party goes Chopped-style with a basket of random ingredients that must be incorporated into a particular dish. Either way, cooking is a great way to spend time together, and it carries into a meal that everyone at your table will certainly be excited to enjoy.

Finally, though it may sound cliché, an important part of a Friendsgiving feast is going around and sharing what everyone is thankful for. You do a lot for your friends, and your friends do a lot for you. Be sure to take this time to tell your friends how much they mean to you, and thank them for all of those times when they helped you through something, big or small.

Your friends exert more energy than you will ever know worrying about you and caring for you, so let them know that you recognize that. Family may be the first thing we think of to be grateful for, but we don’t realize that our friends are like our family.

Return some of the love this Thanksgiving break with a Friendsgiving celebration;



Photo from Cooking Classy

An example of Duchess Potatoes

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Constructing “The Play That Goes Wrong” - So It Goes Right

by Thomas Dalton '23

preparing and constructing the set.

“This class is very important because it teaches good skills that everyone should know,” said Teravainen. Students have been working on multiple different projects for the school. This includes working with other departments to create pieces for various productions, such as the music department to create platforms for Music in Motion and the creative theater department to create set pieces.

The students are currently working on building set pieces for the upcoming fall play, “The Play That Goes Wrong.” Many of the students are proud of their work and are excited to see their pieces in action. Kwesi Asiedu '23 thinks that the play will end up being very good because of all the effort they are putting in. Some students believe that these classes help build bonds with their classmates and develop skills like teamwork.

Alan Moody '23, a student in the class, said, “Construction better builds the Amity community because we all have to work together and create something.”

Asiedu agreed, saying, “Construction brings together the community because everyone is working to achieve a final goal.” Moody said that the class can be challenging at times, adding, “We sometimes spend full class periods fixing the previous class’s mistakes.”

When asked what happens to all of the walls and set pieces in the play, Teravainen said, “We strip them all down and we try to save as much of the material as we can.”

The material for all of the set pieces typically costs around \$3,000. Teravainen said that they want to finish up the set pieces around a month before the first showing of the play.

Teravainen makes sure that all the students are safe and familiar with the tools and equipment before the construction students jump into a project. Kwesi thinks that the most challenging part of the class is the different tools that the students use. He said that some of the equipment can be difficult to use, but Teravainen takes safety very seriously when it comes to working on big projects like the set pieces.

The students have many different responsibilities in construction. They need to know how to use the tools given to them, how to be accurate and precise with everything that they are doing and be able to follow instructions for complex projects.

The Construction class is connected to almost all of the different departments in Amity and has assisted in making different structures for many events. Now, they are making sure that “The Play That Goes Wrong” goes right.

Amity’s fall play is just around the corner, and CTE teacher Carl Teravainen and his construction classes play a starring role as they are in charge of



Photo by Bridget Lowder
Photo of the sets for “The Play That Goes Wrong” built in Construction class

**Be sure to come out and see
“The Play That Goes Wrong!”**

New Beginnings Care Package Drive Helps Those in Need this Season

by Aachal Gupta '25

With the holidays approaching, many in our local community are in need of basic necessities. New Beginnings, an outreach club here at Amity, is hosting a care package drive to support the New Reach Women’s Shelter in New Haven.

The purpose of the New Reach Shelter is to support women and children in need. Since 1990, New Reach has built hopeful futures on a foundation of housing, support, and services for thousands of women and children facing homelessness each year.

Their mission statement reads, “We inspire lasting independence for all people affected by homelessness and poverty through a continuum of housing and support, using the most innovative, progressive, equitable and inclusive methods.”

New Beginnings was founded in 2019 to work with the women’s shelter closely. When asked to share her thoughts about the club’s purpose, President Aarushi Trivedi '24 said, “New Beginnings focuses on helping women achieve new beginnings in their lives through drives, fundraisers, and events at the shelter!”

Furthermore, Jeslyn Jacob '24 stated, “I think that making the care packages shows our compassion and it definitely gives the women hope for their future.”

The drive they are currently hosting is for care packages for the upcoming holiday season. Students are asked to donate supplies like tissues, toiletries, toothbrushes, and other such items.

