

# The Ridge



**SAGE RIDGE**

SCHOOL

FEBRUARY 2020



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Cover Image: Sage Ridge students work on community service, doing interior improvement projects at the Village on Sage Street.



The background image shows a gymnasium setting. On the left, a man with a beard and glasses, wearing a grey zip-up jacket and grey pants, is gesturing with his hands. In the center, a young woman with long brown hair, wearing a white puffer jacket over a grey t-shirt and black leggings, stands with her hands on her hips. To her right, the back of a person's head and shoulders are visible. In the background, there are green lockers, a wooden bulletin board with papers, and a basketball hoop with a white net. The floor is a light-colored wood with red and blue lines.

# Contents

Service Day	4
Library Parents	6
Sports Update	8
Joining Media Arts	10
Valentine's Day	13
Spike's Love Advice	14
Sports Update	16
Arts Competition	18

Background Image: Fitness elective at Sage Ridge, taught by Mr. Farnsworth.

# SRS COMMUNITY SERVICE DAY

Ethan Vicks

Staff Writer

## INTRODUCTION

This year, Sage Ridge had its first ever All School Community Service Day! On Wednesday, February 5th, the whole school participated in a service activity that benefitted the community somehow. Everyone helped in different ways. A group of parents and faculty members organized the service opportunities, transportation, and supervision for the activities.

## ACTIVITIES

Students in grades 3-7 stayed on campus to help improve the world from the classroom. They worked on making toys for SPCA shelter animals, on projects supporting the Northern Nevada Food Bank, a project folding paper cranes for “1000 Cranes for Hope,” assembling packs of school supplies for local kids, and creating thank you cards for armed services personnel. Grade 8 students continued working with their first-grade buddies at the Bernice Mathews school, this time working on research skills. Some students stayed on campus to work on our Go Baby Go project, CANstruction, or other on-campus activities. Upper School students had a choice in how they wanted to help the community. Their options included:

- Helping with technology at Reno Senior Living at Sky Peaks
- Clearing invasive species out of wetlands near Hidden Valley with Truckee Meadows Parks Foundation
- Prepping meal packs and organizing thrift store inventory with Catholic Charities
- Working with the Urban Roots Garden project and transferring a garden bed
- Working on our Go Baby Go project for Renown Hospital
- Creating the design and collection marketing for our CANstruction project
- Painting and working on interior improvements at the new Village at Sage Street project, which is funded by the Community Foundation

The students enjoyed themselves as they helped those in need. It also helped the Upper School students earn their required service hours. The service day was a huge success!

## MY EXPERIENCE

Personally, I had a lot of fun on the service day! I was in CANstruction group, so I stayed on campus. There were a lot of other students in CANstruction, so we separated into groups to get our tasks done. On the building day, we will be building a wall with a scorpion on it for the competition, so on the service day we had to prepare for the building. After building the wall, all of the cans are going to a homeless shelter, which is great cause. Our goals were to create a model of the scorpion online, order the cans we need, create a model at school and make posters to ask for cans. My friends (Payton and Eric) and I made

posters. We made several posters asking for cans and posters spreading awareness of the problem of hunger. After making them, we hung them up around the school. It was really cool having the opportunity to help out with this project. I really hope that Sage Ridge has more service days because I had a lot of fun!

## FEEDBACK

During and after the community service day, Sage Ridge received a lot of feedback from the organizations that students worked with. For example, Catholic Charities of Northern Nevada commented that the Sage Ridge group was one of the fastest that have ever volunteered at the charity. Feedback from students was also quite positive; despite being concerned about the service day at first, most students ended up enjoying the service quite a bit. The day went by quickly, since students were generally busy all day with various activities. In fact, the experience was so positive, there is almost certainly going to be another service day next year.

