

# THE AMITY TRIDENT

LXXVI-No.3

Amity Regional High School

Woodbridge, CT 06525

November 21, 2025

## Honoring Those Who Served Military Staff Recognized on Veterans Day

by Darianna Singh '26

Veteran's Day serves as an opportunity to

express appreciation and gratitude to the military.

This year, Amity celebrated in various ways. One way was by selling Salute to Veterans t-shirts to support those who have served. A morning announce-

absence of all those lost. This is an important sight in our school, so our soldiers' spirits and bravery for our country are not undermined.

During lunch that day, senior Siena Murphy was moved by the sight. "My dad is a veteran, and it means a lot to me," she said. "It's a little upsetting, actually, because these people have families who have to live with the loss."

Amity is grateful to have veterans who work in the building. CTE teacher Mike Battista is currently a screen and specialty printing teacher but previously served in the Air Force. He spent time going over the service veterans do for our country, and the impact serving had on his life.

"Life isn't a straight line. You never know where it will take you and my military service has shaped who I am today and still affects my everyday decisions," he said.

Battista emphasizes we all make different choices in life. Hopefully, showing these paths to the younger generation will guide their future.

Additionally, CTE teacher Ed Rostowsky and his class designed travel mugs for each of the Amity staff who have served: custodian Donald Linley, Wilson, Battista, history teacher Tom Norton, administrative assistant Andrea Santos, history teacher Peter Downhour, assistant principal Miguel Pickering, and computer information systems manager Kevin Kelleher.

"Seeing my name on the mug was both humbling and heartwarming," Norton said.

Amity is fortunate to have a diverse staff. They stand as an example that a single way of life isn't the same for everyone. As a whole, the school community strives to thank our veterans and never forget the sacrifices they made. Too often, attention is given to these service members for a moment, with silence for the remainder of the year.

Let's aim to keep them in our thoughts at every table we sit at.

## Evacuation System Extends Safety Beyond Drills

by Aiza Amir '28

As soon as the blaring intercom announcing an emergency echoes across the walls of Amity, everyone knows what to do. No matter where they are in the building, all students and staff know immediately where to go—the football field. But why? How has this process—lining up, walking out, and waiting on the turf—become such a natural reflex?

To find out, Monica Kreuzer, Amity's associate principal, who oversees the evacuation and safety system each year, was interviewed.

The current plan actually traces back to a statewide initiative that began after the tragic

school shooting at Sandy Hook Elementary School in 2012. "After the Sandy Hook tragedy, the state required every school to have an All Hazards Safety and Security Plan," Kreuzer explained. "We've been updating ours every year since."

She stated that the district wanted to move beyond just paperwork, explaining that they chose to "start practicing how we would actually react in a real situation." These drills were meant to make safety feel like second nature, so that even in a real emergency, students and staff could stay calm and move efficiently. Now, drills are required at least ten times a year, embedding them in Amity's safety routine.

*Continued on page 2*

## SADD Dresses Up for Spirit



*Photo contributed by @amity\_sadd on Instagram*

**SADD Juniors Lily Warecke, Isabella Smernoff (secretary), Mia Martire (co-president), and Miranda Vuolo (social media manager) display their costumes during SADD's halloween costume contest on October 31st. The club hosted this contest to boost school spirit and self-expression, raising Halloween excitement while bringing students and staff together. Gary Lindgren, SADD advisor, said, "I think it was a success. I was looking at the spirit of the contest and having fun. A lot of club members and leaders dressed up, and it seemed like there were more students that got dressed up."**



*Photo contributed by Trident staff*

**Custodian Donald Linley, history teacher Karl Wilson, history teacher Tom Norton, administrative assistant Andrea Santos, history teacher Peter Downhour, and assistant principal Miguel Pickering were among the staff honored on Veterans Day.**

ment was also made by Principal Andre Hauser about the holiday, and the Missing Person Table was set up in the cafeteria. Class activities took place as well, with teachers giving presentations on their service. For everyday recognition, Amity features the Wall of Honor to display alumni who joined the armed forces.

The Missing Person Table is a military tradition to honor veterans who are not with us. Separate from others, it symbolize the frailty of being alone against the oppressors. The white tablecloth shows the purity of the military's response to their country, and the table is round to highlight never-ending concern towards soldiers. On top, it is set with a flag for the five branches of service. A single rose represents blood shed and a lit candle symbolize hope. Lemon slices remember bitter fate, and salt sprinkled on a bread plate reflects tears of service members' families. An upside down glass to represent that the comrades can not take part in a toast or meal, and an empty chair representing the

IN THIS  
ISSUE



**Appreciating Bus Drivers**  
*News, 2*



**La Fiesta Latina**  
*Features, 7*



**ACT's Tommy Francese**  
*Arts, 9*



**Boys XC Champs**  
*Sports, 11*



# Evacuation System Extends Safety

Continued from page 1

A key component in achieving the first goal is through Raptor, a digital safety and attendance platform used during emergencies. Kreuzer explained that Raptor allows teachers to instantly mark attendance from their phones or Chromebooks once everyone is outside.

“Before Raptor, teachers had to take attendance on paper, and someone would physically collect them—it took forever,” she said. “Now it’s fast and reliable.”

During drills, teachers connect to a separate Wi-Fi network set up for staff on the football field to make sure attendance is recorded quickly, no matter where in the field they are. This shift has made a big difference in how quickly the school can confirm that every student is safe.

One of the most important and overlooked parts of this system, however, is what happens after everybody has left the building. In a real emergency, a “two-gate” reunification system is used, Kreuzer said. “Parents show ID at the first gate, fill out a form, and then meet their child at the second gate. It keeps things organized and prevents chaos.”

The implementation of this process became a priority following a past school-wide threat that revealed just how chaotic and complicated reunification could be when hundreds of concerned parents show up at once. In a large-scale emergency, clear communication and organization become crucial.

Still, some challenges remain.

Kreuzer noted that one of the ongoing concerns is making sure everyone, especially students or staff who use crutches or wheelchairs, can get to the field safely and quickly. Accommodations like golf carts are prepared ahead of time for drills, and special call buttons on walkie talkies allow staff in the building to alert emergency responders if someone cannot evacuate on their own.

Additioanlly, English teacher Jennifer Pascale added, “I think that it’s a little difficult for students new to the school and freshmen to understand the system quickly.”

Kreuzer added that while the system works well during drills, the staff continues to evaluate how these steps would play out in a real crisis to make sure no one is left behind.

When asked about her feelings on the efficiency of the evacuation system, Anushka Sidhartha ‘28 said, “I think the evacuation system is a pretty good system, but I just think it takes really long and that it won’t be efficient in an emergency. But, I know this is the best solution for managing and taking account for a large amount of people.”

This feedback completes the cycle that staff take each year. Staff members update procedures, reflect on what worked, and look for new ways to protect students.

The next time that the intercom rings through class, it is worth remembering that behind each procedure and routine lies preparation and dedication, the ever-present commitment of those who work every day to keep Amity safe.

# A Reminder to Appreciate Our Bus Drivers

by Evelyn Kim ‘27

This year’s Principal’s Committee has been adding various new initiatives in order to honor different people at our school, and one of them this year is Bus Driver Appreciation Week. This allows Amity students and staff to show their thanks to all the hard-working bus drivers that greatly contribute to the school life, getting students to school and back home safely. It is always nice to feel appreciated, so with this addition to our school, students will have a chance to thank their bus drivers for all they do for the school community.

The student hoped to achieve a sense of appreciation for more members of faculty.

Abby Zamir ‘27, co-chair of Principal’s Committee explained, “Principal’s Committee chair Tony Zhang and I wanted to find a way to show appreciation to more specific groups of faculty in an effort to encompass the school’s theme of one heart, one mind, one Amity and build a sense of support and community.

“Last year’s theme, Amity celebrates all students’ success, was about the teachers and staff showing students their care, and this year we felt that it’s important to recognize how much we as a student body appreciate our faculty,” she added.

They hope to continue to create and implement different ways to create a better community at Amity.

“This is the second initiative we have done after Custodian Appreciation Week, and we are excited to continue with these little projects in hopes that we can make the staff happy and involve students in something that’s important in connecting our entire school and strengthening the bond necessary to make Amity’s environment as positive as possible!” Zamir continued.

Students outside of the com-

mittee have also shared their thoughts on this new initiative to show gratitude for our bus drivers.

