

THE AMITY TRIDENT

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State's New Cell Phone Restrictions Now in Effect at Amity *First Impressions Offer Mixed Reactions to Policy*

by Maggie Kershner '27

As the new school year is underway and students are slowly becoming adjusted to their school routines, many have noticed some significant changes within the classroom, namely the new cellphone policy.

In 2024, the Connecticut Board of Education, with support from Governor Ned Lamont, issued a statement urging Connecticut school districts to restrict the use of cell phones in schools to improve student focus and participation in the classroom. In May 2025, state legislation was passed, mandating all regional boards of education to adopt their own cell phone policies, using the state's legislation as framework for what the restrictions should be. The state legislature recommended that elementary and middle schools strictly prohibit phone use during school hours, while allowing limited use for high school students.

Already a few weeks into the academic year, many schools across Connecticut, including Amity Regional High School, have reported drastic changes related to cellphones. While some expressed feelings of satisfaction with the school ban, others felt differently.

Regarding the new phone policy,

history teacher Patrick Cumpstone stated, "I think that it's good overall. I was always hesitant to collect phones in the past, but the policy change has made me feel more justified. In terms of the impact, I've already seen a positive impact with increased student interaction and conversation. And I think the long-term impacts will continue to grow."

Teachers are not the only ones who have started to see the benefits of the ban themselves. Colton King '29 said, "To be honest, only having [cell phones] out during non-instructional time really demotes the idea of cheating on assignments and tests."

"We should maintain this policy with the catch of granting us a reasonable amount of freedom using our devices that isn't too out of context," he added.

The early positive feedback from students and staff suggests the new cellphone restrictions are making a noticeable difference in creating a more positive and productive learning environment.

Although many schools are seeing positive benefits, a large number of students are not excited about the ban and see negative consequences.



Photo contributed by Maggie Kershner '27
Isabella Smernoff '27 uses a classroom cell phone holder.

When asked about the phone policy, Monica Chen '27 claimed, "Even though it was made with good intentions, I think the phone policy actually did the opposite of what it was aiming to do. Unlike in a real environment where individuals manage their own phone usage, students are forced to abide by school

rules, which gives them even more incentive to secretly break the rules to use their phones."

This statement suggests that a statewide ban on phones may not be the most effective approach to prepare students for their futures, as it fails to teach self-regulation. By removing the opportunity for students to manage their own cellphone use, the policy may be creating a rebellious environment, rather than one of responsible technology use.

Another factor that many community members brought up was the fact that parents cannot message or come into direct contact with their children. Especially for high school students, if there were an emergency at home or a piece of information that needed to get to a child, parents would be unable to reach them.

The newly passed Connecticut statewide policy regarding cellphones has caused many to wonder what the future will bring for personal cellphone use in school environments. There are many positive and negative impacts of the policy, and schools have already begun to see some form of success within their school communities.

However, the school year has just begun, and the effects of the policy may not be immediately apparent; only time will tell how the policy will play out.

Clubs Shine Bright at Annual Event

by Eve Marin '27 and Shriya Garg '27



Photo contributed by Eve Marin '27
Menatalla Shahin '27 at Club Day

On Tuesday, September 16th, Amity held its annual Club Day. The day served as an chance for students to learn about possible club opportunities and sign up for those they are interested in.

Clubs set up tables, lining the entire front loop of the parking lot. They stretched across the front of the school, displaying the large number of club at the school. From rolling robots from the robotics club to the Kosher Food Club, over 60 clubs represent themselves and recruited new members.

Club Day is an excellent way to welcome the new school year, allowing students to become familiar with and join as many clubs that interest them. Amity consists of a wide variety of clubs, bound to attract students with diverse interests;

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New Kiosk System Replaces SecurlyPass for Students

See story on page 2.



Photo contributed by Rudra Trivedi '28
Kiosk in use in room 104

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Kiosk System Replaces SecurlyPass for Students

by Rudra Trivedi ‘28

This year, Amity has rolled out a new kiosk system, replacing the old Securly Pass system for signing out to the nurse, bathroom, another classroom, and more. The change comes in response to the school’s updated phone policies, which aims to reduce student phone use during the day.

Previously, students used their phones to make passes, signing out through SecurlyPass. While convenient, it depended heavily on personal devices, which would have caused issues under the new cell phone policy. To address this, each classroom now has a kiosk, usually a Chromebook, where students can create passes themselves.

The kiosk works in a very similar format as SecurlyPass. Students enter their information, choose their destination, and the system records their

time spent outside of the classroom. The main difference is that passes are now made on the classroom device instead of on students’ phones. Teachers can still monitor and track passes.

Teachers have noted several benefits of the kiosk system. History teacher Emily Connelly said, “I really like it so far. I think it helps me run the class a lot smoother because I do not have to stop the lesson. Also, I believe the system is more accurate because the students very rarely forget to end the pass.”

Many teachers appreciate how the kiosk keeps a clear log of passes and does not interrupt classroom routines, making the process more efficient.

Jawad Fawalha ‘28 shared his experience and said, “So far I’ve been using the kiosk since I started sophomore year and overall it’s a good system, but my only complaint is that it is not completely set to auto pass. Instead, for some teachers, they have to enter their code in order for it to work. Other than that, it’s great and very easy to use.”

Clubs Shine at Annual Event



Photo contributed by Eve Marin ‘27

Students explore clubs at the annual Club Day.

Continued from page 1

there is a club for everyone. From academic-based competitive clubs, to sports clubs, to community initiative clubs, countless passions are accounted for. Club Day additionally empowers students to even launch a new club or recruit new members in an already existing club.

The experience was beneficial for freshmen and upperclassmen alike as it gave freshmen an overview of the clubs offered and helped upperclassmen club leaders find new, motivated members. Freshman Katy Kingston states “It was an interesting experience that helped you feel involved with new things. It was helpful to hear about all the clubs and figure out what I wanted to join.”

