

STRIDENT

(strīd'nt), *adj.* Conspicuously and offensively loud; being sharply insistent on being heard

LXXV-No. 6

Amity Regional High School

Woodbridge, CT 06525

April 1, 2026

AP Rizzics? AP Gym? New Classes Planned for the Fall

by Joy Deng '26

Everyone's favorite non-profit organization, The College Board, released a new set of AP Courses for students across the country to take, starting in the 2026-2027 school year.

During the last professional development day, Amity teachers discussed and approved the new curriculum.

Courtney Morrison, an AP Calculus AB & AP Calculus BC teacher, is excited to teach AP Calculus CD.

"AP Calculus CD will continue beyond the work of BC, adding in more differential equations and multivariable calculus," said Morrison. "I've also heard rumors of the College Board planning to invent new Calculus to add a Calc DE to the curriculum, so fingers crossed that will happen!"

AP Rizzics will be taught along with AP Physics, where the number of Physics-related pick up lines you come up with will earn you a better curve on the exam. APULL will be taught alongside APUSH. No one really knows what that course has in store for us yet, and the teachers are all PUSH-

ing it off to one another, but it's been confirmed to be offered next year.

AP Lunch and AP Gym are also two more exciting classes that will be offered! Like AP Seminar and AP Capstone, they will be offered over a two-year period but you have to take AP Lunch before you can take AP Gym (which will usually be taken senior year when there are no PE requirements).

Physical Education and Nutrition teacher Gunnar Poulimas said, "I think this would be an extremely exciting opportunity for students to realize their full potential at Lunch and Gym."

AP Lunch will test your knowledge of nutrition, speed eating, etiquette, and lunchtime conversation! There will be a written and practical version of the exam.

AP Gym will test knowledge of the FITT acronym, how many balls you can bounce and number of backflips you can do in a row.

"I can't wait for what more College Board has in store," said principal Andre Hauser. "I know I for one cannot wait to see all the amazing things Amity students will accomplish in these courses."



Cafe Implements Permanent Buffalo Chicken Dip Station

by Eve Marin '27

Bold, spicy, and incredibly mouthwatering, buffalo chicken dip is a fan favorite of Amity students. It's a delicious combination of chicken with buffalo and cheese sauces, served with a side of tortilla chips.

On buffalo chicken dip day, the line for students to get their steamy plate of goodness is longer than the line for any other meal served from the Amity cafeteria. Students mark their calendars for this day and purposefully leave SSP early for this day. Some even sacrifice their daily wrap from deli for this praised lunch.

For these reasons, the cafeteria staff in association with the agreement of Principal Andre Hauser have decided to install a permanent buffalo chicken dip station available every day in the cafeteria for all four lunch waves.

"This change comes in response to the desires of the students. At Amity we work to make sure we are making changes to the school that reflect the desires of the student body and adding permanent buffalo chicken dip is just that," stated Principal Hauser.

The area in the cafeteria that previously served daily cheese bread and pizza, to the direct left of the hot lunch bar, will now be fully replaced with a buffalo chicken dip station. Students will still be able to purchase cheese bread in pizza, just less will be produced on the daily as the cafeteria staff will devote more daily preparation time to the chicken dip.

Junior Ilov Dipp commented "I know I am ecstatic about this new change. Buffalo chicken dip never fails to brighten my day and to have this available every



day is surely a treat and I know me and my friends will enjoy it."

The initial positive reaction is not limited to just students. John Quiken, a history teacher, chooses to buy lunch at school every day, being a teacher for the past five years, he is fully versed in the variety of school lunches offered.

"I've had just about every type of food the cafe has to offer and I can say with confidence that the buffalo chicken dip outdoes any of the other options by ten fold," Quiken noted.

The introduction of a permanent buffalo chicken dip station at lunch seems to be already receiving overwhelming support from staff and students alike. The change comes as an attempt to be increasingly receptive to the desires of the student body.

Buffalo chicken dip is now an everyday delicacy served to the hardworking Amity students any day of the week.

Why Walk When You Can Fly? Inside a Junior Parking Revolution

by Jacqueline Miller '27

Every morning, juniors face the same routine: a long wait in the parking line and a dreaded ten minute walk to the school from the junior lot.

In the warmer months, it's manageable - but once winter hits, the freezing temperatures and harsh winds turn the commute into a daily struggle. Between distance and delays, students are arriving late to class despite their best efforts.

Now, a bold new idea is gaining attention. Junior Valet: Helicopter edition.

Rather than parking far away and walking, students would have the option to be dropped off at the school via a designated helicopter landing pad. The reasoning behind using a helicopter, supporters say, is that it wouldn't interfere with existing traffic. Seniors who need to park and

parents dropping off their students would not have to deal with yet another car in the already long lines, since the drop-off would happen entirely outside of the regular flow of traffic.

While it may sound extreme, supporters argue it could solve multiple issues at once, including long treacherous walks and consistent tardiness.

Principal Andre Hauser addressed the logistical challenges of implementing such a system, saying, "The biggest problem we had

with figuring out where to put the landing pad for the helicopter was the room number for it because we



Photo contributed by Jacqueline Miller '27
The helicopter in front of the Junior Parking Lot

have a very specific system for room numbers. We have decided it will be room 712."

Security guard Darcy Sinclari also expressed enthusiasm about the

idea, "I think that would be awesome. It would be so much fun and then maybe students won't all be late for school every day."

Students who deal with the walk down to the school daily, have mixed reactions.

Lucy Dean '27 shared her frustration: "By the time I park and actually get into the building, I feel like I've already run a marathon. If a helicopter could get me closer, I'd take it."

Others see the humor in the proposal but still recognize the underlying issue.

Marcus Rivera '27 said, "I mean a helicopter is kind of crazy, but at the same time, something needs to change. The walk is brutal, especially when it is freezing."

Some students are more skeptical. Jenna Patel '27 pointed out, "It would definitely be cool, but I feel like there might be easier solutions. Still, I wouldn't complain if I got to fly down to the school from my car."

Reakingbay Ewsnay Registration Open for Pig Latin Classes

by Arinahsay Amirzay '27

An exciting change is happening over the next few months. Pig Latin Studies is now officially available for enrollment for the class of 2030! This class, offered at four different levels, will immerse students in the world of Pig Latin as they study its fascinating history, complex structure and intricate culture. From Intro to Pig Latin to AP Pig Latin Language and Literature, the new department has a place for every student.

This change was implemented after a couple of devoted Pig Latin speakers decided that their language was



Photo contributed by John Pork
The new Pig Latin teacher John Pork introduces himself to his students via cell phone call.

Pig Latin speakers.

One student, Ophasay Ashleintay '27, stresses her love of the language, saying "I love pig latin as it has expanded my creative freedoms and offered me new opportunities into the world of both pigs and Latin."

Ashleintay and her peers hope the class will be the start of a wider movement to increase Pig Latin usage in the district, as they are tired of traditional Latin classes.

Many are unaware of Pig Latin's unique history. Previously named "dog" Latin or "hog" Latin in Shakespearean times, the language was created by bored farm children as a "secret" language to mystify eavesdroppers.

