

THE AMITY TRIDENT

LXXV-No. 2

Amity Regional High School

Woodbridge, CT 06525

October 18, 2022

Students Shine Bright at Woodbridge Like Me Day

by Aitan Herman '28

Woodbridge Like Me Day was held on October 5, 2024. It took place on the Woodbridge Town Green on a sunny day, with many members of the community showing up to enjoy this wonderful event. This event was hosted and organized by the Diversity, Equity, and Inclusivity Committee.

The purpose of this festival was to show how diverse Woodbridge is as a community with different groups of kinds of people and different ways people expressed themselves. It had over 10 live performances throughout the day from Israeli Folk Dancing to Salsa to T'ai Chi. Over 35 booths a in the event, including the town political committees, the Woodbridge recreation department, a henna art stand, and the Woodbridge Dog Park.

In terms of Amity groups, clubs like Amity Creative Theater, the language honor societies, Amity Diversity In Action (DIA), and the Amity Student Government were in attendance. All of these organizations participated to showcase their efforts to make our community a more vibrant and inclusive space.

DIA club leader Emma Imanov '27 explained why she liked the event and

how her club benefited from it, saying, "Woodbridge Like Me Day was awesome. It was a great event to promote diversity, inclusion, and equality. It was an awesome, community-engaged event with a lot of Woodbridge residents coming together to celebrate different communities."



Amity's Mascot "Sparty" Learns How to Salsa Dance with the community

Photo contributed by Aachal Gupta '25

This also served as a strong springboard for the Amity honor societies. Member Lance Mahon '25 explained the Chinese Honor Society's role at the event. He said, "We showed people how to make origami and really promoted Chinese culture all around and sold snacks as well."

This celebration helped these student-led organizations spread their learning outside of the Amity campus and into the greater community.

Moreover, Woodbridge Like Me Day was looking to showcase the diversity within the town, which the organizers accomplished through the inclusion of clubs, local businesses, and shows.

Overall, this was a great success and featured a wonderful representation of Amity students and their initiatives.

Enjoy "A Night in Rio" for Homecoming

by Teesha Godawat '27

Save the date for November 23, 2024 for the high school's annual homecoming. Homecoming is a night of dancing, showing school spirit, and making memories with friends. This year, tickets are \$24, in honor of 2024.

Every year, the Homecoming dance is organized by the Student Government's Homecoming Committee. The theme this year is inspired by the 2011 movie, "Rio," a story about the adventures of birds Blu and Linda and takes place in Rio De Janeiro, Brazil. The setting is tropical, colorful, and vibrant, the main points of inspiration for the tone of the dance. Students are not required to dress up to follow the theme, however, they can if they wish to. In fact, the majority of the theme will be displayed in the decorations to adorn the cafeteria and hallways the night of the event.

While some of the food at Homecoming is paid for by the Student Government, most of the options are actually donated by local restaurants. The Homecoming Committee makes calls to potential restaurants and asks if they would be willing to donate food for the night, and restaurants that agree provide food that is either delivered or picked up by volunteers.

"We get a lot of help from our volunteers, who choose to help out of the goodness of their hearts," says Homecom-

ing Committee Co-chair Sabah Salahuddin '25.

Students are also really looking forward to this year's festivities. Jacob Klee '28 said, "I can't wait for this year's spirit week and homecoming dance. Coming from middle school, we haven't really had any events like this before, and I am really excited to attend and participate in everything the student government has planned."

One of the biggest contributors to the night's success, the Homecoming Committee, works extremely hard to achieve a great night for everyone. On the morning of Homecoming, the committee and student government volunteers gather into small groups and spend the entire day setting up. Students are committed to providing an unforgettable night.

All students attending Amity can purchase tickets, and with approval, non-Amity students under 18 may also purchase tickets. Ticket sales begin on Friday, October 18th, and end on November 15th.

Buying tickets is easy and can be done straight through PowerSchool. Students who would like to buy tickets must have their parent or guardian log in to their PowerSchool SIS account and navigate to the "Forms" section. Guest forms for attendees other than Amity Students can also be found here.

This year's Rio-inspired Homecoming is going to be an exciting celebration, so don't forget to buy your tickets and thank the volunteers!

Local Rep Discusses Upcoming Election, Impact on Students

by Sarinah Zamir '27

The presidential election is fast approaching, and millions of people are focused on whether Donald Trump or Kamala Harris will take office next year. Meanwhile, there are state legislative elections underway that will have a much more direct impact on the students of Amity High School.

This November, Woodbridge and Orange residents who live in District 114 already know who will serve for their district as Mary

continued on page 2



Students hold a Woodbridge Like Me Banner at the event.

Photo contributed by Aachal Gupta '25

IN THIS ISSUE



Election 2024
Opinions, 3



Sparty the Mascot
Features, 5



Artist of the Month
Arts, 8



Morgan's Message
Sports, 12

Amity Earns College Board Recognition as an Advanced Placement Honor Roll School

Supporting Students on Path to Success

by Armaan Shrivastav '27

Earlier this school year, Amity Regional High School was honored by the College Board as an Advanced Placement Honor Roll School. According to Principal Andre Hauser, this distinction recognizes schools that have welcomed more AP students to support them on their path to college success.

This distinction fits with the school's theme for this year: "Amity Celebrates All Students' Success."

In total, 398 students took AP exams last spring, an increase of 20 students from the past three-year average. A total of 839 exams were taken last spring, establishing a new school record, and being an increase of 84 AP exams from the past three-year average. Out of the 5 scale score in an AP test, the College Board considers a score of 3 or above to be worthy of receiving college credit.

Last year, 91.5% of Amity students who took the tests received a score of 3 or higher, an increase of 4.6% from the past three-year average. These statistics highlight the fact of the numerous opportunities

presented at Amity for students to pursue their interests while challenging themselves in high-level courses. As statistics and factors like these were taken into account by the College Board, Amity received the distinction, which recognizes the growth of student achievement at Amity over time.

AP classes offer significant benefits for students who enroll in them. The lessons gained from these courses stay with students throughout their lives, helping them apply their knowledge to work more efficiently.

Ziyan Zhang '27, a student enrolled in AP U.S. History, shared that she chose this course to enhance her learning skills. Through APUSH, as it is commonly known, she has developed new strategies, such as time management, which she believes will have a significant impact on her future by providing her with some essential skills that she can use throughout her life.

Sabrina Osowiecki '25, enrolled for AP Environmental Science, AP Psychology, and AP Language and Composition, believes AP courses allow her to "explore in-depth topics

that I'm interested in and learn many valuable skills."

She also thinks that Advanced Placement courses challenge her and helps her build necessary skills like studying strategies she can use in college.

LeeAnn Browett, who teaches AP U.S. History, thinks the class enhances the critical thinking skills of students, which would be needed in their future and play a factor in enhancing how students make their decisions. She is motivated by her passion for American history and sharing her joy with her students.

AP courses play a significant role at Amity, and this distinction acknowledges the hard work and dedication of both AP teachers and students in achieving success at high levels. This honor reflects upon Amity's inclusive approach to advanced learning over various courses.

As Amity Regional High School is fostering a culture of high academic standards and continuous growth, this distinction has been a milestone in its journey. This distinction not only celebrates our past achievements but also sets a strong expectation, precedent, and foundation for future academic success.

Preparing for Election Day Candidates on Ballots in Bethany, Orange, Woodbridge

PRESIDENT & VICE PRESIDENT

Democratic Party: Kamala Harris and Tim Walz

Republican Party: Donald Trump and JD Vance

Green Party: Jill Stein and Butch Ware

Libertarian Party: Chase Oliver and Mike ter Maat

Petitioning Candidate: Robert Kennedy Jr. and Nicole Shanahan

U.S. SENATOR

Democratic Party: Christopher Murphy

Republican Party: Matthew Corey

Green Party: Justin Paglino

Cheaper Gas Groceries Party: Robert Finley Hyde

REPRESENTATIVE IN U.S. CONGRESS (CT Federal Dist. 3)

Democratic Party: Rosa DeLauro

Republican Party: Michael Massey

CONN. SENATE DIST. 17

Democratic Party: Jorge Cabrera

CONN. SENATE DIST. 14

Democratic Party: James Maroney

Republican Party: Steven Johnstone

CONN. ASSEMBLY DIST. 114

Democratic Party: Mary Welander

CONN. ASSEMBLY DIST. 117

Republican Party: Lezlye Zupuks

CONN. ASSEMBLY DIST. 117

Democratic Party: MJ Shannon

Republican Party: Raymond Collins III

CONN. ASSEMBLY DIST. 119

Democratic Party: Etan Hirsch

Republican Party: Kathy Kennedy

CONN. REF. QUESTION

Shall the Constitution of the State be amended to permit the General Assembly to allow each voter to vote by absentee ballot?