“I think it’s pretty cool because you [have to] appreciate the people who spend hours driving you to and back from school. They definitely deserve recognition,” says Vicky Zhao ‘27.

“I think bus appreciation week is a great idea,” added Caroline Nichols ‘27. “Often times our bus drivers go unappreciated and so, for all the hard



Photo contributed by Abby Zamir ‘27  
Principal Committee members in front of banner for bus drivers

work that they put in driving us to and from school, doing bus driver appreciation week is really a way to honor them and all the work they do for us so that we’re able to go to school.”

Bus driver Heidi Schlupp said, “It feels nice to be appreciated! I enjoy what I do, but it feels nice to be appreciated and get back what you give!”

She also adds that bus drivers are the first outside faces you see at the beginning of the day and that, although not many people think of it that way, it sets the tone for the rest of the children’s day— thus, bus drivers hold a more important role for the community than many people realize.

Having a week to appreciate all the work our bus drivers do for us is a great idea, both for students to have a way to express our gratitude towards these people and also for bus drivers to feel appreciated - showered with both messages of thanks, and little cards (courtesy of the elementary student passengers our bus drivers also take to and from school daily) to light up their day.

# Meet the Candidates

## League of Women Voters Hosts Candidate Forum

by Eve Marin ‘27

Thursday October 16th, ahead of the municipal elections, the League of Women Voters co-hosted, with Amity’s Critical Issues students, a Candidate Forum at Amity High School. The event produced a good turnout, filling half of the cafeteria with interested residents and high school students.

Many candidates appearing on the November ballot for Bethany, Woodbridge, and Orange attended. The first half of the event featured introductions and remarks from first selectmen candidates. The second half of the event was a period of informal conversation between voters and candidates. This event was a representation of civics in action and acted as an example for young students to see what it means to be an active member of democracy.

AP Government and Politics teacher Christopher Borelli stated, “This event is good for students to realize how important local government is ... and meet people who have civic responsibilities in our communities. I thought it was great that a lot of students showed up.”

Borelli emphasized the importance of the event in informing students about active civic engagement.

Furthermore, Carol Goldberg, candidate for Bethany First Selectman, explained how important it is to inspire young people to participate in

democracy for our future.

“Being here tonight was absolutely wonderful. What makes a future is our students. I’m so honored to be a part of this because of all of you and because of all of the students here,” she said.

Other candidates were also impressed with the number of students that attended and the display of civic engagement. Seth Harkness, an unsuccessful candidate for Bethany First Selectman, was happy with the amount of interested residents and students.

He said, “I’m very pleased, especially with the amount of kids here and I’m not a politician, so this is new to me but very pleased to see the amount of people and kids.”

The event was successful in the eyes of the students as it did expose them to real-world participation in municipal elections.

Junior AP Government and Politics student Avi Dobin stated, “It was cool to see differing perspectives on how best to improve the town because a lot of the time people only think about national politics but local politics are in some ways just as important and it is on a small enough scale that we can actually have an impact.”

Lack of voter turnout is a problem in a democratic country, people have been striving to remediate this problem, getting citizens interested and excited to vote. This can start with inspiring younger voters and setting them up for a lifetime of democratic participation and education.



Photo contributed by Theodore Anderson ‘27  
Carol Goldberg and Seth Harkness at Candidate Forum Night



P.O.V  
AMITY

by Miranda Vu '27

Spartan Success in Fall Sports  
What Did Your Team Do to Be Successful?

Girls Swim and Dive - “We made sure to focus and work hard every practice, striving to be adequately prepared for each of our meets.”  
- Maggie Maloney ‘27

Girls Cross Country - “To be successful we show team spirit by always cheering for each other and we push and help each other while conditioning.”  
- Mia Lopez ‘28

Boys Cross Country - “We were really supportive of one another, built off of each other’s energy, and pushed each other hard in order to be successful.”  
- Evan Griffiths ‘28

Girls Soccer - “Our success came from everyone working together, supporting each other, and believing in each other, while lifting each other up along the way.”  
- Juliana Kershner ‘29

Girls Soccer - “We had to change some people around and some people had to learn new positions. We changed formation and our early losses were good for us to get better. The biggest thing was we all had fun being here and enjoyed being with each other.”  
- AGS Coach Tomas Pisano

Boys Soccer- “Our team’s success was due to a couple contributing factors. The most important was definitely our team chemistry. The bond we formed was the #1 reason for our success.” - Ty Kingston ‘27

Girls Field Hockey - “Our team shared opinions, worked through differences, and tried our hardest despite other’s judgement. We learned it’s not about who wins but about grit, passion, and the will to not give up!” - Jaden Skopp ‘27

Boys Football - “We practice hard and hold each other accountable for success.” - DJ Thomas ‘26

Girls Volleyball - “We’ve been focusing on communication and defenses we reached the end of the season serving has become a really big part of our game.”  
- Olive Hubbard ‘27

Girls Volleyball - “The team was successful this year because we used our defense to set the tone and facilitate our plays. This was displayed in our scc finals game against SHA.”  
- Brooke Cichon ‘29

**Writer’s Note:** There was one main element that consistently led to success for Amity’s fall sports: prioritizing working together as a united team. It was this philosophy that led Boys Soccer to the third round of SCC’s and Girls Soccer to the State’s finals. It brought the Girls Swim Team to their third straight league title, the Girls Volleyball Team to their ninth title and allowed Cross Country to excel at State Open and the New England Championships. On the road to success, there is always failure, but failure does not stop our players and teams from working hard and working together. Go Spartans!

Strengthening Spartan Spirit  
A P.O.V. Amity Follow-Up

by Sarinah Zamir ‘27

“More contests between grades.” “Outside time with lawn games.” “Family feud/trivia.” These were just some of the responses that Amity students and staff gave when faced with a question about how to increase school spirit in last month’s edition of P.O.V. Amity. This question ushered in powerful feedback about potential initiatives to help bring about a change. There was consensus among most respondents that school spirit seems dependent on activities we do to foster it – an idea I believe should be developed. Turning the ideas expressed in last month’s Trident into deliverable tasks to better Amity’s environment is the goal... now where do we start?

I took it up with the Student Government Principal’s Committee. Members agreed school spirit is a reoccurring topic. We know it’s lacking in some areas, but little has been done to address it. This led to us think about why school spirit hasn’t reached full potential.

For starters, Amity has bans on certain activities for liability reasons like confetti cannons and cheerleading stunts. However, Mr. Hauser and administration encourage students to still bring in any idea for discussion. It may be worked out with a spur of student passion.

Secondly, we discussed how it is difficult to build pride in such a big school. Teachers addressed this with the formation of the “Cheer Squad,” a group that works to boost staff mo-

rale. This recognition led the committee to discuss how we can try to emulate the Cheer Squad’s success in partnership with the newly revitalized Climate Committee.

We reasoned that having a distinct school spirit initiative once a month could have a great impact on overall morale and would be possible to do in Spartan Seminar. Themed activities during this time could foster a stronger sense of spirit and competitiveness, fueling widespread participation in school events. For example, the Spartan Seminar that wins an activity might get into a game for free. I believe that when these spirit events aren’t viewed as just student government initiatives but as whole-school activities for benefits, enjoyment and enthusiasm will increase.

To launch this, the Climate Committee is drafting ideas for an upcoming meeting, where they will discuss the prospect of adding home-rooms, spirit weeks, revitalized Seminars, and more. They will prioritize non-education related activities, to put emphasis on the importance of spirit to add social time to the school day as well as to facilitate student bonding.

Turning these ideas into reality is the next step, and students should be ready to embrace them. I encourage everyone to show up and be loud: we often don’t realize how much our presence makes a difference to an athlete or performer who thrives off excited energy. As the holidays approach and winter sports begin, now is the time to show up, go all out for spirit weeks, and be proud to be a Spartan!