All donations are being collected in room 120 to be packaged up until Friday, November 18th. The New Reach shelter is an amazing cause that is in need of supplies, so please consider donating items to the care



Photo contributed by Aachal Gupta
Examples of care packages

Amity Welcomes Back Field Trips After a Long Pause

by Soumya Wijesekera '25

This past month, students were finally given the chance to resume learning opportunities outside of school. After a long break from field trips due to the COVID-19 pandemic, Amity students were able to get back to exploring educational topics in real life.

These field trips, available for classes and clubs such as Marine Biology, AP Environmental Science, and Infinite Possibilities, enable students to gain an understanding of information apart from just textbooks. This past month, many students went on very interesting field trips, so let’s get into it!

The first field trip that Amity students participated in was to Bethany Community School in Bethany, Connecticut. The Infinite Possibilities club organized for participating club members to travel to the local elementary school to teach fourth grade girls about science, technology, engineering, and math. While there, those a part of Infinite Possibilities engaged in activities with these young girls, such as building activities to promote teamwork, as well as various arts and crafts. After a year of not being able to travel due to the pandemic, club members were thrilled to be a part of this rewarding experience once again.

Linda Decesare, the teacher advisor for Infinite Possibilities, expresses the gratitude and appreciation she has for the girls to finally be able to continue a long overdue activity, stating that “the Infinite Possibilities club of Bethany has resumed their visits to Bethany Community School to teach STEM lessons to fourth graders. It is rewarding and inspiring for both the high school girls and fourth grade

girls to return to this long standing tradition.”

President Aadya Wijesekera '23 highlights that this specific field trip is one of her favorites throughout the year.

“This is one of my favorite field trips we take at Amity,” Wijesekera said. “After not being able to last year, it was such a great experience to teach these young girls about a field that is not as commonly pursued by women.”

In addition to Amity’s STEM field trip to Bethany Community School, the AP Environmental Science and Marine Biology classes were granted the opportunity to travel to Hammonasset Beach State Park in Madison, Connecticut.

While there, students explored the ecosystem in a tangible environment.

Science teacher Allison Nork said, “Students were immersed in field work and experienced various sampling techniques, including seine nets and quadrats along a belt transect to study the distribution of organisms that inhabit the low, mid, high and splash zones.”

Other teachers such as Deborah Best, Sarah Reeves, Karl Duyck, and retired biology teacher Janet O’Donnell volunteered to chaperone as well to help students while engaging in meaningful learning opportunities.

A student in AP Environmental Sciences and founder of Amity’s Green Team Club, Shaina Das '24 is enthusiastic about advocating to preserve our environment.

“I am very grateful for the opportunity to learn about our ecosystem in a real environment, it was really fun and a good experience,” she said.

Looking back, this past month has been filled with numerous activities for Amity’s students to explore life in the real world.

Hands-on learning activities, as well as a chance to engage in learning outside of the school, gives students an opportunity to test their knowledge in different environments after many of these field trips being put on hold due to COVID-19.

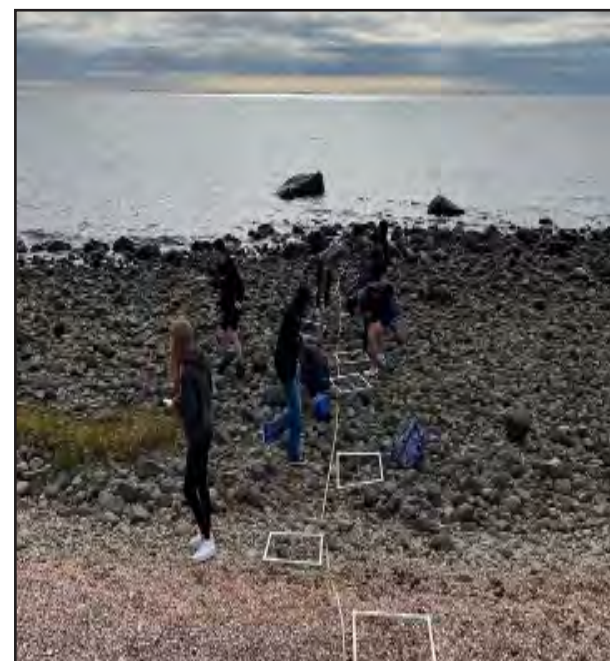


Photo contributed by Allison Nork
APES and Marine Biology students practice using seine nets

