

THE AMITY TRIDENT

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Amity Regional High School

Woodbridge, CT 06525

October 24, 2023

Lights Out *Unexpected Power Outage Shortens School Day*

by Emily Russo '24

On Monday October 16th, Amity students experienced an unscheduled early dismissal. When a power line fell nearby at approximately 10:15 am, the building lost power. Typically a generator would provide the school with energy in an emergency such as this, but the UI Fuel Cell was defective. While the generator did ensure critical safety systems were intact, it did not contribute enough power to keep food services, computers, the internet, phones, and classroom lights operating.

While the most apparent effects were immediate loss of lights, smartboards, and internet connection, there were more consequences than students might have realized initially. Without power, the systems that run PowerSchool and the phone lines were deactivated. In effect, administrators could not update parents and guardians of the power outage. To overcome this, administrators used alternative methods such as Facebook and the ARHS website to communicate, demonstrating an adaptive response to the situation at hand.

Considering the time of day and quickly approaching lunch period, administrators made the decision to cancel school from that point forward. As buses lined the front of the school, student drivers were dismissed and cleared campus by 11:00. Students taking the bus were dismissed by 11:30. By approximately that time however, power was restored. Teachers and administrators remained on campus until the end of a regular school day.

When asked about the power outage, Evelyn Alfaro '24 said, "The power outage was kind of disorganized and we really didn't know what was going on. I didn't know when we were going to be dismissed or if we were going to be dismissed."

"It was a big mystery for a while and when they did finally dismiss us, it was a big mess in the halls and in the parking lot. There was a lot of yelling and people wandering around," she added.

Principal Andre Hauser cleared up a few areas of confusion regarding the power outage. He reported that the early dismissal "does not count as a snow day. It counts as a day of school."

This means Amity students do not need to make up any additional days of class later in the year. When asked about the brief outage of WiFi, Hauser said, "The WiFi often goes out if the power goes out, but we are still trying to figure out why it also interfered with cell phone service this week."

This indicates that administrators are working to uncover the cause for this technical issue, so that it can be avoided if a similar situation happens again. Most importantly, Hauser assured the community, saying, "Yes, Raptor was still working."



If anything, this power outage ensured teachers and students that the emergency communication system was still operating, even in an unfavorable circumstance.

While the power outage was a surprise that could not be addressed immediately, administration did demonstrate an adaptive response to the situation at hand in a few key ways.

According to Hauser, they are working to improve the technological inadequacies of the current system to ensure a similar situation is not replicated.

Community Gathers Together in Honor of Lost Lives Overseas

by Ben Aviad '24

When the world faces disaster, society tends to come together.

Saturday, October 7th, 2023, at approximately 6:30 am Israel Day-light Time, became the day in which the most Jews were murdered in a single day since the Holocaust. As news headlines began populating the media, many people across the world began hurting.

On October 12th, Amity hosted an event for those who are affected by the events overseas to come together in the John J. Brady Center. It served as a reminder that they are not going through this alone.

The program was roughly 45 minutes long and

featured a number of speakers, including students, rabbis, and school principal Andre Hauser.

The speakers each took time to reflect on current events and stressed the importance of coming together at a time like this.

"The reason we gathered for this student-organized event after a week of very difficult news from the Middle East was to show our support for members of our school community who are suffering due to the impact that last week's violence has had on them and their families," Hauser said.

"We gathered with one message: We ALL BELONG at Amity, regard-

less of our nationality, faith, cultural heritage, or political beliefs, and we won't let world events make us forget that," he continued.

"If you are here tonight, you are part of that message, so thank you all for sharing the message."

Over 100 hundred community members gathered in the Brady Center. Many emotions flooded the room. Ori Koblentz '26 spoke on his perspective, as he recently moved



Photo contributed by Ben Aviad '24

Members of the Amity community gathered in the Brady Center on October 12th.

to the United States from Israel.

"These days are the hardest I've been ever going through, calling my family and friends and asking them if they are safe, where are they?" he said.

"And the ones who don't answer, I pray that they are safe."

In difficult times, it is imperative to know that support is available. Those at the event could feel the pain that permeated throughout the room.

However, the vigil still had the positive impact of unifying participants together. While war persists overseas, the Amity community remains together to rise above hatred, discrimination, and terror.

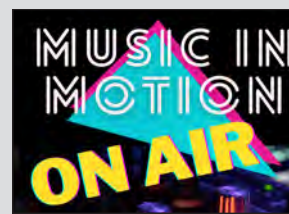
IN THIS
ISSUE



Club Day
News, 2



Senior Sunrise
Features, 5



Music in Motion
Arts, 8



Girls Volleyball
Sports, 10

Club Day Offers Students a Chance to “Be Welcomed”

by Hollis Cunneen ‘24
and Kylee McLain ‘24

As students made their way outside for the school’s annual Club Day on Thursday, September 28, they were greeted with a lively atmosphere filled with loud music, crowds from all grades, and tables stretching along either side of the bus loop, each representing a different organization. During their lunch waves and SSPs, students were able to explore the event.

Many used this time to ask questions and fill out their contact information to become members of various clubs. Students explored the wide variety of more than 70 clubs, which helped them determine their interests and how they want to get involved in the school community this year.

Club Day is an annual tradition at Amity. This year, the majority of clubs offered candy to entice interested students to stop by and learn more. Science teacher Ali Nork, who advises several clubs including Amity Envirothon, expressed her excitement for this year, saying, “It seems to be getting bigger and more exciting each year.”

When asked to describe Club Day, counselor Gary Lindgren said, “It has been really nice for kids to come out and just enjoy it, have fun, and see everything. In my perspective, it is great to see the leaders of each club

showing what they enjoy and are proud of their involvement.” Lindgren added that days like this make the community inclusive for the entire student body, a place where every student can feel involved and share their interests with their fellow peers.

The event demonstrates the school’s commitment to fostering a strong sense of community and providing

‘24, vice president of the Republican Club, described the beautiful autumn day, saying, “There is nothing better than the opportunity to go outside with your friends and have a good time on a great day like today.”

Pitch-In, led by senior Johnny Aldi, participated in their second Club Day. This club gives back to the community by collecting and donating sports equipment.

Club Day was the perfect opportunity for Aldi and the group to recruit new members.

“We had a very successful Club Day,” he said. “I’m so glad we were able to take part in it. I love seeing people who share the same interests as me and also enjoy giving back to their community.”

Naveah Raya ‘27 agreed. She

said, “Club Day helps us figure out what we want to do later in life by seeing what we’re drawn to now.”

Regardless of grade level, students felt Club Day was so inclusive because there truly was something for everyone. interest in.”

Students felt Club Day was inclusive because there truly was something for everyone. Lindgren had a piece of advice for those participating in future Club Days: “Be part of a club that you can relate to and that you have genuine interest in.”



Photo contributed by Aachal Gupta ‘25
Students sign up for clubs at annual Club Day

opportunities for all students to pursue their interests at any point in their high school career.

Isabella Walther ‘24 shared her experience by saying, “Even as a senior, I feel like I can join clubs and still be welcomed.”

For many students, this event provides an opportunity to explore interests they may not have known they had. Besjana Bobi ‘25 said, “There are so many clubs that I didn’t know about before, and Club Day gave me the chance to join things I otherwise wouldn’t have.”

Cameron Delvecchio

Annual Woodbridge Like Me Day Showcases Town’s Vibrancy

by Andie Napolitano ‘24

The third annual Woodbridge Like Me Day event took place on Saturday, September 30, 2023. The event was initially supposed to be held on the Woodbridge Town Green but was moved to Amity due to inclement weather. Despite the change in venue, many members of the BOW

community still enjoyed the event.

The event, hosted by the Woodbridge Diversity, Equity, and Inclusion (DEI) Committee showcased the town’s vibrant and diverse community. It involved 10 live performances, including Indian dance, salsa dancing, and kung fu.