The Amity Trident

*The Amity Trident*  
Amity Regional High School  
25 Newton Road, Woodbridge, CT 06525  
203-397-4830  
amityregion5.org

EDITORS-IN-CHIEF

Joy Deng ‘26  
Nicholas Lu ‘26  
Jacqueline Miller ‘27

NEWS

Eve Marin ‘27  
Shriya Garg ‘27

FEATURES

Olivia Cummings ‘26  
Rohan Hebbar ‘27

ARTS

Jake Ricciardi ‘26

OPINIONS

Sarinah Zamir ‘27

SPORTS

Akshay Bulsara ‘26

SOCIAL MEDIA

Claire Theiss ‘26

FACULTY ADVISOR

Emily Clark

**CONTRIBUTING WRITERS:** Darianna Singh ‘26, Aiza Amir ‘28, Evelyn Kim ‘27, Miranda Vu ‘27, Sophia Tashlein ‘27, Siri Sameet ‘29, Bryan Lin ‘26, Khloe Rotheram ‘29, Aitan Herman ‘28, Rudra Trivedi ‘28, Liisu Melville ‘27, Isabella Smer-noff ‘27, Avery Ketchian ‘26, Benjamin Macci ‘27, Andrew Emrich ‘28, Harper Binford ‘27, Maggie Kershner ‘27, Anika Zivojinovic ‘27, Colton King ‘29, Lawrence Kibaru ‘26

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

To sign up to write or take photographs for *The Trident*, contact the Editors-in-Chief, Mrs. Clark, or email [amitytrident@amityschools.org](mailto:amitytrident@amityschools.org)

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

WRITE FOR THE TRIDENT

Great opportunity to get involved!

Our next writers’ meeting will be Tuesday, December 2 after school in Room 106.

Join us in planning the next issue.

*Get involved. Write for the Trident!*



# Understanding the New Amity Board of Education, Post Municipal Elections

by Sophia Tashlein ‘27

The Amity Board of Education sets ambitious goals for our district: to continuously im-

prove instruction, cultivate creativity, enhance student engagement, use resources efficiently, and foster a supportive climate for both students and adults.

These goals are grounded in core values, which include but are not limited to: integrity, strong relationships, respect, empathy, diversity, equity, inclusion, resilience, and commitment to a caring community. Board of Education members also agree to norms that emphasize respectful discourse and collaboration for the betterment of making decisions based on what is beneficial to all students.

With these principles in mind, the results of this year’s Board of Education election take on real significance for our very own Amity Regional High School. The new board now holds a 7–6 Democratic majority across the three towns of Orange, Woodbridge, and Bethany. Orange reserved the most seats (7), followed by Woodbridge (4)

and Bethany (2), a distribution based on student population. This shift matters because organizations such as the Amity Education Association tend to support Democratic candidates, whilst prioritizing partnership with educators and alignment with the BOE’s stated values. A board majority that supports teacher col-

laboration can help strengthen the classroom and encourage a climate where educators feel respected, directly benefiting student engagement and performance. The new board makeup also has implications for equity and inclusion. In recent years, debates over book bans and curriculum restrictions have gained national attention. These efforts, typically pushed by Republican-led groups, raise concerns about limiting student access to diverse perspectives and challenging ideas.

With a Democratic majority on the Amity Board of Education, it is far less likely that book bans will gain traction here. For a district that prides itself on academic rigor and critical thinking, this majority helps ensure that educators over politicians create classroom curriculum.

As a student, I feel reassured knowing that my learning won’t be restricted by outside pressures and that my peers and I can continue to engage with a wide range of ideas. This is an important win for students and teachers who value open access to literature and the ability to explore challenging topics without censorship. This helps ensure that decisions about classroom materials remain rooted in educational value, further upholding the Board’s own commitments to empathy and diversity. Ultimately, this election is not just about politics, but more so it’s about the learning environment we experience every day. A board that values integrity, collaboration, inclusion, and student-focused decision making helps create a school climate where students feel supported and teachers feel heard. As someone who walks these halls day to day, I want to feel confident that the people who lead our district are truly committed to our growth as thinkers. Whether you follow local elections closely or not, these results will ultimately shape Amity’s classrooms and opportunities in the years ahead.

## Long Live . . . Nobody? Celebrating the Republic of No Kings Day

by Siri Sameet ‘29

On Saturday, October 18, 2025, Connecticut became a major stage for the

second wave of “No Kings” gatherings, part of a national push for civic awareness and action. Thousands of residents across the state, from major cities like Hartford and New Haven to smaller towns such as Bethel, Tolland and Torrington, took to town halls, public greens, and state capitol lawns to voice their belief that no leader should act like a monarch.

In Hartford, the demonstration at the state capitol drew large numbers and featured speeches, music, and community activism, underscoring the movement’s blend of protest and public engagement.

What stood out most this year was the creativity woven into the movement. Artists painted murals celebrating the power of the people. Musicians wrote songs urging unity and vigilance. Small businesses offered space for voter registration pop ups. It showed that civic action doesn’t have to be limited to chants and speeches, expression itself can be a form of resistance. Each artistic contribution added another voice to the message that democracy thrives when everyone participates in their own way.

No King’s Day has had such a huge impact on myself and so many others. I know that the rallies and protests inspire so many people every year, including me. The people there were fighting for what they believed was right, and while I was unable to go to the majority of the protests, I was able to watch. I felt so empowered by other people’s words, so amazed at what people could

accomplish together. The purpose of No Kings Day, to me, is to remind the people of this country why we are here, of our fight against a monarchical government. This day stands for the people who still believe in change. This day has served as a wake up call for a

necticut’s elections just days later, flipping 29 seats statewide. That surge aligns with the spirit of No King’s Day, which is a stand against overreach, a community asserting its voice. This drives the belief that the civic engagement from that movement helped fuel real, tangible change on election day. When people realize that speaking up matters, it changes the balance of power, and that momentum is exactly what contributed to those democratic gains.

For teens, this October’s No Kings Day holds real significance because it’s about owning our agency – your voice, your future, your values. On this day, many carried home-made signs, wore costumes, made personal statements, and registered to vote or join civic groups.

These rallies weren’t just about “showing up,” they were moments where young people could see penning, and actually be a



**Demonstrators outside the State Capitol in Hartford during a No Kings Protest**  
*Photo contributed by ct.public.org*

lot of people, a sign that ordinary citizens are fed up, paying attention, and willing to step up. The massive turnout at protests wasn’t just symbolic; it underscored how people wanted to demand more democratic accountability. That kind of energy doesn’t just vanish when the rallies end, it ripples into how people vote, and shifts how communities think about leadership.

In fact, we saw Democrats win big in Con-

change hap- part of it. The message of the day’s parades and protests were clear: democracy isn’t passive. Showing up, speaking up, and understanding how power works matters. This day was a reminder that change does not come to those who wait for it, but to those who call for it.

Interested in sharing your thoughts?  
Sign up to write for the Trident’s Opinions section!



# Team SPARTA Triumphs at Trivia Night

by Bryan Lin ‘26

Teams of students put their knowledge to the test recently at Link Crew’s annual Trivia Night in the cafeteria. The event, held on Monday, November 3rd from 6:30-8:00, saw teams of ninth graders and Link Leaders battling for first prize. Four categories were presented to the teams: pop culture events, popular songs, movie releases and all things amity. Students had to strategize in picking the category they wanted to double, weighing strengths to determine the best shot at winning.

Between rounds, students laughed, compared answers, and debated. Link Crew Coordinator and math teacher Scott DeMeo served as the emcee, adding commentary that kept the energy high throughout the night.

Halfway through the night, DeMeo paused the competition for a short intermission and introduced a bonus activity: an individual true-or-false round. It was every participant for themselves, having to answer true or false questions posed by raising their hand or keeping them at their sides.

One by one participants fell and the competition came down to just a handful of freshmen. Teams cheered on players who remained in the game, acting out and screaming what they thought were the correct choices, the room filling with energy. Ultimately, the true-or-false round’s victory was claimed by freshman Yekta Farid Kia.

When the scores were finalized, Team SPARTA emerged victorious, narrowly defeating the competition for first place. Monica Chen, a junior and Link leader on

Teams of students put their knowledge to the test

Team SPARTA, said that the team’s victory was due to good teamwork and diversity.

“Our team had people from all different areas of the school and with all kinds of interests,” Chen said, “Everyone brought something different to the table, and that really helped us cover all the categories.”

Reflecting on the evening, DeMeo praised both the freshmen and Link Leaders for their participation and contribution to the overall success of the night.

“This year’s turnout was great! It’s a true testament to the Class of 2029,” he said. “They continue to take advantage of opportunities provided to them to become an active part of the Amity community.

We are also very pleased by our Link Leaders and their efforts to stay connected with their ninth graders,” DeMeo added.



