

# The Ridge



**SAGE RIDGE**

SCHOOL

DECEMBER 2019



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Cover Image: Andrew Barth ('25) plays football during a break at our Gather at SRS event.







# Contents

Gather at SRS	4
Matilda	6
US Outdoor Ed	8
Ask Spike!	10
Mental Health	12
Ski Team	14
Student Poetry	16
Art Contest	18

Background Image: Students enjoy lunch playing sports and talking.



# GATHER AT SRS

Anne Thompson  
Staff Writer

On November 8, 2019, Sage Ridge hosted an event that combined the previously independent celebrations of Grandparents' Day and Veterans' Day into a new event known as Gather at SRS.

## GRANDPARENTS MEET SRS

The first portion of the day was dedicated to grandparents and grandfriends, and it offered them a glimpse into the school life of their grandchildren. Grandparents arrived at school and were encouraged to get a picture by a professional photographer with their grandchild(ren) before checking in and proceeding into the Great Space. They were warmly greeted with a buffet of breakfast treats as well as coffee and tea. Artwork created by the Lower and Middle School students brightened up the room, and it gave the grandparents and students something to admire and discuss while they waited for everyone to arrive. Students who did not have grandparents or grandfriends attending the event spent this portion of their morning filling out paper leaves that said what they were grateful for. These leaves decorated the Gratitude Trees near the doors of the Great Space.

## GRANDPARENTS EXPERIENCE SRS

After getting settled in their seats, grandparents and students listened to a welcome speech from Head of School, Mr. Bechtel. Then grandparents were offered a look into the arts programs at Sage Ridge. Mr. Vitale showcased a part of the music program, playing guitar while Grade 4 sang "Home Means Nevada."



Grade 4 sings "Home Means Nevada"

Mrs. Iverson also informed the grandparents all about the wonderful student art pieces hung around the Great Space. To represent the theater program, Mrs. Crain's actors performed an emotional and touching song ("When I Grow Up") from the

Matilda musical. After this display of the arts, grandparents split up according to the grade that their grandchild(ren) were in. Grandparents of Lower and Middle School students followed their grandchildren to their assigned classrooms, which varied between grades. For example, Grade 8 students took their grandparents with them to their language class (Spanish/Latin) and also an English class, giving grandparents a taste of the humanities at SRS. Grandparents of Upper School students attended a variety of drop-in workshops with their students, including Advanced Theatre, Physics Experiments, Speech and Debate, Art Exploration, Math Puzzles, Human Anatomy and Physiology, and English Readings. By 11:00 AM, grandparents,



Students experience collisions in the Physics Breakout Session!

grandfriends, and students returned to the Great Space, and they listened to a heartwarming speech by Upper School Student Body President, Elena Albregts, about her relationship with her own grandmother. The morning culminated in a Community Meeting, which gave grandparents another taste of what the Sage Ridge experience is really all about. Grandparents and students said their farewells before grandparents who were not staying for Military Appreciation departed from campus, and students left to go to their respective grade level activities.

## SRS HONORS VETERANS

The afternoon was occupied by Military Appreciation, the portion of Gather at SRS dedicated to celebrating veterans. Students and veterans gathered in the Great Space and listened to another welcoming speech by Mr. Bechtel. Austin Schler



('21) led the audience in the Pledge of Allegiance, followed by a performance of Lower School students singing the National Anthem. Then, all of the event's attendees listened to "8th of November" by country singer Big and Rich to commemorate Operation Hump in the Vietnam War. Grade 3 students, lead by Mrs. Bratt, demonstrated what they had learned about how to properly fold the American flag. Next, speeches were given by Gene Humphrey, a veteran who served and went on to begin his own company to represent the past, Calvin Ruyak, a Sage Ridge alumnus who is now studying at the United States Military Academy at West Point to represent the present, and Academy Recruiter Col. Anne Davis, a veteran who educated students about educational opportunities available at military academies, representing the future. Open ended questions were then posed to be answered by any of the veterans, and the ceremony closed with the tradition of pie served by the senior class. Not only did Sage Ridge students then have the opportunity to learn about the experiences that veterans have had, but they were also introduced to a possible career path that they might choose to take themselves one day.

Gather at SRS was a very successful and memorable occasion, and it left students, teachers, faculty, and guests alike feeling full of gratitude. There is no doubt that the day produced many memorable moments that will be cherished for years to come.



Students watch veterans speak during the event.



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# MATILDA

Ethan Vicks  
Staff Writer



Sage Ridge School always puts on two theatrical productions a year, one play and one musical. This year, the musical took



The cast of Matilda diligently rehearses for the show.

place during the fall instead of the spring. This year, the Sage Ridge theater crew, led by Michelle Crain, has put on the musical *Matilda*, based on the book *Matilda* by Roald Dahl. Showtimes were on December 6th and the 13th at 7 pm and December 7th and 14th at 2 pm and 7 pm.