A similar enthusiasm is shown by upperclassmen, looking to expand their clubs by gaining new members. Joy

Eichler ‘27, ambassador of Morgan’s Message says, “I look forward to Club Day every year because I love to meet new people and invite them to our club. Spreading awareness for student athlete mental health is something I love to do, so having the opportunity to grow our club, spread even more awareness, and seeing others happy on club day makes me excited.”

Furthermore, Emma Imanov ‘27, who is involved in leadership positions in multiple clubs, stated, “Club day is a significant and exciting event at the start of the year because it gives every student, freshman and upperclassmen the chance to not only discover new organizations, but also to get involved and feel connected.”

Joining a club is a way to gain friendships, leadership skills, and dive into your interests.

New Year, New Teachers Welcome to All Those Starting Here

by Evelyn Kim ‘27

Let’s give a warm Spartan welcome to the new teachers joining Amity this year! This year, the history department welcomes Connor Derry, who’s bringing a fresh perspective in both Room 112 and 219; Betty Miller, on math duty in Room 604; Anthony Pereiro, lighting up the science/chemistry department in Room 246 (safely, of course); Alyssa Spreag, letting history fly off the textbooks in Room 121; and Leigh Summers, guiding students to success in Spartan Prep in Room 452.

Additionally, there is Melissa Lewis working in Special Education along with subject specific tutors Matthew Sturtevant, Amity graduate from 2021, William Henry, and Jessie Zilli.

It’s been a busy first few weeks, especially for the new teachers. Derry said, “So far, my experience at Amity has been great! Since the beginning of the school year I have felt very supported by my fellow teachers and administration.

“I feel like I can ask anybody a question and they are always willing to help. The first year as a teacher can be overwhelming but all of the staff here alleviated some of that feeling for me. I have also really enjoyed getting to know my students and building connections with them. I am looking forward to a great year and career here at Amity!” he added.

Derry teaches Modern American History for sophomores and co-teaches Critical Issues for seniors with Chris Borelli.

Students, of course, already have first impressions. “I’m enjoying him,” said Andrew Emrich ‘28, a student in Derry’s Modern US History class. Senior Remmy Ciambriello added, “Mr. Derry will often engage in and stimulate conversation in Critical Issues. It’s been great having him as a teacher so far!”

With new teachers coming in, more perspectives and new ideas are gained. Summers said, “After 14 years in the field—teaching students of all ages

from countries around the world, in differing U.S. states, and in multiple Connecticut districts—I finally feel at home. I couldn’t be more excited to begin this new chapter in my career at Amity Regional High School.”



Photo contributed by Evelyn Kim ‘27

Leigh Summers, the new Spartan Prep teacher.

If teachers love students, then students are bound to love learning. “The unique minds and soulful personalities of my students’ fill my cup daily with laughter, reflection and growth,” said Summers.

“Starting a new teaching position is always a whirlwind, but one thing I know for certain: the reward of this job always outweighs the challenges. Although I still have a lot to accomplish and learn here, my experience so far has already exceeded my expectations thanks to the amazing support of my new fellow faculty and administrators. I look forward to growing with the Amity community and expanding my bubble through sports and other activities. Go Spartans!”

Despite they are teaching, Amity’s new teachers are settling in. The Trident wishes them all the best this year.

Welcome to All of Our New Teachers

- | | |
|-----------------------------------|--------------------------------|
| Connor Derry - Social Studies | Anthony Pereiro - Science |
| William Henry - ISS tutor | Alyssa Spreag - Social Studies |
| Matthew Sturtevant - math tutor | Leigh Summers- Spartan Prep |
| Betty Miller - Math | Jessie Zilli - SAILS tutor |
| Melissa Lewis - Special Education | |



Photo contributed by Trident Staff

Seniors pose with Sparty the mascot as they enjoy the sunshine of Club Day.

First Days of Freshman Year: An Inside View

by Juliana Kershner '29

My experience with high school has been a roller coaster of emotions, and it's only been four weeks. My first formal interaction with the new school was freshman orientation.

When I first walked in the door I was greeted with the overwhelming sight of upperclassmen. The blasting music, posters, and streamers hit my face like a sudden gust of wind. As we sat on the bleachers everyone began talking about their summer adventures, plans for high school, and most importantly the people they haven't seen since eighth grade. We then got into our Link Crew groups and began the day.

We followed our Link Crew leaders through the maze of Amity high school to our classrooms. Sitting in a circle, staring at a bunch of new faces, we began the day. The awkward introductions quickly turned into fun moments together. We completed games, challenges, and got to know new people.

Overall, the experience of Freshman Orientation brought people together, through nerves and excitement. However, that was just the beginning.

Soon the first day of school rolled around. Everyone had their clothes laid out the night before, schedules memorized, and ready to start high school. Going from each class would have been impossible without the Link Crew leaders. I thought I was in the bio hallway but all of a sudden I'm in the math wing. The first days seemed exhilarating and brand new, like the new toy you get for Christmas. Just like your new toy, however, it begins to get old and unrealistic. The realization of homework and tests was extremely overwhelming.

Balancing homework, soccer, and social activities was an obstacle. But, despite these challenges, practice every day forced me to make new friendships and learn how to plan in advance. The freedom of high school, too, was an unexpected advantage. Being responsible for ourselves and having to create our own plans was exciting for all freshmen. The first three weeks of school really opened up a new chapter of my high school career. In weeks to follow I am excited for the many new experiences and changes, like club day and the continuation of my soccer fall season.

Class of 2029, here we come!!