Photo contributed by Trident staff  
Team SPARTA wins first place at Trivia Night

# School Community Shares Traditions for Thanksgiving

by Khloe Rotheram ‘29

As Thanksgiving approaches, families all around the community prepare to celebrate over a great meal. Thanksgiving provides the opportunity for students and teachers to celebrate in all different ways through spending time with family friends, school events, and more.

Amity is gearing up for Thanksgiving break with spirit week leading up to the homecoming dance on Saturday. This year’s theme for homecoming is “Candyland,” which allows students to be creative with their interpretation.

In anticipation of the dance, Andrew Mordecai ‘29 described his outfit, saying, “I’m probably going to wear a blue polo shirt with nice dress pants.”

Looking back into the past, the Thanksgiving holiday has had a rich history. Since Thanksgiving Day was declared a holiday in 1863, families have traditionally celebrated by feasting on foods such as turkey, stuffing, and pumpkin pie. Many people participate in

parades and football games. Our own Amity football team will be playing away at Shelton on Thanksgiving.

Science teacher Sarah Reeves shares her Thanksgiving plans, stating, “I typically host Thanksgiving, we meet in the middle at our house.” Thanksgiving offers a rare chance for families separated by distance to reunite and spend quality time together.

Many students are excited to travel for the holiday. “My family, my dog and I are traveling to visit my grandparents in Pennsylvania,” said freshman Mirah Chang. “Then we are going up to Boston to spend the weekend with my sister and her friends.”

Koni Ferguson-Okwuosa ‘29 is also excited to travel. “I’m going to my cousins in Delaware and eating food,” she said, the sentiments of many: excitement to spend time with family and eat food.

Thanksgiving belongs to everyone within our school, no matter how they celebrate it. To many, it means football, dance, food, and, most importantly, time with family and friends as the air gets colder and the trees change color.

# Word Mash

by Olivia Cummings ‘26

Two clues are provided that lead to two specific words or phrases which can be combined phonically. The clues are in order of which phrase goes first.

### Example

Clues: Small furry mammal + capital of the Netherlands  
Answer: Hamsterdam

Large freshwater fish with distinctive snout + lasagna loving cat

North American tree with three-lobed leaves + Czar Nicholas’s mystic

Large molecule made of monomers + half-human half-fish

Diet based on foods from the Paleolithic Era + Belgian king during the colonization of the Congo

Answer key provided along with more Word Mash in the December issue.

## Word Mash Answers from October

- 1. Supernova Scotia
- 2. Starry Nights of the round table
- 3. Stars Holloween
- 4. Osmosicily

How did you do?





# Beyond the Uniform

## One Teacher’s Military Experience Transforms His Classroom

by Aitan Herman ‘28

On Veterans Day, we show our gratitude for those in the community who served our country. Math teacher Karl Wilson is a veteran in our own school, who shares insights into how his military experience in the Army teaching classes helped his teaching career.

It was during Wilson’s military service that he realized he wanted to be a teacher. He taught a lot of courses in the military, from rifle to first aid classes.

During this time, Wilson realized something. “You know what, this teaching thing, I’m kind of good at it, and maybe I should investigate doing that after I get out of the military,” he said.”

Wilson’s military experience influences the way he teaches math and, in one lesson, how it shaped him as a person. He compares problem-solving in the military and problem-solving in mathematics, stating, “it’s often quite different, because in the military, when you’re problem-solving, it’s on the fly. Sometimes, you need to make a decision right away.”

He points out similarities as well, explaining, “You need to know your times tables. And if you don’t know your times tables, that makes everything else hard, right? And it’s the same thing in the military, you need to know your fundamentals.”

“You know how to make a quick decision on what to do. The similarity would be that if you know your fundamentals in both situations, it makes the hard stuff

easier,” Wilson continued.

During his time in the military, Wilson also gained a greater understanding for those around him. During basic training, he discovered that a friend of his was struggling in ways he didn’t understand, and it was very jarring. However, he ultimately had to support him and found that he was glad he was there to get him help, despite the difficult experience.

Teachers face unique challenges, too, and Wilson shares how the military prepared him for them in some ways.

“It depends on what you end up doing in the military, but you learn leadership skills in ways that you don’t in other environments,” he explained. “It’s a much different environment being a leader. So I think the leadership skills that I learned in the army have probably made me a much better teacher, because I am able to translate those leadership skills into teaching.”

When Wilson was asked what the most important thing to learn about

veterans, he responded thoughtfully.

“It was that every veteran, whether they went to war or not, is worthy of respect. Oftentimes, we see an old man at the mall or at the store with a veteran’s hat on. It’s important to realize that he was willing to support his country, sometimes at the front lines,” Wilson continued.

“He thought that we often forget about that. We always revert to what we see, without considering a person’s past.”

As this army veteran reflects on his military career, he tries to incorporate experiences from his life into becoming a better teacher.



Photo contributed by Aitan Herman ‘28

**Karl Wilson is an Army veteran and math teacher at Amity**

# SAILS Program Elects Class Leaders to Encourage Inclusion

by Olivia Cummings ‘26

As Americans across the country prepared for early November elections, campaigns were also unfolding within Amity’s halls.

During the week of Election Day on November 4th, students in the SAILS program explored the election process, its history, and voting requirements.

SAILS is a self contained special education program at Amity, focused on teaching functional living skills. As part of the Election Day concentration, the program held an election for class leadership positions.

The election was open to the whole school, with student made campaign speeches posted in the hallway along with a ballot box

on Wednesday, November 5th. Teachers and students were able to read campaigns and cast their votes.

Special education teacher Alyssa Kopjanski found this schoolwide involvement to be a success.

“This year the kids were more engaged than ever,” she explained. “They were excited to write speeches and that the whole school got involved.”

Beyond the opportunity to learn about the election process, Kopjanski adds that the election allowed the students to feel included within the school community.

Miles Thames was elected Class President, Jacob Nichols as Vice President, and Sam Guirguis as President Representative. Congratulations to all the winners!



Photo contributed by Olivia Cummings ‘26

**SAILS student speeches were posted outside Room 29 before their election in early November.**



# DJ\_Premium Detailing: Students Turn Passion Into a Successful Business Experience

by Rudra Trivedi ‘28

Starting a business as a high school student is not easy, but for Jordan Hass ‘26 and Dylan Schatz ‘26, co-founders of DJ\_Premium Detailing, it has been one of the most rewarding experiences of their lives.

The two Amity students transformed their shared passion for business and for cars into a growing detailing company that has been gaining attention across the BOW community.

When asked what inspired the two to start the business, Hass explained, “We wanted to experience what it would be like to build something from the ground up.

“Aside from the money, we knew that since both of us plan to major in business, it would be beneficial to learn through the struggle and eventually create something we were proud of, which is what we have now,” he continued.

What makes DJ\_Premium Detailing stand out from other car detailing services is their commitment to every aspect of the



Photo contributed by Rudra Trivedi ‘28

**Image of after results from car detailing**

business, from marketing to client care. Hass shared that the both of them “deeply care about all aspects of the business,” from the marketing and promotion to the physical detailing work.

Hass explained that whether it was “attracting clients through social media,going

door to door, or even making flyers and business cards to hand out,” they handled it all themselves. The pair also made client relationships their top priority early on, a choice that Hass described has paid off.

Of course, starting a business as high schoolers did not come without difficulties. One of the biggest challenges was credibility.

As Hass explained, “Since we are only high schoolers,

people tend not to go to us as their first options,” making referrals essential for building trust.

Once clients gave them a chance, however, they were able to showcase the transformations they could make, often

leaving customers “ecstatic about and glad they picked us.”

Despite the challenges, the founders say the rewards have been even greater. They described seeing their business grow as “incredible,” and said that client’s reactions are always “a great feeling.”

Beyond the detailing itself, the two emphasized how valuable it has been to learn the behind-the-scenes work that goes into running a company, calling it “so beneficial for both of us.”

Their advice for other students hoping to start a business is straightforward: take the risk. As they stated, “You gotta lose money to make money,” remembering how they started with “barely any money after buying the equipment.” Hard work and determination carried both of them through. And as Hass noted when it comes to giving credit, “it should be BOTH of us.”