The new Pig Latin History teacher John Pork said he entered the field after finding "a strangely personal connection to the language that inspired a passion for spreading it."

Pork stresses the importance of Pig Latin as a resource for students and even a tool for brain stimulation. Researchers concluded in a recent study that using Pig Latin for 30 minutes every day raises math assessment scores by 55 percent. Furthermore, it's been proven to even stimulate vocal chord health through its therapeutic phonetics.

These factors resulted in this revolutionary addition. Administration is excited to see the beneficial outcomes of Pig Latin. Celebrate the grand opening of the department with "Pork and Poetry" in May.

Eway opehay otay eesay outay erthay!

being underrepresented in Woodbridge. They decided to take action with the Board of Education, creating a petition to contract the class signed by 800 other Amity

Curling Fever Leads to New Athletic Facility

by Olivia Cummings '26

Amity administration has recently announced the most significant upgrade in athletics since the installation of the turf: a new varsity curling team. In the wake of the Milan 2026 Olympics, curling fever has spread throughout the school so rapidly that this development seemed practically inevitable.

This winter, students found a new use for the Amity pond to live out their curling dreams.

The hockey team carefully tested the pond's structural integrity by banging on it with hockey sticks. Only a handful of cracks formed, reassuring the hordes of prospective curlers ready to take to the ice.

The only problem facing this zealous new team was the lack of coaching staff. The head coach of the U.S. Olympic team was so excited to see youth involved in the sport that he quickly accepted the role, though not without op-

position from the Canadian head coach who was also vying for the position. Both coaches declined to comment, though sources claim the situation is diplomatically precarious.

The team dominated in the Tristate Curling Invitational in late February, impressing local curling connoisseurs.

Captains Sophia Przybyloski '26 and Viviana Pfannenbecker '26 share where they find courage to hop on the ice each day.

"Curling is genuinely the best part of my day, when

me and my team get together I feel like we could take on the world," says Przybyloski.

Pfannenbecker adds, "The treacherous pond conditions can be difficult, but getting the perfect placement of the stone is an experience I'll never take for granted."

Excitement for the sport has encouraged administration to begin construction of curling facilities in space occupied by the science wing.



Photo contributed by Shriya Garg '27
Curling Team plays on the pond

Student Parking Rated All-Time Low

by Rohan Hebbar '27

For any teenager, learning how to drive is a milestone of their independence. One vital learning curve for many students however is the ability to park their cars. Over the last few years, unfortunately, the quality of Amity student parking has significantly decreased. A recent survey shows that parking accuracy has decreased by approximately 209%, meaning the majority of Amity students simply do not know how to park their cars within the lines.

As kids walk down from junior parking and through the back lot, many find the majority of cars in diagonal symmetry with headlights peaking well past the white lines, a clear call for improvement.

Moreover, many students have reported an increased wait time regarding reverse parking. A 2019 survey illustrates that students and parents driving in the car line typically wait approximately 30 seconds to one minute for any given student to successfully reverse park in their spot.

In 2026, however, people are now waiting 2 to 4 hours on average for any given parker to reverse park their car. As a result, the majority of students arrive approximately five to seven hours late to their period 1 class. One would think that parking accuracy would be higher given the time taken to park. However, parking accuracy is actually terrible.

Evan Lennon '27 stated, "One day I even had to wait five hours for this kid to park in his spot.

Even then, the car was practically taking up two spots. This is absurd, and I won't stand for it."

Billy Degault '27 disagrees, saying, "I believe student parking is 'top-tier' because nobody I know has parking problems. It is absolute perfection, and I think this problem should stop being discussed."

However, the majority of students disagree, with senior Samarth Rao believing that "most students need to go back to driver's ed to learn how to park. Terrible, really.

He believes if everybody parked by pulling in rather than reversing, the parking accuracy rate would be much higher.

Overall, student parking needs to improve. If you see anyone park with the atrocious quality seen every day, call Amity Parking Hotline (APH) immediately at 1-PARK-BETTER.



Photo contributed by Rohan Hebbar '27
Billy Degault's "top tier" parking job.

English Teacher Bill Rocco Has Turned Over a New Leaf

by Jake Ricciardi '26

Anyone familiar with teacher Bill Rocco knows that he regards art, and theater art especially, as being "for the weak." Any type of art that he did not like, including music, paintings, movies, etc., he proclaimed as being only for the weak. Whether this means physically weak or mentally weak, is unknown and really up to the listener's interpretation.

However, he even said that Amity's very own Trident was for the weak because of how "outdated" newspapers are, claiming that print media as a whole is "for the dinosaurs," which is certainly an interesting opinion.

In recent times, however, it seems as though Rocco has flipped a switch. People, both students and teachers, have noticed this, and asked him about it directly.

He responded, "After years of interacting with Rob Kennedy, that theater guy, and Emily Clark, that newspaper lady, I think I might have finally cracked and given in." This has come as a significant shock, as nobody expected Rocco to change so drastically.

Even while doing his intense workouts, including the exercise "the Turkish get-up," Rocco has said that he has been listening to a wider variety of music: "Recently, I've enjoyed the underground rapper '2slimey.'" Again, this is incredibly surprising, as Rocco does not seem like the kind of person who would enjoy this type of

music. However, it appears his opinions have changed for some reason.

Rocco has also been getting into other forms of art. For example, he has emphasized how impressed he is by some of the student artists at Amity: "I think Amity really does have many very talented artists. I look around at the art displayed and am in awe at how strong these kids must be."

Rocco added, "Amity's theater department really has been able to put on some good shows. Those kids sure are tremendous performers."

Indeed, some of his students have noticed the changes. AP Research senior Blake Wegman, said, "I really did not expect Rocco to have such a drastic shift. Earlier in the year, after he came back from his surgery, he said that I looked like I was a hippie, so I never expected him to stop saying that everything was for the weak."

Another Research student, Sarayu Rao '26, said, "I can't believe that Rocco hugged [Sean] Malloy! Rocco always used to say that friendships are for the weak."

On a similar note, Andrew Garfinkle '27 from AP Seminar was shocked, saying, "Rocco has actually stopped complaining about his wife and kids. I guess he is finally showing a soft side for them. I didn't think that would ever happen."

There has been some speculation that Rocco's plans for next year may be the reason for these recent changes.

Despite that, he has remained mysterious, so the question remains: Has Rocco finally become weak?

THE AMITY TRIDENT

LXXVI-No.6

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Turning the Page: Exciting Library Reno Coming Soon

by Celine Ding '28 and Anna Maloney '28

Whether it is for studying, enjoying a book, or working on a project, the library has been the place for students to go. However, the accumulation of various issues within the space has prevented students and staff from maximizing the library's potential.

In response, the space will be undergoing a complete renovation starting in late summer to be made more accommodating and modernized for increased productivity.

Initially, the administration was planning to replace the carpeting in the library, but during the planning process, additional underlying issues were revealed. The project is now expanded to address all of the issues, including limited usable space, paint colors, humidity, and acoustics.