## REASONS WHY MATILDA IS DIFFERENT

Normally, the plays and musicals put on by Sage Ridge each year are performed by students from grades 7 through 12. 6th graders have been allowed to participate in the play, but only through special permission from their teachers and their parents. However, *Matilda* is very different. Since there are many younger characters in this play, students from grades 5 were allowed to perform in the musical, so students from a variety of grades and ages had the opportunity to work together. *Matilda* is a very special Sage Ridge production.

## MATILDA'S INTENSE REHEARSAL SCHEDULE

The cast of *Matilda* rehearses very hard in order to put on the best production they can. Every week, the cast and crew rehearse from 3:30 to 6:00 Monday through Thursday. Most Saturdays, they also have rehearsals that go from 11:00 am to 4:00 pm. On show days, the directors, cast, and crew were hard at work at school up until 10:00 PM, or even past midnight on certain days. Actors and actresses must have a strong work ethic in order to put in enough time to make a show successful.

## AN INSIDER LOOK: LILLI DE JONGHE ('22)

Actress Lilli De Jonghe ('22) is a sophomore at Sage Ridge School. She has performed in many other productions put on by Sage Ridge and at the local (and statewide) Winterfest competitions. In *Matilda*, Lilli is in the Ensemble. As a member of the Ensemble, Lilli has many roles, she is a parent, older child and a dancer. In addition, Lilli plays the Russian Mafia Leader, Sergio. Originally, Sergio is a man but they are adapting the character into a woman so it makes more sense. As one of the older members of the cast, it is a new experience for Lilli to work with lower and middle schoolers. Even though it is a different experience for her, Lilli is proud of her fellow younger actors and actresses. She has a lot of fun during rehearsals even though it is hard work. Lilli says "a lot of people don't realize how much time goes into a production." She was very excited for opening night, but she said she would be sad after it is over.

The cast and crew have worked very hard on this production, and we hope that you enjoyed *Matilda*!



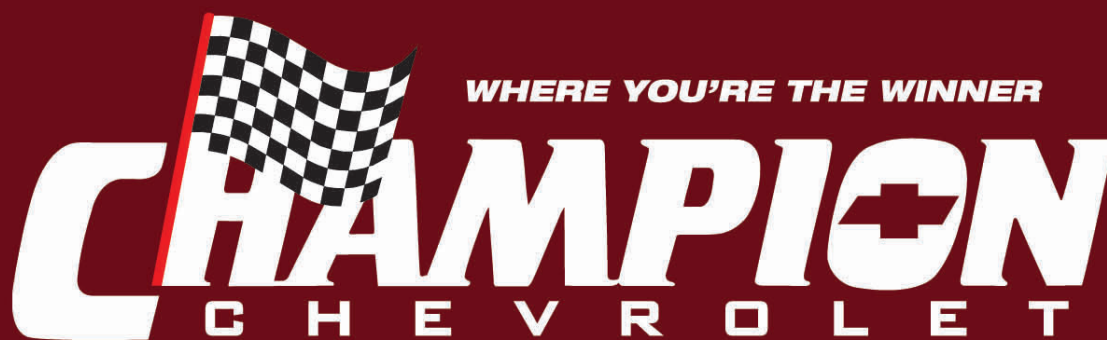
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# UPPER SCHOOL OUTDOOR ED

## GRADE 9, JOSH STANKO

Students in Grade 9 went on a sailing trip to the San Francisco Bay and Angel Island for Outdoor Ed. The students took about a 4 hour drive to Sausalito and the 9th Graders this year had an opportunity to sleep in The Bay Model Museum, where the students stayed for the whole week.

The first morning, the students were assigned to cook groups. Cook groups are groups of 3-5 students that are given a basket and cooler of food, which students used throughout the week to prepare their own food. This was a great way to learn the basics of how to cook, which was to be a particularly useful skill in the future during college and adulthood.

The students were given notebooks at the beginning of the trip and had an hour everyday to write in their journals and reflect on their days. In the evening, the students cooked and cleaned up, went to the beach, and discussed how the students could make the most out of their Outdoor Ed trip. Finally, after a long day, the students went to sleep in sleeping bags that they set up in the back of the museum.

Students woke up bright and early to cold San Francisco mornings each day. They made breakfast, filled water bottles and daypacks, and left for daily adventures, which included activities such as kayaking and a trip to the bay. These adventures and time together most certainly formed fond memories that students will carry with them for the rest of their life.

On the last day, students had to pack up and leave to head home. The drive home was long, but the 9th grade got back to Sage Ridge, and all of them, at last, got to reunite with their parents. Personally, students believe that Outdoor Ed trips are a wonderful idea. Students need breaks and vacations and to have an opportunity to disconnect from their school lives. The opportunity lets you form new relationships within your class and teachers that will last through middle school, high school and maybe longer.