Local Rep Discusses Upcoming Election, Impact on Students

continued from page 1

Welanders, their incumbent representative, is running unopposed.

Having served since 2018, Representative Welanders ran for her position because she was frustrated with the representation her community had, as she felt that her district and its representative were not closely connected to the experience of middle class families.

Welanders is most passionate about kids and education, which is reflected in her work as a member of the Connecticut Education Committee. In the past, Welanders has participated in projects involving children's mental health, which allocated money towards psychologists in schools. She also served during the implementation of Financial Literacy as a required class in Connecticut High Schools.

Welanders noted how this decision was vital, allowing students to "enter the real world with a bit more understanding about what our financial decisions can mean for the long-term future."

These are the kinds of changes that Welanders is constantly working towards, the changes that will benefit all the students now who are, according to Welanders, "the absolute future of everything."

Although Welanders has no opponent in the upcoming election, she is still working very hard to ensure that her campaign is as strong as it can be. When asked how running unopposed affects her campaign, Welanders said, "It changes

everything, but it also changes nothing."

The pressure of winning versus losing is off, nonetheless it is still Welanders's job to make sure that she is tuned in to her constituents and addressing the concerns of her voters. Welanders noted that having no opponent also provides the opportunity to meet with advocacy groups and organizations early on, which allows her to get ahead in planning for the legislative session compared to previous years.

When the new legislative session begins in January, the biennial process of redoing the state budget, including the education budget, will ensue. The educational cost sharing formula, or amount of money for each school district, will be redone with the focus of providing more equitable funding for public education. This term, Welanders sees "a lot of opportunity to make things better for our schools," a cause that she is deeply passionate about.

Welanders is working hard to make her term successful, and she appreciates any help from students who want to get involved in politics. Students can reach out for volunteer opportunities at Representative Welanders's headquarters, where they can work on voter outreach, which includes making calls, sending texts, and going door knocking. Interested students can email WelandersforCT@gmail.com to be set up with service opportunities.

While many people feel state politics are not relevant to them, or that they do not need to pay attention, Representative Welanders Dis-



Photo contributed by Trident Staff

Connecticut Representative Mary Welanders

agrees. "Politics will happen to you," she said.

Welanders argues that as long as you care about anything, whether it's what classes are offered or how safe the roads are to drive on, then you care about politics. These decisions all come from the passage of laws that our state legislators write, and the political process by which they control the outcome.

Welanders encourages everyone to get involved with politics for the sake of their future – as she puts it – your voice holds a lot more power than you may realize.

Editorial

There's More than One Race This November

by Alex Klee '25

If you have flipped open a newspaper, turned on the radio, or logged onto a social media platform in the past year, chances are you've heard the names Donald Trump and Kamala Harris. While it's true that they are running for the highest office in the country, there are so many more names that will have a much more direct impact on our daily lives.

On our ballots this November, there will be US Senators, US Representatives, State Senators, State Representatives, and more. All of these individuals have the power to make the changes our communities actually need. They can secure funding for new infrastructure projects in our towns, ensure we receive a quality education in safe schools, and they are so much more accessible and tuned into our needs than a president that has to represent over 345 million people.

But on the flip side, they can also make decisions that you may not feel are in the best interests of your community. What if they vote against community grants to preserve and grow green space, or against funding for counseling positions in our public high schools? This is precisely why we must hold them accountable.

We can do this through informed voting and political engagement. Knowing who your

candidates are and what they stand for is crucial to making the most of your vote. Even if you know the party you typically support, each candidate has their own platform and ideas, so it's important to know their vision for their constituents, and their plans to accomplish these goals.

Additionally, by interacting with candidates while they are on trail, attending town hall events, or even reaching out through email, you can get the attention of your elected officials. When it comes to reaching out to the White House, you'll likely get an automated email back. But when you connect with a state or town representative, you're likely to get a phone call or even a face-to-face meeting.

Between Bethany, Orange, and Woodbridge, there are two US Senators, one member of the US House of Representatives, two Connecticut State Senators, and three Connecticut State Representatives for us to interact with. These are the individuals that are meant to be deeply tied to our communities and our needs. They are the ones we must turn to when we wish to make change, yet they are the ones that receive the least amount of attention each election cycle.

Thus, it's deeply important that we know who they are, know their platforms, and start working with them, so we can make an educated decision for every race on November 5th.

Let Civility and Truth Determine the Outcome of This Election

by Janet Fan '26

Oh my gosh. Out of all the seats in the room, how did I end up sitting next to him? I watched the subject of this sentiment shove a hamburger in his mouth, thinking back to the day when I watched him clap and nod along to the guest speaker, who, in the span of 10 minutes, managed to claim that both climate change and the Covid-19 pandemic were a government hoax. I even saw him shaking hands with the speaker after the fact. Most unforgivably, during a heated game of Monopoly, he explained to me, unprompted and in patronizingly painstaking detail, the mechanisms of a joint stock investment. (Hello, mansplain much?)

All of these events combined to create a sense of immediate and intense dislike in me, a female Chinese American, second-generation immigrant

from deep blue Connecticut. And now I had to put up with him, a conservative white male from solid red Louisiana, for an entire meal.

All throughout dinner, I sat primly with my nose in the air, alternating between stealing judgemental glances at this strange political specimen and chatting with everybody else. The more I observed him, however, the more I became confused. He smiled and looked people in the eyes when they talked. And at the end of the meal, when I stood up, volunteering to be the one to help clear our table, he beat me to it. With courtesy, he offered a hand for my dirty dishes, and I felt a wave of guilt wash over me.

I had made him out to be a monster, and he turned out to be...human.

As much as I claimed to support bipar-

tisanship, I'd still fallen into the flawed tendency of humans to judge, label, and dismiss. Without intending to, I'd abandoned my values for empathy and compassion in exchange for drawing a caricature of this boy, one that blinded me to the things that we did have in common. With ego subdued, I ruefully handed him my plates, looking him in the eye for the first time. A peace offering.

This watershed moment flashed in my mind as I watched the 2024 Presidential debate. Two leaders, running for the highest executive office in the country, exchanging insults about crowd sizes and lies about eating pets. I thought about all the caricatures that had already emerged from this election cycle: Donald Trump? A dictator. Kamala Harris? A radical leftist. Immigrants were dog-eaters and people from Florida were red-necks.

In the midst of political violence and hate crimes, social media sound bites and memes, wherein lies the truth? I am not trying to make an argument about media literacy, though I do believe voting with it is in everyone's best interest. Rather, I encourage Amity students, whether able to vote or not, to self examine on what basis they form their opinions.

Oftentimes, we are tempted to make caricatures of people, whether based on their appearance, political stance, race, gender, or other assorted characteristics. During this fraught political climate, perhaps the only truth we know for sure is that no picture we see is complete and that at the end of the day, all of us are just human. My hope is that this fundamental belief, not hatred or lies, will drive the outcome of this election.