## OTHER EXPERIENCES

“It was super exciting to see how grateful the Truckee Meadows crew was for our help. They were clearly so passionate about the work they do and about the environment; it was really special to be a small part of it.” -- Lilli De Jonghe ('22)

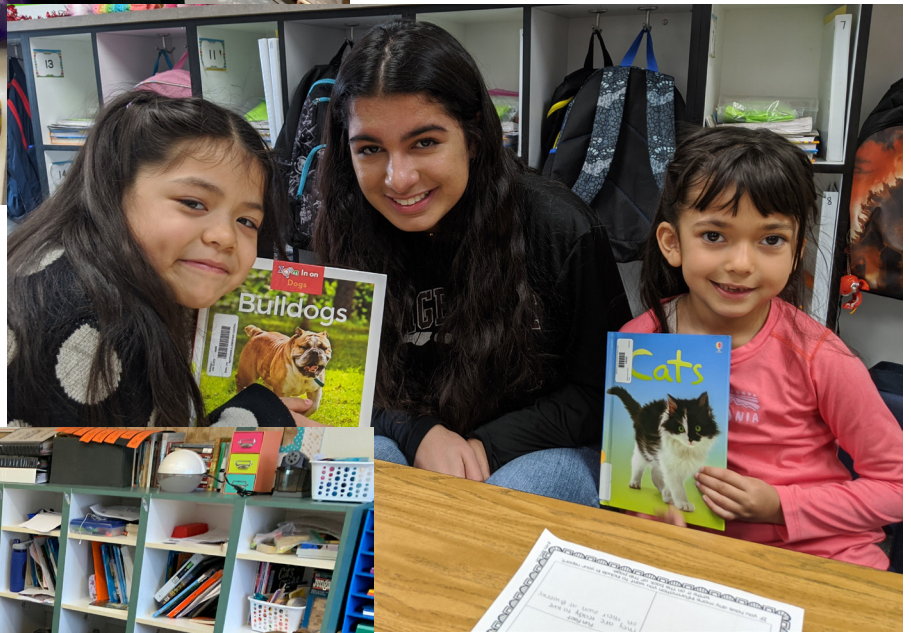
“Volunteering at the senior home gave me the opportunity to interact with senior citizens and hear their stories. I was able to bond with a kind elderly woman over our shared interests in music, talk to her about issues facing teens today, learn about her family, and get some amazing advice about life. Kids who volunteered at the senior home participated in the morning exercises with the seniors and, wow, I haven’t worked out so much in MONTHS! I’m not gonna lie, I was out of breathe due to the workouts. As a reward for working out, we were given “Sky Bucks.” Overall I had a lot of fun volunteering at the senior home and at the end of it, I am thinking about going back to volunteer there on my own time. And, not to mention, I, Nhi Phan, am now 1000 Sky Bucks richer.” -- Nhi Phan ('21)





Students package food at Catholic Charities of Northern Nevada!

Students in Grade 8 helped their first-grade buddies research!



Some students made cat and dog toys for the SPCA!



High Schoolers helped move a garden bed at Urban Roots!



# HEROES IN THE LIBRARY

Kira Romberg  
Staff Writer

Many of you who are reading this will remember the condition that Sage Ridge's library has been in for the past couple years. As changes happened in the school, the library was pushed further and further into a state of disarray. However, with the help of some of our lovely parent volunteers under the leadership of Mrs. Robison, our library is being transformed. To learn more, we interviewed the parents behind this wonderful project: Romina Brodsky and Stephany Apollon!

## ORGANIZING THE LIBRARY

When the library project was started this past October, our books had been thrown in bins, unorganized and unlabeled. Over the past few months, however, parents have been organizing the Webster Library and labeling books with the Dewey Decimal System. The books that do not fit into the Dewey Decimal System, such as the fiction books, have been put into the Crossbow library.

This method of organization is not only great for easy access, but it is also a great way to teach our students how to use a common library organization system. In a world where information is readily available online, many students never learn how to do research in a library. Still, the skill of knowing how to look for a book at a library is far too valuable to discard.

## TECHNOLOGY

Now, Sage Ridge is working on implementing software for the library that will allow students to scan barcodes on their

books in hopes to create an easy system for students to find and check out the books they need. However, this change will be a large task for our parent volunteers. The books that don't have barcodes will have to be labeled, and every single book in our library will have to be put into the system. Even though this is a huge amount of work, our parent volunteers eagerly work at this project with a positive attitude and say that it is "all for the students." At the end of this project, the volunteers hope that the library will become a student-run project and a great opportunity for students to get community service hours by working in it. So, if you see them in the library, thank our parent volunteers!



The Crossbow Building now has its own library as well!



Thanks to our parent volunteers, the Webster Library is, at last, organized for students!