Over 40 local organizations, including many Amity clubs, participated in the event. Amity’s language honors societies managed tables, with the National Spanish Honors Society teaching community members how to create paper marigolds, the Latin National Honors Society holding a bake sale, and the National Chinese Honors Society selling t-shirts and baked goods.

Alice Xu ‘24 attended the event as a part of the Latin National Honors Society and said, “I thought the day was really fun and well-organized, even with it being moved inside due to the rainy weather. It was great to see how many Amity students were involved with the event.”

Additionally, some Amity clubs attended the event, including the Sister City Club, which sold bracelets to raise money for people in Nicaragua, the South Asians at Amity Club which held a bake sale and did henna, the PLAHD

club, and the Chinese club.

Peter Downhour, Amity teacher and DEI coach, worked with the Woodbridge DEI Committee to organize the event. When reflecting on the event, he said, “I thought the event was a great success and demonstrated the incredibly diverse community that is Woodbridge.”

Woodbridge Like Me Day was a successful celebration of diversity in our school and community.



Photo contributed by Aachal Gupta ‘25
World Champion Taekwondo’s Performance



Photo by Aachal Gupta ‘25
Amity’s mascot ‘The Spartan’ poses with members of the Chinese Club

Principal’s Committee Column

by Aachal Gupta ‘25

The Principal’s Committee is a sub-group of Amity Student Government run by students and school principal Andre Hauser.

It was established to bridge the gap between students and administrators, acting as an opportunity to share opinions about important topics that relate to both the student body and administration.

The group is dedicated to tackling problems that have an impact on the well-being and academic progress of Amity Regional High School community members.

On Friday, October 6th, a group of committed students and administrators met to discuss numerous issues regarding school policies and concerns. During this meeting, a number of important topics were covered and various solutions were put forward.

Members of this committee expressed difficulties with the main office check-in policy. Students who arrive late to school must adhere to this check-in regulation. One of the main issues mentioned was that students thought it was unfair to have to wait outside in the cold for a queue, which effectively made them even later for class.

The committee responded by implementing a new procedure that allows kids to check in at the back entrance with Associate Principal Monica Kreuzer, lessening the inconvenience brought on by the previous rule.

It is difficult for novice drivers to see the lines in the student parking lot, which makes parking much harder. Repainting the lines was recommended as a po-

tential solution to greatly enhance the situation, effectively making parking simpler and less stressful for students.

Additionally, the issue of disciplinary actions and punishments, which could have an impact on a variety of students, was thoroughly covered. Participants in the discussion highlighted the value of accountability and proposed that community service would be a more effective course of action than detentions, as it would provide students with a supportive environment.

Losing privileges was shown to be a frequent alternative to suspensions, which may prove to be more beneficial and informative for students. Members of the Principal’s Committee voiced their concerns about the surge in vaping and drug usage during this discussion. Security cameras and vape detectors were mentioned as contemporary techniques for keeping an eye on the issue. As it is challenging for security officers to constantly be in the restroom watching pupils, the committee highlighted the need to assess the effectiveness of these measures and consider alternative approaches to the issue.

There was a discussion about how to offer more assistance to those students who are struggling academically, such as implementing tutoring and mentoring programs. The aim of any solution is to ensure that all students, including those who are behind-the-curve, have the chance to flourish and prosper academically.

Collaborative efforts are being made to address the issues discussed in hopes of creating a more welcoming, encouraging, and secure school environment.

Embracing Fall’s Beauty and Finding Serenity Amidst the Chaos of Modern Life

by Janet Fan ‘26

My eyes are glued to my phone as I saunter absentmindedly down the sidewalk snaking away from the school. Neon letters scream from the ads on my Instagram feed alongside news articles declaring the latest political scandal. Meme videos are replaced by influencers trying to sell me new beauty products.

My mind is racing with the work that needs to be done, the tests that need to be studied for, the meets coming up in a few weeks, and the millions of other stimuli swirling before my eyes and in my thoughts, vying for my attention...

Perhaps it’s because I spent my childhood in the South, where the weather stayed mild all year round, but fall has always been the most beautiful season to me. As the seasons turn from September to October, all of nature rises up in a flurry of sensory cacophony – the brittle leaves on the trees rustling overhead, the satisfying crunch underfoot.

And then there’s the smell of fall – cardamom and cinnamon of apple pies and apple

cider, hickory wood burning smoke tingling in the air, the musky scent of decay. The green of the living explodes in a flurry of orange and red, then fades to brown as the trees shed their brightly colored adornments, leaving behind stark black branches that claw toward the sky in their nakedness.

As the weather cools, students are also catapulted out of the gentle, forgiving pace of summer into the intense and fast-paced demands of the school year. It seems like a tragedy – we are surrounded by so much beauty, and we can’t even find the time to appreciate it. But maybe that’s the whole point. Maybe it is a blessing in disguise that fall is the busiest and most beautiful time of the year.

Perhaps as the world changes color around us, it is one loud reminder from the universe to pause in the midst of our busy modern lives and simply... be. Simply give ourselves a moment to breathe in our surroundings and appreciate those around us and their company.

As I walk underneath the trees arching over the lawn in front of the church towards the library, I look up from my phone, notice the leaves floating down like a shower of slowly

Low Voter Turnout: America’s Biggest Two-Way Street

by Emily Russo ‘24

Despite the issues associated with low voter turnout, Americans do not participate in elections to the extent that they should.

However, there are a number of valid explanations for this; young people often have trouble registering to vote, the electoral college lowers political efficacy for citizens in safe states, and voter ID laws have become increasingly strict. When these factors occur simultaneously, it’s easy to understand why voter turnout is so low.

Oftentimes, we assign people and institutions into the role of victim or oppressor. In this case, it’d be easy to say that citizens who don’t vote are making a personal decision which they should have to live with the consequences of; if you, as a young person, don’t vote, then why should you complain that candidates don’t cater to your needs?

If a person doesn’t like the winner of an election, does it really matter if they didn’t participate in choosing the winner? This perception essentially makes citizens the oppres-

sor, while the government is merely a victim of their political inaction.

It’s true that our responsibility is to vote; however, is it not the responsibility of the government to ensure we, as citizens, can fulfill that responsibility easily and safely? It seems that, for each of the aforementioned hurdles that prevent people from voting, it is within the government’s power to mitigate their effects.

Could we not work harder to make registration easier and more efficient? Is it completely unreasonable to expect some degree of effort in improving the structure of the electoral college? God forbid we ensure Americans have equal access to the ballot.

The bottom line is that yes, we should be voting. Low voter turnout helps no one - that is, except for the politicians who continue to win. However, it is not the citizens’ responsibility alone to fix the issue. There is action that the government can, at the very least, try to take. But unfortunately, the institution that was established to protect our rights (which includes voting) has not been fulfilling its role. And until it does, voter turnout will not reach the levels it should.

The Amity Trident

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WRITE FOR THE TRIDENT

Great opportunity to get involved!

See your name in print!

Check your email and listen to the announcements for information on an upcoming writers meeting for the November issue.

Get involved. Write for the Trident!

HAPPY HALLOWEEN, AMITY!



Check out page 6 for a Spook-tacular Recipe and a Halloween Crossword Puzzle!

Crossword Puzzle Answers: 1. Vampire 2. Spider 3. Scream 4. Frighten 5. Web 6. Ghost 7. Mask 8. Night 9. Undead 10. Treat



Should We Be Carrying Narcan?