The Amity Trident

The Amity Trident

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

EDITORS-IN-CHIEF

Aachal Gupta '25
Soumya Wijesekera '25
Hannah Guo '25

NEWS

Alex Klee '25
Eve Marin '27

FEATURES

Libby Grant '25
Jacqueline Miller '27

OPINIONS

Joy Deng '26

ARTS

Nicholas Lu '26

SPORTS

Soma Kim '25

SOCIAL MEDIA

Scarlett Zhai '25

FACULTY ADVISOR

Emily Clark

CONTRIBUTING WRITERS: Aitan Herman '28, Teesha Godawat '27, Sarinah Zamir '27, Armaan Shrivastav '27, Janet Fan '26, Victoria Pelton '27, Roxana Ismail-Beigi '26, Olivia Cummings '26, Phoebe Halsey '26, Sabrina Osowiecki '25, Shriya Garg '27, Aryan Shrivastav '27, Chloe Chang '27, Catherine Kohncke '28, Avery Ketchian '26, Jake Ricciardi '26, Akshay Bulsara '26,, Lawrence Kibaru '26, Claire Theiss '26, Amanda Ford '25

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@amityregion5.org

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

CORRECTIONS

In the September issue, the photo of Club Day on page 2 was taken by a member of the *Trident* staff, not Sabrina Osowiecki. The student on the left in that photo is Solomon Gholian, not Meher Quadri. The *Trident* staff apologizes for these mistakes.



Mark Zuckerberg's New Meta Orion AR Glasses: Next Step or Temporary Trend?

by Victoria Pelton '27

Back to the Future II was aired thirty nine years ago, giving a creative interpretation of what life will be like in the 2000s. In it, Marty McFly and Dr. Emmett Brown travel to 2015, a time depicted as having flying cars, hoverboards and advanced clothing that adjusts to the body. Though this movie is a work of fiction, we may be coming upon a world that resembles the one Robert Zemeckis and Bob Gale envisioned just a few decades back. First came the handheld smartphones, then the VR headsets, and now, Mark Zuckerberg is on the verge of producing his new Meta Orion AR glasses that may flood the markets.

Now, if you aren't a tech guru, you might be asking, "what the heck are AR glasses?" Well, not many people are familiar with them just yet. This is a fairly new project of Zuckerberg's that has been in the works for 10 years. Having been hinted at since the early 2010's, they are the first full holographic AR glasses in the world, with only a couple thousand prototypes having been made, and even

less that have been tested. It comes in three parts: the main glasses, the wireless remote (used to improve battery and reduce heat) and, arguably the most innovative part, the neural wristband.

No, these are not the snap-on bracelets you get at the book fair in elementary school. These are products of electromyography, a technique for recording the electrical signals that travel from the brain through the skeletal muscles. When these signals are interpreted by the wristband, they are translated to the glasses. All together, these three parts make up the AR experience, where, instead of using a mouse, you can use your eyes and hands to browse the web and click.

With all of this said, will these glasses even change anything in our society?

It is highly debatable whether the Meta Orion AR glasses will trend. On one hand, they are game changers to the tech industry and people will surely be curious enough to buy them. On the other hand, they might not last long due to how long we have been used to using handheld phones. People might reject this drastic change to stay comfortable in their old ways. Though the glasses themselves

may not stay for very long, the technology itself is actually a game changer. The idea of using electromyography cannot just be used with AR glasses. They can adapt to fit into different professions in the medical and engineering industry. If Zuckerberg or another entrepreneur develops this tech to its full potential, it is sure to change AI tools across the globe. The AR glasses also have the unique property of artificial senses such as touch.

Zuckerberg plans to design the glasses and holograms in a way where you can feel the vibration of a virtual ping pong ball hitting your paddle as you play against a friend, or a hug from your mom who lives across the country. Not only is this revolutionary for technology, but it also helps long distance relationships and a deeper human connection that you just can't get from a smartphone.

Overall, no one can tell for sure whether Zuckerberg's AR glasses will be a hit or a miss invention. But one thing is for sure: the new technology developed in them is sure to change the technological world and turn our society into a future that people thought was unreachable just a couple of decades ago.

A Call to End securelypass, aka E-Hallpass

by Roxana Ismail-Beigi '26

Are you tired of securelypass? Do you not want to go through another 10-minute ordeal of nonexistent wifi, Microsoft login, mobile app interface, and annoyed teachers whose lessons were interrupted every time you have to go to the bathroom? You're certainly not alone.

One of the major drawbacks of securelypass is the class time wasted due to making passes.

But wait, don't passes only take a minute or two to make? Well, that time adds up. Assuming each student wastes 5 minutes per week making passes, for 1500 students that makes 125 hours per week and in a year, over 187 days just because of securelypass. In that time we could have been learning, studying, or doing other productive things, but instead we were staring at the securelypass app interface. And this doesn't even take into account the valuable time that teachers lose making passes for students in both class and study hall.

But even if we get rid of securelypass, what will be the replacement? We could return to Swipe—fast, accessible to those without phones, and convenient. An opinion piece from the September 2023 Trident by Andie Napolitano states how a surprising number of students and teachers missed Swipe. It would improve study hall signout because we will bring an end to that "disorderly mob of students in the front of the cafeteria for 10 minutes waiting to check in, and then waiting 10 minutes in another line to get their e-hall pass approved." However, Swipe does have drawbacks, including computers in every room—inconvenient and a waste of electricity. Instead, we could return to paper sign-out sheets. Writing your name, "bathroom," and the time definitely saves electricity, and only takes about 10 seconds.

According to another article from September 2023 by Sabrina Osowiecki, associate principal Miguel Pickering claimed this pass system "can be helpful for the supervision and accountability of students." The idea seems to be that teachers will tell if

students are taking too long on "bathroom breaks."

But let's be realistic: what teacher actually has time to constantly check passes? Most teachers are busy teaching, grading or preparing materials. This renders the supposed benefit totally useless. Indeed, the fact that securelypass is "always recording usage data" (company's website) and keeps this data long-term to analyze student movements is outright disturbing. Do you really want a tech company to know your bathroom habits?

This isn't my personal grievance—this is an issue that affects over a thousand people every day. The students, teachers, and staff of this school should be able to voice their opinions about the issues that affect them the most. This is why I started an online petition on Tuesday to end the use of E-Hallpass at Amity. To the 91 people who already signed, thank you immensely for your support.

To everyone else, please consider signing if you think E-Hallpass is a waste of our valuable time as students and teachers.



Caring for small & farm animals since 1999.

116 Old Amity Road
Bethany, CT
203-393-PETS (7387)

Kimberly McClure Brinton, DVM
Shannon Brighenti, DVM
Dallas Passerine, DVM
Dana M. Perry, DVM

www.countrycompanionsvet.com

LIKE us on Facebook

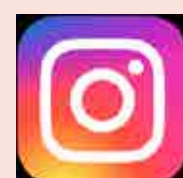


Remember to Vote in the Mock Election!

On Friday, November 1, Amity's polls will be open for students to cast a mock ballot to elect either Vice President Kamala Harris or former President Donald Trump as the next U.S. President.

Check Instagram throughout the day for updates on exit polling. Trident editors along with members of the Critical Issues classes will be getting comments from voters.

Follow the Trident at [amitytrident!](https://www.instagram.com/amitytrident/)



Behind the Mask: An Interview with Sparty, Amity's Mascot with a Welcome Source of Spirit

by Olivia Cummings '26

As the stadium lights beam down on the football field, an unmistakable yellow-helmeted head towers over a crowd of people. The Spartan waves and gives high fives, drawing smiles and laughter before moving forward to say hello to

the next group of people.

We all know what it's like to laugh at Sparty, maybe wondering who it is behind the mask, but how does it feel to be on the other end of the smiles? To have to communicate without speaking? Today, some of these questions are answered by an interview with Sparty themselves!

When we asked Sparty how they are treated differently due to the anonymity of their costume, they said, "I've found that the way I'm treated can lie on a spectrum. Some people who are typically shy or soft-spoken will open up and interact with me which is really fun to see.

"On the other hand, because my identity is unknown, some people think it's reasonable to mess with the costume, try to reveal my identity or just generally be really rude. That being said, the majority of my experiences have been incredibly fun and positive. I've interacted with so many members of the student body that I would typically not get the chance to," Sparty added.

Being in the Spartan costume must come with some unforgettable experiences, so we asked, what the most memorable thing that has happened in the costume was. Sparty remembers, "My most memorable experience in the costume was getting shipped up to the first football game in the golf cart. Sparty's head does not fit in the cart so I had to hunch over, holding on for dear life while the security guard drove so fast. I had a lot of fun at club day because there was so much action all around and it was easy and fun to joke around with kids while genuinely learning about the clubs myself."