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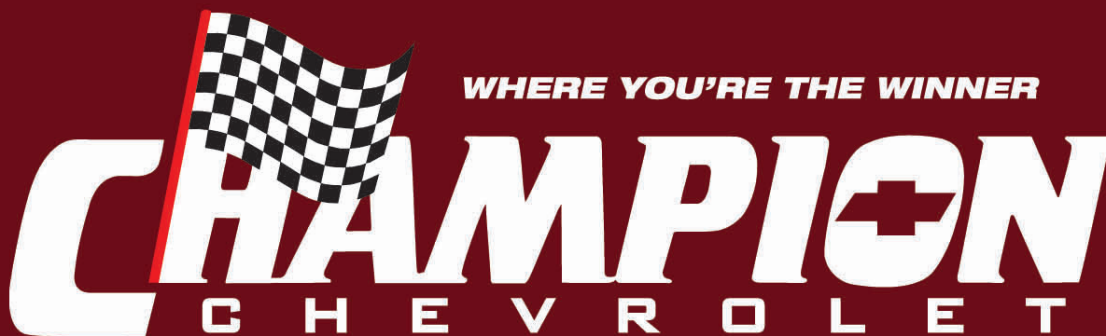
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# SPORTS UPDATES

Josh Stanko  
Staff Writer

## US BOYS BASKETBALL

Sage Ridge Boys Basketball has had a greatly successful season so far. They have a win-loss record of 9-6 outside of the league and 2-2 within the league. The most successful tournament so far for the team has been the tournament in San Diego, which lasted three days. The 13-member team gained many skills from this tournament, which helped improve their game structurally and skillfully. Another opportunity for team members to better their skills and perfect the little things was when they played a scrimmage game against the JV team at McQueen High School (which they won) and also a scrimmage against the McQueen Freshman team. The US Boys Basketball team has been immensely useful for players to develop physical and strategic skills, and.

### Freshmen:

Carter Burns  
Heath Fellows  
Josh Stanko

### Juniors:

Ben Miller  
Brandon Lillaney  
Caleb Briggs  
Flynn Lundeen  
Griffin Lovato  
Jens Emil Clausen



Nate Mulvaney  
Spencer Abts  
Spencer Uppal

### Senior:

Julian Vlad

### Coaches:

Brian Hanshew  
Johne Macdonald  
Sebi Vlad

## US BOYS AND GIRLS SKIING

“[Ski team is] honestly the best sport Sage Ridge offers,” (Eric Albregts ‘22). The Ski team currently has 10 skiers and the team is inclusive of all the grades in the high school. It is a very social sport and, like many other sports, requires a lot of hard work. “On race days, we leave at 9:30 am and get up on the mountain around 10. When the teams first arrive at the mountain, they have to get ready both mentally and physically,” Eric describes. The Ski team has races every Tuesday during the season and sometimes on Thursdays, but a decent amount of races have been canceled this year due to poor weather conditions. “Since course inspection opens up at 11, we can do a couple of warm up runs before the race. When course inspections are open, the team heads up and evaluates the course. Once the team gets a good idea of how the course works, we can do a couple more warm up runs until the girls start,” Eric explains. The boys either watch the girls or are ready to slip the course until it is their turn to start. Once the boys start, the girls wait at the top of the course until called, where they can either slip or watch. Eric goes on to describe that “once the boys finish, the girls have their second run. After the girls finish, the boys have their second run. We find time for each racer to eat lunch at some point when they are not racing.” Overall, the Ski Team has performed especially well this year!

### Freshmen:

Maddy Dutton  
Aidan Adams

### Sophomores:

Eric Albregts  
Gilbert Patterson  
Kira Romberg  
Logan Reeves  
Nathan Barth  
Noah Grady



### Junior:

Austin Schler

### Senior:

Elena Albregts

### Coach:

Melissa Kirkwood



## US GIRLS BASKETBALL

The Upper School Girls Basketball Team has had a good season so far. They currently have a total win-loss record of 1-11 and 1-4 in the league. The team is improving everyday, and they are recording their games and analyzing the footage to perfect their skills. The team has been improving their shooting ability, which changes gameplay completely. Many of the girls who joined the team this year were joining basketball for the first time, making the experience particularly valuable! In addition to making immense progress in terms of their basketball skills, the team has also gotten the opportunity to bond over a common interest. The girls team was very well organized and well coached this year, so their success was to be expected!