Librarians Ken Clark and Victoria Hulse share their concerns over the current limitations of the library. A key restraint of the current library is the occupancy.

"There are a lot of people who want to come to the library, but

can't," says Clark. "This renovation will not only expand our physical capacity but will also expand a wider usage for library space."

Students have also expressed their excitement for the new changes to the library, including Akriti Kapoor '28.

"I think expanding the library will be extremely beneficial. I often visit the library during SSP or study hall to finish projects, sometimes with a group," Kapoor said. "I have found many times the library has filled up extremely fast and at times haven't been able to get access to a table."

Many students are not able to use the library during their study halls due to the capacity being just 65 students, only five percent of the entire student population. After remodeling, the current classrooms and storage closets within the library will be turned into additional library space. A changed layout will successfully accommodate the many students who want to use the library's new resources.

Compared to school libraries in surrounding towns, the Amity library is noticeably outdated. The transformation plans to enhance the



Image contributed by Silver Petrucelli & Associates

The above rendering shows what the new library will look like.

space through new colors, acoustic paneling to limit sound, and the addition of video and podcasting studios.

This allows students to utilize high-quality equipment for projects or even individual creative ventures.

The librarians also plan to convert former classrooms into space where students can socialize, play games, hold meetings, read, or complete homework in a quiet environment.

Construction is tentatively scheduled to begin by late summer and

will be prepared to open back up in the next school year. This exciting project is largely funded by state grants totaling \$3.48 million.

The outcome of the library renovation will allow the library to be a place where students can engage in various activities without complications. The space is available for students to utilize before, during, and after the school day.

About the renovation, Clark states, "We want the library to become the hub of the school."

Multiple Snow Days Impact Academic Calendar School Year Extended Later than Usual

by Catherine Kohncke '28

IMPORTANT DATES	
MAY 04	START OF AP TESTING
JUNE 11	START OF FINALS
JUNE 17	LAST DAY OF SCHOOL

Image created by Catherine Kohncke '28
Important dates for the rest of the school year

This February was an exciting time for students. Not only was there a five-day weekend for winter break, followed by a somewhat relaxing three days of school, there was yet another five-day weekend because of three consecutive snow days from February 23-25.

Although for many students this might have felt like a taste of heaven, other students, as well as many parents and staff were not as thrilled about the time off.

This is due to its effects on the school year's end date and end of the third quarter.

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A Look at What's To Come: Juniors, Seniors Travel to SCSU

by Katharine Bussert '28

This March, juniors and seniors were invited by Southern Connecticut State University to visit their campus. The trip was sponsored by the Career Center.

Those who were interested in attending the trip were given transportation, food and a tour of campus, all free of charge. The trip helped students decide if they were interested in Southern or if it was a good fit for them.

Junior Gabriella Kline spoke of her experience, saying, "I was unsure about going because I wasn't very interested in SCSU for college. I had already been to SCSU once for a dance clinic, but seeing the school side and walking around

was very informative and a great experience overall."

The campus tour featured a visit to new facilities such as the science building and the nursing program, as well as dorms and other buildings.

Along with the tour, there was an information session where current students talked about their experiences at SCSU, which helped the juniors and seniors to become familiar with the school.

The tour was led by two former Amity students: Amelia Casman, Class of 2024 and Andrew Khairallah, Class of 2023. This was especially enjoyable for current students as they were able to see how recent graduates adapted to

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Multiple Snow Days Impact Academic Calendar

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The end of marking period three had to be shifted back to March 30.

This means students have more time before the end of the quarter to ensure all assignments are turned in and grades are correct.

The last day of school was also pushed back to June 17th., making summer vacation a little shorter.

Jaycee Lee '28 expressed her sadness at this, saying, "I just want to cry. I miss those days when I could be home and eat copious amounts of ice cream on the couch."

Sadie Mones '28 continued, "I definitely would rather have had a longer summer. Because of the snow days, my family is unable to go on a vacation before I start working, eliminating three not stressful days."

Because June 17th is also a Wednesday, finals will be held from Thursday the 11th, to Tuesday the 16th. Having this weekend in between finals is different from in prior years, and might take some adjusting on the part of students.

On the bright side, however, it does allow for more time to study for finals for periods 5, 6, 7 and 8.

It is important to be aware of these changes, especially for those who had vacations planned for right after the original end of school. If so, it may be necessary to talk to teachers about taking finals early.

These changes, although slightly disruptive, are essential to give students the time required in school and to keep everyone on track.

A Look at What's To Come: Juniors, Seniors Travel to SCSU

Continued from page 1

the school and what it was like for them to go to Southern after attending Amity. Casma is a biology major, and Khairallah is a history major with hopes of becoming a social studies teacher.

Senior Zixi Zhou said that her favorite part of the visit was the campus tour.

"I really liked how the tour began by observing students reading outside a lecture hall, then stepping inside the library to soak up the academic atmosphere," Zhou said.

"The interactions between students gave off a real sense of the relaxed and pleasant lifestyle there. I really enjoyed this field trip; it was incredibly valuable, as it allowed me to experience a

way of life quite different from that of high school," Zhou added.

This was a valuable experience for upperclassmen because it will help them to decide on where they want to spend the next four years of their lives and give them a taste of life in college.

Career counselor Lynn Cocco explained how this opportunity guided many seniors in their college decisions regarding Southern.

She said, "Many of the seniors who went on the trip had already been accepted to the school. This allowed them to imagine going to Southern and picture what their life would be like there."

Overall the trip was a great experience for those in attendance, allowing them to narrow down their college decision and learn more about post-graduate life.

**Come to the
National Honor Society
Blood Drive!**

**TODAY in the Main Gym
8:00 am - 12:45 pm**



Commentary

SpringFest 2026 Kicks off a New Tradition

by Tony Zhang '26

As the lingering scents of the bitterest winter we have ever seen in our lives has begun to fade away, the air has slowly begun to feel different. A hum surrounds us as we slowly start to walk slower, laugh louder, and smile harder. It's a signal that we are officially transitioning into spring, a season

on your guardian's powerschool account.

The outside areas include the main turf football field, the connected side field, and the tennis courts. There are three main categories of things to do at SpringFest.

If competition is what excites you most, you can jump into one of the three featured tournaments: pickleball, spikeball, or a hot dog eating competition. Sign-ups will be available starting March 30 outside



Photo contributed by Tony Zhang '26

Student Government preparing for Springfest with a banner visible on Student Street

where the days feel lighter and the air feels warmer.

It is a season of new beginnings and these feelings manifest themselves into "SPRINGFEST."

"Why don't we have an all school event in the spring?" I remember thinking to myself last summer as I was coming up with different ideas that I wanted to incorporate into this school year.

Our calendar is filled with traditional high school dances where in the fall there is homecoming and in the spring there is junior and senior prom.

Yet, this creates not only a lack of opportunity for freshmen and sophomores to participate in spring events, but also leaves many students who don't enjoy school dances without a chance to be involved.

In its most basic form, the reasoning behind why many students go to homecoming is simply to spend time with their friends. Hypothetically, if your friends decided that they didn't want to go to homecoming, would you go? The most common answer would be no.