To maintain anonymity, Sparty is not allowed to speak. So, how do they communicate? When we asked if it is hard to stay in character, they said, "Because I can't speak, I rely a lot on body language, specifically using my hands. Whether it's giving fist bumps or waving to the crowd, I have to use my hands to show how I feel.

"It's also about using props and signals that fit the situation, like playing soccer at a game or dancing to the music at a pep rally. It's kind of like how you had to communicate before you could speak when you were a baby. Sometimes, because of this, it's hard to stay in character since I can't use my personal body language," they continued.

Though Sparty does remain in character and anonymous, junior Josh Rosewater said that's part of the fun and the mystery of this mascot. "It's always exciting to see Sparty," he said. "We're always wondering how it is that's hyping up the crowd."

And of course we had to ask what the funniest thing that someone has said to the mascot.

They quote, "This has happened when there's been a lot of music, but people have asked to dance with me many times. It's always funny to see what dances people come up with. The one that stuck out to me the most is when a group of people asked me to start a conga line, which I probably would've been eager to do if they weren't clearing out the field. But it's always funny to see what new dances people try to teach me."

Being in the mascot costume cannot be easy, so we asked Sparty what the hardest part of the job is. They said, "I think the hardest part is trying to move with those big feet because it becomes really clunky. Also trying not to talk is a struggle because there is so much you want to say."

Sparty has been a welcome source of spirit in the past few years, bringing to life a mascot that has represented Amity since the beginning. Our mascot will continue to bring energy to the school, and we are glad to know a little bit more about what it takes to be the iconic Amity Spartan.



Photo contributed by Alex Klee '25

Sparty at the first home football game of 2024

Tastes and Smells of a Scrumptious Culinary Program

by Phoebe Halsey '26

Culinary classes here offer a unique experience for students, blending practical skills with creative expres-

sion. These classes are not just about learning how to cook; but learning a wide range of skills valuable inside and outside the kitchen. Students are taught safety and sanitation procedures, measuring and conversion techniques, the function of ingredients, as well as planning and executing meal production.

Career and Technical Education classes such as Culinary Essentials, International Cuisine, American Cuisine, Creative Kitchen, as well as The Science of Food are offered here at Amity. Classes entail learning how to recognize and prepare food from various countries, trace the development of cuisine in the United States and investigate science behind culinary procedures.

Recently, students have made meals like chicken parm and chicken masala. When working with poultry, many lessons can be taught including knife skills, timing and temperature control, and food safety, which is crucial to prevent foodborne illnesses.

Molly Bosma '26 says, "I discovered my love for culinary. I enjoyed experimenting with different recipes and ingredients.



Cooking became a way for me to express my creativity. The best part was sharing my dishes with friends and family."

Students highly recommend the program because they get the opportunity to do something outside the typical norm for a school day.

Junior Aarya Mulmi said, "I would really recommend taking Culinary as an elective. It's a really fun class and you get to meet new people and work with them." said Culinary can make new opportunities like meeting new people as well.

Students have also been involved with "Chef of the Week," which is displayed on a bulletin board to the left of the elevator on the first floor. The program, which started this school year, highlights culinary students' hard work.

Previous Chef of the Week Kaylin Harrell '25 said, "[Chef of the Week] is pretty much a student from one of the culinary classes that showed positive qualities while cooking in class, meaning like working with your team or following instructions and yielding great results).

"I think I got it because of my dedication to the class. I really enjoy cooking in general, so I concentrated and put in the work that eventually got me chef of the week!" she added.

Harrell is an example of how this weekly title that culinary offers can encourage students to show their greatest abilities in the kitchen.

Teacher and chef Adrianna Linkstrom, who previously owned a bakery before joining the faculty last year, enjoys teaching the culinary classes.

"My favorite thing to make is ice cream and



cupcakes. I also enjoy eating them a lot!" she said. "When my students get excited and proud about what we make in class, it reassures me that I made the right decision to leave the industry and become a teacher at Amity."

Overall culinary courses have so much to offer making students more engaged both inside class and outside of class.

"Chef of the week" makes this program unique because students can encourage each other to excel in new skills.

When you have a chance, stop by the culinary rooms - just follow the scents of chicken parm and cupcakes - and see what they're cooking up today.



Photos contributed by Adrianna Linkstrom

Students showing off their homemade treats in culinary classes.

Autumn Adventures

Discovering Some Local Hidden Gems for Fall

by Sabrina Osowiecki '25

a prime season for sightseeing and exploring. As the leaves are changing in our community, students are enjoying a myriad of fall activities throughout the state.

An essential sign of fall, visiting corn mazes, is a popular tradition. Locally, Treat Farm in Orange has their large corn maze open

which even provides the option to visit the maze at night. Visitors take a hayride to the maze and have the opportunity to participate in a scavenger-hunt game as they search for the exit.

In Middlefield, Lyman Orchards also has a massive four-acre maze. The farm has been holding annual corn mazes since 2000 and chooses a new theme every year, basing the shape and design of the maze on the theme. This year, the theme is Peanuts. The farm is donating a portion of the pro-

In Connecticut and throughout the rest of New England, autumn is

ceeds to the Connecticut Cancer Foundation.

Another activity available at Lyman Orchards is apple picking, a favorite of so many.

Senior Sophia Messina said, "My favorite fall activity is apple picking followed by buying some apple cider donuts and drinking hot apple cider. I feel like those things are just so symbolic of fall in Connecticut."

This is also a popular activity at farms like Beardsley's Cider Mill & Orchard, Bishop's Orchards, and Belltown Hill Orchards. In Shelton, Beardsley's Cider Mill & Orchard boasts a total of 13,000 apple trees. Opening in 1849, the orchard allows visitors to not only harvest their own fruit but also to watch the process of cider making in its historic mill.

One of the best ways to appreciate the beautiful autumn foliage of Connecticut is to go on a hike. In Hamden, Sleeping Giant State Park is the perfect place to accomplish this, with over forty miles of hiking trails and beautiful

views from the mountain.

"My favorite fall activity in Connecticut is to go hiking or on a walk in the morning and then go to a coffee shop and enjoy the fall colors!" Nidhi Kompalli '25 comments. Moreover, in Kent, Kent Falls State Park has a number of beautiful waterfalls and would be an ideal location for fall photography.

One cannot get through a fall season in New England without the iconic sight of pump-

kins. At Harris Hill Farm in New Milford, visitors can pick their own pumpkins in the pumpkin patch and even get numerous varieties of squash and corn. In Newtown, Castle Hill Farm has a sprawling four-acre pumpkin patch that includes pumpkins, gourds, and squash of more than forty varieties. Some people enjoy carving jack-o-lanterns, while Amara Forstrom '25 says, "I like painting pumpkins with my friends."

Many other students at Amity have their own traditions as well. "I like to go to the beach and watch the sunset in the fall," Tanisha Chaturvedi '25 comments.

"I either go to Gulf Beach or Silver Sands [State Park]!" Salma Maklad '26 says, "I love making some sort of warm, seasonal drink and reading. It's relaxing but also really fun."

Connecticut provides a plethora of incredible autumn activities for everyone, making it the perfect place to embrace the beauty and spirit of fall.



Photo contributed by Treat Farm

Treat Farm in Orange



Photo contributed by Lyman Orchards

Apples ready for picking at Lyman Orchards

Connecticut's Haunted Past Explored in Spooky Spots

by Shriya Garg '27

What better way to celebrate this spooky season than a haunted trail? Around Connecticut, there are many eerie trails, and we have compiled the greatest ones for you. These courses are perfect to enjoy with your friends or family during the fall season.

The Legends of Fear haunted hayride and trail in Shelton is a unique experience that is open on Fridays, Saturdays, and Sundays. The hay ride brings you into a deep, haunted forest for 30 minutes and costs \$35 per person.

Ker-shnar '27 says, "It is a really fun and exhilarating experience, especially with friends. I highly recommend, but it is scary."

Legends of Fear is a family-owned attraction that values detail and entertainment. Make sure to check out Legends of Fear in Shelton before it closes for the season on November 2nd.

The Trail of Terror in Wallingford is celebrating 30 years of frights. It is around one hour of terror, and the scare actors put in their all to make the trail a thrilling experience. It is filled with incredibly detailed props and committed actors to set the spooky scene.