Painting Senior Parking Spots Must Be Brought Back

by Isabella Smernoff '27

Painting senior parking spots, a common senior privilege, was omitted from Amity during the 2024-2025 school year. Our administration's hope was that this change would improve student attendance and prevent truancy among upperclassmen. Another notable potential outcome included reduced traffic within Amity's different parking zones.

While not all students utilized the opportunity to paint their subsequent senior parking spot within the senior parking zones, for many it was a bonding activity among friends and family and a way to portray your personality in an artistic manner.

As a junior at Amity Regional High School, my hope is that by my senior year painting parking spots will potentially return to Amity. Since Freshman year, I have looked forward to decorating a spot and leaving a physical, non-permanent mark on the school that embodies my character.

My perspective on this topic is also shared with many of my peers at Amity including Kate McGonagle '26 and Siena Murphy '26 who felt devastated when they realized they were unable to do a typical fun senior event for many schools across the United States.

The disappointment that many current seniors face emphasizes the importance of this activity and why some form of reinstatement should be considered.

A current junior also holds the same opinion. Andrew Garfinkle '27 believes that senior parking should return because it largely increases school spirit. The excitement of painting spots would in turn produce excitement

for students to attend school. An opportunity for students to try and paint spots again would be beneficial for the entirety of the student body, as hope to paint spots exists among each grade level.

While acknowledging the potential



Photo contributed by Isabella Smernoff '27
A painted parking spot in the senior student parking lot

benefits that this change to senior privileges has brought, there are ways that painting senior spots could still be implemented.

Instead of assigning seniors specific spots and allowing them to paint that subsequent spot, a potential solution could be allowing seniors to paint any spot, so that they can still enjoy the bonding experience among family and friends without the stress of having to park in the same spot that they painted each day.

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‘If You Love It, Teach It’

New Class Encourages Students’ Interest in Education

by Jacob Klee ‘28

Are you interested in education? Would you like to get an in-person experience working with children? If you are, two new classes offered at Amity High School are perfect for you.

The classes, If You Love It, Teach It and Introduction to Special Education, are electives for 11th and 12th graders taught by special education teacher Wendy Carafiello. They are both UConn Early College Experience (ECE) courses in which students can enroll to earn UConn credit. These classes focus on education

for students who are interested in pursuing teaching as a career or even to get to know what the job is like. Students can get a better understanding of the field and find which area of education suits them.

Carafiello states, “These classes allow students to ‘dip their toes’ in the water of education by studying the rights and roles of students and teachers, socio-political influences on education, the organization and leadership of school systems, the history of education in the U.S., and some other related topics.”

The class If You Love It, Teach It is running this semester with a small group of upperclassmen and Introduction to Special Education will run in the spring.

Senior Juliana Menga, a student in this semester’s class, said, “It’s a hidden gem in the school not known by many but it’s a great class.”

Phoebe Halsey ‘26 agrees, saying, “I’m really excited to take this course because I’ve never taken a class like it. I was not sure if I wanted to pursue childhood education, but I’m glad I get to explore this field.”

In addition to the thorough curriculum of these classes, there is real, in-person job experience offered. Throughout the semester, students spend 10 hours observing and participating in a school day at various local public schools. This is a great opportunity for students to both college credits and get some real-world experience working with children.

Carafiello hopes to have visitors as well as educators in this building to come one time a week to briefly share their stories their path in education and entertain some questions.



Photo contributed by Olivia Cummings ‘26
If You Love It, Teach It in session on September 18.

and teaching students interested in education more about the field.

Carrafiello is a veteran teacher determined to enhance the offerings at Amity through classes focused on specific needs. In 2025, she won the Amity Teacher of the Year Award for her outstanding work with Spartan Academy. According to the Amity website, “[Carrafiello has an] ability to create a classroom environment that is nurturing, welcoming, and comfortable for all who enter.”

Carrafiello’s classes are appropriate

Farm to Table Club

Highlights Fresh Cooking with Fresh Ingredients

by Pavan Kapoor ‘28

In an era where most of the foods we consume are filled with chemicals and pesticides, the new Farm to Table club offers students an alternative that is both creative and interesting. By using fresh ingredients grown at Amity’s very own garden as well as at local farms, this new club offers a unique perspective into food while allowing students to learn about environmental health and the business aspect of cooking. Students cook and sell food items through the school kitchen to earn money for the club while simultaneously learning about marketing and selling.

Developed and facilitated by culinary teacher Chef Adrianna Linkstrom, the goal of this club is to use local ingredients to create tasty and healthy dishes. This club meets in the culinary room behind the cafeteria. Members use fresh fruits and vegetables to create dishes from scratch.

Alongside Linkstrom, the vegetable-rich garden at Amity is run by the Spartan Prep class. Johnny Berger ‘28 is looking forward to being a part of it. “This club seems like a good opportunity for Amity students to connect skills and learn about cooking,” he said.

For anybody interested in the culinary arts or simply wants to explore cooking, this club is for you.

Linkstrom shared her reasoning for starting the club. “I was inspired by a graffiti novel that I read over summer about garbage in America,” she said.

She came to a realization that she wanted to reduce the amount of food waste by composting and efficiently using available food. As a result, it gave her the idea to use the resources already available to her.

The Farm to Table Club allows for creativity in the kitchen by encouraging students to experiment with recipes while learning how food choices impact personal and environmental health.

For example, the club composts all their leftover food items and scraps to promote sustainability and environmental awareness, reducing waste and providing compost for the garden.

The first project this year is cooking salsa from scratch. By using tomatoes from Massaro Farm in Woodbridge, this club not only reduces food waste but also uses local, fresh-grown ingredients in their dishes. On this note, Linkstrom stated, “I am excited to bring my enthusiasm to Farm to Table in Amity this year!”

When asked about what the future of the club might look like, she said, “I want to get people more excited about cooking, specifically cooking and gardening sustainability. I also want people to understand the business behind cooking, such as having your own food venture. Maybe somebody can start their own business or side hustle making food.”