Students Take to Broadway for *Death of a Salesman*

by CJ Brinton '24

The AP Literature class as well as the Acting and Directing class headed to New York City to see Arthur Miller's *Death of a Salesman*, the Broadway revival playing in the Hudson Theatre on October 27th. The classes took the train for this trip. The show was chosen mostly because it pertained to the AP Lit curriculum summer work. Allison Wuerth, who teaches the AP Literature class, commented on the importance of seeing the show.

"The *Death of a Salesman* production was a fabulous opportunity for students to see the text come to life," Wuerth said.

She proceeded to tell of her own convictions of the show, explaining, "The acting was incredible, and I found myself emotional at several points during the production."

This is the fifth revival of the show on Broadway. The Loman family originated in Miller's view as a far-from-nuclear family in the fifties living in Brooklyn. Willy Loman, the main character struggles in his older age, coming to terms with his shortcomings both personally and pertaining to his business as a salesman. The American Dream, loyalty, truth, and infidelity are all explored thoroughly in the three-hour show. When the show opened in 1949, it ran for 742 performances and was well received, winning a Tony Award for Best Play.

The show is renewed in its revival, told from the perspective of an African American Loman family. This modernized version of the show originated in London, and after a successful run, transferred to Broadway with the same actors playing Willy and Linda Loman. Changing the perspective of the main family arguably changes much of the meaning of the show, or quite possibly brings new light to its existent themes.

The set of this production was very basic but maintained the angular sense Miller intended in his description of the set. The city backdrop was missing, which initially exemplified the lack

of modernization in the Loman household as opposed to the rest of the city.

Miller initially intended for two levels of the Loman house to be present at all times. In this production, staple pieces to depict a room or to create a doorway would descend from above.

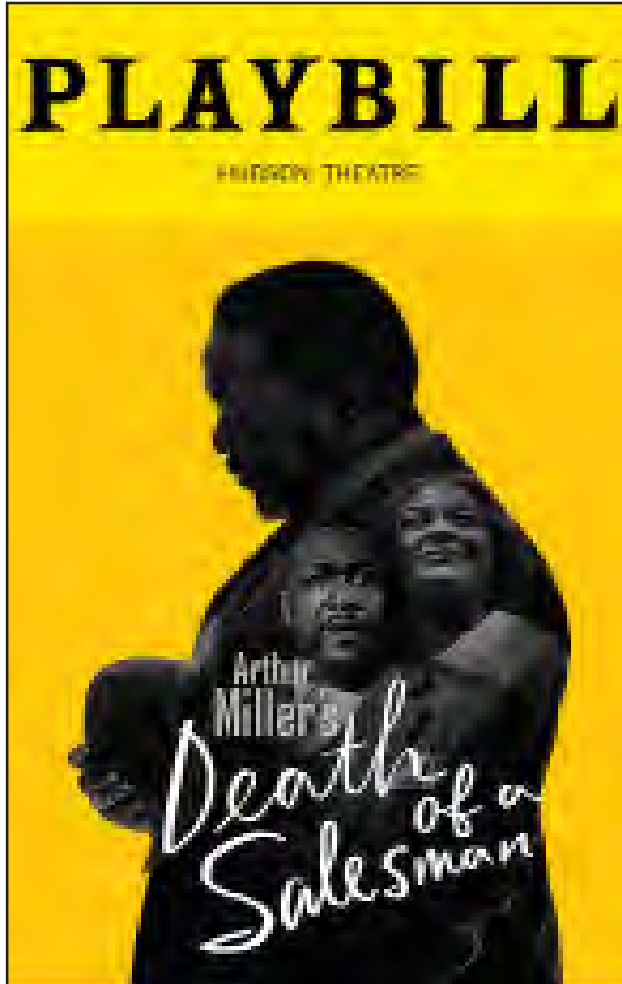


Photo accessed from www.playbill.com

Certain sides of the set could also move laterally, allowing for flexibility depending on the scene.