Hence, this leads us to the purpose of springfest: to provide a space where students can hang out with each other after school. It's unique in that it isn't a dance; rather, taking inspiration from carnivals, it offers a multitude of activities and experiences for everyone to enjoy with the broader goal of strengthening the Amity community.

Here are the specifics of SpringFest. It will be held outside at Amity on April 9th (the Thursday before spring break) from 5:30 PM to 9:00 PM. Tickets are open now for \$5

the lunch waves. The pickleball and spikeball tournaments will be played in teams of two using a single-elimination bracket, while the hot dog eating competition will challenge participants to be the fastest to finish three hot dogs.

None of the tournaments will overlap, so you're free to compete in as many as you'd like. To make things even better, winners will receive \$25 gift cards.

It wouldn't be a mini-carnival without food. We've invited four food trucks: Crispy Melty, Haven Hot Chicken, Dad's Cannoli, and

**SpringFest is
Thursday, April 9!**

**Buy tickets on
PowerSchool today**

Doc's Lemonade. They will serve a variety of great options throughout the event. Please remember to bring money, as you'll be purchasing food yourself, just like at a real carnival.

Lastly, there will be plenty of side activities to enjoy, including a live DJ, cornhole, penalty kicks, and yard pong etc.

When the sun sets on April 9th, SpringFest will live on in the laughter, games, and memories shared with friends.

It will be an unforgettable night, so mark your calendars and join us for SpringFest 2026, a celebration of fun, food, and community.

The Pressure to ‘Be Productive’ Over April Break

by Ziyang Zhang ‘27

For many students, April break is a chance for us to pause.

After months of tests, homework, and packed schedules, it seems like the perfect time to rest before the final stretch of the school year. For me, it’s a chance to sleep in. But for many high school students today, Spring break no longer feels like a break at all. Instead of slowing us down, students like us often find ourselves filling the week with SAT or ACT preparation, volunteering, or getting ahead on assignments. What used to be a time for us to recharge has quietly turned into another opportunity for us to build a stronger resume.

This pressure we feel comes from a growing culture of constant productivity in high school. We are often told that every activity should demonstrate initiative, leadership, or passion, qualities that make us look impressive on college applications. As a result, even time meant for us to relax can start to feel wasted if we do not use it “productively.” April break raises an important question: in a system where everyone is trying to do more and more, is it still okay for us to take a break for ourselves?

Many students like us feel this pressure because high school is no longer just about doing well in our classes; students like me are often encouraged to build a long list of extracurriculars, leadership roles, and community involvement. For instance, I am part of a sports team and several clubs, and I volunteer in my community. Advice about college applications often emphasizes standing out, which can make us feel that every free moment should be spent strengthening our profiles.

This mindset can slowly turn productivity into something that we feel is a constant expectation rather than a choice. Conversations with friends can reinforce this feeling,

even when they are simply sharing plans, creating the impression that everyone else is doing something important. Over time, the idea of “doing enough” becomes difficult to define, and the pressure to always be productive follows us even during breaks.

Another reason for this pressure is social media during school breaks. On platforms like Instagram and TikTok, there is often an increase in leisure-focused vacations. Students are more likely to see pictures of trips and leisure activities. This kind of content can affect how we approach our own time. Even if we plan to study, constantly seeing others relax can make us feel less motivated. In that way, social media does not just influence what we do, but also how we feel about the choices we make during our break.

Over time, this constant pressure can lead to burnout. We may begin to lose motivation for activities we once enjoyed, even if those activities originally interested us. When productivity becomes the only way we measure success, it becomes difficult for us to recognize the importance of balance. Without giving ourselves time to step back and recover, we may struggle to maintain the focus and creativity that we need for long-term learning.

Despite the pressure we feel to stay productive, rest is essential for us in maintaining both our academic performance and our personal well-being. Time away from our structured responsibilities allows our brains to recover from long periods of concentration and stress that we go through. Activities such as spending time with our family, exercising, reading for our own enjoyment, or simply relaxing can help us mentally reset before we return to school.

Instead of viewing every break as an opportunity to build a stronger résumé, we may benefit from considering what actually helps us grow and stay balanced.

When a Right Starts to Feel like a Risk

by Emma Fotjadhi ‘27

The First Amendment guarantees the right to free speech and

peaceful assembly. It’s one of the most basic rights for people in the United States, and many treat it as guarantee to be protected. But situations like what happened to Brain McGinnis on March 4th might make people feel less certain about that.

McGinnis, a U.S. military veteran, was participating in a protest when an interaction with police escalated and left him with a broken hand. That’s not a small or insignificant injury—it raises questions about how a situation like that should be rightfully handled.

As a veteran, McGinnis helped defend the rights that Americans rely on. The right to protest is one of those rights. When someone who has served to protect those freedoms is injured while using them, it creates a clear contradiction. Protest has always played a role in political change. It’s often how people bring attention to issues that aren’t being addressed in other ways. It’s not always controlled but it should lead to physical harm.

Brian McGinnis was wrongfully harmed at the hands of security. While he is not allowed to interrupt during a live senate hearing, the force used was not necessary. Law enforcement is expected to maintain public safety while respecting constitutional rights.

There is a difference between managing a crowd and causing harm. Technically, during a live Senate meeting, you are not allowed to interrupt. But the principle still stands—if

people see that protesting and stating your opinion will cause responses like this, less and less people will protest. No matter what the cause is or what political opinions someone has, no one should fear what the repercussions will be to their opinions. For many, this incident will make speaking out seem less like a right and more like a risk, and cause them to wonder about the repercussions of peacefully protesting. Protesting, especially peaceful protesting, is one of the only ways to really make a change in the world. Standing up for what you believe in during times of oppression can be the difference between democracy and anarchy.

In our Government classes, we focus on learning about the laws of Congress and how the president should go about leading the country. We learn about laws, influential court cases, the Bill of Rights, the Declaration of Independence and more. All of what we have seen with Donald Trump’s administration is the opposite of what we have learned about the correct way to govern a society. It is important to learn about the wrongdoings of the current administration because soon our generation will be voting, and we need to identify a strong presidency and what to vote for.

Without knowledge of foundational documents, we won’t know when the government is acting illegally and irresponsibly when to speak up for what is right. If exercising the rights the Constitution promises can result in injuries like Brian McGinnis’s, then we have to ask whether those rights are truly being protected, or quietly abused.

The Amity Trident

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Check out our website for additional stories and photos

<https://www.amityregion5.org/arhs/amity-trident>

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

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

Our next Trident meeting will be after school in room 106 on Tuesday, April 7.

Join us as we welcome the new editors for 2026-2027 and plan for the May issue.



“Buenas Dias!”

Students Explore Spain over February Break

by Adelina Ahmed '27

February break brought some much-needed rest and relaxation for much of Amity. For one group of students and teachers, however, the week meant something very different. They packed their suitcases, grabbed their passports, and boarded Delta Flight DL169 to Spain. Six hours later, they arrived in the beautiful capital Madrid, greeted by rain and strong winds.