By combining sustainability with cooking, Farm to Table is a unique opportunity for students to branch out their interests and find new passions at Amity.

Whether anyone is interested in cooking, desires to find a new hobby, or wishes to get out of their comfort zone by trying something new, Farm to Table is the perfect opportunity to do so.



Photo contributed by Pavan Kapoor ‘28
Farm to Table club stand on Club Day

Courtyard Revitalization Gives New Life to Senior Class

by Olivia Cummings ‘26

Last year, the Amity senior courtyard was little more than patchy grass and concrete walkways, a section of the school property that students hurried past without a second glance.

Today, it’s rare to find the renovated space empty.

When the senior courtyard revitalization wrapped up last spring, the transformation was undeniable. New Adirondack chairs, a pingpong table, spikeball nets and cornhole boards were scattered across the space, exciting the imaginations of the current seniors and giving the current juniors something to look forward to.

Now, seniors can be seen making use of the courtyard almost every period of the day. But why does it matter if people use the space or not?

For one, seniors share that it contributes to a sense of connection within the class.

“The senior courtyard helps me interact with my class by providing a place for seniors to relax and play games,” said Claire Derosa ‘26. “It heightens the sense of community at the school, especially among all the seniors.”

Senior Viviana Pfannenbecker shares a similar sentiment. “The senior courtyard

helps me interact with people I might not normally talk to,” she said. “When you’re playing games or just sitting outside, conversations happen much more naturally than in a classroom.”

Additionally, for many seniors, the courtyard offers a crucial physical outlet during an otherwise sedentary day.

“I really enjoy playing spike ball in the courtyard with my friends during study hall,” explains Luke Cushing ‘26. “It’s always a good mental break from the busyness of the school day.”

The simple addition of active games has given seniors a way to burn off stress and stay energized.

Even when students aren’t actively playing games, the courtyard serves as an alternative to the indoor spaces that take up most of the school day.

Olivia Parks ‘26 shares, “The senior courtyard is great because I can do all my work outside, which is a nice pause from being in the school all day.” The natural light and fresh air turn even daily homework into something more enjoyable.

The revitalized senior courtyard has given the Class of 2026 a resource that previous classes didn’t experience: a dedicated space to decompress, stay active, and connect with classmates outside the structure of the classroom.



Photos by Thomas Francese ‘27 (top) and Maisy Enright ‘26 (bottom).

Seniors enjoy the revitalized courtyard this fall.



Threaded by Unity

At Amity, unity isn't just a theme- it's a shared experience. Whether in classroom, connection, kindness, and shared purpose. The theme for the 2025-2026 school year, 'Unity' is a response from students and staff when members of the Trident staff asked them to



Kate Cushing '28: "Amity helps me feel unified because of cross country and track. The teams are very inclusive and it's always a fun time. Since there's a lot of different personalities on the teams, there's a spot for everyone."

Jacob Klee '28: "Amity has gave me the support and confidence to burst my bubble and connect with my peers. I have been able to meet and interact with a plethora of people all different from each other but all connected through school, sports, or hobbies."

Matteo Santin '27: "On my team, I have created a strong sense of unity with my peers and made many connections with other players and my



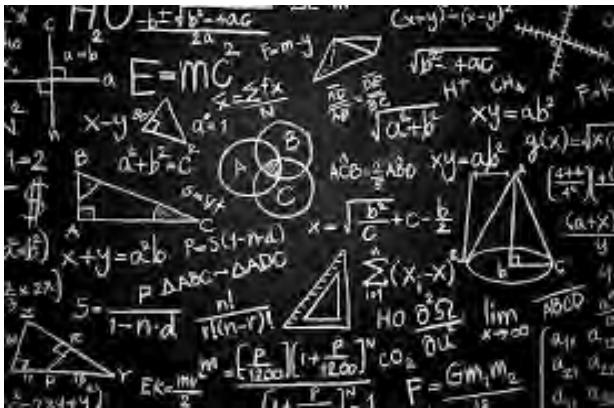
Mary Sampara '26: "Amity has helped me feel unified with all the clubs and sports that I am a part of. They create a great community that encourages personal growth."

Srestha Kompalli '28: "People in all different grades can connect across clubs, sports, and various academic classes. I feel that Amity has a great platform to build relationships and connections with others."

Mr. Gelada: "The math department works very well together and everybody is very welcoming. In my years of teaching, we have been able to collaborate very well across various math groups and everybody has a sense of kindness and respect."

Emma Imanov '27: "Amity is unified by its strong sense of school spirit and community, where students come together through academics, athletics, arts, and clubs. The shared pride in being part of Amity connects everyone across different interests and grades."

Kate McGowan '27: "Amity has helped me feel unified with a strong sense of community. It's always a chance to support each other and share the same pride of Amity. They feel like they are more than themselves and students and



ty, We Are Amity

rooms, on the field, or through everyday moments, our community thrives on
“One Heart, One Mind, One Amity,” celebrates the bond we all share. Take a look at
this question regarding the year’s theme: *How does Amity help you feel unified?*

“Through the soccer
many relations with
y connections with
coaches.”



Jacob Storeygard '26 “Amity has helped me feel unified by having lots of clubs and teams to participate in.”

Lily Mecca '29: “Amity makes me feel unified through the cross country team because I’m part of a team that makes me feel comfortable and confident. It also gives me the opportunity to talk to different people in other grades I wouldn’t otherwise talk to.”



Tony Zhang '26: “Throughout my time at amity, I’ve been a part of diverse communities with wide interests. Whether it is the clubs I partake in, the friends that I have, or the relationships I have with the amazing teachers, I’ve experienced the supportive community of amity. There’s truly a place for everyone, and although we’re all different in so many ways, we are also alike in many more.”