"I had a really great experience

Tickets cost \$25, but a \$40 VIP Premium ticket can be purchased as well if you are looking for a shorter wait time. Proceeds

from the Trail of Terror go to over 30 local charities including Holiday for Giving, Companions in Crisis, and Wallingford Prevention Trust.

The Trail of Terror is open on Fridays and Saturdays from 7-11 PM but also on Sunday from 7-10 PM. Like Legends of Fear, the Trail of Terror ends on November 2nd. Groups of 6-12 people

enter together, so spread the word and encourage your friends and family to visit and create a night to remember at the Trail of Terror.

In South Windsor CT, Nightmare Acres is described as an entertaining and terrifying experience. The actors are excellent at their roles and create an amazing event.

Rudra Trivedi '28 says, "I never knew what was going to come next, making it an incredibly fun experience for Halloween."

General admission is \$35 and available on Fridays, Saturdays, and Sundays until Friday, November 1st. On Friday and Saturday, the haunted

woods are open from 7-11 PM while Sundays are open from 7-10 PM. November 2nd is closing night in which



The hallowed grounds are filled with "Legends" ready to jump out and scare you. Legends of Fear is highly popular amongst teenagers. Maggie

and I recommend people to go if they want to have lots of fun and get scared," says Isabella Smernoff '27.

Many say it is worth all the money.

Nightmare Acres has a "touch night."

During this, scare actors are permitted to physically interact with participants, adding to the experience.

"The interactive experience was a lot scarier and more enjoyable," says Teesha Godawat '27.

This touch night is \$30. You can find more information on the Nightmare Acres website, along with ticket packages.

Have fun on these haunted trails this October and create unforgettable memories with friends!

Legends of Fear (left) and Trail of Terror in (above).

HAPPY HALLOWEEN, AMITY!

Abortion Access, Immigration Policies, the Economy

Understanding How Trump and Harris Stand on Key Issues

by **Aryan Shrivastav '27**

As the 2024 presidential election approaches, the contest between

also proposed making In-Vitro Fertilization (IVF) treatment free for women if he is re-elected.

Immigration is another critical issue in this election. Harris, who served as California's Attorney General for six years, has experience addressing border-related challenges. She advocates for comprehensive immigration reform that includes pathways to citizenship for undocumented immigrants. Critics from the Republican party argue that

Trump, however, supports a stringent immigration agenda, aiming to reinstate policies from his first term, such as the 'Remain in Mexico' program and Title 42, which restricts migrants based on public health grounds.

He has proposed expanding the travel ban affecting citizens from certain countries and has called for enhanced screening of immigrants in light of recent events. Trump also seeks to deport individuals legally present in the U.S.

former President Donald Trump and current Vice President Kamala Harris is becoming increasingly competitive. This election is noted as one of the closest in United States history, with undecided voters needing to make informed choices about their preferences.

With the nation divided on several critical issues, voters are carefully evaluating the candidates' stances on key topics such as abortion, immigration, and the economy, all of which could have lasting implications.

Regarding abortion, Harris has positioned herself as an advocate for reproductive rights since her vice presidential campaign in 2020. She has urged Congress to enact federal legislation that guarantees access to abortion, a right previously upheld for nearly five decades before the Supreme Court's decision to overturn Roe v. Wade.

Harris has opposed abortion bans enacted by Republican-controlled states and has promised to resist any national ban that may arise from a future GOP-led Congress. Her administration has initiated measures aimed at protecting women seeking abortions, including safeguarding those who travel to different states for the procedure and limiting law enforcement's ability to collect medical records related to abortion.

Conversely, Trump has highlighted his role in appointing Supreme Court justices involved in the decision to overturn Roe v. Wade, framing this as a victory for the anti-abortion movement. He has expressed that decisions regarding abortion access should rest with individual states, indicating he would not support a national abortion ban or restrict access to abortion medication. His approach allows for varying state-level regulations, including the potential prosecution of women seeking abortions and monitoring pregnancies. Trump has



Photo obtained from abcnews.com

Vice President Harris shakes hands with former President Donald Trump as the debate opens September 10th, 2024

her policies have contributed to current issues at the U.S.-Mexico border, labeling the situation as "out-of-control."

In response, Harris contends that Trump's actions undermined a bipartisan Senate compromise aimed at improving border security and asylum processes. If elected, she plans to restore and enhance policies that improve border resources and create a more humane immigration system.

if they are perceived to harbor extremist views and aims to end birthright citizenship for children born in the U.S. to undocumented parents.

On economic matters, the candidates hold contrasting views. Harris has committed to tax cuts for over 100 million working- and middle-class families, particularly as certain elements of the 2017 tax overhaul are set to expire. She proposes making child tax credits permanent and introducing new credits for first-time homebuyers, as well as eliminating taxes on tips and providing tax breaks for entrepreneurs.

Additionally, she plans to construct three million new housing units over four years and raise the corporate tax rate to 28% to ensure large corporations contribute appropriately. Trump, in contrast, aims to extend and expand tax cuts from his administration, proposing a reduction in the corporate tax rate to 15% for companies manufacturing goods in the U.S. He advocates for tariffs on foreign goods, particularly from China, to finance tax cuts and lower the national deficit.

Critics of Trump's economic proposals caution that they may lead to increased consumer prices and significantly raise the national debt without achieving the anticipated economic growth.

As the 2024 election nears, the significant differences between Trump and Harris on abortion, immigration, and the economy highlight the broader ideological divides within the country.

Each candidate offers a distinct vision reflective of their party's values and priorities, making this election a crucial moment for American voters as they contemplate

For a complete list of candidates on the ballot, see page 2.

We're serious about math

BEING FUN!

For K - 12th Grades

mathnasium.com/milford

Schedule a

FREE

Assessment

203-783-1490

201 Cherry Street
Milford, CT

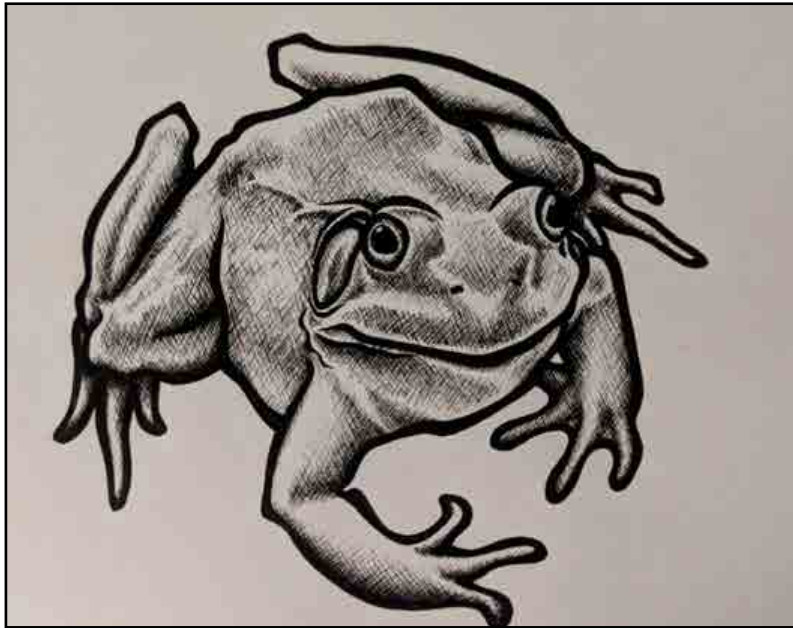
MATHNASIUM
The Math Learning Center

Artist of the Month: Carina Chock '26

by Chloe Chang '27

In the spotlight this month is junior Carina Chock '26, who is also the president of the Amity Art Club. Chock began her art career from a young age in elementary school, and she has been in love with art ever since.

Currently, Chock focuses on realism, semi-realism, and anime art styles, although she also has been experimenting with new art styles as well. She



gets her inspiration from her surroundings and the environment for her realism pieces, and her interest in anime led to her starting drawing original characters and finding her love for art through the process—the drawing, the sketching, and the way that the pencil scratches on the paper.

Chock's talent made her stand out from a young age. Classmate Mila Mejnartowicz '26 has always been a fan of Carina's artwork, saying, "In elementary school, there was an art teacher who always praised Carina. Carina always had the best self-portraits and realistic drawings."