While the weather was less than ideal, the group remained resilient, laughing and taking in the sights on the way to their hotel. Later that day, students participated in a scavenger hunt through Puerta del Sol, discovering hidden pieces of history and admiring the city's stunning architecture.

The following morning, the Spartans woke up early to catch a bus to the ancient city of Toledo, known for its centuries-old traditions of sword and jewelry craftsmanship. With its cobblestone streets, towering historic buildings, and a moat surrounding the city, Toledo felt almost like stepping into a painting. Moments like these were common throughout the trip, as students explored scenic city parks and visited several renowned art museums.

Among the most memorable stops were the Prado Museum and the Reina Sofía, home to works of art spanning centuries. Students saw masterpieces rich in history, including the famous Guernica by Pablo Picasso.

Reflecting on the experience, Viviana Pfannenbecker '26 said, “We were immersed in the culture, and I made bonds with people I never thought I would.”

For three days, the group enjoyed the unique experiences Madrid had to offer. However, Spain's magic cannot be experienced from just one place. And so, bright and early one morning, the group boarded a three-hour train to the region of Catalonia and the vibrant city of Barcelona. While many activities in Madrid took

place indoors due to the rain, Barcelona greeted the group with sunshine and warm weather, a welcome change from the dreary Connecticut winter. One of the most striking aspects of the city was its architecture, much of which was designed by the famous architect Antoni Gaudí, known for his elaborate, nature-inspired style.

On their second day in Barcelona, students visited two of the city's most famous landmarks: Park Güell and the world-renowned Sagrada Família. Construction on the cathedral began in 1882 and is expected to be completed in 2030. The exterior features intricate carvings across all four sides, while inside, colorful stained-glass windows fill the space with vibrant light.

Kalina Duz '27 reflected that “I had never seen such a detailed work of architecture. It was honestly jaw-dropping”. After seeing it in person, the group jokingly promised to return for a reunion once the cathedral is finally complete.

On the final day of the trip, students and teachers visited a small K-8 school called El Casal to meet their Spanish pen pals, whom they had been communicating with in their classes. Despite the language barrier, the two groups spent the afternoon getting to know each other and sharing their cultures—an eye-opening experience for everyone involved.

Spanish teacher Elena Serapiglia, one of the trip's chaperones and a frequent visitor to Spain, reflected on the experience: “This is the fourth international trip I've done with Mrs. Mirci, and we always have a great time. This was one of the best trips, in part because we had such amazing students. It was really meaningful for me to show students places that I love so much and share that experience with them.”

Eight days later, although sad to leave such a beautiful country rich in culture and history, the students returned home with unforgettable memories and a broader

Before the Classroom: The Previous Careers of Amity's Teachers

by Rudra Trivedi '28

Most students can't imagine their teachers anywhere but the classroom, but before stepping into the profession, many of them built careers in different fields. In this article, two Amity teachers share their stories of life before education and what ultimately led them to teach.

Math teacher Greg Twohill's career path reads like a tour through Wall Street. He started in commercial loan review, moved into mortgage sales, then financial services sales, and eventually spent years handling liability claims for property and casualty insurance companies.

“I use just about everything I ever did in my career in the classroom today,” he said.

His shift to teaching came after the corporate world took a hit following the attacks on September 11, 2001. With the industry in decline, he went back to school in 2002 to earn his teaching certificate.

For students eyeing a career in finance or business, his advice is direct “Expect lots of variance in the corporate world. If jobs are plentiful, you need to separate yourself from your competition. If jobs are scarce, you need to accept less pay and decreased benefits to stay in the market.”

Psychology teacher Rick Bourdeau's journey, on the other hand, started at UConn, where a junior year course called “Quantitative Analysis in Political Science” sparked a passion for blending statistics with real world issues. He went on to earn a master's degree

in Political Science with a focus on survey research, then landed a job as a field director and analyst at a prominent polling firm that began in New Haven before relocating to Washington, D.C.

After years in political polling, he left, partly because the work consumed too much of his personal life, and partly to be closer to his now-wife back in Connecticut. He then transitioned into market research, doing similar work but for business clients rather than political ones.

A decade in Bourdeau began questioning the direction his career had taken. “My career had gravitated away from helping society and more toward helping businesses maximize profit,” he reflected. “I wanted my profession to be more about helping people.”

Teaching had always been in the back of his mind, and the more he looked into it, the more it felt like the right fit.

Today, his background in statistics and polling directly shapes how he teaches Psychology: especially when covering statistics and research methods. He also utilizes his over 40 years of life experience outside the classroom.

His advice that he leaves to students: “If you like analyzing data, survey research is a great occupation, especially if you have other passions or interests. Virtually all organizations across industries rely on it, so you can combine multiple interests into a rewarding career.”

Both teachers share one big thing in common: real world experience does not disappear when you walk into a school, but rather it follows you in.

Paws and Claws Pet Food Drive Helps Pets in Need

by Prem Gandhi '27

The Paws and Claws club, run by English teacher Allyson Wuerth, is making an initiative to raise food for the Halfway Home Rescue (HHR) shelter. By conducting the pet food drive, anyone who drops off pet food donations is entered into a raffle to win a cash prize. The Paws and Claws club is dedicated towards helping pets any way they can through pet food drives and fundraisers as well as making catnips, donating handmade blankets, and many other activities that help support and comfort animals in need.

This food drive began when Wuerth came across Halfway Home Rescue's social media page. She simply wanted to “help them out in any way” she could so that “they can continue doing their important work.” So far, the Paws and Claws club has raised and donated over \$1,700 to Halfway Home Rescue this year, a significant milestone for this club.

Halfway Home Rescue Inc is a local nonprofit shelter in Woodbridge, proudly led by one of Amity High School's alumni. HHR is home to livestock who live there as permanent residents, dogs, cats, rabbits, and many other animals that are in need of care. This shelter has an unwavering commitment towards saving the lives of hundreds of neglected, abused, and homeless animals each year.

Their sole mission is to lift the spirits of these resilient animals and give them a loving home. Halfway Home Rescue provides spay/neuter and other veterinary care with the utmost emotional attention to help care for these animals and assist potential owners.

“We had a lot of donations and extend a huge ‘Paws and Claws’ thank you to our Amity community,” said Wuerth. “I know the food and items donated will be much appreciated by animals in need and by the shelters that keep animals safe and off the streets.”

When people adopt pets and then cast them aside, they probably don't think about all the time, money, and love that go into rehabilitation. Donations make life for everyone a little easier, and every donation warms our hearts.

All work done by the Halfway Home Rescue shelter is completely voluntary - no one takes a salary. All that these volunteers expect out of their work is to achieve the goal of giving every animal a home that is right for them.

**See page 5
for a story
of one
student's
experience
with a
rescue pet.**



Photo contributed by Olivia Cummings '26

Amity students and guide in front of the Cathedral of Barcelona

Give Your Trident a Second Life

by Valentine Tavenas '26

Wait! You're almost finished reading this newspaper. What are you

going to do with it when you're done? By the time you finish reading this article, we hope you'll fight the urge to toss it away, and walk away instead with a reusable versatile treasure.