9th graders prepare to leave school for Outdoor Ed!

## GRADE 10, KIRA ROMBERG

For Grade 10 Outdoor Education, a new trip began this year. Previously, students would go to Great Basin National Park in Nevada for the week. This year, however, students went to Coloma, CA. Coloma is where the gold rush started, and the trip was full of history, as well as fun outdoor activities for the students who go, including river rafting. Students raft with a guide on the Middle and South Fork of the American River, and participate in a number of activities that explore the places around Coloma.

Students stayed in tents during the nights, right next to the American River. As students raft the South Fork of the American River, they can even see their own campsite. Students spend



10th graders swim during Outdoor Ed.

almost all day learning to raft Class 2 and Class 3 rapids, and while some of them may be a bit nervous at first, they soon discover that the river is not quite as cold or as scary as they may expect. The river winds down a beautiful ravine lined with impressive rock formations and lush plant life. Students take in their fantastic surroundings while appreciating and respecting the strength of the river. Although the rafting was a small part of the trip this year, some of this year's Grade 10 students said that it was "definitely [their] favorite part of the whole week." For many of these students, river rafting is a new experience, but it is an experience that they would highly recommend.

Even if students aren't typically interested in outdoor activities, the Grade 10 trip is a unique opportunity for students to talk to others in their grade that they might not normally interact with. Hikes throughout the week give students a perfect opportunity to bond with each other while appreciating the beauty of a different environment, and service projects allow students to help others in the local community. Not only is this trip a great way to connect with other students, but it teaches students about how the California gold rush began, and it is a great opportunity for them to spend time in the outdoors.



## GRADE 11, ARYAN SHUKLA

For this year's Outdoor Education, the Grade 11 class took a kayaking trip to Tomales Bay National Seashore. This trip is one that has remained unchanged for a long time and is long anticipated by Sage Ridge students, since it has a reputation for being especially fun. Sea Kayaking isn't an opportunity that a lot of people have very often and our 11th grade trip gives our students the opportunity to experience it.

Students camp on the beach for most of the week and move campsites almost every night. When moving, students pack all of their personal belongings, tents, and food onto their kayak and paddle on to the next site. Each kayak is large and powered by two students paddling the board forward with one student managing a rudder that would steer the boat to keep them on course.

Most people point out that kayaking in the ocean is considerably more difficult than kayaking in a lake. However, as Tessa



11th graders prepare to launch in their kayaks!

Mendez-Leal, an 11th grade student, points out, the trip was an amazing experience: "Though kayaking was trying at times, the views and destinations were well worth it, as I got to know the bay in a way well worth my while."

On one day, the students went on a hike near Tomales Bay, at the top of which they had the opportunity to see amazing views. Tessa points out that these views "looked like something out of a postcard from some exotic place that no one has been to."

Despite being physically draining, the eleventh grade trip provides a meaningful experience to students. Like with any Outdoor Ed trip, the class made memories together that they will keep for the rest of their lives. However, beyond the memories, they were also given the opportunity to do something that most people never have the opportunity to do before they even complete high school. As their second to last Outdoor Ed at Sage Ridge, Grade 11 students will almost certainly be happy that they had this opportunity to spend time with their classmates.

## GRADE 12, JESSENIA LOPEZ

During their Outdoor Ed trip, the seniors ventured to Lassen Volcanic National Park, located in Northern California. The trip had a lot of ups and downs, but overall it was a good final trip for the Senior Class. The seniors loved the views that Lassen National Park had to offer. From the biggest mountains to the tiniest pebbles, everything was covered in layers of beautiful white snow. According to some of our seniors, the views at Lassen were "unique" and "breathtaking". They saw things like pools full of sulfur, which, according to senior Sophie Bell, smelled "just like clam chowder". This became one of the many inside jokes between all of the seniors on the trip.

Jokes are a key part of what makes the Outdoor Ed Experience so memorable. By this point, the senior class is very close. They've been together for several years and, as a result, have bonded quite a bit. This year's Outdoor Ed, then, focused on helping the seniors put to use this camaraderie to work as one unit during the trip. For example, upon request, they had the opportunity to not have cook groups and just cook together. They all sat in the same van through the trip and had a camp fire every night that they were sleeping outside. This resulted in a more positive experience for everyone in the class. One of the trip chaperones was Ms. Lindsey, who is a new "staculty" member at Sage Ridge School who the seniors have not yet had much of an opportunity to learn about and talk to. Throughout the trip, though, the seniors had the opportunity to get to know her (and celebrate her birthday).