Always a humble artist, Chock states that her previous artworks leave a lot of room for improvement, and she will continue to improve as she gains more experience.

Chock also explains her thought process as an artist. To get into the zone of drawing, she would normally do a sketch or an outline, and depending on the art style that she chose to draw in, she would either do extremely detailed parts one at a time or slowly build up the level of detail. For each medium, she would go through a different process. For pencil drawings, she would focus on one part and complete it before moving on to the next; for watercolor and ink drawings, she would be built up over time; and for mixed media, the process would be all about building up the layers. Chock states all artists' thought processes are unique, and that the thought process for an artist is integral to their success.

The possibilities of art are endless. For Chock, experimenting is key to finding the right style. She has been experimenting with drawing in color and branching out from her detailed pencil sketches.

In addition, Chock gave her two cents on digital art, saying, "I will always be a traditional artist, but I am appreciative of the people that can draw digitally."



Previously, Chock has collaborated with many writers to produce pieces of art. Readers of Calliope have had the pleasure of enjoying a collaboration between her and Minh Nguyen '26, and she has even painted a mural for New Haven. Not only that, there is even one book that is in the publication process in which she gets to work on with a professional author.

What is Chock's advice for aspiring artists? There are many ways to learn art. For any who want to develop in a specific style, expose yourself to great artists and you will learn from them. You cannot give up easily, because art is not something that you can just learn. It is something that has to be observed to be produced. In the end, the product that you have produced will always be something that you can be proud of.

Images provided by Carina Chock '26

Exploring Faith and Survival in the Modern Classic *Life of Pi* by Yann Martel

by Catherine Kohncke '28

If you're looking for an exciting new book to read, consider reading *Life of Pi*. This novel by Yann Martel brings readers along on a tragic but wonderful adventure full of ups and downs. Originally published in 2001, it has since enchanted thousands of readers around the world with the incredible account of Pi Patel, a boy who found himself adrift on a lifeboat in the middle of the Atlantic.

The story is based around Pi and his family, who in the beginning of the story own a zoo in India. Soon the family decides to sell the zoo and move overseas to Canada, a place completely foreign to them. Unfortunately, tragedy hits while the journey is underway, and Pi becomes stranded on a lifeboat with unexpected companions.

Pi is faced with hardships he never could have imagined, but he also experiences many wonderful things on his adventure. The story shows Pi's growth and change as he adapts and finds ways to survive alone at sea. His determination and resolve is extraordinary, which makes the book a very inspiring read.

The protagonist, Pi, is a complex character. Although he is a young boy, he deeply understands animals and their behaviors through his childhood, which gives this novel a somewhat philosophical quality. The story also delves into the topics of faith and religion, highlighting Pi's unique journey to faith. This aspect of the story provides much insight to multiple religions, and also the cultures that go along with them. This makes the book a good read for people that come from many cultures and backgrounds.

Martel does an amazing job of describing the setting of this novel, as it can be hard to imagine conditions in the Atlantic. His great attention to detail allows this book to be educational too, making it a good book to read for those interested in animal interactions and behaviors. The author also succeeds in showing the many struggles of Pi Patel, and how they ultimately make him stronger and more resilient by the end. Martel uses an engaging writing style by adding chapters from his own perspective, which show readers his perspective as he hears the narrative from Pi Patel.

This makes the story seem like a window into the past, giving the book depth while also helping to fill in gaps and give the reader more knowledge about Pi. The writing also puts feeling into the story, and allows the reader to understand the relationships between Pi and his companion. Additionally, this book has a well thought out plot, which continues to excite the reader with interesting encounters and experiences.

I deeply enjoyed reading *Life of Pi*, as it was in many ways unlike any other book I have ever read. I think it is a great book for high school students

to be reading, because it is appropriate for teenagers to read, and can expose students to many different views of the world. It has a great plot and resolution, as well as depth, emotion and educational value.

So, if you are looking for a book to read this fall, definitely check out *Life of Pi*!

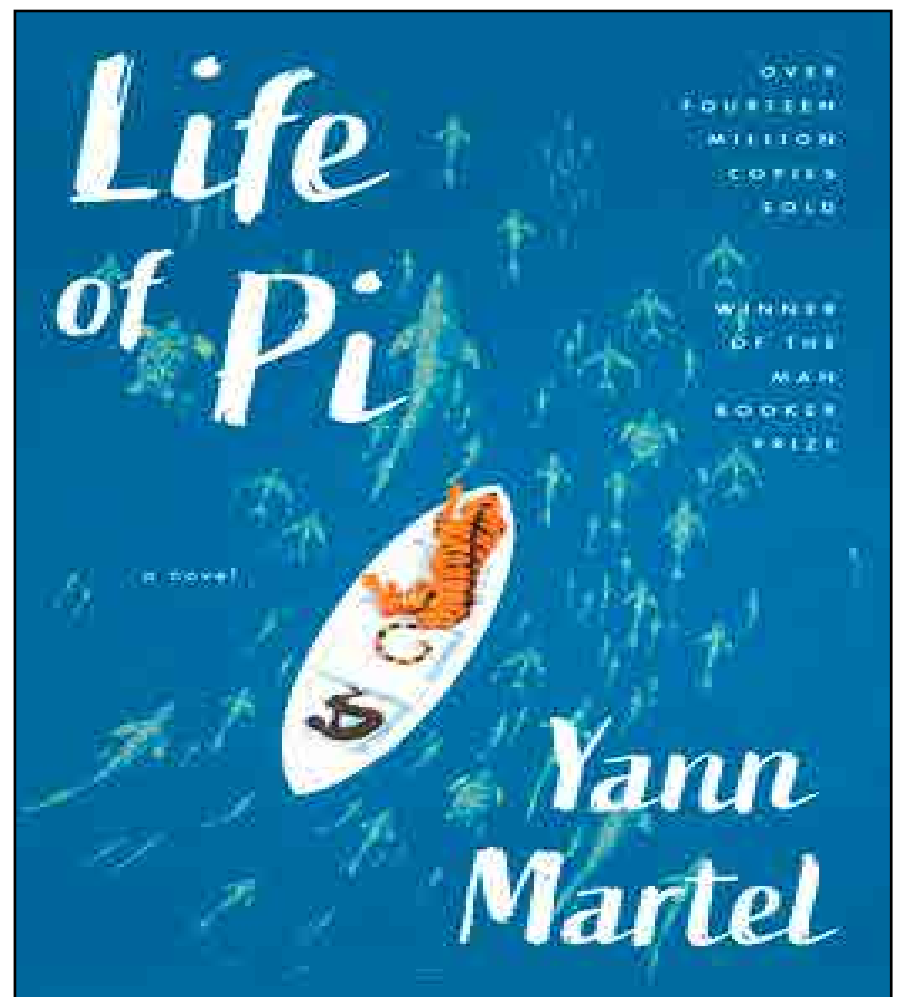


Image accessed from Goodreads

Celebrating and Reflecting on Hispanic Heritage

by Avery Ketchian '26

While Amity students settle into a steady rhythm as the end of Hispanic Heritage month is approaching, it is a time to reflect on the contributions made by the Hispanic community to the United States and the world as well as the importance of celebrating their success throughout the month.

Hispanic Heritage month began in 1968 by President Lyndon Johnson, and later President Ronald Regan expanded on it in 1988. Hispanic Heritage begins on September 15th and ends on October 15th. This stretch of time is chosen because many important dates in Hispanic history are within this period of time. Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua all celebrate their independence on September 15th.

Meanwhile, Mexico and Chile have their independence days on September 16 and September 18, respectively. During this month, parades, festivals, and activities honor Hispanic heritage and celebrate their culture. These celebrations help us remember to appreciate the impact the Hispanic community has on our society, history, and our communities today.

Hispanic Heritage month is known to be festive and colorful. Celebrations usually involve lots of bright colors like red, orange, and yellow.

Some popular food dishes that are often served are tacos, paella, and empanadas.

Another important part of Hispanic culture is spending time with family and respecting elders. Music plays a big role during the celebrations to bring the community together. Latin music has grown significantly in popularity globally, and Hispanic dances such as salsa, cumbia, corrido, bachata, and reggaeton are frequently performed.