With passion and courage to take risks, Jordan Hass and Dylan Schatz transformed DJ\_Premium Detailing into a successful, student run business, proving with the right mindset, starting young is an advantage,



# La Fiesta Latina Brings Culture, Food, and Fun

by Liisu Melville '27

La Fiesta Latina returned to Amity this year, and it was an evening full of color, music, and celebration. The event was created last year by the Honor Society to recognize and celebrate Hispanic heritage in our community. It also serves as a fundraiser to help Fair Haven buy more toys for the kids.

Spanish teacher and Spanish National Honor Society advisor Claudia Mirci said, “Even though last year’s event was a big success, I think even more people showed up this year.”

As students walked in, lively Spanish music filled the room. A slideshow of famous locations from Spanish-speaking countries played in the background, showing settings of bright city streets to calm beaches and important monuments. The atmosphere made people feel like they were truly step-

ping into another part of the world.

One of the biggest highlights was the food. Students got to try traditional dishes such as empanadas, rice, and flan. The food was a major success as many students mentioned how it was one of their favorite parts of the night

Miranda Vuolo '27 stated, “I enjoyed trying all the foods from Hispanic cultures, and it really expanded my view on how different a culture can be from mine.”

There were also fun hands-on activities. At one table, students made tissue-paper carnations, a traditional craft used in many Hispanic celebrations. Another station offered skull coloring sheets, inspired by an important symbol in Mexican culture, especially during Día de los Muertos, a multi-day event that involves family and friends gathering to pay respects and remember those who have died.

The best part of La Fiesta Latina was how it allowed students to experience a culture different from their own. For one evening, everyone had the chance to explore new sights, sounds, tastes, and traditions together. Events like this help our school community grow and become more open-minded and connected.

Juliana Kershner '29 says, “The Spanish La Fiesta was a fun get-together for all participants in the Spanish community. Between the food, arts and crafts, and more I was able to enjoy myself with my peers. Overall, the fiesta was an extremely successful experience for everyone and can’t wait to have another!”

La Fiesta Latina wasn’t just a celebration; it was an experience. With the great turnout, the event looks to continue to grow and hopefully be back again next year as a continuing tradition!



Photos contributed by Liisu Melville '27  
Students at La Fiesta Latina enjoy making traditional paper carnations and eating authentic food.



# Walking in Their Shoes New York City Field Trip Is One to Remember

by Isabella Smernoff '27

Amity Regional High School offers numerous field trips opportunities depending on the classes that a student chooses to take. Participants from the English II Honors classes had the opportunity to visit the New York City Tenement Museum on Thursday, October 23rd.

The New York City Tenement Museum is dedicated to telling the stories of working-class tenement residents that were immigrants, migrants, and refugees from Eastern Europe, China, Germany, Greece, Italy, Puerto Rico, and Russia. It was founded in 1988 by historian Ruth Abram and a reformer named Anita Jacobson. Together, they worked together to transform two older apartment buildings, initially filled with antique artifacts, that were untouched since the 1930’s. These artifacts included toys, dolls, hairpins, business cards, and jacks and are displayed within

of my family, as I’m sure it was for many other students who visited the museum,” she continued.

Additionally, many students were able to explore parts of the city, such as Mia Quoka '28, who went to “different restaurants and boba shops in China Town.”

She said, “We also visited an



international candy shop and photo booth with different settings from each generation.”

The purpose of this field trip was to correlate with the novel Bread Givers, by Anzia Yezierska, which the English II Honors students had been reading. The novel takes place in 1925 and follows the life of Sara



Photos contributed by Trident Staff  
Photos taken in the Tenement Museum of the kitchen (above) and the living area of an apartment which housed Irish immigrants in the late 19th century.

the museum to reflect the identity of foreign residents during the 1930’s period of major urbanization.

The field trip began with the students leaving Amity before first period then taking a train to Grand Central Station where the group then took a subway straight to the Tenement Museum. The students were then given a tour of the smaller tenement building by a tour guide. The tour featured information about the Koshers Meat Boycott, a targeted price increase against Jewish immigrants.

Then after the tour, the group was able to dine at different restaurants or shops in a monitored area near the station until they finally took the subway and train back to Amity.

English teacher Julie Chevan remarked, “The Tenement Museum was not like a typical museum, it allowed the students to be immersed in the lives of immigrants in an extremely realistic and vivid way.

“It was extremely moving for me because it was the experience

Smolinsky, a young Jewish-American girl living in New York City.

Themes of the American Dream or pursuit of happiness and the struggle of Jewish Immigrants in urban New York are common within the book, and they encompass the struggle of tenement residents who once experienced similar experiences.

Julia Lenois '28 said, “Being able to walk through a tenement that people had once lived in deepened my understanding of the experience of the immigrant community members in New York.”

This field trip successfully broadened the perspective of the students about the history of the United States of America.

Students of the English II Honors class that attended the field trip to the New York City Tenement Museum explored methods of preserving culture and community. They learned how immigrants expanded their horizons by finding and connecting with new people and new places.

*If interested in visiting, the Lower East Side Tenement Museum is a museum and National Historic Site located established in 1988. It is located at 103 Orchard Street in New York City.*





# Photography Outside of the Classroom

by Avery Ketchian '26

Photography became an outlet for many to express their creativity, even outside of the classroom. It can be a spur-of-the-moment shot or a carefully planned one, but its main purpose is to share a story with others.

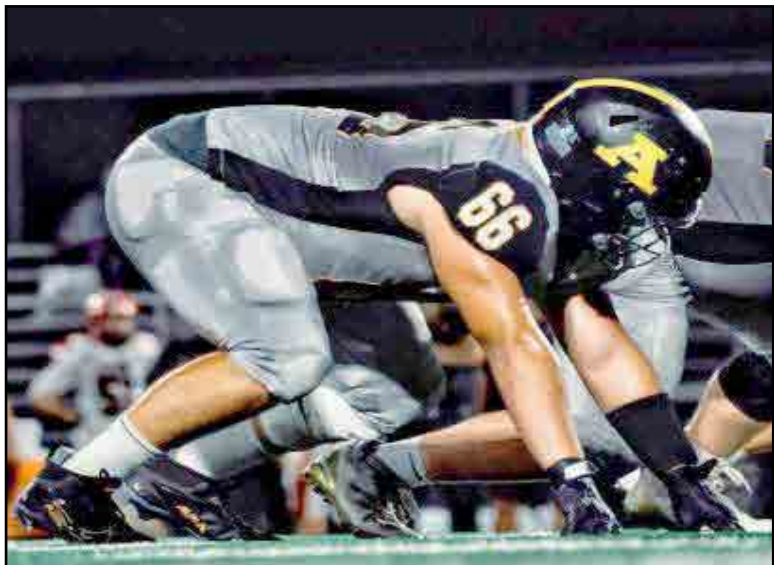


Photo contributed by Evan Lennon '27

**Michael Mordecai '26 lined up at a recent football game.**

Evan Lennon '27 started taking photos because he took Photo I with photography teacher Lisa Toto, and he loved the class. Additionally, he often found himself bored at home, looking for something to do. Thus, the photo class inspired him to go outside and take pictures of what is around him. Lennon learned the basic skills from the photo class, but he taught himself the rest of the required skills.

Lennon focuses on sports photography and portraits, but he is open to any idea that comes to his mind. He uses his Canon R7 with a 24-240 mm RF lens to take these pictures. Nighttime is also Lennon's favorite time to take pictures, especially of football games or sunset pictures. He started taking pictures at Milford, but now he has started taking

pictures for sports teams. Lennon explains, "This has definitely been one of the most life-changing things I've picked up." Lennon's advice to photographers? "The only thing that is holding you back is yourself."

In addition, he mentions the importance of experimenting to find your own style. For example, he experimented with zooming in and out in photos, noting that zooming in gives you more detail, and zooming out makes something look smaller in the world.

Another student, Ella Fairty '26, started taking photos due to her love for it and because of Toto's class. She likes to take pictures of landscapes, but especially nature or the beach with her 18-135 mm lens.

Fairty was able to learn the basic photography skills at Toto's class, and was able to supplement those with tutorial videos on TikTok.

Fairty did note that a negative aspect of loving photography is that excellent equipment is expensive. However, despite the costs, the satisfaction

after taking a photo is worth it. Fairty also uses Photoshop to enhance her photos by tweaking the lighting, as well as cropping and/or removing objects that distract from the main subject.

Because of her love for photography, Fairty plans on a career as a photographer after college. Her advice to others is to practice, and the more photos you take, the better you become.