Their guide from Move Mountains, Si, took great care to ensure that the seniors stayed warm, well-fed, and happy on the trip. He brought warm water bottles to keep our seniors warm and he even made cakes and French toast for them. There were some things that were not too great, like how cold it was during the week, but they combatted the cold by staying in a cabin. They made far more fond memories, such as playing poker and betting with jolly ranchers and getting ice cream on the way back home. The seniors most certainly enjoyed and treasured their final Outdoor Ed together.



12th graders pose at Lassen Peak.



# ASK SPIKE!

Spike the Scorpion  
School Mascot



Spike welcomes Mr. Bechtel on the first day!

Hi everyone, Spike here! The wonderful staff of The Ridge asked me to do an advice column in this edition of The Ridge. I happily obliged and had my friends who are working on the magazine help me out!

Together we sent out a form so that all of you could ask questions and I officially (with the help of some human hands) have answered your questions!

**“WHO ARE YOU?”-- SEVERAL PEOPLE**  
I...I’m Spike the Scorpion? Who else would I be?

**“DEAR SPIKE, I FEEL OBLIGATED TO SHARE MY SNACKS WITH MY FRIENDS. THEY ARE ALWAYS ASKING FOR THEM AND I DON’T WANT TO BE RUDE SO I SAY THAT THEY CAN HAVE THEM. THEN I HAVE BARELY ANY LUNCH TO EAT. PLEASE HELP!”-- LUNCHBOX**

Dear Lunchbox, I understand where you’re coming from! This is hard because they’re your friends and you want to be nice, but this is also your food. You need to make sure that you get enough food for yourself, so sometimes it is okay to tell them that you would prefer to keep your snacks because you’re hungry. Keep in mind that it’s okay to say no, and they should be understanding! Tell them how you feel.

**“DEAR SPIKE, SOMETIMES I FEEL LIKE MY FRIENDS TAKE ADVANTAGE OF ME AND MY ABILITIES. WHAT SHOULD I DO?” -- SUPERMAN**

Dear Superman, thanks for writing in! Many kids in school have this same dilemma. A part of being friends sometimes is using each others strengths, but if you feel like they are just taking advantage of you then you should tell them! They may not even realize that they’re making you feel that way. That is often the case in situations like this; you should talk to them and let them know how they’re making you feel.



**“DEAR SPIKE, HOW MANY LICKS DOES IT TAKE TO GET TO THE CENTER OF A TOOTSIE POP?”**  
**-- LOLLIPOP ENTHUSIAST**

Dear Lollipop Enthusiast, as I don't have a tongue, I cannot answer this question myself, so the world may never know... (But just so you know: A group of engineering students from Purdue University reported that their licking machine took an average of 364 licks to get to the center of a Tootsie Pop.)

**“DEAR SPIKE, ARE THEY HOLDING YOU HOSTAGE? BLINK TWICE IF YES.” -- SCORPION SAFETY**

Dear Scorpion Safety, this one really made me think.

Hah, it's pretty funny that you thought to ask that question. I've never really thought about it as being held “hostage” before. Currently, though, I'm doing this willingly. I think.

Even if I did blink, you would not know, since I have thin membranes covering my eyes, not eyelids like you humans. Just in case the second part of that question is also trying to get information. Another fun fact: I actually have eyes that you can't see. Scorpions have “lateral eyes” that run along their bodies. So don't try getting away with anything, because I can always see you!

Let me tell you, though, I don't like having membranes very much, and I've thought about what it would be like to have full eyelids for a while. It must be nice to be able to block out enough light to sleep if it's bright.

Plus, I don't personally come in contact with sand and stuff very often, so I don't really need membranes to keep things out of my eyes.

Pardon the rant. Anyways, as far as your question goes, I'm not really that special. A lot of scorpions grow up in captivity, so it's all fine! I think...

**“DEAR SPIKE, WHAT ARE YOUR DREAMS, SPIKE? WHETHER IT'S FOR SCHOOL OR IN LIFE.” -- THOR**

Dear Thor, thanks for asking! For the school, I always want to do my best! I love making the kids at the school excited and happy every time I am around! My favorite day was the first day of school when I got to welcome all the younger kids! As for larger-scale dreams, I dream of world peace... and skittles.

**“DEAR SPIKE, WHY DO WE HAVE TO WEAR A UNIFORM? I NOTICED HOW EVERYONE RESPECTS OTHERS DURING SPIRIT WEEK AND HOW WE ARE VERY KIND TO EACH OTHER NO MATTER WHAT. COULD WE POSSIBLY HAVE MORE SPIRIT WEEKS?” -- FASHIONISTA**

Dear Fashionista, I'm really glad you asked! I've been told that students don't like the uniform, but you guys all look so snazzy. The school is preparing you for the future; learning how to dress well is a really important tool that everyone needs to learn sooner or later! I'm glad that you are all respectful to each other during spirit weeks, and I'm very proud of how nice you all are to one another. I like to think that I've played a part in making that happen :). I'll see what I can do about getting some more spirit weeks in!