Hispanic culture has had a great impact on cultures around the world, especially through their artists. The best known Hispanic artist of the 20th century is Magdalena Carmen Frida Kahlo y Calderón, better known as Frida Kahlo. She was a Mexican painter who lived from 1907 to 1954. She created colorful paintings encompassing many themes like death, identity, and the human body.

In her paintings, she would often express her culture through the usage of the Mexican flag's colors and a background of tied-back

drapes, which was prominent in other Mexican artists' paintings. Frida's art was commended for maintaining her identity, personal situations, and strength for women.

Another important figure is Benito Antonio Martínez Ocasio, also known as Bad Bunny. He is a 30-year-old musical artist and actor born in Almirante Sur, Puerto Rico on March 10, 1994. Bad Bunny started his career as a SoundCloud rapper and grew into the most listened to Hispanic artist

on Spotify today. He won multiple Grammys under the genre Best Latin albums. To add to his successes, Bad Bunny raised Latin America's awareness of their current social inequalities. This artist brought awareness to the lack of support Puerto Rico received from the government in the aftermath of Hurricane Maria.

Overall, the contributions made by the Hispanic community to society is immense, and is recognized through Hispanic Heritage month.



- Your LOCAL running store
- Carrying a full line of running shoes, clothing & accessories
- Trained staff that cares about your running!
- EVERYBODY NEEDS RUNNING SHOES!

www.woodbridgerunningcompany.com

7 Landin Street
Woodbridge, CT 06525
203-387-8704

HOURS: Mon-Sat 10am-6pm
Sun 12pm-4pm

Arts Events Around the State for Every Interest

by Jake Ricciardi '26

If you are looking for some events to add to your calendar and are interested in art, be it the performing arts, visual arts, crafting arts or others, there will be plenty to do right here in Connecticut in the coming weeks. There are tons of events to follow, including concerts of all genres, art exhibitions, and festivals.

There are many musical artists to look out for in the near future. One of them is Gunna who will be performing on October 23 at the Toyota Oakdale Theater in Wallingford. Gunna is a very popular American rapper who has over 37 million monthly listeners on Spotify. He is known for hits like "Lemonade," "Drip Too Hard," and "Drip or Drown," with his most popular album being "a Gift & a Curse."

The iconic British pop band Duran Duran will also perform on October 25 at the Mohegan Sun in Uncasville. They are famous for their popular 1980s and 1990s hits including "Hungry Like the Wolf" "Ordinary World," and "Invisible" with their most popular album being "Rio."

Another band coming to Connecticut is Zoso. They will be performing at the Infinity Hall in Hartford on November 8. Zoso is a tribute band to Led Zeppelin, a popular British rock band who were very influential in the 1970s. Zoso is dedicated to performing the most accurate representation of live Led Zeppelin shows, having done over

2,400 such performances live.

Even if the performing arts aren't what you were looking for, there will also be plentiful art events across Connecticut. As with the concerts, these will be, by no means, the only events happening in Connecticut in this time frame, but they are some of the larger ones.

The Milford Artisan Market will be held on the Milford Green from October 19 to October 20. There will be a show of 120 exhibitors selling their hand-made goods. This event will also have food vendors, activities for kids, and live music, all allowing for a fun time for the whole family.

Another major event will be CraftWestport, which will be held November 2 and 3 at the Staples High School in Westport. It will have a show of 200 modern artisans with a variety of goods being sold there including things like paintings, photographs, jewelry, and others like sculptures made of metal.

One more idea: the New England Christmas Festival which will be held on November 8-10 at the Mohegan Sun in Uncasville. This will be the 38th annual New England Christmas Festival which will house over 350 artisans in the fields of arts, crafts, and specialty foods. These artisans come from all across the country to sell their own unique products, each made by hand. This festival is perfect for holiday shopping with tons of unique goods in every price range where there is something for everyone.

Review

Sabrina Carpenter's "Short n' Sweet" Tour

by Aiza Amir '28

On October 2nd, singer Sabrina Carpenter performed live during her "Short n' Sweet" tour at the XL Center in Hartford, CT. Carpenter has had three chart-topping singles this year—namely "Taste," "Please Please Please," and "Espresso"—which were all performed during this tour. Her ongoing tour is meant to support her sixth studio album of the same name. Carpenter's "Short n' Sweet" album is her sixth album released, and her first album at No. 1 on Billboard's top 200. The songs of this album mainly center around reflecting on her love life and dating experiences in the 2020s.



The emotion behind her Wednesday night performance could be seen and heard clearly by the audience, especially during songs like "Taste," which is rumored to be about a love triangle between Carpenter, Camilla Cabello, and her ex, Shawn Mendes. This song, along with others like "Slim Pickins," present a sarcastic, cynical view on love. Through the music and lyrics, Carpenter expresses how difficult it is to find a kind, caring partner.

The concert was a highly enjoyable experience to all who attended. Sabrina Carpenter's fans, called "Carpenters," are known for having great energy and excitement, with the audience in Hartford even given the "loudest crowd" award by Carpenter herself during the "Short n' Sweet" tour.

Srestha Kompalli '28, described the aesthetic of the performance positively as resembling a "60s TV show."

When asked about the venue and overall experience at the concert, she said, "It was like a whole production. They had some really interesting sets, and screens as well."

Add these events to your calendar!

A Springfield College Volleyball Duo

by Soma Kim '25

ready to tackle greater academic and athletic responsibilities.

Class of 2024 graduates Lexi Bonato and Karena Norko-Allain were two outstanding players on the Girls Volleyball team. Their talent and hard work allowed them to become two of four captains in their senior year.

As captains, the outside hitter and libero, respectively, demonstrated great leadership. Bonato and Norko-Allain led their senior year team to a staggering record of 16 wins and one loss in the league, and an overall win rate of 84 percent (21 wins and 4 losses).

The players also had notable individual achievements. During their junior year, Bonato earned a spot in the All-Southern Connecticut Conference's (SCC) First Team, and Norko-Allain placed in the SCC Second Team. Their senior year was also successful, as both their efforts were met with placement in the SCC First Team. Additionally, Bonato made the All-State First Team and Academic Team in her 2023-2024 year.

Now at Springfield College, the duo has to adjust to new routines and practices. Bonato explains, "College practice differs from high school because we are constantly running new plays and thinking about what we have to change for specific teams."

Norko-Allain agrees, saying, "Practice and games are different in college because we mostly practice things we need to do in the game to beat the other team."

Bonato and Norko-Allain also reflect warmly on their time at Amity. They share similar memories and experiences from their high school team. Bonato expresses, "Something I miss about high school volleyball is the stress-free dynamic of the team." Norko-Allain agrees, adding, "I miss all the big rival games and not being that stressed about winning games."

Through all their successes and struggles, the duo never forgot the origin of their passion. Though their journeys into volleyball began differently, the sport has played a significant role in both players' lives. Bonato, for instance, explains, "My interest started because of my mom since she played in high school and college." When asked about the role of the sport in her life, she states, "It's shaped my life by giving me something to constantly work hard towards."

Norko-Allain describes her volleyball journey as well: "My interest in volleyball started when my dad randomly signed me up at CT Juniors. Volleyball has made me work harder in my everyday life. It has also made me disciplined

and have better time management."

Currently, the Springfield College women's volleyball team has a record of 13 wins and 4 losses. As their season continues, Bonato and Norko-Allain state, "I look forward to playing at a higher level and making myself better." Let us support our student-athlete alumni, and continue to build on their hard work here at Amity!



Photo contributed by Lexi Bonato

Lexi Bonato and Karena Norko-Allain

Boys Team Soccer Team Aims to Finish with Confidence

by Akshay Bulsara '26 and Lawrence Kibaru '26

Led by captains Ethan Weatherly '25, James Mascia '25, and Erik Jiang '25, the team made up for their past loss against West Haven High School, beating them 2-1 in their Breast Cancer Awareness Pink game.

When asked why the team struggled to start the season, Head Coach Michael Marquito responded, "The bad start came from us just not coming into the season fit; the guys didn't do enough to get in shape coming into the season."