In scenes in the Loman brother's bedroom, both a desk and bookshelf would descend from their resting place above the stage (though

all such props were visible throughout the show) while a piece of stage right would come upstage and raise above that of stage left. This had two blocks, used here as beds, and as benches in another scene.

As Miller wrote in his initial description of the show, the forefront of the stage was to be used as the place for Willy's visions to take place, separating the past from the present. The characters were not to follow the doorways concept in these scenes. However, in this production, lights were used to signify a shift in time in the show, which added a more shocking aspect, and sympathized with the ailment this caused Willy.

Several students offered their opinions on the show. Ginny Luciano '24 said, "I really thought that the play enhanced my understanding and it was very worth it to see. The set of the play was amazing."

The show was carried largely by those who portrayed Willy and Linda Loman, Wendell Pierce, and Sharon D. Clarke, respectively. Sarah Fortin '24 reflected on their performances, admitting she cried.

"I got much more emotional seeing it rather than just reading it and I feel like it really moved me, she said. "I don't think I realized it until after the fact because it genuinely made me cry at the end after everything happened with Willy's death and his family's reaction. The emotions the characters were portraying were a lot deeper and intense than the book was."

Another feature of this production was Broadway great André De Shields, who played Willy's brother, Ben Loman. Ben is a symbol of the success Willy wants so desperately but can never achieve. He is also a guide to Willy. In this production, Ben captivated audiences with a renewed sense of this new identity of the character emerging in a cloud of fog, dressed in all white emulating the higher being Willy regards him as.

Seeing *Death of A Salesman* on stage helped students better understand the show, but seeing this production certainly brought new meaning to the work and a necessary modernization of such.

The National Art Honor Society Showcases Student Artwork

by Sarah Shaikh '25

On November 11th, an art exhibition was held at the Woodbridge Town Library, sponsored by the National Art Honor Society and BOWA schools.

This art exhibition is one of the many art exhibitions held throughout the year in Woodbridge, Orange, and Bethany. These exhibitions have been occurring for more than 20 years and each year students' art is displayed in unique places.

Art pieces have been showcased at Clarie's Corner Copia and even at a local Starbucks. Students get the opportunity to display their art so it can be viewed and enjoyed by the greater public beyond Amity students.

The National Art Honor Society also invited middle school students to display their art pieces at the exhibition. This let middle schoolers display their art and gave them the opportunity to further expand their art education and get a peak at all the art opportunities they will have once reaching high school.

It also excited many middle schoolers to have their art on display for the first time.

Jessica Zamachaj, one of the art teachers organizing the exhibitions, commented that these exhibitions let the "students gain the experience of having to display authentic artwork and feel the pressure" of having your artwork displayed for everybody to see.

There were many unique 2-D paintings and portraits on display for the greater community to take in and enjoy. This art exhibition allowed students from the entire Amity district to showcase their artwork in creative ways previously unavailable to them through the COVID pandemic.

ACT Hosts a Halloween-Themed Cabaret Night

by Nina Carmeli '23

To celebrate the Halloween season, Amity Creative Theater held its first cabaret of the year on Thursday, October 20th. To celebrate the Halloween spirit, students sang Halloween-themed, scary Broadway or movie, and villain songs. Some dressed up to fully embody their character's persona and assume the fall energy.

In preparation for the entertaining night, Harry Rosenay '23 explained, "I've been working hard on deciding on a song to sing last minute, but this is the first time we've had a cabaret that I've been focusing more on the people singing than my own song."

"I've performed in numerous cabarets throughout high school, but it's such a different feeling actually being able to help plan the event. I'm just so excited to have a fun celebration where we get to jam out to some of our favorite spooky songs together," he added.

Be on the lookout for ACT's *The Play That Goes Wrong* coming later this fall!