Flower Bouquets: Spring is here, and a bouquet of tulips or carnations wrapped in newspaper makes a sweet gift for a loved one. Not only does the paper present a stylish vintage look, but it also protects the flowers during transport.

Arts and Crafts: Newspapers are a staple for many art projects, including but not limited to: paper mache, collages, and handmade decorations. You can also use the paper to protect surfaces from paint, clay, and glue.

Moving Day: Seniors; newspaper can act as a cushioning material used for breakable items while packing. With a life-changing move approaching for many of us, save this paper to wrap your picture frames, dorm decorations, and electronics.

Wrapping presents: Using newspaper as

gift wrapping will give your paper a second life that stands out from store bought bags and tissue paper. Save a copy of the Trident for your mother's day, father's day, graduation, and upcoming birthday gift wrapping needs!

Instead of tossing your paper into the recycling bin, consider these ideas to make use of it long after you've finished reading.



Photo contributed by @Della on Pinterest

Flowers look great wrapped in newspaper



What Rescue Really Means: One Owner's Story

by Julian Vanderberg '29

Over the course of my life, I've had five rescue cats. They have all been great; however there was one who's story will stay with me forever.

Her name was Una, and we rescued her from Lucky Dog Rescue in Stamford at 12 weeks. We named her Una because it translates to "unity" in Gaelic, so when we brought her home, it felt fitting to call her something that signified her joining our family and becoming one of us.

We learned that her mother abandoned her at birth because of an innate skill for mother cats to sense if their child has a defect, and Una's mom did this with her. After she was

found and taken in by the dog rescue, she befriended a dog that had no working legs. Una would run around him, and he would bark back at her. They were best friends, with a strong relationship.

After taking her in, we saw she began enjoying herself and finding comfort within our family. She got along with us and our other pets very well, and she would leave us gifts like

little sticks and dust bunnies that she would find. At night, she'd crawl into our guinea pig's cage to sleep.

I have many happy memories

with Una, but my favorite is when she got out of the house and crawled under the porch. The gap was too small for any of us except my little brother who crawled under and retrieved her. After a few months it was

time to get her neutered and this is when we found out about her defect. When the vets injected her with sleep medicine, it triggered a condition that was dormant within her. This condition, called Diaphragmatic Hernia, caused her organs to move to her chest, making it hard to breathe. After hours of the vets operating on Una, her heart stopped and she unfortunately passed away.

Una's story holds much significance because many rescue animals have had a hard life, so it's important to make sure we give them the best life that we can, regardless of how long that life is.

Even if they pass away, as long as they pass knowing they had people who love them, that makes their life worth it.



Photo contributed by Julian Vanderberg '29

Una taking a nap

Spartans Qualify for DECA Nationals in Atlanta

by Claire Theiss '26

in Plantsville, Conn. on February 26th for the Connecticut Distributive Education Clubs of America (DECA) State Career Development Conference. Club members competed against over 1500 students from across the state, facing nerves and excitement.

Despite this being their first-ever competition, our students performed incredibly, with Aitan Herman '28 taking home 2nd place in Principles of Hospitality and Tourism and David Babic '28 earning 4th place in Human Resources Management.

So, what exactly is DECA? DECA is a high school and collegiate club that aims to prepare students for careers in business and finance. Amity's DECA club meets weekly in Room 159 to discuss aspects of the business world, such as Finance, Marketing, Entrepreneurship, Business Management, and Personal Finance

Club advisor Greg Twohill said, "As a result of their excellent preparation and presen-

Ten Amity students traveled to the Aqua Turf Club

tation, David Babic and Aitan Herman qualified to compete against 15,000 high school students from all over the world at the ICDC Competition."

Rudra Trividi, Vilas Mejnartowicz, Adam Liu, Griffin Davies, Eva Kogan, Anushka Sidartha, and Conn Turk.

Both Herman and Babic plan to go to Nationals; to prepare, they must study by taking written exams and practicing role plays. Additionally, competing at such a high level comes with many perks.

"We will be going to Six Flags, an aquarium with a buffet, and the Coca Cola museum. There are also college fairs and student activities," explained Babic.

DECA is always happy to welcome new members, especially given that they just started this year. Babic, one of the founding members, recognizes the club as a "unique and inclusive experience."

Herman's favorite part of DECA so far has been "how much [he's] learned by working with others to make use of [his] communication skills."

Reflecting back on his experience thus far, Babic said, "What I'm most proud of is the effort and commitment that everyone has shown, and I am looking forward to working with these students next year!"

Good luck to Herman and Babic as they compete at Nationals!



Photo contributed by David Babic '28

Amity students at the CT DECA SCDC Conference.

This international event will be held in Atlanta, GA from April 25th to the 28th, a huge milestone for the Amity DECA Club.

The Amity team was also represented by

Cardi B, John Legend, and “Belle” Art Events in Connecticut This Spring

by Blake Wegman '26

As the warm weather draws nearer, more and more arts events can be found throughout the state of Connecticut. These are in the form of performing arts, visual arts, and other creative opportunities to experience something new or to expand upon current interests with close friends and family. There are a bunch of various styles and formats from a variety of types of arts to experience in the month of April, including jazz, rock, pop, rap, and more, all around Connecticut. Because of this, the following art events are the highlights and represent just a fraction of the number of options available for anyone and everyone.

One artist performing in April is Cardi B, who will be at Mohegan Sun Arena in Uncasville on April 3. Cardi B is a Grammy-winning rapper with over 34 million monthly listeners on Spotify, known for her songs “I Like It” and “Girls Like You,” both of which have over 1.8 billion streams.

In fact, she was the first solo female rapper to win a Grammy in Best Rap Album, which she did so in 2019 with her album “Invasion of Privacy,” and she also holds the record

for most singles on the Billboard Hot 100 for a female rapper.

Alternatively, John Legend

showing his incredible artistic talent in all aspects of film, music, and the performing arts.



Picture of the “Beauty and the Beast” Play

Picture contributed by “Tours To You”

will also be performing in Connecticut at the Toyota Oakdale Theatre in Wallingford on April 24. Legend has won 12 Grammy awards in the R&B industry, with his most popular songs being “All of Me” and “Like I’m Gonna Lose You,” which have 3 and 1.3 billion streams, respectively.

Along with his singing, he is an extremely talented pianist and has 22 million monthly listeners on Spotify. Impressively, he is one of the very few people to actually win an Emmy, Oscar, Grammy, and Tony,

“Beauty and the Beast” will be at the Bushnell in Hartford from April 7 to 12. This is the 30th anniversary tour of this majorly successful Broadway musical that offers a classical Broadway vibe. In fact, the original Tony Award winners from the cast are reuniting to be featured in this musical, and the original composer Alan Menken, along with the lyricist Tim Rice and book writer Linda Woolverton, are also on this tour.

his is truly an incredible musical that has been running for decades

with great success throughout its tenure. The classic story mixed with the intricate costumes and set designs makes for the perfect musical, whether you want to go with your family or a group of friends.