# MENTAL HEALTH

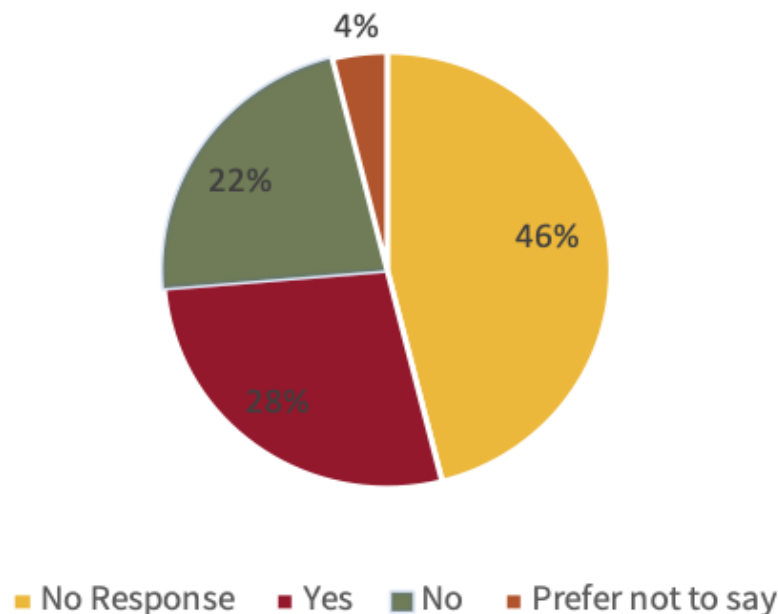
Tessa Méndez Leal  
Staff Writer

As a high school, it is important to not only recognize and nurture academic excellence, which Sage Ridge does very well, but also to apply the same careful treatment to the mental health of the students within the school. Particularly during the adolescent period of life, with all the changes that one experiences in mind and body alike, a student's mental health can fluctuate depending on the amount of stress that they are experiencing in their current situation.

the 30 students who responded "yes" to struggling with mental health on a regular basis are the only ones in the entire school who struggle with their mental health, we believe it is an issue that is important enough to address.

Many of the people who were shown the results above prior to this publication were shocked at the amount of students who admitted to struggling with mental health on a daily basis, and

Responses to "Do you feel like you struggle with mental health (depression, anxiety, etc.) on a regular basis?"



## SURVEYING STUDENTS

In light of these facts, I felt it necessary to reach out to our students who are struggling with mental health, to raise awareness within our school community and encourage a positive attitude and understanding of the situation at hand. I decided to send out a poll and inquire about the mental health status of our Upper School (grades 9-12) students. Graphs for the responses are shown above. Note that these survey results are not necessarily indicative of the entire student body. Only 41 out of 76 (53.7%) Upper School student body responded and because the survey was sent out in an email and students had the option to refuse to respond, it will suffer from Nonresponse Bias, meaning that the responses collected are primarily from those who have stronger beliefs in the cause and thus may be skewed to be higher than the true number. However, even if

even more so to the amount that admitted to diagnosis. The point of this article is not to scare or intimidate, but to provide awareness and understanding, as mentioned prior.

## IT'S NOT ALWAYS EASY TO SEE

Depression, anxiety, and other mental health disorders are not uncommon or abnormal, despite what most may think. The World Health Organization estimates that, each year, there are over 300 million cases of clinical depression recorded across the globe. As an anonymous student said in the "additional information" section of the survey, "a lot of people struggle with this, but choose not to show it and end up just hiding behind a smile all day." It's easy to hide mental health disorders, but they are most certainly real.