Photo contributed by Harry Rosenay '23

Music in Motion Is Back and Better than Ever with *Streaming!*

by Paige Thomas '25 and Nina Carmeli '23

Amity's Music in Motion, hosted by the music department, occurred on Friday, October 28th. Though last year, due to COVID restrictions, the production took place on the football field, both performers and viewers were glad to see a return to normal. This year's theme was *Streaming*, a collection of music from loved streaming TV shows and movies.

Directed by Marcia Rizzotti and Philip Dolan, the Amity band and choir blew the audience away with lights, dancing, and music. Many audience members commented that the show felt like an off-broadway show production.

One of the acts performed was a production similar to Broadway's *STOMP*, a percussion group, that uses the body and ordinary objects to create a physical theater performance using rhythms, acrobatics, and pantomime.

After the act, confetti flew on the stage, and performers transitioned with brooms, creating another act just through the action of cleaning.

As much as the crowd was in awe

of the performances, they created an interactive experience by inserting playful tricks for their audience. Performers announced a "giveaway" mid-show where audience members take out their phones to enter. However the disguised giveaway, in reality, was a secret insertion of the song, "Never Gonna Give You Up" by Rick Astley. The crew kept the production lighthearted and captivating for viewers. The choir also sang a plethora of theme songs from the 90s.

Anna Edwards '26 said, "I loved performing with so many talented kids, and I'm so glad we got to share our music."

At last, Katie Sim '23, a singer in the Amity choir, shared her thoughts on her last year being a part of the wonderful performance, saying, "This was our first year since 2019 being able to hold an indoor version of the performance which was chock-full of dancing, singing, and instrumentals.

She added, "I'm sad that it was my last time getting to perform in Music in Motion, but I hope the event continues to improve over the next couple of years as we recalculate to indoor concerts!"



Photo contributed by Katie Sim '23

A performance during Music in Motion



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Storm King Up Close: A Sculpture Time Capsule

by Selin Ho '23

Several Amity art classes took students to visit the Storm King Art Center in New Windsor, NY on Thursday, November 3rd.

The 500-acre sculpture garden contains some of the most famous sculptures in the world by globally-renowned artists, such as Alexander Calder, Andy Goldsworthy, and even Maya Lin. Though many artists have temporary exhibitions, the permanent collection of works is endlessly astounding for all the visitors who decide to explore the grounds.

Leaving at 8:00 AM, the classes arrived on the site at 10:00, having only an hour and fifteen minutes to explore. The students broke off into groups, with no less than two students per group to scour the vast array of works available. Even within that limited time, almost all the groups visited some of the farthest crevices of the art center.

Some pieces were located in open fields, like Alexander Calder's *The Arch*, while others lay hidden within the forest, like *Catskill* by Manuel Bromberg. Uncovering the pieces within the center was perhaps the most entertaining part.

At the beginning of the trip, all the students received a map. On the map was the list of pieces at the site and their locations. Most of the works were within a five-minute distance of one another, though some on opposite ends of the center could become a 20-30 minute walk.

Though many students were encouraged to walk and absorb all the artwork, "trams" (small golf cars that traveled through the sculpture garden) were available to make the trip easier. The times and locations were all listed on the map to inform visitors of the appearance of trams on their walks.

In addition, visitors also had the opportunity to rent bikes. Since most of the park had paved paths or walking trails, it was easier to ride a bike around the pieces and get around more efficiently in such a colossal space. Despite the endless transportation methods, the walks were lovely—extremely calming and reflective.

Many students agreed that the trip gave them a lot of insight into the scale of professional art pieces and the precision of crafting three-dimensional work. Not only does it involve thought, but it also requires skill and teamwork to construct artwork of this caliber.

One of the most memorable pieces from the Storm King Art Center would be *Iliad* by Alexander Liberman. The work is made from cylindrical pieces

of red-painted steel and is located in one of the main fields near the entrance of the art center. It is dynamic yet stoic, showing the endless possibility of movement in structured sculptures. The paint's bright color automatically garnered attention, bringing to life the dull and plain characteristics typically seen in metal. The composition of the piece is complex and deliberate. Since the sculpture is meant to be seen in the round, the design changes from every angle. Depending on the time of day, the shadows created by the overlapping cylinders shifted and danced across the work—similar to performance.