As a change of pace, if you are looking for something besides the performing arts with a little more of a relaxed vibe, the New Haven Cherry Blossom Festival is a one-of-a-kind cultural experience located in Wooster Square. This festival will feature food trucks, local art, and live music, making it an event you do not want to miss. It will take place on April 19 from 12:00 to 4:30, celebrating the Yoshino Cherry Blossom trees located in Wooster Square. These unique trees honor the Japanese tradition of hanami, which is to celebrate the beautiful nature of these trees.

Additionally, it also combines the Italian heritage of Wooster Square, which was a new start for many immigrants coming to the United States during the late 19th and early 20th century. The festival is described as a community picnic where people can buy local foods from the food trucks, and there will be thousands of people outside in the grass with their families and friends.

No matter what kind of art you prefer, there is something for everyone this April! Make sure to check out these events!

The Unseen Magic On and Off the Stage

by Jake Ricciardi '26

wonderfully performed their Spring musical “My Fair Lady.” As expected, the actors and actresses performed tremendously on stage, wowing the audience with ease.

However, these actors and actresses are not the only ones involved in the play.

There is also, of course, the pit orchestra, but there are even more people involved that the audience does not directly see or hear. Additionally, there is the costume crew who will work on and make the beautiful costumes that the actors wear.

One of the most integral parts of any musical or play, however, is the stage crew, who have a list of tasks like making a multitude of props, building and painting the set, practicing moving around the set for each scene, and, of course, actually moving around the elaborate set when the musical is being performed.

Much like any team-based sport, stage crew members must work perfectly in tandem. They keep the magic going in between scenes, and if they take too long to move things around or do something like drop a prop, it will take the audience out of that magic. That is why it is so important for the stage crew to work just as hard as any of the actors, making sure that every last detail is exactly as it should be.

When asked about what makes “My Fair Lady” different from previous musicals, stage crew member Annabeth Schimmel '26 said, “I’d say the biggest difference between the ‘My Fair Lady’ stage crew and other musicals is that the crew and I have to perform some scene changes while the actors are still performing on stage.”

She continued, “Because of that, the entire backstage crew is in costumes to make sure the magic of the show is never broken.”

Schimmel also mentioned how the workload and large number of crew members needed were more than in other musicals.

For the past two weeks, Amity Creative Theater (“ACT”) has



Picture contributed by Viviana Pfannenbecker '26

Pictured are several stage crew members with the setup stage

“Rather than just one or two people bringing on a few pieces per change, every single crew member is utilized in some way because of how intricate and detailed the set is,” she said.

When asked what her favorite part of being a part of the stage crew was, Tiari Young '27 said, “My favorite part of being on crew is when tech week finally comes, and spotlights, backstage crew, and props all come together to make our show happen.”

“To me, this is the best part because the rehearsals prior to tech week are made for the actors to learn and practice the show, but when tech week comes, the crew gives the show the last element it needs to become complete,” Young added.

A third stage crew member, Viviana Pfannenbecker '26, said, “My favorite part of being on the stage crew is getting to enjoy the feeling of knowing that I helped to put on an amazing show. The community is amazing, and we all work so hard together. I’ve made some of my closest friends in theater.”

Additionally, when asked about any advice for anyone interested in stage crew, Pfannenbecker said, “To join stage crew, it’s all about dedication! We post our meetings, and the people who show up and work hard usually end up being picked.”

“We also need help, so even if students don’t get chosen for the running crew, we are always looking for help!”

STRIDENT

(strīd'nt), *adj.* Conspicuously and offensively loud; being sharply insistent on being heard

LXXV-No. 6

Amity Regional High School

Woodbridge, CT 06525

April 1, 2026

AP Rizzics? AP Gym? New Classes Planned for the Fall

by Joy Deng '26

Everyone's favorite non-profit organization, The College Board, released a new set of AP Courses for students across the country to take, starting in the 2026-2027 school year.

During the last professional development day, Amity teachers discussed and approved the new curriculum.

Courtney Morrison, an AP Calculus AB & AP Calculus BC teacher, is excited to teach AP Calculus CD.

"AP Calculus CD will continue beyond the work of BC, adding in more differential equations and multivariable calculus," said Morrison. "I've also heard rumors of the College Board planning to invent new Calculus to add a Calc DE to the curriculum, so fingers crossed that will happen!"

AP Rizzics will be taught along with AP Physics, where the number of Physics-related pick up lines you come up with will earn you a better curve on the exam. APULL will be taught alongside APUSH. No one really knows what that course has in store for us yet, and the teachers are all PUSH-

ing it off to one another, but it's been confirmed to be offered next year.

AP Lunch and AP Gym are also two more exciting classes that will be offered! Like AP Seminar and AP Capstone, they will be offered over a two-year period but you have to take AP Lunch before you can take AP Gym (which will usually be taken senior year when there are no PE requirements).

Physical Education and Nutrition teacher Gunnar Poulimas said, "I think this would be an extremely

exciting opportunity for students to realize their full potential at Lunch and Gym."

AP Lunch will test your knowledge of nutrition, speed eating, etiquette, and lunchtime conversation! There will be a written and practical version of the exam.

AP Gym will test knowledge of the FITT acronym, how many balls you can bounce and number of backflips you can do in a row.

"I can't wait for what more College Board has in store," said principal Andre Hauser. "I know I for one cannot wait to see all the amazing things Amity students will accomplish in these courses."



Cafe Implements Permanent Buffalo Chicken Dip Station

by Eve Marin '27

Bold, spicy, and incredibly mouthwatering, buffalo chicken dip is a fan favorite of Amity students. It's a delicious combination of chicken with buffalo and cheese sauces, served with a side of tortilla chips.

On buffalo chicken dip day, the line for students to get their steamy plate of goodness is longer than the line for any other meal served from the Amity cafeteria. Students mark their calendars for this day and purposefully leave SSP early for this day. Some even sacrifice their daily wrap from deli for this praised lunch.

For these reasons, the cafeteria staff in association with the agreement of Principal Andre Hauser have decided to install a permanent buffalo chicken dip station available every day in the cafeteria for all four lunch waves.

"This change comes in response to the desires of the students. At Amity we work to make sure we are making changes to the school that reflect the desires of the student body and adding permanent buffalo chicken dip is just that," stated Principal Hauser.

The area in the cafeteria that previously served daily cheese bread and pizza, to the direct left of the hot lunch bar, will now be fully replaced with a buffalo chicken dip station. Students will still be able to purchase cheese bread in pizza, just less will be produced on the daily as the cafeteria staff will devote more daily preparation time to the chicken dip.

Junior Ilov Dipp commented "I know I am ecstatic about this new change. Buffalo chicken dip never fails to brighten my day and to have this available every

day is surely a treat and I know me and my friends will enjoy it."



The initial positive reaction is not limited to just students. John Quiken, a history teacher, chooses to buy lunch at school every day, being a teacher for the past five years, he is fully versed in the variety of school lunches offered.