Abby Zamir '27: “Through the Amity Track Team I’ve gained a sense of community and felt way closer to the school.”

Sean Choi '28: “Amity has helped me foster a sense of community and teamwork

magle '26: “Amity helps me because the school creates a of community where students n other. Whether it’s through , or school events, there’s al- ce to connect with people who ne goals and pride in being part e school spirit makes everyone y’re part of something bigger ves, which brings unity among staff.”

Ryan Leapley '27: “Through the combination of my football and academic experience I feel connected to the people at Amity in multiple ways.”



Music Department Prepares to “Move” and “Groove”

by Blake Wegman ‘26

already know, the traditional Music in Motion band and choir performance has gone through some recent changes which will be implemented into this year’s Fall concert: Movin’ and Groovin’.

While Music in Motion featured an emphasis on moving around the stage for the band and choir, which it mostly still will with the choir, there will be some major changes for the band. As band teacher Philip Dolan explains, there will be a larger emphasis on the Jazz Band portion of the concert, rather than just a couple songs.

They are set to perform popular songs from all aspects of the jazz and blues world, including “September,” “Down Home Blues,” and “C Jam Blues a la Mambo.” These unique songs offer a new variety to the concert and have been very popular with the members of the Jazz Band.

Tony Zhang ‘26 said that he is very excited for this new version of the concert. He also expressed his interest in the songs that were selected for the Jazz

Band, particularly because of the variety and uniqueness of musicians and groups which has not been seen much before.

Additionally, Zhang said that he is looking forward to the work and preparation required for a concert of this magnitude. In fact, the talented musicians featured in the Jazz Band have already begun their preparations and will continue to do so tirelessly for the next few months.

Dolan and the Jazz Band not only have in-class rehearsals, but also evening rehearsals every Tuesday to practice and prepare for the highly anticipated concert. The commitment of time from these students and the director shows the importance of this concert and the love they have for playing



Photo provided by Nicholas Lu ‘26

2025 MusicFest Performance

their instruments.

Although there will be a greater focus on the Jazz Band, there will still be plenty of choir and full band

performances as well.

Additionally, Dolan said that various percussion instrumentals will also be included in this incredible ensemble. Each band period will be playing its own individual percussion song, which will all be performed at the concert.

Some examples of the songs featured by the Amity Band include “Mr. Brightside”, “Seven Nation Army”, and “99 Red Balloons”, which have already been implemented in Concert Band and Symphonic Wind Ensemble classes. This ensures all members of the band will be well-equipped and prepared for the upcoming Movin’ and Groovin’ concert this fall.

Be prepared and make sure to mark your calendars for the date of this exciting new show! Make sure to show up and support the talented and dedicated young musicians that the Amity community has to offer.



Photo provided by Nicholas Lu ‘26

Performance of “High Hopes” from the 2023 Music in Motion show

One (He)Art, One Mind, One Amity

by Nicholas Lu ‘26

“One Heart, One Mind, One Amity” slogan for the 2025-2026 school year here at ARHS, the slight change to this message is a great segway to the importance of creativity and free exploration that art provides.

All too often nowadays, there is an intense focus on having more and the challenges of acquiring such in a world that feels increasingly stagnant and unforgiving. There does not always seem to be time for things such as art and free expression when the demands of everyday life seem to be ever-growing and the time to do things is ever-shrinking. However, art plays a key role in not only providing a release for the human spirit but also creating community and stability in an ever-changing world.

Art has long been the ultimate form of free expression. Whether it be through music, painting, or any other medium, art has allowed people to express

While not as all-encompassing as the original “One Heart, One

themselves in ways that nothing else can.

Many great artists have recognized this. As famous painter Vincent Van Gogh once said, “Paintings have a life of their own that derives from the painter’s soul.” Art draws directly from the artist, their experiences, their hardships, their successes, and more, and then turns it into something that others can experience and enjoy.

Whether it be as sculptures, visual displays, or acoustic notes, art has the power to display the raw emotion and human perspective that cannot be put into words.

These works of art can be freeing for both the artist and the audience. As painter Pablo Picasso asserted, “Art washes away from the soul the dust of everyday life.”

But how does this connect to “One Heart, One Mind, One Amity?” While art certainly has a powerful effect on individuals, its effect on communities is arguably even greater. Art, like all hobbies and activities, tends to bring like-minded

people together. Whether to share ideas, critiques, or advice, artists and their audiences tend to form a community through their shared appreciation of the



Photo provided by David Azagury

Photo of The Borgen Project in actions. This initiative aims to help places affected by poverty and war, such as painting murals to help war-ravaged areas heal.

craft.

This shared passion for art can often manifest itself in many surprising and extremely emotional ways. Back in 2017, in a tribute to Freddie Mercury, who had passed away back in 1991, a crowd of 65,000 people sang “Bohemian Rhapsody” in sync at the British Summer Time festival in Hyde Park. Such displays epitomize the power of art and the emotion that it can evoke among groups of people.

While the display at Hyde Park was certainly an extraordinary showing of the power of art, something as small as doodling to pass the time or even organizing items to be aesthetically pleasing is also an example of art’s power. Once you begin to see others doing similar things or even notice the other ways in which people express their creativity, it becomes clear how seamlessly art can unite us.

Whether or not you can find community among fellow doodle artists or music connoisseurs, it is important to remember that art is just an extension of the human experience, something that we all have in common.



Photo contributed by Nicholas Lu ‘26

In a tribute to Freddie Mercury at Hyde Park, the crowd sang the entire six minutes of “Bohemian Rhapsody.”

ACT Reveals Anticipated Fall Play, Spring Musical

by Sophie Cohen ‘26

On Thursday, September 8th, students from all grades gathered excitedly in the black box to hear the news about which show the students of Amity Creative Theater would be putting on for this school year.