Ultimately, the Storm King Art Center trip was one of the most serene and unforgettable art experiences I, and many others, have experienced in a long time. We hope it is the first of many more artistic trips that allow students to delve deeper into the complexity and beauty of the art world.



Photo contributed by Selin Ho '23

"Iliad" by Alexander Liberman

Unified Sports Soccer Event Continues to Bring Area Teams Together



by Janet Fan '26

Beneath the autumn palette of red, orange, and yellow trees encircling the William Johnson Field, cheers from Amity's annual Unified Soccer tournament sound through the

crisp air.

The atmosphere is relaxed, but charged with excited energy as Unified teams from West Haven, North Haven, Milford, and Cheshire join Amity in friendly competition.

"It's just a really great day of positive sports and spirit and bringing kids together just to have fun in a way that they can be fit and healthy and spend time with each other," said Wendy Carrafiello, a Unified Sports Coach and Amity teacher.

"Unified Sports is one of the best examples of sportsmanship you are ever going to find," said Principal Andre Hauser, who was also in the crowd. "Each team is cheering for the other, everybody is having a great time, and it's just nice to see everybody working together so well."

Indeed, on the sidelines, the Amity football team claps and shouts encouragement as an athlete nears the goal. Upbeat music blasts from speakers, mingling with cheers from the Amity girls' soccer and the boys' cross country teams.

Allison Morrill, also an Amity Unified sports coach, commented on the

Photo taken by Janet Fan '26
An Amity Unified athlete prevents a goal

positive atmosphere, saying, "It's fun to win, but here, it's really about celebrating each person's individual talents as they go about the field. You really see a full celebration, which is just awesome."

Unified sports is a program through the Special Olympics in the CIAC (Connecticut Interscholastic Athletic Conference) that pairs student-athletes with special education students so that they can participate in sporting events together.

Starting in the early 90's, Amity was one of the first schools in Connecticut to have a Unified program. The retired former athletic director and teacher at Amity Regional High School, Paul Mengold is now the director of Unified Sports at the CIAC.

In addition to hosting tournaments, Amity also joins a few away tournaments each year. Amity regularly hosts the kick-off to the fall season: a volleyball game. For the winter season, Amity's will take on the other schools in basketball, followed by track and field in the spring.

Any students interested in being a part of Unified sports should email the coaches or talk to the main office.

Morrill said, "We want to welcome everyone to come out whether they can come play with us or just come watch just because it's such a great event."

Fall Sports SCC Tournament Recap



by Ava Shanbrom '24

Amity Field Hockey, Girls Volleyball, Cross Country, as well as Girls Swim and Dive all qualified to compete in the Southern Connecticut Conference (SCC) tournament.

Amity Field Hockey, who seeded fifth, played the fourth seed Branford High on October 29th, in the quarterfinals round. Amity lost to the Hornets 1-0, securing a fifth place finish in the tournament, and Branford would go on to be runner-up to Cheshire.

Ava Wooldridge '24 remarked, "We fought really hard, it was fun for sure and I can't wait to compete again next year."

Amity's Riley Zielinski '24 made the All-SCC first team, and Liv Zalinsky '23 made the second team.

Amity Girls Swim and Dive were runner-up to Cheshire in their meet on November 3rd. Elizabeth Bodie '24, Grace Mahon '23, Marea Li '25, and Amanda Ford '25 received All-SCC recognitions for their top finishes. The four were also runner-up as a 200 yard Medley relay team.

Amity Volleyball beat Branford in the quarterfinals, Shelton in the semi-finals and was runner-up to Cheshire in the tournament. Lexi Bonato '24 was really proud of what her team was able to accomplish, saying, "It was a great game and it all came down to those few points. It could have gone either way but I'm

very proud that my team made five sets."

Bonato, Lea Barber '24, and Nyeela Miller '23 made the All-SCC first team. Karenna Norko-Allain '24 made the All-SCC second team.