"Now, we are getting in shape, hitting our stride, and playing with some confidence and great style," he added.

The players secured their big victory against West Haven due to their adjusting and getting fit for the season. The win seems to have turned their season around as Coach Marquito expected.

Composed of many underclassmen, the varsity team has some outstanding players. Matteo Santin '27 is among these players. Santin surpassed his teammates, scoring a whopping 10 goals. This includes two goals against rival teams Branford High School and East Haven High School, and a hat trick plus one against Sheehan High School.

When asked about the start of the season, Santin said, "We started off slow but we're bringing it back. Using a lot of communication, getting our technical abilities up, and playing as a team, I think we're going to end the season strong." Santin is hopeful for the remainder of the season and so are the other players.

One of the most crucial but unrecognized parts of a soccer team is the defense. The Boys Soccer Team has defensive players, namely Weatherly '25, Aiwin Lebreck '25, Tyler Frantz '26, William Keenan '26, Chase Agvent '27, and Daniel Macci '27.

This defense is a hidden gem of the varsity soccer team and led them

to a shutout against Sheehan. Starting goalkeeper Keenan also played a critical role on the team, especially in their game against Branford on October 7th. The boys struggled at half-time, bringing the score down to 0-2.

However, Keenan persevered and prevented the opposing team from scoring any more goals, allowing the offense to adjust and make a 3-2 comeback: two goals from Santin and one from Dan Macci '25. Overall, despite starting slow, the Boys Varsity Soccer demonstrated their true colors and potential. Their goals of competing in the Southern Connecticut Conference (SCC) and the CIAC Class LL tournament are attainable, and with Marquito's guidance, the boys hope to end their season on a high note.



Unified Teams Take to the Turf

Amity's athletes and partners teamed up to compete against local Unified teams on the turf field last Wednesday afternoon. Check out the smiles of these awesome athletes.



Homecoming 2024

RIO

Date: Saturday, 11/23

When: 7:00 - 10:30 pm

Where: @Amity

Ticket Price: \$24

**Tickets are being sold from
10/18 - 11/15**

HOW TO BUY TICKETS:

1. Have your parents or guardians go to the Forms section of their PowerSchool
2. Locate and complete the form titled "Amity - AHS - Homecoming 2024"
3. A fee should populate in your MyPaymentsPlus account in 24-48 hours

Morgan's Message Shows Why Mental Health Matters

by Claire Theiss '26

As the fall sports season continues, the student-athletes' mental health is a huge priority for the club Morgan's Message. Morgan's Message formed at Amity during the start of the 2023-2024 school year.

Since then, the members have worked hard to eliminate the stigma associated with mental health in athletics. The organization aims to build a community in which athletes can have conversations with their peers about their mental health.

Morgan Rodgers, a student-athlete at Duke University, died by suicide in 2019 after a long struggle with depression and anxiety. Her friends and family created Morgan's Message to raise awareness about the mental health of student-athletes.

According to the USA Lacrosse Magazine, Kat Zempolich, a confounder of Morgan's Message and Morgan's teammate, states, "Our main goal [is] that we don't want anyone else to lose their Morgan."

Morgan's Message was made possible at Amity through its council. The council consists of Ambassador Amara Forstrom '25, Vice President Amanda Ford '25, Social Media Manager Grace Preci '25, Secretary Nidhi Kompalli '25, and Treasurer Nora Cheng '25. Forstrom explains that she wanted to start a chapter of Morgan's Message at Amity.

"I had heard a lot of people's stories about their struggles with mental health, especially in athletics," Forstrom said. "Mental health has to be talked about more in the athletic community."

So, when Forstrom heard about the option to become an ambassador for Morgan's Message, she thought it sounded like a great opportunity. Kompalli adds, "We started the club

during suicide prevention month."

In April 2024, the club hosted its first dedication game at a match between Amity's softball team and Cheshire. At the club's most recent meeting (and the first meeting of this school year), the club's council introduced Morgan's story to new members and discussed possible upcoming events.

One of these events was a dedication swim meet, which they held on October 5th at the Orange Community Center. They discussed



Photo contributed by Amara Forstrom
The Morgan's Message Council stands together

other possible events, including a dedication football game and a Crumbl Cookies fundraiser.

No matter what events the club members hold, they aim to build a community that values student-athletes' mental health.

Freshman Football: Together on the Field

by Scarlett Zhai '25

As the fall season ramps up, the Freshman Football Team puts in a lot of work to prepare for a season full of challenges, growth, and excitement. With a roster full of eager first-year players, many of whom are participating in competitive football for the first time, the team made a name for itself and showed an amazing level of dedication to the game. Their practices set the standard for a season that will be marked by hard work and, most importantly, a strong sense of team spirit.

For these athletes, long hours of fitness, scrimmages, and drills became the everyday norm. Though adjusting to high school football presents both mental and physical obstacles, the team's relationship only got stronger, drawing them closer both on and off the field.

One of the players on the team, Max Noujaim '28, thinks that this connection is the unique quality of the group. He explains, "I enjoy practicing with the team because we all have a close bond and we practice for each other rather than just ourselves." Noujaim's remarks perfectly express the team's prioritization of group success over individual accomplishments. The players demonstrated this sense of unity by continuously pushing one another to provide their best effort—not just for themselves but also for the benefit of the team.

The team's ability to work together is essential as they overcome the typical obstacles of being new to high school athletics. The freshmen players learn new playbooks and techniques, juggling academics and athletics, and get used to a faster-paced, more competitive game than what they played in middle school. But as each practice goes on, the players learn to rely on one another, supporting one another through difficult times and celebrating little accomplishments.

The strong bond between teammates enhanced performances. In recent games, the football team showed glimpses of brilliance, with their defense tightening up and their offense beginning to click. The team's resiliency will be put to the test in the next games, and they are eager to build on their new relationships and hone their skills.

Whether they win or lose, the team's strength comes from their strong bond and physical prowess. Their connection sets this team apart from the competition more than anything else.

The Girls Swim and Dive Team Continues to Make a Splash

by Amanda Ford '25

The Amity Girls Swim and Dive team (AGSD) is a significant part of Amity High School's athletic department. This season, they hold a record of 7-0. Over the past four years, the Lady Spartans were victorious at the Southern Connecticut Conference (SCC) twice, and are now hoping for a third win.

On October 10th, the AGSD team received their seventh win in their streak against Glastonbury High School, a long-time rival. Both teams fought hard, but the Amity girls ultimately pulled through with a score of 97-84, as well as numerous successes in individual events.

Captain Marea Li '25 commented on the meet's success, saying, "I knew our team was going to be strong going into this season, but the girls really showed up and took it to another level."

"Glastonbury is a very strong team; it always has been one of our most anticipated meets, and they've beaten us before. I remember Glastonbury was our first dual-meet loss my freshman year, so being able to celebrate this victory as a senior with such an amazing team makes it even more special."

Apart from the swimmers, divers Lily Quill '25, Adelyn Meyenburg '27, and Natalie Dorais '28 demonstrated their capabilities. After six rigorous rounds of diving, Quill placed second overall with a score of 222.85 points (only about 24 points off her school record). Meyenburg placed third with 179.75 points, and Do-

rais was in fourth place with 160.20 points. All girls qualified for SCCs and States Diving and are excited to represent Amity at our championship meets later this season.

Going into the rest of the season, the Lady Spartans are enthusiastic and ready to face whatever challenges they encounter. More than 30 percent of

the team automatically qualifies for individual events at the Class L championships, with more players just on the cusp of qualifying.

The girls exhibit their passion and energy in not only swim meets but also in the school. On every meet day, they show up to school with a different dress-up theme. The excitement and inspiration they bring, light up the classrooms and the hallways. Not only does it help get everyone pumped up, but it brings attention to the team; it would be impossible to ignore the spirit after seeing Mary Sampara '26 bouncing down the halls in a full neon work suit or a freshman barreling past with the American flag in hand.

The Amity Girls Swim and Dive team works together inside and outside of the pool—and they definitely know how to make an impression. The girls are a team to watch out for as they enter the SCC and state championship seasons.

Photo contributed by Amanda Ford '25

Amity Girls Swim and Dive Team stands together at a recent meet