Opioid Crisis Continues Across the United States

by Alex Klee '25

Opioid-related deaths are on the rise. Fentanyl, a synthetic opioid that is approximately 50-100 times more potent than other opioids, accounts for the majority of opioid-related overdoses. In 2022, out of 107,888 drug-related deaths in the United States, 73,798 involved fentanyl (CDC). These deaths result from mixing or lacing fentanyl into other substances, such as counterfeit opioid pills, heroin, cocaine, and methamphetamines (CDC). In a 10-state study, nearly 57% of people who died from a fentanyl overdose also tested positive for cocaine, methamphetamine, or heroin (CDC). This trend is making all drug use much more dangerous. As more and more drugs are laced with fentanyl to maximize profits, users are the ones facing the most risk. Even the smallest miscalculation when cutting another substance with fentanyl can have a deadly outcome. This reality is one of the driving forces behind the increase in overdoses among teenagers, which have doubled over the last decade (NYT). Many of these young victims took unprescribed pills that they believed were Xanax, Percocet, or Adderall. Often, it is only later discovered that these drugs were laced with a lethal dose of fentanyl (NYT). This phenomenon has led to the creation of the term “accidental fentanyl overdose,” a scenario in which someone unknowingly takes a lethal amount of fentanyl. This has ushered in a dangerous new era that has marked the end of foolish and light-hearted “experimentation” and partying. All illegal substance users, whether they take an illegally obtained prescription drug or use marijuana, now have an increased risk of experiencing

a fentanyl overdose. An opioid overdose is characterized by three common signs: unresponsiveness, pinpoint pupils, and slowed or stopped breathing. But what can be done to prevent an overdose? This is where Narcan enters the picture, a tool that can quite literally save a life.

In fact, unless the victim is a chronic opioid user, Narcan has fewer negative side effects than those associated with Advil and Tylenol.

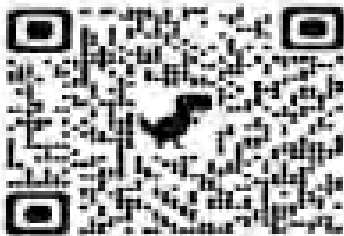
Narcan, generically known as naloxone, is a medication approved by the U.S. Food and Drug Administration (FDA) designed to rapidly reverse an opioid overdose. It works by binding to opioid receptors in the brain, which blocks the effects of opioids such as heroin, morphine, oxycodone, and fentanyl. Narcan is easily administered through a nasal spray and has no serious side effects, even if someone is not actually having an opioid overdose. While Narcan is a valuable tool, it was not readily accessible to the general public for a long time. This changed earlier this year. On March 29, 2023, the FDA approved Narcan for over-the-counter and non-prescription use.

However, it was not until September 5th that major retail pharmacies, such as Walgreens, RiteAid, and CVS, began stocking Narcan in stores. Now, for just \$45, one can easily purchase a box containing two doses of this life-saving medicine from these stores and their websites. But who should carry Narcan? I believe the answer is as many of us as possible. As a nasal spray, Narcan poses no risk to the health and safety of the person administering the dose. There is also no need to worry about needles and injections when it comes to administering Narcan, a common obstacle in other life-saving medications, like epinephrine. Additionally, Narcan is small enough to fit in a backpack or purse, and some people even attach it to their keychains. Not only is Narcan incredibly easy to carry and use, but it is also exceptionally safe. Narcan has no maximum dose, and it can be administered every 2-3 minutes until an overdose victim wakes up. In fact, unless the victim is a chronic opioid user, Narcan has fewer negative side effects than those associated with Advil and Tylenol. Even if the overdose victim struggles with substance misuse, they will only go through opioid withdrawal, a much safer and better option than an overdose. With accidental opioid overdoses among teens and young adults at record highs, any one of us could find ourselves in a situation where Narcan is needed. Whether you are at a party, in school, or hanging out with friends, now when drugs are involved, there is always a risk of a fentanyl overdose. Ultimately, I believe that there is no reason for us students not to carry Narcan. Fentanyl creates unpredictable situations, but having Narcan on hand gives us the opportunity to be prepared, take action, and potentially save a life.



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Bulletin Board Embraces Hispanic Heritage Month with Historic Displacys

by Alicia Castellanos ‘24

Hispanic Heritage Month is annually celebrated to recognize the histories, contributions, and cultural achievements of Hispanic Americans. At Amity, students have joined many in recognizing this historic month. During the month of October, the National Spanish Honor Society (NSHS) had the chance to decorate the world language bulletin board, and choose to embrace Hispanic Heritage Month.

Claudia Mirci, the advisor of the NSHS, and the society members chose to design a board that not only celebrates Hispanic Heritage month but involves the characteristics of the Portrait of a graduate. “¿Pies, para que los quiero si tengo alas para volar?” A quote by Frida Kahlo, a Mexican painter, is found on one of the bulletin boards which translates to “Feet, why do I need you for when I have wings?”

On the other bulletin board, three impactful hispanic figures are displayed. Sonia Soyomajor, the first Latina associate justice of the Supreme Court,

is on the board. Cesar Chavez is a well known American Labor leader and civil rights activist that is found on the bulletin boards. Alongside the activist is Selena Quintanilla, an American Tejano singer. A brief biography is found right under a painting of each historical figure, which were painted by a past Amity student.

Directly under those historical figures are the characteristics of a POG in Spanish. In addition, Amity students decorated the bulletin boards with colored butterflies. There is also a string banner that hangs through both of the boards, which is made up of a variety of papers which mention other impactful hispanic figures.

NSHS vice president Amanda Koola ‘24 said, “Decorating the bulletin board was a rewarding and educational experience that allowed me to become more aware of impactful Hispanic figures in today’s world.”

The Hispanic Heritage month bulletin boards are only displayed until November. Hopefully, you can find some time to check out the board before they are taken down.



Photo contributed by members of the National Spanish Honor Society

Rawa: Mediterranean Fusion Hummus, Basil - and Free Cake!

by Sabah Salahuddin ‘25

When hunger struck, my friends and I decided to go out to eat the other day at Rawa, a Mediterranean fusion restaurant in New Haven. We had checked out the menu online in advance to see our options and were convinced the restaurant’s selections would be delicious.

When we arrived at Rawa, we noticed the location not only had convenient parking, but also a lovely exterior. The inside of the restaurant was beautifully decorated, with large intricate paintings and portraits adorning the walls, along with nice seating arrangements which could fit many if needed. A warm color palette was used in decoration which added to the welcoming essence of Rawa. There was a dark ceiling which contrasted wonderfully with the lighter walls, and the red background against the bar added a gorgeous pop of color. When we took our seat, we were greeted by kind and helpful employees.

There was a large variety of dips, soups, salads, fusion pizzas, and multiple specialties to try out. My two friends and I ordered three pita breads, one hummus, one baba ganoush, one falafel platter, a margarita pizza and three hibiscus teas. Our order was taken efficiently and came in a timely manner of only 15 minutes.

Not only was the pita bread delicious, but it was only 2 dollars! It was a good size and very addicting, as it was chewy and could be eaten without any dip due to its filling fresh flavor. The hummus was 9 dollars. It was creamy and tasted amazing with the pita bread and pizza. The baba ganoush was 10 dollars, which had a wonderful texture and the perfect amount of bitterness. The smokiness paired with the garlic worked well with the eggplant, making for a tasteful dip for the pita bread. The falafel platter was 15 dollars. My friend is vegan, and she adored this dish. The falafel itself was crispy and filling. It was served with a side salad that



Photo contributed by Sabah Salahuddin ‘25

added to its wholeness, as well as a rich tahini sauce. My other friend and I shared the margarita pizza, which was 14 dollars. The pizza was cheesy and the sauce tasted fresh. There was a generous amount of basil, which was my favorite part of the meal.

Lastly, the hibiscus tea was 4 dollars. My friend had recommended this drink to me, and I see why. This drink was absolutely delicious. It was lemony, sweet and had a beautiful magenta color. It was freshly made, and by far my favorite drink that I have had at a restaurant. It paired very well with everything we ordered. As we were leaving, the kind employees gave us free coconut cake. It was such a sweet gesture, and the cake was wonderful. It was fluffy and had an essence of lemon. It was a perfect end to our meal.