Students had been guessing which show they hoped it would be, and, after a dramatic reveal, it was announced that ACT will be producing “Prelude to a Kiss,” a play involving a couple that falls in love but faces a curious, supernatural event, for their fall play.

“My Fair Lady,” a classic musical about a professor who is determined to make a poor flower girl into a cultured member of high society in England, and it is a love story for the ages!

For those who might not know, a play’s plot is often driven primarily by dialogue and character interactions. It may include music, but that is not an integral part of the story.

A musical, on the other hand, uses songs and lyrics of those songs to drive the narrative. These songs allow the characters to express their emotions and create a unique way to tell a story.

This year generated a lot of excitement from students

and staff in all grades, with the longtime director, Rob Kennedy, speaking about how special a place the spring musical holds in both his and his co-director and wife, Andrea Kennedy’s hearts.

Alexandra Chimid ‘27, who played a mer-sister in The Little Mermaid, said, “I’m incredibly excited to be part of this year’s upcoming productions in ACT. As someone who has been part of this club for years now, I, and others, feel extreme fulfillment by being a part of this amazing cast and crew.”

In addition, Thomas Francese ‘27, who was previously seen as Prince Eric in The Little Mermaid and Mr. Peel in The Minutes, said, “I’m absolutely thrilled for my junior year with ACT! With our two amazing shows coming up and our amazing group of adults and students, this will be such an exciting year, and I can’t wait to get started!”

Additionally, Anna Edwards ‘26, who is no stranger to the ACT stage having previously been Ariel in The Little Mermaid and Cady in Mean Girls, said, “I’m really excited that we’re doing such a classic show this year. I think everyone is going to love it!”

It is clear that this is going to be a fun and exciting year in ACT, and students are so excited

to start the year and see all the wonderful things the program will put on! Make sure to check out these shows when they come about, as they will surely be a sight to see!

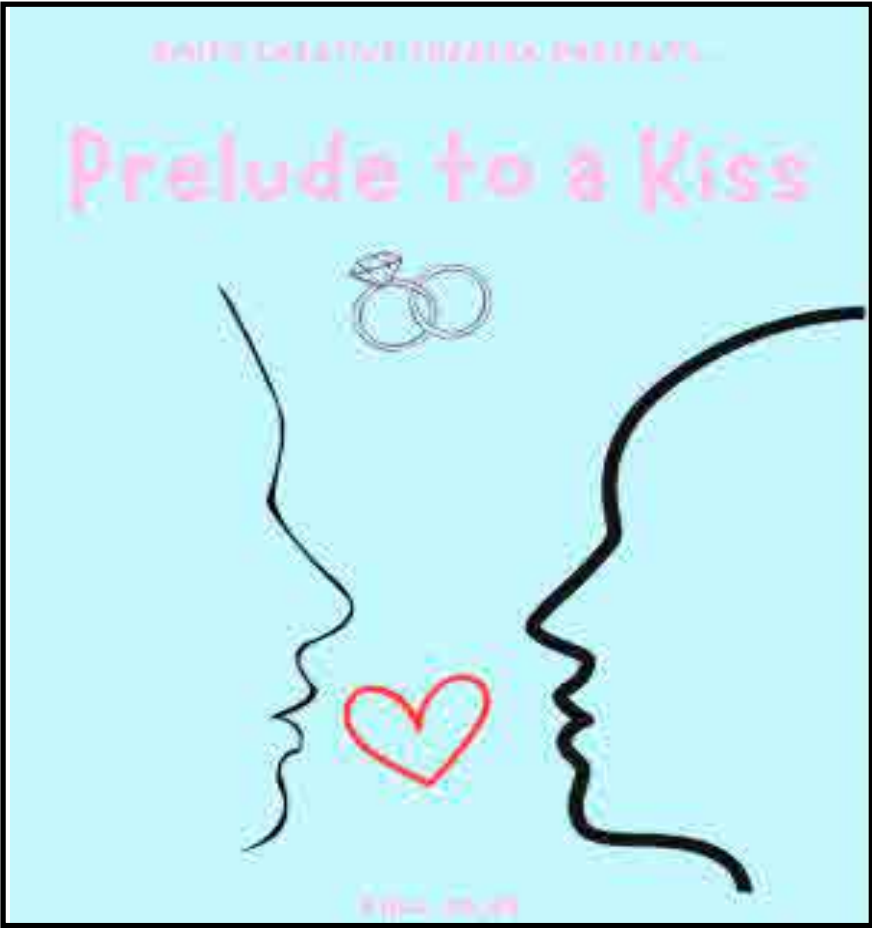


Photo provided by Amity Creative Theater
Thumbnail for ACT’s Upcoming Production: Prelude to a Kiss

An Edinburgh Adventure: ACT Visits Scotland

by Jake Ricciardi ‘26

This past summer, Amity Creative Theater (ACT) took a trip to Edinburgh, Scotland. Along with other activities, including taking a hike up Arthur’s Seat, which is an extinct volcano and offers a wonderful view of the city, ACT performed The Theory of Relativity, a musical, at the Edinburgh Festival Fringe, which is also commonly shortened to the Edinburgh Fringe.

The Edinburgh Fringe is considered by many to be the largest performing arts festival in the entire world. Every August since 1947, Edinburgh has hosted one of the largest ticketed events in the world, only surpassed by the Olympics and the World Cup. Any person or group can participate with whatever type of performance they want to, although comedy is the largest part of the programme.

One ACT member, Michael Baker ‘27, said, “Performing at the Fringe was great. It was a once-in-a-lifetime opportunity [which] I would totally do again.”

Another member, Finn MacDaniel ‘26, said, “Performing on

an international stage was an incredible opportunity. When you perform at your high school, you can imagine who will be in the crowd, but when you are a couple of thousand miles from home, it could be anyone out there. More than anything, you wanted to give it your all.”

job in his role and feeling very honored to be by his side.