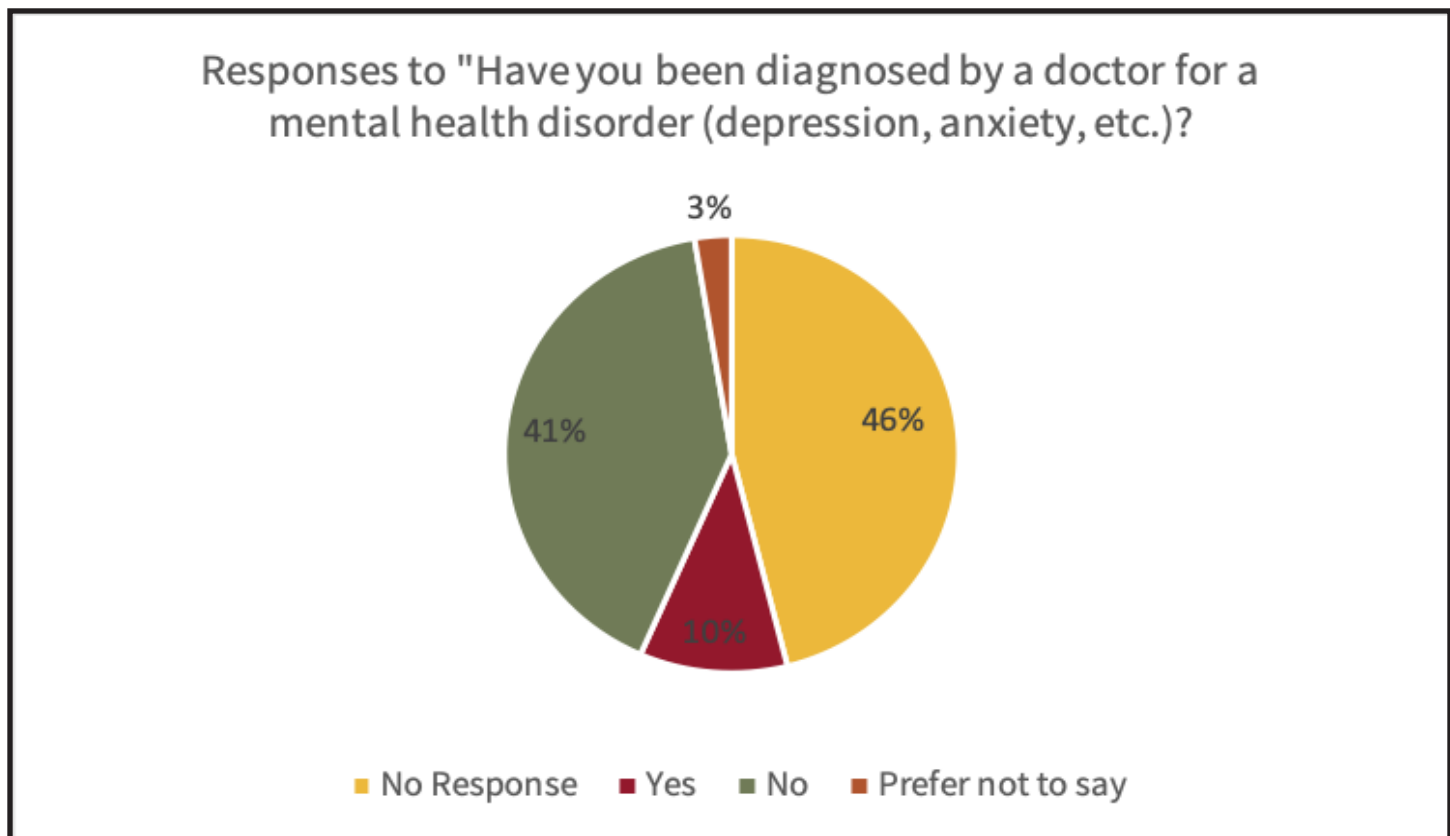
## WHAT CAN HELP?

Though the majority of people with clinical depression need treatment to get better, in many minor cases, consistent attention to physical wellness and a means to de-stress any mental tensions can help. Exercise, a consistent and healthy amount of sleep, time with friends and family, and proper time management with homework and extracurriculars are all things that have been proven to assist in stress, depression, and anxiety. If carried out consistently, these strategies can sometimes eliminate the problem altogether (National Institute of Mental Health). If you are unsure of how to approach such tactics in your daily life, here are some tips on how to improve.

For a better sleep schedule: consider talking to your doctor about investing in melatonin. In regards to exercise, consistency

## PROFESSIONAL HELP: A PROPOSAL

Sometimes, however, as managing homework and maintaining a healthy sleep and exercise schedule can be difficult during high school years, it helps to have a professional to talk to about issues that a student may be uncomfortable to approach their parents about. It is for this reason that I would like to propose the idea of a counselor in Sage Ridge School, as it would not only provide assistance to those who are shy or scared of judgment, but also assist those who maybe have spoken out, but cannot seek guidance from a professional without financial assistance. When our students were asked in the poll if they had anything to add on the matter of depression, anxiety, and mental health, many vouched for a counselor on the school grounds. An anonymous student stated that Sage Ridge “should have a



is important. You do not have to suddenly become the world's strongest man or woman, but simply a walk each day or every other day, or even time spent outside, can greatly improve your mental health.

Time management can be tricky, as some are busier than others, but maintaining a to-do list and managing your time so that you have the option to do the activities listed above can be incredibly helpful, as health should come first.

As a side note, there are many studies that point out the relationship between levels of Vitamin D and depression. With this in mind, I would recommend speaking to your doctor about taking Vitamin D tablets or some other form of consistent Vitamin D.

counselor to help the kids that don't feel comfortable talking to their parents or confiding in a friend. Just having a trusting teacher won't cut it, because not everyone feels comfortable with that." The campus counselor can also simply be an advisor to the students who are having a difficult time during a period of their high school career, as being a teenager and undergoing so many changes can be very stressful, especially with the added workload that comes with attending school. I ask that, after reading this article, my audience considers the steps that we take moving forward in providing a stable and supportive environment for our students and teachers alike.