Rawa was a lovely experience, and everything we ordered was so worth it. We will definitely be going back again, and you should too!

Senior “Sunrise”: A Fog to Remember

by Ellen Ko ‘24

On the foggy morning of October 5, Amity’s seniors eagerly gathered at the tennis courts, a sense of anticipation hanging thick in the chilly air. The occasion was their senior sunrise, a symbolic celebration marking the beginning of the end of their high school journey.

The excitement was palpable as they assembled, their eyes trained on the horizon, waiting for the day’s first light to break through the thick veil of fog that had settled on the tennis courts. It was as if nature itself was playing a theatrical role, shrouding their momentous event in a mysterious atmosphere.

Despite their early morning enthusiasm and the collective desire to witness the sunrise, the fog remained obstinate, refusing to yield to the rising sun. This unexpected turn of events could have easily led to disappointment, but instead, it became an opportunity for the Class of 2024 to showcase their adaptability and camaraderie. Rather than dwelling on the unpredictability of the weather, which

had forced the postponement of the original date just a week prior, the seniors chose to make the most of the situation.

Gathered in this foggy embrace, they began to share stories and laughter. A shared sentiment emerged, one that highlighted the class’s unique character – a ‘failed’ senior sunrise was somehow fitting for the Class of 2024.

“Our time in high school began in the midst of Covid-19, giving us time to adapt to the new situation. Our senior sunrise was more of a senior fog, but more or less

of the COVID-19 pandemic, thrusting them into a new school environment where online learning quickly became the norm. But as Devin Maroney pointed out, they learned to adapt and find silver linings even in the darkest clouds, a skill that continued to serve them well into their final year.

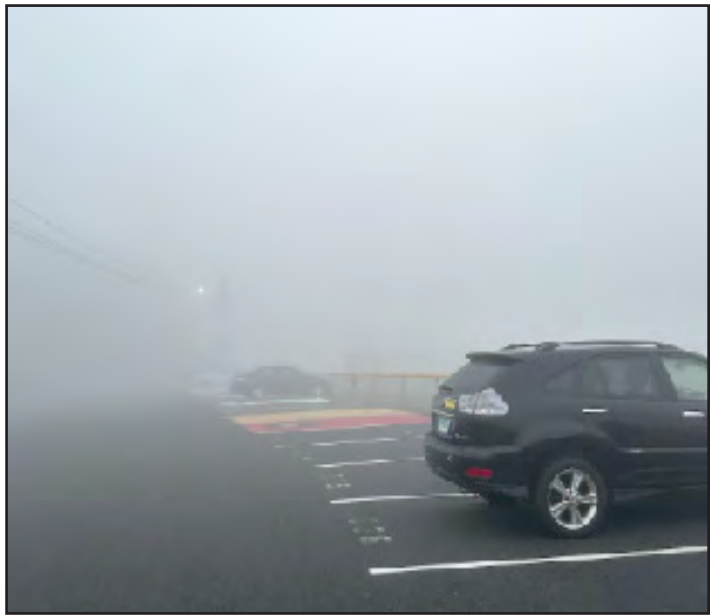
Evelyn Alfaro ‘24, reflecting on the foggy morning, noted, “Even though it was foggy and we couldn’t really see the sunrise, it was a really unifying moment for our grade, and the senior sunrise was a good event to have.”

Her sentiment was shared by many in the class, including Randy Liu ‘24, the class vice-president, who added, “Senior sunrise was an event that ultimately brought our class closer together.”

Liu explained the meticulous planning that went into the event and the days spent searching for the best location to watch the sunrise over Amity from different vantage points.

Ultimately, though, it was the shared sentiment and unity that mattered most, proving that the location was secondary to the camaraderie and adaptability of the class.

The foggy morning served as a powerful symbol of the resilience and adaptability that the Class of 2024 had demonstrated throughout their high school journey. Just as they had transformed a misty sunrise into a memorable bonding experience, they had consistently



turned challenges into opportunities for growth and unity, showcasing their ability to face adversity with grace and resilience. This foggy start to their senior year would remain etched in their memories as a testament to their unique spirit and their capacity to turn any situation into an opportunity for shared strength and unity

Photos contributed by Ellen Ko ‘24

Get Creepy on Halloween with Spook-tacular Treats

by Soumya Wijsekera ‘25

the corner this year, and who doesn’t love a good treat over a trick? This treat is easy to make and will leave your company with a spooky, delicious desert! As you start to plan your Halloween party, add these cookies to your menu!

For the ingredients, you need 1 cup of peanut butter (or any nut butter of your choice), ½ cup of vegetable shortening, ¼ cup of butter, ½ cup of granulated sugar, ½ cup of packed light brown sugar, 1 large egg, 1 teaspoon of vanilla extract, 2 cups of all purpose flour, 1 teaspoon of baking soda, ½ teaspoon of salt, about 20 mini Reese’s peanut butter cups, and black gel icing.

Once you have gathered all your ingredients, preheat your oven to 350 degrees Fahrenheit. In a stand mixer, mix the nut butter, vegetable shortening, and white and brown sugar until combined. Next, add the vanilla and crack your large egg into the bowl. Be careful to not overbeat your ingredients.

The next step is to combine the dry ingredients. Grab another large bowl and add the flour, salt

and baking soda. Gently whisk the mixture and slowly add it to the wet ingredients in the stand mixer. Cream the mixture together until combined.

Time to assemble them! Scoop the dough into tablespoon sized portions, and place them on a light greased baking sheet. Gently flatten out and make a thumb imprint in the center of each cookie before putting them in the oven. Place the baking sheet in the oven for 8-10 minutes, or until lightly browned.

Once the cookies are finished baking in the oven, place a mini Reese’s peanut butter cup in the crater of the thumbprint. What’s missing, you may ask? The legs! Carefully pipe 4 spider legs on each side of the spider’s body with the black icing, and let sit for about 5 minutes.

There you have it, your very own spooky spider treat! This recipe has never disappointed. Cathy Lee ‘25 reported, “These cookies were a big hit in my house last year! I had to double the batch next time I made them!”

Go ahead and try this easy, scary treat with your friends and family before the Halloween season begins!



Photo contributed by Soumya Wijsekera ‘25
An image of how your Spook-tacular treats can turn out!

HALLOWEEN CROSSWORD

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													4	
			9			6		2						
			8											
						3								
10														
												5		

ACROSS

2. Has eight legs and spins a web
3. To utter a loud, sharp, piercing cry
5. Spun by a spider
7. Covering for your face to conceal your identity
8. Opposite of day
10. Goodie given out at Halloween

DOWN

1. Sucks the blood of people
4. To make afraid or fearful
6. Soul of a dead person
9. No longer alive but animated by a supernatural force

ANSWERS CAN BE FOUND ELSEWHERE IN THE ISSUE

French Honor Society Hosts School Supply Drive

by Youlmin Lee '25

In an effort to make a positive difference in the lives of children across the globe, the French Honor Society initiated a school supply drive, rallying students in language classes to donate school supplies for elementary students in Mauritania, a country in Northwest Africa. From backpacks, folders, and pencils, a multitude of school supplies were collected to support the global donation.

French teachers Ashley Caron and Mouhamedou Moustapha have established direct communication with an elementary school in Mauritania, ensuring that our donations reach young learners in need.

French teacher Ashley Caron said she hopes this drive will be a way to “give back to Mauritania and the school community,” while Mia Berowski '24, one of the students who initiated this in the French Honor Society, said, “The French National Honor Society hopes to support these children through better supplies for their education.”