Besides performing, ACT spent the rest of their time exploring Edinburgh for all they have to offer, including, as mentioned prior, hiking up Arthur’s Seat, which MacDaniels admits as his favorite part of the trip. “Seeing

While MacDaniels had a wonderful time exploring with his friends and fellow ACT members, he believed the food left quite a lot to be desired as compared to food from the United States.

Another member, Liam van Tonder ‘26, talked about how much he enjoyed staying at a dorm along with other high school students from all over, some of whom he still keeps in touch with.

Additionally, van Tonder stated that “from the rehearsal back in Connecticut to singing for people of an entirely different country...it was all just pretty surreal.”

Along with actually performing, van Tonder also found great pleasure in watching some of the other performances of all different types, of which he saw 17.

He said, “Overall, it was amazing to be able to experience many diverse cultures and mediums of art and to be able to add something to it myself.”

In addition, MacDaniels explained how happy he was to have a song with Ethan Enos ‘26, believing Enos did an amazing

the sun rise in another country is something I never thought I would be able to see, but I am so happy I did.”



Photo provided by Amity Creative Theater
ACT members rehearsal before their performance in Edinburgh, Scotland this summer.

Boys Soccer Kicks Off New Season

by Lawrence Kibaru '26

The Boys Varsity Soccer team has had a rocky start with a record of (0-3-2). Most recently, they suffered a 0-0 tie with Hamden. This year, the team is led by senior captains Tyler Frantz '26 and William Keenan '26. They also gained a brand new coaching staff, consisting of Head Coach Shane Lowe and Assistant Coach Sean Kelly.

When asked about the team's struggles this season, Coach Lowe said, "It was due to the players having issues acclimating to the new coaching style and culture that [he] is trying to bring to the program."

He also mentioned that "the team is using a new style of play from previous years, which is taking some time to get used to."

Although the team is having a bumpy start, there are some bright spots. Coach Lowe highlighted the senior leadership coming from both captains, Frantz and Keenan, in guiding the younger players on the team.

Ryan Westbrook '29 said, "I am lucky to have experienced older players to learn from and grow as a player."

Evan Lennon '27 also mentioned, "The team is full of

strong players; they just need to come together and gain confidence, especially on the offensive side of the ball." The team's young core, which is led by the senior leadership, is a strength that both Coach Lowe and Lennon highlighted. Both coaches hope that it will be able to shine through onto the field as the second half of the season begins.

Before the regular season began, the team participated in some preseason games where they went undefeated, pulling off some impressive victories against Trumbull High, Hopkins, and Fairfield Ludlowe. The young core of the team showed off in these matches, with Luhao Tang '29 scoring a crucial goal against a very strong Trumbull and Matteo Santin '27 continuing his success from last season with two goals against Hopkins.

Throughout the preseason games, goalkeeper Keenan kept a clean sheet without conceding a single goal.

Though the Boys Soccer team hasn't started off the season the way they hoped, the future seems bright. They have clear potential for greatness in all areas of the field.

Their next game will be against East Haven on September 24th. Make sure to get tickets and go support the Spartans!



Photo contributed by: @et4.visuals on Instagram
Boys soccer stands for the National Anthem at a recent game

From BOW to New Hampshire A Day in the Life of a D1 Athlete

by Akshay Bulsara '26

Many athletes who graduate from Amity continue to be very successful in athletics after high school.

One of these stand-out athletes is Grace Mahon '23, who competes at the highest collegiate level, Division I swimming at the University of New Hampshire. Her main events include the 100m butterfly, 200m butterfly, and 50 freestyle.

She also swims the butterfly legs of the 200m and 400m medley relays.

Mahon's love for the sport led her to continue her career at a higher level. In her freshman year of high school, she joined the Amity swim and dive team and realized how much she loved swimming with a team that had a purpose and not just a big club. Her high school coach, Todd Rainey, played a huge role in helping her regain her love for swimming, and she owes a lot of her success to him and all of my AGSD team members throughout the years.

When asked who has been the biggest influence or supporter in her athletic journey Mahon responded, "The biggest influence and supporters of my athletic journey have been my parents. They were very successful athletes, and without them I wouldn't have the love and dedication to my sport that I have today. They've taught me so much about what it means to not only be successful but healthy in my sport. They have always been my

biggest supporters, coming to every meet even if it's states away, and I love them so much." Competing at the collegiate level may sound fun, but it is extremely difficult.

Having to manage your



Photo contributed by Grace Mahon
Grace Mahon '23 swimming at University of New Hampshire

time, physical health, and mental health are all very important. Mahon spends about 14 hours in the pool, three hours in the weight room lifting, and two to three hours running for dryland activity a week.

When asked what a typical day looks like for her as a Division I swimmer she said, "Typically I'll wake up and eat breakfast, if I have a morning practice I'll go to that around 5:45 a.m. I usually have classes from around 9-12, then I'll eat lunch and head to my second practice of the day from 2:30-4:30. After that I'll head home and cook dinner, do some homework or hang out with my roommates and go to bed."

Mahon continues to excel in her academics too. She is pursuing a bachelor's of arts in psychology, with a minor in leadership. She is eager to learn the way the human mind works and how she can apply it to her performance in the pool. She shows leadership in the classroom and by leading her team as a captain. She has had amazing successes all around and is excited to see what the future holds.

Time for a Tailgate!



Photo contributed by: @amitylinkcrew on Instagram
Link Crew hosted the annual Freshman Tailgate on September 12th. It was an exclusive event for the Class of 2029 filled with fun activities and great food. Unfortunately, the Spartans did not win the football game following the tailgate, but the Amity Army showed up to support the team.