Senior Clyde Stolzman found his mom's old equipment and started taking photos a few years ago. "I feel like I am leaving a legacy and freezing that moment in time," he said.

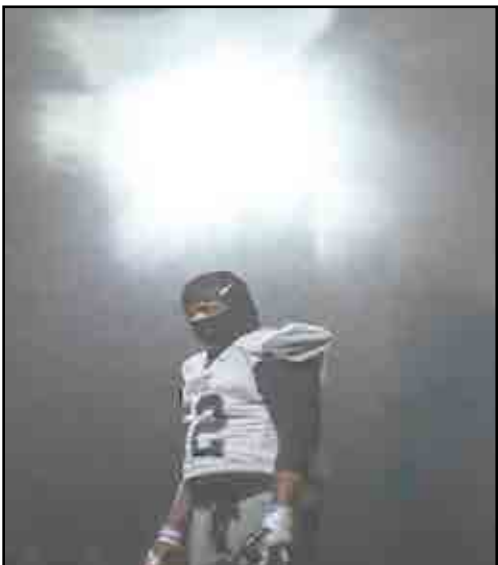


Photo contributed by Clyde Stolzman '26  
**Chance Kendall '26 from Hillhouse Football**

as he puts passion into his photos. Stolzman's advice to other photographers is to simply pick up a camera and practice.

Both Lennon's and Stolzman's photography can also be found on Instagram, with Lennon's Instagram being @xix\_flics and Stolzman's being @cms\_photography.



Photo contributed by Ella Fairty '26

**Capture of coastal rock spikes**

## A Look Behind the Scenes of Amity's Orchestra

by Benjamin Macci '27

The orchestra is one of the major music programs at Amity alongside the choir and band. However, after some observations, it can be noted that it does not get as much recognition as some of the school's other programs. When asked about the orchestra, the Trident's own Arts editor, Jake Ricciardi '26, even said, "I don't really know much about the orchestra at all."

As such, it would be beneficial for people to learn about some of the inner workings of the orchestra program here at Amity.

Starting with the basics, the instruments played in the orchestra are the violin, viola, cello, and double bass. In addition, there is an occasional appearance from the piano for specific pieces. The director, teacher, and conductor of the orchestra is Lisa Serio.

Three classes/ensembles make up the orchestra: concert, symphony, and chamber. They are organized by skill level rather than grade level, with chamber at the top and concert at the bottom. Because of this, classes can have a decent range

of students from each year. Generally, though, older and more experienced musicians play in the more advanced class of chamber orchestra, and the younger musicians play in the more development-oriented class of concert orchestra. The symphony ensemble

of songs that the whole orchestra will come together to play. The music is often times chosen by Serio.

"I usually try to have a variety of different pieces. I like to have a classical piece, something slower, melodic, or expressive; I like to try to find something a little more modern as well. I try to have a balance of genre and tempo and mood," she says. "I also take student requests."

This year, the orchestra has its winter concert coming up on December 16th and the spring concert on April 28th.

"To prepare for the concert, we rehearse on a regular basis in class... The day before and the day of [the concert], we have our dress rehearsals on stage, where each class will perform their given piece together, and we practice together as the whole Amity Orchestra," Serio continues.



Photo provided by Benjamin Macci '27

**The Symphony Orchestra rehearsing one of its pieces**

serves as a middle ground between them.

Each ensemble practices a piece by itself alongside a selection

"Our concerts are livestreamed and recorded, so people in the community and anyone who is unable to attend can view it at home, and for our midterm and final, we do a critique and review of our concerts."

The orchestra program receives high praise from its members. Demi Mcphee '27, a double bassist in the Symphony Orchestra, says, "[Mrs. Serio] is always really encouraging and continues to be a really inspirational teacher. My favorite experience with strings overall will always be the concerts. Getting to play for people and showcase the hard work we've done during the year is always a great time."

Enoch Liu '27, a violist in the same class, says, "My favorite part about orchestra is that it's a class you can always look forward to, as it's a fun break from the other classes."

Dillar Mekael '26, a violinist who is also in the Symphony orchestra, adds, "I like how, even though we practice in separate groups, by the end of the season we are still able to come together and play pieces as one big orchestra."

Support the orchestra in its upcoming Winter Concert on December 16 at 6:30 p.m.! This is a great musical program, and with the guidance of Serio and the hard work of all of the musicians, the performances are always worth attending.



# A Spotlight on Amity Creative Theater’s Tommy Francese

by Jake Ricciardi ‘26

On December 4, 5, and 6, the Amity Creative Theater (ACT) will be presenting its play, *Prelude to a Kiss*. All of the members of ACT have been hard at work on this play, making sure that they are able to put on the best show possible. However, one student really stands out in particular: senior Tommy Francese, who is playing the lead role of Peter Hoskins.

In the past, Francese has played roles including Prince Eric from *The Little Mermaid*, Mr. Peel from *The Minutes*, and Princeton from *Avenue Q*, which was performed outside of ACT at Center Stage Theater in Shelton.

When asked what his favorite role was, Francese said, “My favorite role I’ve played was definitely Princeton in *Avenue Q* because of how much fun I was able to have



Photo contributed by Tommy Francese ‘27  
Tommy Francese ‘27 as Prince Eric from “The Little Mermaid”

with the character and his emotions. He is also a puppet, so getting to learn to puppeteer was such an awesome experience.”

Francese said he joined because, ever since he was young, he has loved singing, and he performed in his first show in 7th grade at AMSB. Since that show, taking part in theater has been a strong passion of his.

Francese added, “My favorite part of theater has to be the community. ACT is such a welcoming group of people, and since I was a freshman I’ve always felt at home.”

This role means a lot to Francese, and, although being the lead role can result in lots of pressure being placed on him, he still said, “In the end, it is so incredibly rewarding.”

When asked if he had any advice for any prospective ACT members, Francese said not to be afraid and to just go for it.

“Go into auditions with positive energy and confidence, and want to be there. Joining theater is the best decision I have ever made, so don’t let your nerves get in the way of such a great experience!” he said.

Another ACT member who will be in the play, Finn MacDaniel ‘26, was asked why he felt Francese was a perfect fit for the lead role. In response, MacDaniel said, “[Francese] is a great actor with a ton of natural talent. I’ve never seen someone who is so comfortable reading lines for the first time.”

MacDaniel also emphasized that Francese has proven himself in past shows, showing how much of a hard worker he is.

MacDaniel mentioned how “[Francese] is also a great guy off the stage. He is funny and smart, an active member of the community, and a great role model for younger members of ACT.”

Break a leg, Tommy, and good luck to everyone else who is part of the show!

# Beware of Sora AI and Its Abusable Software

by Andrew Emrich ‘28

Sora AI was first launched on December 9, 2024, by OpenAI, the creator of the ChatGPT chatbot. In essence, Sora follows a prompt given by the user and then generates whatever video and audio the user wants, with some restrictions.

The AI can produce extremely realistic videos and audio for the videos, even to the point of making more tech-savvy individuals have to second-guess themselves.

However, Sora is also known as a source of what some call “AI slop.” The “slop” part comes from people generating pointless videos with the sole purpose of getting views and not much thought being put into it.

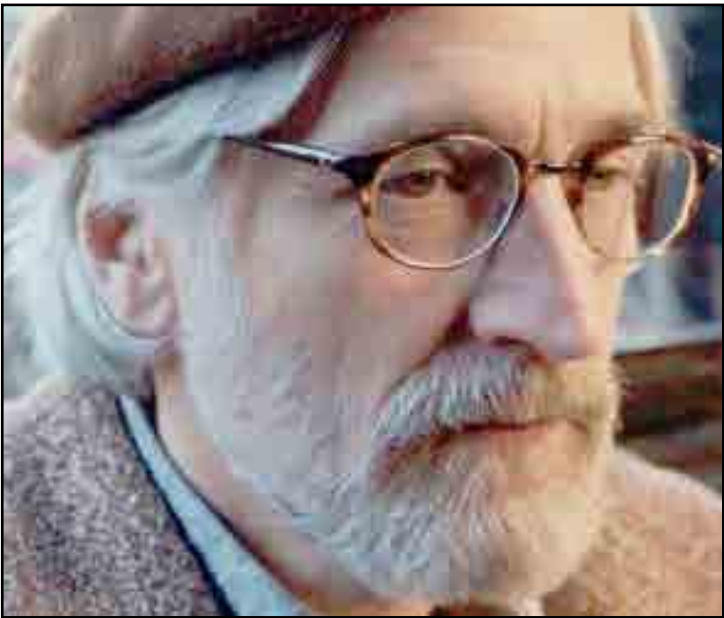


Photo contributed by Newsshooter

These videos can often be seen on apps that show short-form content like TikTok, Instagram Reels, and YouTube Shorts.