Girls Cross Country also placed fifth overall in the SCC, with runner Avery Palmucci '23 placing seventh overall with a time of 19:58.0. Amity sent a total of seven runners to this meet, who had a combined time of 1:49:31.20, and an average of 21:54.24.

Boys Cross Country, at their SCC meet at East Shore park in New Haven on October 19th, placed 10th overall. Luke Cushing came out on top for Amity placing 17th overall with a time of 17:21.8.

While Amity Boys Soccer did not qualify for the SCC tournament, Henry Ranani '24 made the All-SCC first team, and Luca Santin '23 made the second team. Similarly, Girls Soccer had Emilia Dottori '23 make the All-SCC first team.



Photo accessed from @amitygirlsswimdive on Instagram.
Left: Girls Swim and Dive team after the SCC championship meet with their runner-up plaque.

Photo accessed from @amitygirlsvolleyball on Instagram.
Above: Volleyball team after their semi-final 3-0 win against Shelton.

Girls Volleyball beats North Haven 3-0

by CJ Brinton '24

Upon walking into the gym on Girls Volleyball's Senior Night, one was almost overcome with the sheer number of posters lining the walls bearing the names, jersey numbers, photos, and motivational sayings about each of the seniors. The gym was also covered in tropical decoration, the Amity Volleyball curated theme.

Ava Boulton '23 said, "The girls did such a great job and made all of us seniors feel so special."

The lower stands were filled with spectators cheering for both teams, and a good portion of the upper bleachers had people sitting as well. This did not go unnoticed.

"The team and I were really excited to play in a gym full of people," Boulton said, "The energy in the room really pumped us up and made us all excited to go out and play. When I looked around, everyone on the court was smiling and having a great time." She attributed the later success of the game to the energy provided by the crowd.

Captain Mya Dizenzo '23 could be heard screaming louder than the rest, leading the pre-game cheer. She was also the first to serve.

A short time later, the score read 6-0, and North Haven was forced to call a timeout. Amity put their teamwork on display. Each point resulted in high-fives all around, a sharing in the job well done. Sabrina McGovern '23 reflected on this observation in a broader sense.

"We are definitely a very close team," she said. "Whether it's during practice, at school, or outside of school, we are always together. Having close friendships with the girls you play with helps us stay connected on the court and really improves how we play."

Boulton then set up at the back of the court and began her long streak of serves. Amity took set one with a score of 25-15. The Spartans and the Night-hawks then switched sides and began set two. North Haven held them 0-5, but did not create enough of a lead not for Amity head coach, Seth Davis, to call timeout. Boulton led the team to flip the score to 8-7, forcing another time out from North Haven.

Dizenzo may have subbed momentarily, but she called out just as loud from the sideline. Fellow captain Nyeela Miller '23 also exhibited this heightened leadership quality, offering more high-fives, more encouragement, more guidance on the court.

The game headed into an exhausting back and forth before Amity forced another North Haven time out with the score at 20-16. A serve from Lexi Bonato '24 and a decisive block by Miller finished the second set 25-18.

In the moments between sets, the JV and freshman teams began cheering from their seats, which continued throughout the entire game. Cece Cadelina '24 commented on the impact of the seniors to the rest of the team, highlighting again the close nature.

"The seniors make our team feel so much like a family." She said, "They bring so much energy and positivity to the team and they are willing to do any-



Picture accessed from @amitygirlsvolleyball on Instagram

Seniors pose in the tropical theme. Pictured left to right: Sabrina McGovern, Nyeela Miller, Mya Dizenzo, Chloe Adzigan, and Ava Boulton.

thing to keep their teammates happy. I can't imagine being on a team without them!"

While the third set did not begin well for the Spartans, the score was very much back and forth, and Amity was forced to call a timeout at 10-11. Hydrated, Spartans took back to the floor with Dizenzo serving, ensuring a new energy from this team. A quick three points were scored with ease.

Renewed, Amity finished each point with a smile on their faces, and signs of praise paid to every player on the court. Subbing was often, and it seemed that at this point, no one showed any sign of slowing down.