"I've had just about every type of food the cafe has to offer and I can say with confidence that the buffalo chicken dip outdoes any of the other options by ten fold," Quiken noted.

The introduction of a permanent buffalo chicken dip station at lunch seems to be already receiving overwhelming support from staff and students alike. The change comes as an attempt to be increasingly receptive to the desires of the student body.

Buffalo chicken dip is now an everyday delicacy served to the hardworking Amity students any day of the week.

Why Walk When You Can Fly? Inside a Junior Parking Revolution

by Jacqueline Miller '27

Every morning, juniors face the same routine: a long wait in the parking line and a dreaded ten minute walk to the school from the junior lot.

In the warmer months, it's manageable - but once winter hits, the freezing temperatures and harsh winds turn the commute into a daily struggle. Between distance and delays, students are arriving late to class despite their best efforts.

Now, a bold new idea is gaining attention. Junior Valet: Helicopter edition.

Rather than parking far away and walking, students would have the option to be dropped off at the school via a designated helicopter landing pad. The reasoning behind using a helicopter, supporters say, is that it wouldn't interfere with existing traffic. Seniors who need to park and

parents dropping off their students would not have to deal with yet another car in the already long lines, since

the drop-off would happen entirely outside of the regular flow of traffic.

While it may sound extreme, supporters argue it could solve multiple issues at once, including long treacherous walks and consistent tardiness.

Principal Andre Hauser addressed the logistical challenges of implementing such a system, saying, "The biggest problem we had

with figuring out where to put the landing pad for the helicopter was the room number for it because we



The helicopter in front of the Junior Parking Lot

Photo contributed by Jacqueline Miller '27

have a very specific system for room numbers. We have decided it will be room 712."

Security guard Darcy Sinclari also expressed enthusiasm about the

idea, "I think that would be awesome. It would be so much fun and then maybe students won't all be late for school every day."

Students who deal with the walk down to the school daily, have mixed reactions.

Lucy Dean '27 shared her frustration: "By the time I park and actually get into the building, I feel like I've already run a marathon. If a helicopter could get me closer, I'd take it."

Others see the humor in the proposal but still recognize the underlying issue.

Marcus Rivera '27 said, "I mean a helicopter is kind of crazy, but at the same time, something needs to change. The walk is brutal, especially when it is freezing."

Some students are more skeptical. Jenna Patel '27 pointed out, "It would definitely be cool, but I feel like there might be easier solutions. Still, I wouldn't complain if I got to fly down to the school from my car."

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STRIDENT

AP Rizzics? AP Gym? New Classes Planned for the Fall

by Joy Deng '26

Everyone's favorite non-profit organization, The College Board, released a new set of AP Courses for students across the country to take, starting in the 2026-2027 school year.

During the last professional development day, Amity teachers discussed and approved the new curriculum.

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"AP Calculus CD will continue beyond the work of BC, adding in more differential equations and multivariable calculus," said Morrison. "I've also heard rumors of the College Board planning to invent new Calculus to add a Calc DE to the curriculum, so fingers crossed that will happen!"

AP Rizzics will be taught along with AP Physics, where the number of Physics-related pick up lines you come up with will earn you a better curve on the exam. APULL will be taught alongside APUSH. No one really knows what that course has in store for us yet, and the teachers are all PUSH-

ing it off to one another, but it's been confirmed to be offered next year.

AP Lunch and AP Gym are also two more exciting classes that will be offered! Like AP Seminar and AP Capstone, they will be offered over a two-year period but you have to take AP Lunch before you can take AP Gym (which will usually be taken senior year when there are no PE requirements).

Physical Education and Nutrition teacher Gunnar Poulimas said, "I think this would be an extremely exciting opportunity for students to realize their full potential at Lunch and Gym."

AP Lunch will test your knowledge of nutrition, speed eating, etiquette, and lunchtime conversation! There will be a written and practical version of the exam.

AP Gym will test knowledge of the FITT acronym, how many balls you can bounce and number of backflips you can do in a row.

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Cafe Implements Permanent Buffalo Chicken Dip Station

by Eve Marin '27

Bold, spicy, and incredibly mouthwatering, buffalo chicken dip is a fan favorite of Amity students. It's a delicious combination of chicken with buffalo and cheese sauces, served with a side of tortilla chips.

On buffalo chicken dip day, the line for students to get their steamy plate of goodness is longer than the line for any other meal served from the Amity cafeteria. Students mark their calendars for this day and purposefully leave SSP early for this day. Some even sacrifice their daily wrap from deli for this praised lunch.

For these reasons, the cafeteria staff in association with the agreement of Principal Andre Hauser have decided to install a permanent buffalo chicken dip station available every day in the cafeteria for all four lunch waves.

"This change comes in response to the desires of the students. At Amity we work to make sure we are making changes to the school that reflect the desires of the student body and adding permanent buffalo chicken dip is just that," stated Principal Hauser.

The area in the cafeteria that previously served daily cheese bread and pizza, to the direct left of the hot lunch bar, will now be fully replaced with a buffalo chicken dip station. Students will still be able to purchase cheese bread in pizza, just less will be produced on the daily as the cafeteria staff will devote more daily preparation time to the chicken dip.

Junior Ilov Dipp commented "I know I am ecstatic about this new change. Buffalo chicken dip never fails to brighten my day and to have this available every



day is surely a treat and I know me and my friends will enjoy it."

The initial positive reaction is not limited to just students. John Quiken, a history teacher, chooses to buy lunch at school every day, being a teacher for the past five years, he is fully versed in the variety of school lunches offered.

"I've had just about every type of food the cafe has to offer and I can say with confidence that the buffalo chicken dip outdoes any of the other options by ten fold," Quiken noted.

The introduction of a permanent buffalo chicken dip station at lunch seems to be already receiving overwhelming support from staff and students alike. The change comes as an attempt to be increasingly receptive to the desires of the student body.

Buffalo chicken dip is now an everyday delicacy served to the hardworking Amity students any day of the week.

Why Walk When You Can Fly? Inside a Junior Parking Revolution

by Jacqueline Miller '27

Every morning, juniors face the same routine: a long wait in the parking line and a dreaded ten minute walk to the school from the junior lot.

In the warmer months, it's manageable - but once winter hits, the freezing temperatures and harsh winds turn the commute into a daily struggle. Between distance and delays, students are arriving late to class despite their best efforts.

Now, a bold new idea is gaining attention. Junior Valet: Helicopter edition.

Rather than parking far away and walking, students would have the option to be dropped off at the school via a designated helicopter landing pad. The reasoning behind using a helicopter, supporters say, is that it wouldn't interfere with existing traffic. Seniors who need to park and

parents dropping off their students would not have to deal with yet another car in the already long lines, since the drop-off would happen entirely outside of the regular flow of traffic.

While it may sound extreme, supporters argue it could solve multiple issues at once, including long treacherous walks and consistent tardiness.

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STRIDENT

(strīd'nt), *adj.* Conspicuously and offensively loud; being sharply insistent on being heard

LXXV-No. 6

Amity Regional High School

Woodbridge, CT 06525

April 1, 2026

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