Again, there is no real “soul” put into these videos, and they are purely to maximize the engagement and views of the videos, hence the name of “slop.”

Another major issue is that Sora has been used in the production of scam trailers and advertisements. A quick YouTube search of Sora 2 content leads to deceptive and outright scammy trailers, especially fake Disney ones.

Not only that, certain companies like NICOO were recently involved in a robot dog scam. An editor for the website MALWARETIPS, which is focused on calling out scams like the robot dog, Thomas Orsolya, said, “Pay very close attention to how the ro-

botic puppies move in the promo videos. The tail wags, ear twitches, head tilts, walking, and playing all appear incredibly smooth and natural. Almost real...too real.”

Ryan Cooper ‘28 even mentions that “it [can be used to] blackmail people.”

Another student, sophomore Jake Reher, had a different opinion: “It can make cool AI videos that look real, and you can prank people.”

Jason Stoner, a special education teacher, said, “I like the ability to generate interesting videos and concepts with inputs. I [also] enjoy the fact that the quality of the prompt input directly correlates to the quality of the final video product.”

Senior Troy Vendencia says, “Although Sora AI can become more dangerous in the future, it can also be beneficial. It can allow people with artistic ideas who are unable to use those ideas to create movies, like those who are disabled, to make those ideas come to life.”

In all, Sora AI must be watched closely, and not just by the school district, but by governments across the world. Although it can certainly be beneficial, Sora AI, along with other generative AI, can pose a serious issue that must be addressed at some point.

# A Night Spent Movin’ and Groovin’

by Harper Binford ‘27

The Amity High School Music Department just recently put on an astounding musical performance that nobody will forget.

On October 23, Students performing in either the Choir, Band, Jazz Band, or Rhythmix all came together for a night to put on an exceptional performance. The concert flyer told the audience that they would be transported back in time for an enrapturing evening when jazz music reigned. The performers delivered on this promise.

Some of the songs performed that night included ‘New York New York’ by the Choir, ‘Feeling Good’ by Michael Baker ‘27 on piano and Roman Grutkowski ‘27 on drums, ‘September’ by the Jazz Band, and many more were performed by the music department.

Juliet Laghi ‘27, who performed in the Choir,

stated, “The Movin’ and Groovin’ concert was such a fun experience. I always love performing with the Choir and all of my friends. The whole process of learning songs is really fun overall.”

Not only was the production exciting for the audience, but it was also well-received by the performers themselves. They got the chance to sink themselves into a totally new realm of music in which they had never performed before. The songs that were performed transported the musicians to a place where they were performing not only for the audience, but for themselves. The absorption of the music’s sounds, rhythms, and melodies took over the entire auditorium.

When asked what his favorite part of the performance was, Roman Grutkowski ‘27 said, “Being able to play [the drums] for all of the different groups. I played for Band, Jazz Band, Choir, and Rhythmix.”

Grutkowski was an integral part of this concert,

playing the drums for numerous songs, and he had a wonderful time doing just that. Additionally, alto saxophone player Tony Zhang ‘26 said, “I loved playing all of the [Jazz Band] songs, especially ‘Down-home Blues.’”

Putting on a performance like this is not easy, apparent from the energy poured into the numbers by the artists as they pulled off one musical feat after another. Student performers not only had to sing but had to learn choreography, movements that also express the music beyond just singing.

Each section of Amity’s musical department had the chance to execute its wonderfully done performances. Marcia Rizzotti and Philip Dolan, the Choir director and Band director, were even able to put in their own ideal musical aspects into the production to make it as wonderful as it was.

The audience was stunned by the visions and sounds of the production. The performers and instructors were proud and content with their work.



# It's a Three-Peat!

## Girls Swim and Dive Wins SCCs

by Maggie Kershner '27

On Wednesday, October 28th at the SCSU swimming pool, the Amity Girls Swim and Dive team



Contributed by SCC Commissioner Twitter  
**Picture of Amity Girls Swim and Dive team being crowned the Southern Connecticut Conference Champions**

(AGSD) won its third straight SCC Swimming and Diving Championship, finishing the meet with a total of 1276.5 points. Runner-up Cheshire High School finished with a total of 1019. The championship was truly a dominant performance from the Spartans as they beat out the other SCC teams by a significant amount.

Junior Margaret Maloney said, "Winning SCC's three years in a row has been such an incredible experience and probably one of my favorite memories from each year. It means so much to the juniors this year, as we are the first class in AGSD history to be undefeated at SCC's three years in a row... At the SCC finals, we had 44 swims and 4 divers, significantly more than any other team."

In a total team effort, 26 girls were entered into the meet and all 26 scored and contributed to the win. The Spartans were led by all-SCC performances in the following events: 2nd place 200 Medley Relay (Aarya Mulmi '26, Ava Ruszkowski '28, Cora Doucette '26, and Laila Lamour '26), 3rd place 200 Freestyle and 3rd place 500 Freestyle (Mary Sampara '26).

When asked about the success of this team, Maloney answered, "A big part of our success is our teamwork and bonding. You can always find AGSD girls at the end of our teammates' lanes, cheering them on and hyping them up

before their race." This strong commitment to the team extends beyond the pool, creating a positive environment for the girls and reinforcing the team's strength. The thrill of victory further solidifies this already strong foundation. Ruszkowski said, "It's such a good experience to win because it brings us closer together as a team and strengthens the bond between all of us."

Winning isn't just about the trophy and medals but about the journey they take along the way as they build trust and strength throughout the season.

Reflecting on the season, Coach Todd Rainey said, "The season was very much a success! The girls, led by captains Cora Doucette and Mary Sampara, came together as a team and the bonds they created helped the girls reach levels of success that surpassed expectations. A 9-1 record, a win at the SCC Championship Meet, 5th place in Class "L", and 15th at the State Open meet shows that Amity is one of the better swimming teams in the state.

"As a coach, I can't remember being more satisfied by and proud of the efforts of one of our teams. This has truly been a special group!" he added.

It's clear Rainey is extremely proud of the team led by the two senior captains. As the season ends, the Girls Swim and Dive team can look back at their third consecutive SCC championship as a monumental achievement, built both on dominance and dedication.

# Girls Soccer Charges into Finals with Two DI Stars Leading the Way

by Anika Zivojinovic '27

With immense hard work, grit, and perseverance the Girls Soccer team has had a hugely successful season. The girls ended their season with a record of 19-4-1, and while they had a shaky start, the team came back stronger than ever.

Their hard work surely paid off because the girls punched their ticket into the Connecticut Inter-

their semi-final game against New Cannan on November 12, 4-0, granting them a ticket to the state championship game, but individually they have strived.

Girls Soccer does not have one, but two, players who will be continuing their soccer careers in college at the Division I level. Although still juniors, captain Maggie Kershner committed to play at University of Connecticut, and Lisu Melville committed to play at Boston University.



Photo contributed by Amity Girls Soccer Instagram  
**The Girls Soccer Team poses together after defeating Mercy 2-1.**

scholastic Athletic Conference State Championship game which took place on November 16th and despite the fact that they fell short to Greenwich here, with a final score of 4-0, the season overall has been a prosperous one.

"Coming into the game, and even days prior, we were all super energized and I think everyone just really didn't want it to be our last game so we all stayed focused and supported each other," mentions junior Isabella Smernoff, just truly expressing how much this team means to the players.

Not only has the team been successful as a whole, winning

them.

"I think that just being able to call myself a future UConn athlete is rewarding within itself. Their athletics is one of the best in the nation and I am truly grateful to have this opportunity," Kershner said humbly.

When asked why they chose the schools they chose both girls replied very enthusiastically about their choices. Kershner said that even though she has another year of high school soccer, she already feels as if she is a part of the team.

"The entire team environment and girls on the team were so welcoming, they made me feel as if I

was already one of them," said Melville, expressing similar emotions for her future team. "At BU, I loved everything from the coaches to the team culture."