It is Miller that has the final hit, the final say on this game, ending the third set 25-21, and the match 3-0. When asked how they achieved this win, McGovern said, "We had beaten North Haven earlier in the season, but as the season goes on teams improve."

She admitted, "North Haven has never been an easy team to beat. We had to go into that game with confidence in ourselves, but we had to stay focused and keep our energy throughout the game to win."

Though Amity parts with six seniors this season, Boulton assures that the bond will continue off the court. "I'm definitely sad that my time playing for AGVB is coming to an end, but I know that I will always feel like a part of the team," she said. "We always jokingly say AGVB forever, but I think we can all agree that it's true!"

"It Is Important to Win" Boys Soccer Enters State Tournament

by Luca Santin '23

The Amity Boys Soccer team finished their regular season with a record of five wins, seven losses, and four ties, qualifying them for the Connecticut State Tournament.

This conclusion was not guaranteed, however, and the team was in a panic with four games left to go in the season.

Coming off a tough 1-0 loss against Guilford in a well fought game, the spark of energy in the team was lost. The winning goal was scored in the last ten minutes of the game, resulting in the Spartans being unable to hold a 0-0 score.

Ending in a draw would not only have preserved Amity's standings, but also would have helped mentally prepare them for the next game. Frankly, after this loss, the Spartans were hopeless about being able to make any sort of post-season.

Although there were four games left, of which Amity only had to win two of to get the 40% win rate cut-off to then go into the State Tournament, there was more ambition to try to make the Southern Connecticut Conference (SCC) tournament as well.

Near the end of the season, Amity re-faced Sheehan High School, a team they had previously held off. Captain Jesse Palermo '23, commented on the team's mentality, saying, "The team is coming off two losses and although our next game against Sheehan High School should be easier, we must not let this thought get to our heads." A win against Sheehan would have set the team's esteem for the final three.

Before the game, captain Henry Ranani '24 was questioned about the im-

portance of these types of upcoming games, saying, "These games will be tough, although we did pretty good against them the first time, it is important to win the rest of them." This statement would stay true against Sheehan, which ended in a 2-1 win at home.

Coming off a win, Amity's next opponent was Hamden, the team that initially tied Amity at home 0-0. The Hamden Dragons would come victorious the second time around with a 1-0 win, scoring a goal in the second half of the game.

Gavin Storz, the goalkeeper for Amity, was able to save a penalty kick in the first half, but these efforts were not enough since the Spartan attack was unable to get any clear chances on goal.

Subsequently, the Amity Spartans knew that there were no more chances to make the SCC tournament, but their hopes were still alive for the State Tournament. The next game was against Lyman Hall for Amity's Senior Night. The final home game of the regular season, Amity received their largest support, and did not leave the crowd bored.

Scoring seven goals in this game, this became Amity's largest win all season (they previously had a 4-0 win against Branford at home).

From there, Amity played their final game against Branford in dense fog. The game ended in a 1-1 draw, which concluded Amity's regular season play, and confirmed the qualification to the State tournament.

The Amity Spartans ended with a 42% win rate, allowing them to reach the Connecticut State Tournament in a very low seeding. Their first round opponent was Trumbull, a highly ranked team. Amity lost 1-0.

School Spirit in Full Swing!

Photos by Sena Ho '23, Nina Carmeli '23, and Elise Sheehe '23



Color Wars kicks the week off with a bang!



“It was cool to see all the gray inside when it was gray outside too!”
Mrs. DeMeo



“It was fun seeing everyone with their little shopping carts on Thursday.”
Rommell Lopez-Burrell '23



“I like how it really brought our community together. Go Spartans!”
Ryan Kelly '24



So many twins - and even triplets - roam the hallways on Tuesday!



“It was a good experience and added fun to an otherwise normal week.”
Ashwin Menon '26



“It’s a lot of fun to have Spirit Week. I liked the Class Colors day.”
Madeline Maus '24



“Spirit Week is great because it creates a positive representation of belonging to a community.”
Mr. Pickering



Students display their stylish and comfy “groutfit” options!