## OPINION

# WHY JOIN SKI TEAM?

Eric Albregts  
Staff Writer

If you are one of the people who is considering what sport to do during winter or wondering if the SRS Ski Team is the right thing for you, I have the answer: yes, you should one-hundred percent join Ski Team.

### SKI TEAM IS SOCIAL

It is the most fun extracurricular activity that you can do. First off, Ski Team is cool! Seriously, though, the social aspect of Ski Team is the best. On race days, you get to bond with your own team and other people. Everyone who is up on the mountain is really chill and cool; people are easy to get along with. It is a completely different experience than any other sports you can do at Sage Ridge. When you do Ski Team, you are going to be competing with all of the big schools in Reno. This allows Sage Ridge students to expand their social circles and make friends from other high schools. In my experience, having the opportunity to meet students from other schools has made me feel more connected to my city. I know that I feel more confident having more friends.

### SKIING IS EXCITING

Another thing that is completely different in Ski Team versus any other sport is the continuous adrenaline. It gives you a rush of pure joy and excitement, like scoring a goal in soccer. However, this rush isn't temporary like it is with other sports; it lasts the whole time.

### SKIING IS REWARDING

Skiing is a very rewarding sport as well and in general makes you feel better about yourself. And if that isn't enough to convince you, another great part is that we get to go to Starbucks in the morning before a race day. Ski Team is a unique sport offered at Sage Ridge that is adrenaline pumping and completely worth it. I am so excited to join Ski Team this year, and you should consider trying it out, too!



Ski races are social and exciting!



On the lift and ready to ski!

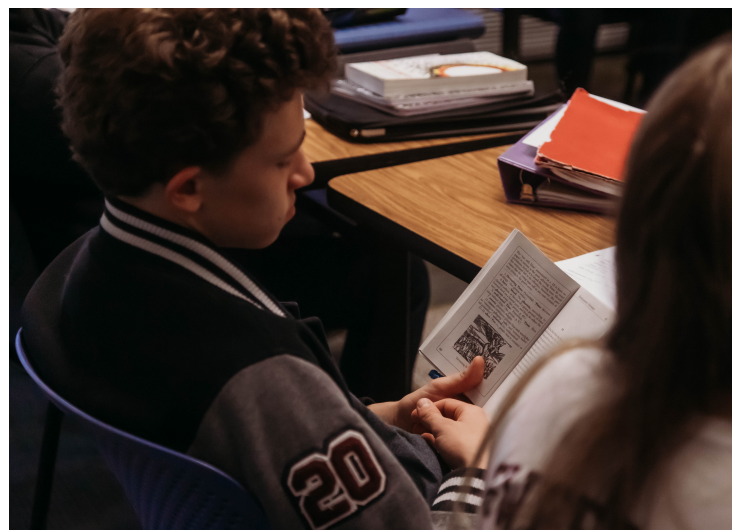


Last year's ski team prepares to race.



You get to fool around between races!





# Writing and Visual Arts Competition



## POETRY

### FIRST PLACE

#### STARS

by Madeline Jones ('24)

I've stared at them for many years,  
I've confided in them, told them my fears  
I know that they are far, far away,  
But they make good companions, what can I say  
So what if they are balls of gas that have been  
dead for a long time,  
So what if to my eyes each one is the size of a  
dime  
They don't feel doubt or hate, provide an  
outside view,  
They are far removed from our battles of love  
and war, it's refreshing, new  
They always shine oh so bright,  
It reminds me of those who are my light  
They have seen many a tear,  
I hope that one day I'll be like them, something  
someone holds dear  
Their light serves to provide hope, to inspire,  
The reason why they are often decorations for a  
pyre  
They mean hope for the future, for what's  
ahead,  
Even if truth is far away, even if those we idolize  
are dead.

## SECOND PLACE

### THE JOURNEY OF AN ASTRONOMER

by Sam Browder ('26)

From craters of rock  
To mountains of dust  
From massive volcanoes  
To red iron crust  
Distant galaxies twinkle  
For we are only one wrinkle  
In the tapestry of space.

From shimmering veil nebulas  
To secretive oases of creatures  
From massive and hot blue giants  
To telescopes showing every feature  
Of our insignificant wrinkle  
In the tapestry of space.

Massive rocket lift off  
To the moon's large troughs  
Giant telescopes unfold  
What there is to be told  
Of the great tapestry of space.

From devouring black holes  
To thousands of layers of rings  
From natural space satellites  
To the master alarm bings  
In a mission to explore  
Our insignificant wrinkle  
In the tapestry of space.

From golden lunar landers  
To majestic ancient seas  
From caves of ice and stone  
To the powerful solar breeze  
Of stories of stars untold  
For we are only one fold  
In the tapestry of old  
In the all-powerful  
Embroidery of space.