Despite these early commitments, both girls have expressed what being part of the Girls Soccer team means to them and what a big part of their lives it is. While both are elated to play in college, they still live in the moment of being on their high school team.



CALL US AT 203-387-3810



# Wrapping Up the 2025 Boys XC Season

## Senior Captain Luke Cushing Makes Ivy League Commitment

by Colton King ‘29

The 2025 Boys Cross Country team has had a splendid season, as the Spartans closed their case with numerous awards and achievements. Some of these include winning the 2025 Class L title at Wickham Park, and qualifying for the 2025 XC New England Championship final to bring home 9th place overall as a team in New England. With that being said, it’s safe to say the Spartans had a season which brought victory and honors to our school.

When questioning Coach Christopher Elledge about his view of the season, he said, “The boys ran a disciplined summer training schedule and a tough training protocol this fall. Runner up at SCC’s, Class L State Champs, 6th at State Open Championship, and a heck of a day at New Englands to be the 4th best team in Connecticut that day!”

Senior captain Lucas Cohen added, “I knew going into this season we had the potential to be a great team if we worked hard. We went from being 8th in L’s to Class L Champions and 9th in New Englands in the span of a year, so the hard work paid off.”

This indicates that they are pleased with the team’s remarkable performance from the start to end.

In the Southern Connecticut Conference (SCC) Championship, Amity’s varsity and junior varsity teams scored 2nd in the SCC division in their races, with the leader of the pack being senior Luke Cushing with an astonishing time of 15:43.15. He didn’t stop there, as he clocked in a time of 15:57.51 in the Class L Championship, and

the team as a whole made their way to win the meet for their size, qualifying for State Opens Championship in the process.

Cushing shared his experience of his last season at Amity saying, “I’m really proud of all the hard work we put in this year over the summer and

into the 2025 New England XC Championship. The Spartans placed ninth out of the 30 teams that qualified, showcasing their dominance at a regional level.

Fortunately enough, the team that consisted of Charlie Stabach ‘27, Evan Griffiths ‘28, Cooper Tomazewski ‘28, Ben Tomazewski ‘28, and Truman Kaczmarczyk ‘28 are looking forward to continuing the legacy of this team in the upcoming years.

The Spartans are also seeking to restore their presence at the state level in the following years with promising runners such as Hans Chen ‘29 and Colton King ‘29, as they finished 1st and 2nd respectively in the freshmen SCC Championship race. They finished their closing race with excellent times of 18:36.36 and 18:52.13.

Other runners such as Gregory Horbach ‘27, Finley Halstead ‘29, and Andrew Gluse ‘29 look to compete for the open varsity spots in the 2026 season.

Special shoutouts to senior captains Cushing and Cohen who led the team during the summer, promoting hard work on in-season workouts, but most importantly demonstrating prominent leadership skills and dedication to the sport.

Additionally, Cushing has officially committed to Brown University to continue his cross country and track and field career at the collegiate level. Best of luck to him moving forward with his running career as a Bear.

Congratulations to the entire 2025 Boys XC team on having an amazing season and good luck to the Spartans who are running at the upcoming Nike Cross Regionals and the following track seasons!

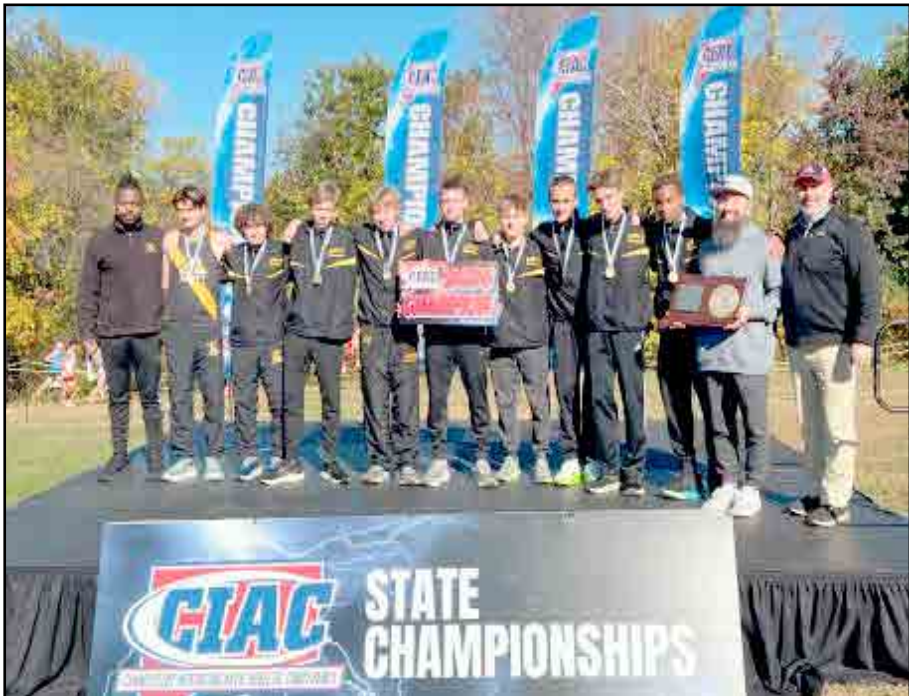


Photo contributed by Colton King ‘29

### Boys varsity XC winning Class L Championship

fall. We had some big goals for the season and accomplished a lot. Winning a state championship with this team feels incredible and I’m excited for the future as well.”

In the State Opens Championship, the Spartans once again ran at Wickham Park and sneaked

# Leaping Beyond the Limits: Micah Blair’s Journey from Amity to Division I

by Lawrence Kibaru ‘26

Amity Regional High School has been known to produce some truly exceptional athletes over the years in all manner of sports. One of these great athletes was Micah Blair ‘23 who is currently a sophomore at University of Buffalo competing at the Division I level. Blair attended Amity and graduated in 2023 as one of the greatest Track and Field athletes the school has ever seen. He holds multiple school records in the long Jump, triple jump, and multiple relays.

During high school he competed in a variety of events including the long jump, triple jump, high jump, 55 meter dash, 55 meter hurdles and many more. Now in college he’s more focused on his long and triple jump as those are his main events.

His routine as a D1 athlete is much different than it was in high school. His days start early and end late: a 6 a.m. lift, classes from 10 a.m. to 3 p.m., practice from 3 p.m. to 5 p.m., and studying from 8 p.m. until 11 p.m. It adds up to roughly 20 hours per week on the track, plus additional time dedicated to lifting and recovery. But the toughest part of it all?

“Having energy to go to classes,” he says with a laugh. The transition from high school to Division I



Photo contributed by @miked6lair

### Micah Blair ‘23 continuing his career at the collegiate level

was a shock, he says. “It’s completely different,” he explains. “In high school, everyone competed around the same level. But once you get to col-

lege, you’re basically a nobody, and the level of competitiveness rises significantly.”

That shift demanded not only

physical effort, but a new level of mental resilience. In order to rise to the occasion he took the lessons and experiences Amity instilled in him and he says they still guide him to this day.

Not only is Blair hard at work on the track but also in the classroom. He’s currently majoring in electrical engineering, a field he believes strengthens his ability to manage time under pressure.

“Electrical engineering helps me learn how to manage my time wisely, especially balancing difficult classes with practices and meets,” he shares. The discipline required in engineering mirrors what he faces on the track including staying focused, managing stress, and solving problems under pressure.

Although Blair is facing challenges on and off the track he continues to rise to the occasion everyday. His motivation for competing at the Division I level comes from a long-held dream.

“I’ve always had a goal of one day going to the Olympics,” he says. “Going D1 pushes me beyond my limits to reach my max potential.” He says his time at Amity was a key starting point to achieve this goal and he continues to highly value and appreciate his time here.

Good luck to Micah Blair. We’ll see him at the Olympics!



# School Spirit in Full Swing!



**Color wars to start off the week!**



**Twin day for the win!**



**The school shows school spirit with PJs!**



*Photos contributed by Abby Zamir '27 and Jacob Miranda '26*

**We're serious about math**

**BEING FUN!**

**For K - 12th Grades**

201 Cherry Street  
Milford, CT



[mathnasium.com/milford](https://mathnasium.com/milford)

**Schedule a**

**FREE**  
**Assessment**

**203-783-1490**

**MATHNASIUM**  
The Math Learning Center