Both of their comments reflect the society’s goals to improve the learning experiences of children in Mauritania by

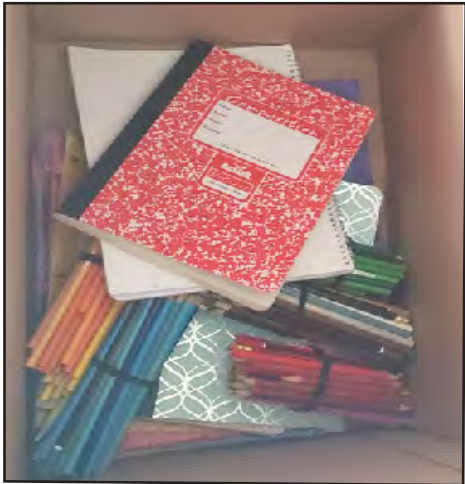


Photo by Youlmin Lee '25
School supply donation boxes

providing them with school supplies.

Additionally, to encourage further participation, the French Honor Society organized an inter-language class competition. The class that collected the most supplies was promised a special breakfast, showcasing appreciation for their effort and generosity in this drive.

Although the school supply drive has concluded, the French Honor Society’s aim to inspire unity and kindness within our school community resonates with a sense of global responsibility.



Photo by Youlmin Lee '25
French teacher Ashley Caron stands in front of donation boxes

Students Attend SCSU’s Annual Journalism Day



Photo contributed by Andie Napolitano '24
Students in the Journalism class and members of the Trident’s editorial board attended SCSU’s annual High School Journalism Day on Friday, October 13th accompanied by English teacher Emily Clark and Career Counselor Lynn Cocco. While there, they had the opportunity to participate in writing workshops and listen to a speech from keynote speaker Christine Stuart, editor/owner of CTNewsJunkie.

Breast Cancer Awareness Month Through a Surgeon’s Lens

by Avery Dillon '24

October is Breast Cancer Awareness Month and is used to inform the public about the struggles people with breast cancer face. Dr. Denise Barajas, a breast cancer surgeon at Griffin Hospital, is the medical director of the Cancer Center. In her life, October is the most important month of the year.

“It is very important for people to understand what breast cancer is and how it affects so many people’s lives on a day-to-day basis,” she said, “One in eight women develop breast cancer, so if you think about it, almost everyone has someone in their lives who is affected by it.”

Many people only think of Breast Cancer Awareness Month as just a month to wear pink. Dr. Barajas explains that not only is Breast Cancer Awareness Month used to teach people about breast cancer, but it is also used to raise funds for new medical supplies for hospitals, free mammograms, and other equipment that is essential for breast cancer treatment. She also discusses how the Connecticut Government is very involved in breast cancer treatment.

Dr. Barajas recommends that women get mammograms annually starting at the age of 40. This age could be lower depending on family history. Connecticut has put laws in place to ensure that women are able to get this despite their financial or insurance situation by making mammograms free.

Along with this, Connecticut also

has laws in place to ensure that insurance pays for breast cancer treatment. But even with these laws, many women don’t get mammograms as often as they’re supposed to. Dr. Barajas explains that this is one of the reasons why Breast Cancer Awareness Month is so important.

“If people understand how dangerous and common breast cancer is,” she said, “they are more likely to get screened for it.”

When asked about her job, Dr. Barajas discussed how much she loves it. “I am very lucky that I get to wake up and do something that I love and help people while doing it,” she said.

She expressed that even though she loves it, it is difficult at times. Some may think that the hardest thing is that she has to break the news to people that they have cancer. But she described the hardest thing being that she doesn’t know what her patient’s biggest worry is.

“Whether it is their children, spouse, job, insurance, etc., I don’t know. So we have to come up with an individualized plan to ensure that not only do they get the best treatment, but their biggest worry is not a concern anymore,” she said.

Dr. Barajas is a renowned surgeon, but in her eyes, surgery is not the most important part of her job. She knows how important it is to ensure that her patients are comfortable and knowledgeable about what is going on with their treatment.

Breast Cancer Awareness Month occurs each October and is a great way for people to gain more knowledge about breast cancer and also for them to realize how serious it can be.



Photo contributed by Avery Dillon '24

COME OUT FOR FRESHMAN TAILGATE!

This annual Link Crew event has been rescheduled to Friday, November 17th from 5:00-6:00 p.m.

A free cookout and games will be provided for all 9th graders to enjoy!



Vinyl Records Make a Comeback for Gen Z

by Aryan Shrivastav ‘27

Have you ever seen a vinyl record player in your grandparents’ house? The circular disk revolves with a stylus on it, playing some classic tunes. You might have seen a number of these in the past few years. But why use them anymore?

Now the public has access to CDs, iPods, and several other different streaming services like iTunes and Spotify. To understand this resurgence in the popularity of records, we must first go back to their creation.

Vinyl records came into play in the late 1880s. For the next few decades, they improved and became more popular with the general public. Then came the year 1979.

Devised by Masaru Ibuka, the co-founder of Sony, another device hit the music industry: the Sony Walkman. The Walkman changed everything. With the Walkman, you could get a cassette tape and listen to your music anywhere.

Then came the CDs in the 80s, the iPod in 2001,

and iTunes in 2001. Vinyl records were long forgotten, deemed both archaic and stagnant; literally.

In 2008, something happened. For the first time since the 80s, sales of vinyl records increased. It was not the Boomers or Gen Xers who were feeling nostalgic, most of the sales were driven by millennial customers.

Today, even younger

the late 70s.

In 2020, vinyl records’ sales passed CD sales and in 2022, vinyl records’ sales rose to a record high in the last 30 years. No one knows exactly why this is happening. Some people say that vinyl records sound more authentic than digital streaming services. Some are wistful and are remembering the ‘Golden Age of Vinyl.’

But whatever the rea-



customers are also going into the mix, with the most popular records being of singers like Taylor Swift, Harry Styles, and the Beatles. Sales have continued to rise in the past few years.

Even after the comeback, however, records’ sales are far from their days of glory. It made almost 350 million sales in

son, this classic form of playing music is rising in popularity every single year. Approximately 41.3 million records were sold last year.

Even though vinyl is far from its golden age, one thing known for sure is that this method of listening to music is going to become even more popular in the following years.

Whispers of Autumn: A Heartfelt Journey in *If He Had Been With Me*

by Sanaa Mohammed ‘25

Been With Me, delves into the intricacies of Autumn’s relationship with Phineas, commonly known as Finny, throughout their high school years. Autumn is often associated with an unconventional friend group and finds clarity in her unique friendship with Finny. As neighbors, their bond has been forged since childhood, yet as high school unfolds, they begin to drift apart.

Despite Autumn’s unspoken feelings for Finny surfacing at significant times, she chooses to keep them hidden. Even so, he remains a constant presence, reminding her of cherished memories of their shared past. Everyone is making their own interpretations of what transpired the day Finny unexpectedly died in a car accident, yet Autumn is the only one who really knows what happened that day.

The book’s first chapter kicks off with Autumn’s perspective, as she tells the readers about Finny’s abrupt death. Autumn gives the readers hints about her current situation, but does not reveal why until the end of the book, when the author gives the readers an unexpected ending. The core premise of Nowlin’s book is

Laura Nowlin’s novel, *If He Had*

to discover what would have happened if Autumn had stayed with Finny. Some would argue that the purpose of reading this book is to learn the real story behind Finny’s death, but I thought it was more than that.

The book is more than just learning how Finny passes away; it demonstrates that we cannot decide fate, as everything is already written out for us.

The beginning of the book starts off a bit slow, though it sets the stage for the overall narrative. The plot takes a while to get started, but it firmly holds the reader’s interest.

Midway, the romance blooms. It is a difficult situation because every time one character makes a mistake or anything unfortunate occurs, the reader’s opinion is swayed. The author wants her readers to consider all sides in order to comprehend each person’s perspective and reasoning.