# THIRD PLACE

## PACIFIC DEMANDER

by Tessa Mendez-Leal ('21)

There are seas of sound in the depths of my mind. Waves that tower over all else, deafening and destructive in their passion and rage. Each rise an idea, and each fall their portrayal, sinking into beaches littered with the meek. But along the waves and winds in their stubborn velocity, the sole wind of your voice repels their domination. It dances in tranquility, each beat, every melody prancing in spirals; a pacific demand. Your rhythms swirl, soft in their power, moving oceans with whispers and dreams with breaths. Though the waves crash and collide with each contradiction, the irony glints from the epitome, the demander, whose eyes are what change each passing tide.



Thomas R. Pitts

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Arnold C. Pitts

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## ARTS COMPETITION

# SHORT STORY – FIRST PLACE

## MIRROR VIEW

by Libby Mulvaney ('23)

Lindsey watched him sitting across the room. The days when Charlie used to sit with her were now painful memories, but she couldn't stop thinking about them. She'd been his first friend at school, and now Lindsey was left in the dust, forgotten in his newfound fame. Of course, she had always known that at some point he would join the jocks, but it was still sad to think about how close they had been, how much she'd trusted him... but he was the coolest kid in school, with the friendship of everyone who played or talked with him. How much basketball had done for him... and how much it had taken from her.

Surrounded by his friends, Charlie glanced over at the table where he and Lindsey used to eat together, where she now sat alone. He felt horrible excluding her, when she was the one who had made him feel the best at his most vulnerable moment. And now she was in the same place that he had been, only he wasn't there for her right now. Those moments of friendship were a sharp pang, because out of all of his newfound friends, none of them were sincere, like she had been. There were more people around, but he somehow felt more lonely than he had been with just Lindsey. Maybe with time he would come to relax and feel comfortable with it, but a longing filled him when he looked at the lonely table in the corner...

## VISUAL ARTS



## THIRD PLACE

GALACTIC CAT BY FAITH PHILLIPS ('24)

AND

SNOOPY COMIC BY MADDY LEWIS ('20)

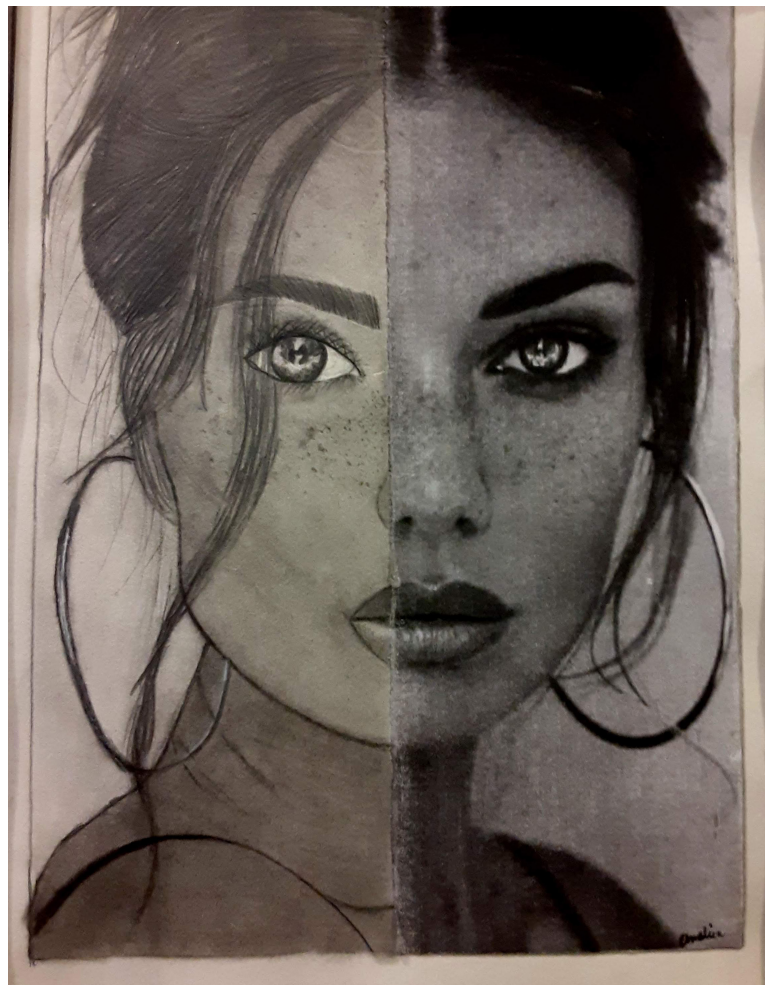




SECOND PLACE: SHREPPA PIG BY SKYLAR LU ('26)



FIRST PLACE: HALF-FACE BY AMELIE HARVEY ('21)





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