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Game, Set, Match: Writer’s Review of U.S. Open

by Jacob Storeygard ‘26

after an exciting two weeks that drew more than one million fans, featured a \$90 million prize pool, and delivered new records in both men’s and women’s tennis. The year’s final Grand Slam ended with Carlos Alcaraz lifting the men’s trophy and Aryna Sabalenka winning the women’s title to defend her No. 1 ranking.

I was lucky enough to attend the Open on Saturday, August 30 and witnessed a great day of tennis. The marquee match was a men’s singles face-off between World No. 1 Jannik Sinner and Canada’s Denis Shapovalov.

Early on, both players held serve comfortably, but the match took a turn when Shapovalov broke Sinner and captured the first set. He kept that momentum into the second, yet Sinner raised his level and ultimately ran away with the match, taking the next three sets to win in four.



The 2025 U.S. Open concluded on September 7, after an exciting two weeks that drew more than one million fans, featured a \$90 million prize pool, and delivered new records in both men’s and women’s tennis. The year’s final Grand Slam ended with Carlos Alcaraz lifting the men’s trophy and Aryna Sabalenka winning the women’s title to defend her No. 1 ranking.

This phenomenon is common in Grand Slams: an underdog can often keep up with a highly ranked player at the beginning of a match, but sustaining that level over multiple hours is a different chal-

lenge. Sinner, in particular, is a fierce opponent who can hit forehands over 100 mph. Many players have commented on the immense difficulty of playing Sinner, including World No. 6 Ben Shelton, who said, playing Sinner can feel like facing an opponent on “2x speed.”

I also made time to watch World No. 2 Carlos Alcaraz on the practice courts. My biggest advice to anyone attending the U.S. Open is to spend time outside the main arena, Arthur Ashe Stadium, and wander the practice and side courts.

Unlike in Ashe, where many of the best seats are reserved for sponsors and celebrities, on the practice courts, you can stand just a few feet from the world’s top players and see the power and spin up close. Watching Alcaraz practice was a definite highlight.

Overall, it was a fantastic experience and an exhilarating tournament. Some of the other notable matches throughout the tournament include 45-year-old Venus Williams nearly upsetting 11th



Photo contributed by Jacob Storeygard ‘26
View from third round match of Daniel Altmaier vs. Alex de Minaur on August 30th

seed Karolína Muchová in an epic three-setter, Benjamin Bonzi taking down former U.S. Open champion Daniil Medvedev in the first round, and Félix Auger-Aliassime defeating World No. 3 Alexander Zverev in the third round.

With the brilliance of stars like Alcaraz and Sinner and the continued excellence of champions like Novak Djokovic, the sport’s future is bright and I’m looking forward to next year’s tournament.

Busy Opening Day for Athletes as SCCs Begin

by Teesha Godawat ‘27

As students and staff get back into the usual rhythm of the school year, so do usual afterschool activities such as sports and clubs.

Athletics officially rolled back into motion on September 2, after many Amity fall sports teams kicked off the year with their first games. Fall sports for boys include soccer and football.

For girls’, there is swim and dive, volleyball, soccer, and field hockey.. Both compete in co-ed cross country.

To start off the afternoon, the Varsity Girls Volleyball team played a home game against Branford and brought home a victory and went 3-0, taking all three sets. While Branford did not end up winning, scores were extremely close in the first set with Amity having 29 points and Branford having 27. The match finished with set scores of 29-27, 25-19, 25-15.

Two players in particular, Calleigh Parkin ‘27 and Odrina Ameti ‘29, truly gave it their all. Odrina played five aces while Calleigh had 12 digs and nine kills, a new personal best for her.

Last year, this team won SCC’s; let’s see where these wins end up taking the team this year.

The Boys Varsity Soccer team played their first game away at Xavier highschool in Middletown, CT. Unfor-

tunately, the team did lose 0-3, but this was not an extremely disappointing result, as Xavier is a strong team. “We may have lost this game,” said Matteo Santin ‘27, “but our team is determined at every practice and is looking forward to a great season ahead.”

Continuing with soccer, the

working hard to have the best season possible. This victory was a strong start to the year, and the two teams will face off again on September 30, 2025 at Amity High School.

Finally, Varsity Field Hockey played against East Lyme at Amity and lost a close match. The final score was

Sophomore goalie Emma Luberti ‘28 saved 9 potential goals by the end of the game.

Even though the team did not win, player Gracie Bunnell ‘27 said, “The loss was not necessarily a bad thing because we love to play together as a team and always end up having fun. It was still a great opener to the season.”

All teams have a Junior Varsity and Varsity section, while some even have a separate Freshman team. While some teams do play together, most play separate games. Junior Varsity and Freshman teams did play on September 2, 2025 as well, however, scores were not publicly shared or reported.

Junior Varsity Girls Field Hockey, Soccer, and Volleyball all played against the same schools as their varsity counterparts did.

However, the Freshman Boys Soccer team did not play the same team as varsity and went against Wilbur Cross High School.

These first games in the Southern Connecticut Conference tournament marked the start of this school year’s Amity Fall sports season, and they will continue throughout the rest of the season. Make sure to stay updated and support our Spartans!



Courtesy of @amitygirlsvolleyball on Instagram.
The Girls Volleyball team after winning two games in a row against Branford and East Haven high schools.

girls team had an away game against the Shelton Gaelettes at Shelton High School. The Amity girls did not go to play a close game, beating Shelton for a final score of 6-0. Amity’s team came ready to play, and team members are

2-3. Amity’s two goals were scored by senior Marlee Lyons ‘26 and assists were made by junior teammate Mia Hardt ‘27. Victory was not easy for the opponents as Amity did make East Lyme work hard for their goals.

the Southern Connecticut Conference tournament marked the start of this school year’s Amity Fall sports season, and they will continue throughout the rest of the season. Make sure to stay updated and support our Spartans!

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