Nevertheless, I had always stuck with Autumn. Throughout the book, karma gets her significantly. From Autumn being made fun of in school to losing people she held close to her, the novel is an emotional rollercoaster. At times, I found myself questioning the relevance of certain background details, labeling them as unnecessary. Yet, in retrospect, these points add depth and clearness.

Anticipating Music in Motion: On-Air!

by Karishma Balamurugan ‘27 and Chloe Chang ‘27

Amity is radiating with excitement because Amity Music Department students have high hopes and are dancing with excitement for October 26th! Lucky for you, you have the opportunity to witness the band, jazz band, percussion ensembles, and choir put together into a single performance called Music in Motion!

Students, teachers, and staff are working hard preparing for the upcoming Music in Motion performance (Music in Motion On Air!) on October 26 at 7 p.m. at the Brady Center. What is so special about this performance?

Don’t mistake it for the average musical performance,

Additionally, there will be a separate performance for next year’s incoming freshmen to welcome the musicians into the high school’s musical extracurriculars! Besides just making and enjoying music together,

Music In Motion aims to create a setting where the audience can come in with all of their doubts and problems and leave with a sense of happiness and enjoyment. Students’ excitement levels have been exponentially increasing as the event nears.

Iris Yan ‘24 said, “Music in Motion is a really cool and unique opportunity that Amity offers. When practicing for it, I not only enjoyed playing



because there are some really special elements that set it apart!

Unlike traditional performances that involve music stands and stationary playing, Music in Motion is one that you will never forget due to its mix of choreography and catchy songs! This enables students to express themselves as they play their favorite pieces and include their own flair and style in the show. In total, there will be over 15 night-transforming pieces showcased to families and friends, so don’t forget your seat!

the different pieces but also developed a stronger sense of community by being able to learn with others who also have a passion for music.”

Jack Morrison ‘24 said, “It’s probably the most ambitious show we do, with all the movement and memorization, but it also offers the most opportunities to really be creative and have fun.”

These popular opinions only further the idea that this performance is going to be a good night! Therefore, claim your spot, redeem yourself in an enjoyable way and set your evening plans for the 26th!

Through Autumn’s highest highs and lowest lows, she develops in ways readers would not have imagined when first starting the book, and because of this, readers are thoroughly invested in her transformation and relate to her joys and sorrows.

A New York Times bestseller and a viral sensation of BookTok, *If He Had Been With Me* comes highly recommended. Nowlin offers a captivating, heartwarming narrative that exceeds expectations and serves as the perfect “Autumn” curl-me-up for a chilly evening.

Seniors: RELAX. College applications and deadlines are approaching, but everything will work out. Enjoy the fall and your Halloween.

Taylor Swift’s *The Eras Tour*: Origins and Effects on Post-Pandemic Pop Culture

by Avery Ketchian ‘26

Taylor Swift arguably is the biggest and most successful pop star of our generation. Swift’s most recent successes include re-recording music to make it her own, the sold-out Eras Tour, and the brand new Taylor Swift The Eras Tour film.

The more recent popularity of Swift’s older albums, and the catalyst of her Eras tour is the re-recording of her discography from 2006-2019. To understand this, we must also understand her history with Scooter Braun, who is known for managing artists’ careers but is also a music executive. Braun owns Big Machine Record Label Group which he purchased in 2019 from previous owner Scott Borchetta. Borchetta signed Swift her first major recording contract back in 2006, a deal that gave sole rights of her masters, the original recordings of her songs, to Big Machine.

So, when Braun bought the company he became the new owner of Swift’s masters. Swift had left Big Machine in 2018, but her masters remained under their control. Braun sold the rights to her music without Swift knowing, and it was not what they agreed upon in the contract, especially since he continued to benefit from them.

For years, Taylor Swift wanted to have control of the music she created. Braun’s team was so controlling that they were trying to force Swift to sign an agreement saying she would only say supportive words about him. Taylor started to realize that Scooter would not let her own her music, so she discovered that she could re-record her albums.

Of her ten albums, six were recorded under Big Machine. Swift differentiates the re-records from the originals by adding “(Taylor’s Version)” to each re-record. So far, Swift has released re-recorded versions of her albums Red, Speak Now, and Fearless. 1989 (Taylor’s Version) releases later this month. Swift is planning on re-recording all of her albums. The verdict is still out on whether people prefer the originals, or the re-records.

People may ask, what is The Eras Tour? This mega tour is a combines all of Taylor Swift’s re-recorded albums



Photo from glamour.com

Swift performing on the first leg of her tour.

spanning the last 10+ years of her career. She also adds a couple surprise songs to the set list making it a three-hour experience. Swift started The Eras Tour in March 2023. She toured in 20 cities during the first leg of the U.S tour, selling out stadiums for two or three nights at each stop. Taylor Swift created a positive impact both socially and economically in the cities she toured.

“Swifties,” as her fans are called, have been going out of their way for a chance to buy tickets and to see Taylor. Swift suggested fans make friendship bracelets, to which fans complied and began trading their favorite Swift lyrics or inside-jokes with fellow tour attendees as a way to connect.

Economically, the cities in which she preferred thrived on the immense increase in tourism, as people came from all over the world to see her perform. The fans would invest money in hotels and would increase the revenue for the businesses.

NBC news said, “The central bank on Wednesday released its Beige Book, in which Philadelphia Federal Reserve officials reported hotel bookings rose, showing the strongest growth since the beginning of the pandemic, thanks to Swift’s show dates.” This shows the aftermath of just one leg of her tour. It truly makes you wonder the stretch of impact she really has.

Additionally, The Eras Tour Film, Swift’s documentary, premiered on October 13th. It was a concert experience for the Swifties at a cheaper price than the tour. The film draws in a large crowd of Swifties eager to see Taylor Swift perform. Fans dance and sing along with Taylor. Swift made record-breaking sales from the opening weekend. CNBC explained, “Taylor Swift’s Eras Tour concert film tallied between \$95 million to \$97 million during its opening weekend, according to distributor AMC Entertainment.

In addition to benefiting fans who couldn’t make it to the tour, the film encourages a return to theaters that the pandemic and the rise of streaming services previously discouraged.

At 33 years old, Taylor Swift is one of the highest-grossing pop stars in the world. She has won 11 Grammys throughout her career so far, she is a mastermind at writing her songs, and she plays multiple instruments. Taylor Swift makes genuine connections with her fans and she wouldn’t be where she is without them.

If you are a Swift fan, you will not be disappointed by seeing Swift in the theater or at the concert.

Amity Alumni Sivan Battat Returns to Discuss Intersectionality and Representation

by Aarushi Trivedi ‘24

Sivan Battat, a graduate of the class of 2011, returned to talk with students in Tasia Kimball’s Other Voices, Other Rooms (OVOR)class on October 11th. Battat is an activist and a theater director whose focus is on underrepresented people, specifically those of North African/Middle Eastern descent and Queer identities. Currently, she is directing Wish You Were Here by Sanaz Tossi at the Yale Repertory Theatre in New Haven.

Other Voices, Other Rooms is a unique English elective for juniors and seniors focusing on amplifying the voices of underrepresented authors and pieces of literature with units focusing on intersectionality, gender/sexuality, race/ethnicity, and socioeconomic status.

Battat spoke to students about her work as well as her journey to become a director. She talked about participating in the ECA program while a student at Amity and about initially going to school to be an actor. When asked by students why she chose to become a director, she answered by saying that she “liked to see the bigger picture.” As a director, Battat has the opportunity to put together a piece of art that encompasses many different perspectives into one.

Growing up as queer, Iraqi, and Jewish, Battat shared that she did not have representation in the ways she wanted, which directly impacted her chosen field. She shared that part of the reason why she chose the Arts field is because she hopes for future generations to have representation in a variety of ways, so that they are not trapped with “bad representation.”

The majority of underrepresented groups are forced to deal with very general representation, mostly filled with stereotypes that are not at all representative of the individual or group as a whole. It is Battat’s goal to ensure that there is enough representation in our world that a viewer can be picky enough to decide what is good and bad representation.

Much of her work focuses on intersectionality, or how she can interweave all the different parts of one’s identity (gender, race, ethnicity, etc.) to create a complex character who has a complex story. This brings up a question that she calls one of the “hot topics” of her industry: “Is it okay to have actors play different roles from an ethnicity they don’t belong to?”

According to Battat, the answer to this question is complex and varies from situation to situation. On the one hand, it would be wonderful to have actors from the same background as the characters they are portraying. On the other hand, she says that this is too unrealistic because there just aren’t enough roles for actors to make a living while only playing parts that represent them.

Gia Coppola ‘24 referenced a point Battat made that really stuck out, about being “graciously wrong.” She said, “I thought it was really inspiring when Sivan talked about making mistakes. It is an important lesson for everyone to learn that you won’t always be right, but when you are wrong, you should be accountable and be better for the future.”

The goal is to be culturally specific and to get it right, but some-



Photo contributed by Tasia Kimball

Sivan Bhattat ‘11 answers questions from Other Voices Other Rooms

times you make mistakes and that’s alright, as long as you handle it correctly.

Battat’s talk was very inspiring, particularly considering she is a former Amity student. The concepts she talked about and her line of work really brought a real-life application and example of the focus and point of Other Voices, Other Rooms as a class.

Check out www.sivanbattat.com to find out more about her work!

Girls Soccer Team Faces Post-Season Challenges

by Eve Marin '27

After completing 15 out of their 16 regular season games, The Amity Girls Soccer team is 5-6-3 with one of their most recent games being a 2-3 loss against Daniel Hand. Amity battles every team twice and still has a game against Shelton. When asked about the energy and excitement of the team, especially regarding making the postseason tournament, Captain Ella Moffett '24 said, "The excitement and energy on the team has changed since the beginning of the season. After a few difficult losses, we are in a position where we need to turn things around in order to have a chance at states."



Photo by Kate McGonagle '26

The girls in a team huddle during a game against Shelton.

The team played their Pink Game on Thursday October 12th against Johnathan Law; their second matchup of the season. Money raised from the bake sale at the game supported breast cancer awareness. The last time the teams faced off at Jonathan Law, Amity came away with a 5-0 victory. Prior to the game, Captain Gabby Rosa '24 said, "I definitely feel excited to play Jonathan Law since we had such a big win, however, we are a little nervous because we have zero excuses to lose." Rosa emphasized, "This is a must win game, and I think we will rise to the occasion and win this league game." The team did just that, and won 3-1. Another exciting part of the season was Senior Night, which took place on October 23rd against Branford. Captain Lucci Dottori '24 said, "I'm excited for senior night, but at the same time, these past four years have flown by and I'm sad that it will be coming to an end." She added, "The relationships I've made with the girls on this team over the past four years are so special to me, and I will definitely miss it." Senior night was truly a special night for the five players in the Class of 2024. Underclassmen on the team made posters to support the seniors and each senior was escorted to the center of the field where they met their family members. Overall, the team is excited for the potential at a postseason and the other remaining events and games yet to come. However, Moffett did address some of the team's barriers saying, "We have an incredibly talented group of girls this season, but our downside is that we are very young...not everyone is used to having so much pressure on each and every game." She added, "There are games where we 100% have the ability to win, it will just be our intensity and effort to see how things end up." The team is looking forward to pushing themselves and is excited for what the rest of the season has to bring.

Volleyball's Ram Rivalry

by Liliana Fleming '24

The Amity vs. Cheshire rivalry is always a big one, but especially when it comes to volleyball. Captain Lexi Bonato '24 referenced the rivalry's history saying, "This rivalry dated back to even when my mom played volleyball at Amity." In the 2022 season, the Spartans played the Rams a total of four times. They met twice in the regular season, once for the SCC Championship, and once in the CIAC State tournament.



Photo from Gametime CT
Lexi Bonato '24 strikes high

The first and second time the two teams met in that regular season, Amity lost 1 to 3. When two teams played each other again for the SCC Championship game, the Spartans were extremely close to winning, but eventually lost 2 to 3. Little did the two teams know they would be playing one last time that season during the CIAC State tournament. Another captain, Karenn Norko-Allain '24 talked about last season and that, "In the beginning of the season, we made a few goals, and one of the goals was beating Cheshire. After losing to them 3 times that season, we knew that we needed to beat them in

the time it mattered most." Norko-Allain mentioned how the 2022 State game against Cheshire was one of her favorite moments playing for Amity. She talked about how Amity won and said, "It wasn't just that we beat them. It was how we beat them. They were up 2-0, and I am sure they felt they had the game secured, which was not the case." Bonato continued, "We knew going into the next set every point and every play was going to determine the outcome."

The team worked hard and kept their heads high and came back to beat Cheshire in the State tournament with a score of 3-2. Due to the fact that Amity and Cheshire are both in the SCC, they again faced each other twice during the regular season. They played their first game at home against them on Tuesday, September 26th. They ended up losing 0 to 3. Norko-Allain commented on this loss saying, "Last time we played them (at home) we really didn't have the best game. So, I say they haven't seen the best of us yet."

This past week, Amity once again played Cheshire but this time at Cheshire. The team worked hard and beat Cheshire with a score of 3 to 0. Cecilia Cadelina '24 commented on the win saying, "Beating Cheshire last night was such an amazing feeling!" "Throughout the entire game every single player on the court had so much energy and so did everyone in the stands! We really worked well last night as a team," she added.

The regular season match-ups between the Rams and Spartans may be over, but it is very likely these two teams will meet again in the postseason. The players are excited to face them and work to try and beat them once again. This group of Spartans has worked tremendously hard and is excited to see what all they can accomplish throughout the remainder of the season.

Boys Cross Country Goes the Extra Mile

by Scarlett Zhai '25

The boy's cross country team can be seen on most afternoons running through Woodbridge's streets and paths, a dedication that has earned them a phenomenal reputation and season so far. This ongoing dedication has helped the boys' cross country team take home sectionals as well as the 2023 Housatonic Championship. When describing his favorite parts of the cross country season so far, Luke Cushing '26 said, "Our team has a lot of raw talent and everyone is showing signs of improvement and development. My favorite thing about the season so far has got to be running in races and seeing my teammates along with myself pushing each other to become better and faster." "I'm looking forward to competing in some of the bigger upcoming meets such as SCC Championships and State Opens," he continued. In addition to the excitement the boys expressed in competing in the upcoming meets, many of the boys revealed enthusiasm in facing their current rival, Xavier. Ian Stoltenberg '25 said, "The team has done really well so far, we won the Housatonic division and we're hoping to win SCCs. Our biggest rival right now is Xavier, and beating them will be hard but we've been training all season so I think we're prepared." "I love the team because we have a special type of comradery and support for each other that I think is great and helps us all push each other past our limits. "I'm really excited for SCCs. I think we definitely have a shot against Xavier and it would be really great to beat them this year," he continued. The boys cross country team has demonstrated their passion and dedication to their sport, both through their willingness to work hard and the results they have achieved thus far in the season.



Photo from Alex Cuzio '25
Boys Cross Country runs hard at a meet.

Check out the Athletics Schedule on page 12 for a list of upcoming games.

Alumni Athlete Profile

Audrey Marin’s Soccer Success Continues

by CJ Brinton ‘24

athlete. All of this together brought her immense success both academically and athletically in her four years at Amity, and in her first year of college. At Amity, she played soccer for four years, served as captain for two, and received many awards. Marin was four-time Southern Connecticut Conference (SCC) Player of the Year, four-time All-State selection for soccer as well as two-time All-New England. She also received the CIAC Scholar-Athlete award in the fall of her senior year.

Marin committed during her senior year to play soccer at Dartmouth College, and is now a sophomore at the school. She has played in 28 games and 840 minutes over her two seasons on the team, scoring three goals. The former Spartan forward was insightful on her journey from Amity to Dartmouth, and where she is now.

Marin described the initial transition to being a college student-athlete as, “a bit daunting; with entirely new friends, classes, teammates and surroundings.”

She expanded on how she overcame this first challenge, telling that she had to make new friends and figure out how to manage both academic and athletic commitments.

Admittedly, playing soccer for an Ivy League-Division I program is much different than playing in the SCC.

Referencing this, Marin said, “I notice the most changes in the rigor of training and workouts. Another overall difference is the plethora of resources in place to help my teammates and I help us improve our game

Audrey Marin, who graduated in the Class of 2022, is no stranger to hard work, discipline, and the life of a student

understanding, analysis and playing ability as well as manage the demands of being a student-athlete.”

In addition to being physically in shape, Marin references the mental aspect as well, regarding the demands and pressures that come with being a student athlete. Recently, there has been a large outcry for more support for collegiate student-athletes following staggering statistics linking mental health problems with student athletes in season at a number of schools, and the personal stories of former athletes. A huge tool in navigating this is having a true balance between sports, life, and school.

Marin said, “[I do this by] staying as organized as possible. Planning out how my classes and practices arrange at the start of the term,” she explained, “has been crucial in allowing me to maximize efficiency in gaps of time I do have.”

Rest is also vital to presence and performance in all aspects of college life as Marin stressed, “Time spent away from school and soccer is really important too.”

As for the college recruitment process, Marin suggested that students initiate contact for a school they are interested in.

She said, “I would say there is no harm in reaching out to coaches because you never know what school might end up being the right fit for you.”

Dartmouth Women’s Soccer only has one game left in their regular season, against Brown on October 28th. Marin will likely demonstrate her consistency as a forward for the team.

And as for the future, Marin did express interest in playing soccer beyond college, if given the opportunity.



Photo contributed by Dartmouth Athletics
Audrey Marin ‘22 in a game against Fairfield University.

Spotlight on Girls XC’s Casimir Loxsom

by Elizabeth Grant ‘25

last spring. He coached the girls’ distance team for outdoor track, is currently the head coach of cross country, and will coach the girls’ distance teams for indoor track.

Before committing to his coaching positions, Loxsom had a highly successful career as a middle-distance athlete. He attended Wilbur Cross High School and became somewhat of a local star in New Haven where he ran a multitude of records, including the indoor track 600m state record, which has stood since 2009.

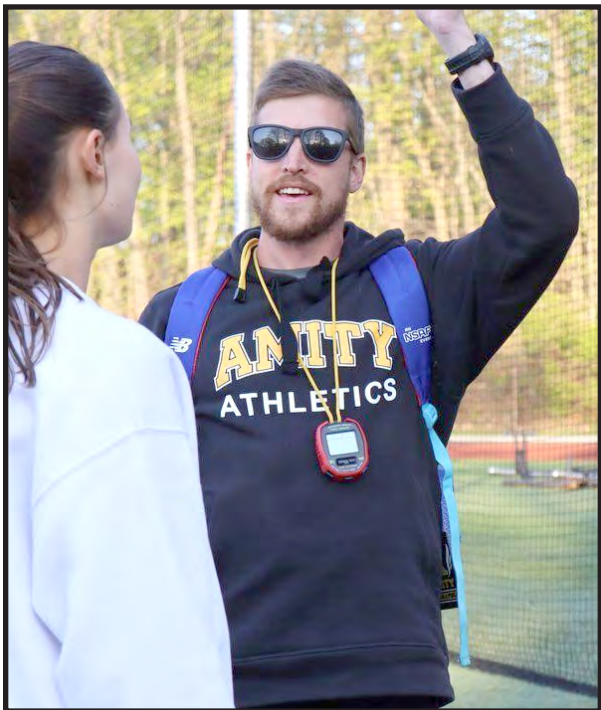


Photo contributed by Quin Cohen ‘26
Coach Cas talks with one of the members of the girls cross country team

Casimir Loxsom, or better known to the Amity girls track and cross country teams as Coach Cas, started a new chapter coaching at Amity High School

After his success in high school track, Loxsom went on to run Division 1 for Penn State, winning silver at the U-20 World Championships in the 800m. In 2014, Loxsom moved to Seattle and ran professionally for the Brooks Beasts Track Club where he represented the US seven times in international competition and most notably gained the world record for the indoor 600m.

Loxsom retired in 2018 from the professional athlete life but moved quickly onto coaching.

He says, “I always knew I wanted to coach, it’s my fa-

vorite way to give back to my favorite sport.”

He coached a series of high school and collegiate running teams before coming to the Amity girls for the 2023 spring track season.

Since then, Coach Cas has been hard at work using his experience and knowledge of the sport to create individualized training plans and doing his best to get the Amity girls in top shape. Not only is Loxsom a talented coach in the sense of raw times and numbers, he also addresses the psychology that runs through the sport by valuing, respecting and believing in each one of his athletes fully.

Girls Cross Country Captain Grace Cavallaro ‘24 says, “His commitment keeps us committed. I don’t know any other coach who would believe in us this much.”

Under the guise of Coach Cas, the team has been dedicated. The girls have been rapidly improving, running high mileage and unlocking new strengths every day.

Cavallaro says, “We’re running better than we ever have before and it’s because he invests fully in the team, he’s all the way in.”

Coach Cas’s intense commitment to the girls is impactful. He talks about the team saying, “I have a team full of hard workers who want to improve and love spending time together, it’s very fun for me.” He finds enjoyment in coaching, and it shows.

As the season progresses, Coach Cas’s goals for the girls are ambitious, including the possibility of running in the state open meet this fall. Additionally, he and the team are looking forward to the opportunity of going to Nike Cross Regionals at the end of November in New York to hopefully run some personal record times.

When he’s not coaching, Loxsom enjoys doing philanthropic work as well as a position at Woodbridge Running Company (another way to give back to his favorite sport!) and spends his free time playing games, listening to music and hanging out with his cats Juno and Reeses.

From local legend to professional athlete, the team is very thankful for Coach Casimir Loxsom as an invaluable asset to the Amity athletic community.

“I have a team full of hard workers who want to improve and love spending time together.”
Coach Casimir Loxsom

Amity Athletics Schedule

10/24 - 11/23

Date	Team	Opponent	Time	Location
10/24	Girls Volleyball	East Lyme	5:30 PM	East Lyme High School
10/25	Boys Soccer	Branford	6:30 PM	Branford High School
10/25	Girls Soccer	Shelton	7:00 PM	Shelton High School
10/27	Football	Sheehan	6:30 PM	Sheehan High School
10/28		SCC PLAYOFFS BEGIN FOR QUALIFYING TEAMS		
11/03	Football	Daniel Hand	6:00 PM	Amity Turf
11/10	Football	Wilbur Cross	6:00 PM	Wilbur Cross High School
11/17	Football	Guilford	6:00 PM	Amity Turf
11/20	Girls Flag Football	North Haven	6:00 PM	Amity Turf
11/23	Football	North Haven	10:00 AM	Amity Turf



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Did you know that Amity offers a Coral Reef Ecology course with the opportunity to snorkel in Bermuda?

A marine biology, coral reef focused course is offered during the spring semester which can earn students 0.5 credits in science. If you are interested in the marine environment, like to be outdoors, and would enjoy a snorkeling experience on Bermuda reefs, this is the course for you!

Students are recruited for this course in October. Email Mrs. Cournoyer at valerie.cournoyer@amityregion5.org or more information.