### Freshmen:

Helena Yuan  
Josefine Clausen  
Libby Mulvaney  
Maggie Soran  
Monroe Eads

### Sophomores:

Bella Cullen  
Samantha Kenyherz



### Juniors:

Isabella Nunez  
Renata Zavidowski

### Senior:

Siena Hall

### Coaches:

Michael Cvetich  
Cameron Crain

## MS GIRLS VOLLEYBALL

The 7th and 8th Grade Volleyball teams are doing very well this season. The 7th grade team record is 5-3 and the 8th grade team record is 5-2. They have the opportunity to work with different coaches from NNJ (the Northern Nevada Juniors Volleyball Club), which is a great opportunity for them to refine their skills, as NNJ coaches are very experienced. The 7th and 8th grade teams this year have had success from their great communication both on and off the court. They are also having fun, which is key to their success during the season. They have great servers on their team and huge potential to win. Watching the team, it is clear that every move is executed with confidence.

### Grade 7 Team

#### Grade 5:

Harper Westfall

#### Grade 6:

Ava Crain  
Emerson Evans  
Geneva Adams  
Majken Burt  
Ava Wohletz  
Jennifer Sarkissian  
Sofia Jeferian



### Grade 7:

Bryn Rogoff  
Natalie Burke  
Rhea Skaria  
Katie Partridge

### Coaches:

Amy Morris  
Karli Rodriguez

### Grade 8 Team

#### Grade 7:

Tessa Handcock  
Kate Pelfrey  
Alexis Krakora  
Sam Herrera  
Savannah Jukes  
Sophia Soran



### Grade 8:

Wendy Cook  
Zoe Dixon  
Anjali Gosal  
Mckenzie Garrett

### Coaches:

Amy Morris  
Kristin Bennett

# WHY JOIN MEDIA ARTS?

Anne Thompson  
Staff Writer

Schedule adjustments this school year have opened up the opportunity for students to expand their education beyond core classes and delve into new subjects areas that they are passionate about. One of the new classes offered this year was Media Arts, taught by Mrs. Jess Thibault.

## WHAT IS MEDIA ARTS?

In Media Arts, students rotate their focus about every two weeks around three main components: Journalism, the Yearbook, and Graphic Design/Social Media. As one of the students who decided to take the Media Arts class this year, I can personally say that I would recommend it to my peers for a couple of reasons.

## REAL-WORLD SKILLS

Communication is an essential skill necessary to succeed in every aspect of life, whether that be school, work, or

sending emails to ask for a lead on where I might find the content I was looking for. Yet, the more I reached out to my colleagues and faculty, the more at ease I became with it. It is also apparent that this skill is used again and again in the real world, and being good at communicating with those around you not only gives you an advantage in college, but also in the workplace and in your personal life.

## SOCIAL MEDIA

Every week, each student is assigned to create a post for one of Sage Ridge's various social media platforms, typically either Facebook or Instagram. While most teenagers are already very familiar with Instagram and other social media platforms, students in Media Arts learn the science and psychology behind what actually makes successful content, and how to create content with a high level of "shareability". The knowledge and familiarity students gain from working to create high quality, shareable content on social media



The Media Arts class often has experienced guest speakers and field trips!

even a relationship. The central goal of graphic design is to communicate information efficiently and effectively. Students learn how to strategically design pieces that both grab the attention of the viewer and communicate important information. However, this communication does not stop at the visual level. Putting together our quarterly magazine, *The Ridge*, as well as the Yearbook, requires a lot of collaboration and obtaining content from people outside of our class. I have become much more comfortable communicating with peers and faculty who are outside of the group of people I normally interact with on a daily basis. I must admit that at first this was a bit out of my comfort zone, and I felt exceedingly awkward

platforms is a skill set that is becoming increasingly valued by employers as more companies turn to social media as a marketing platform. Plus, this is a part of the class everyone finds enjoyable, as it is simply fun to capture moments of your friends or cool events that you may not have even been aware of otherwise. As a result, creating a post is a pretty enjoyable task that doesn't really even feel like homework.

## PHOTOGRAPHY

Speaking of capturing moments, photography is another art which students explore in depth in the Media Arts curriculum.

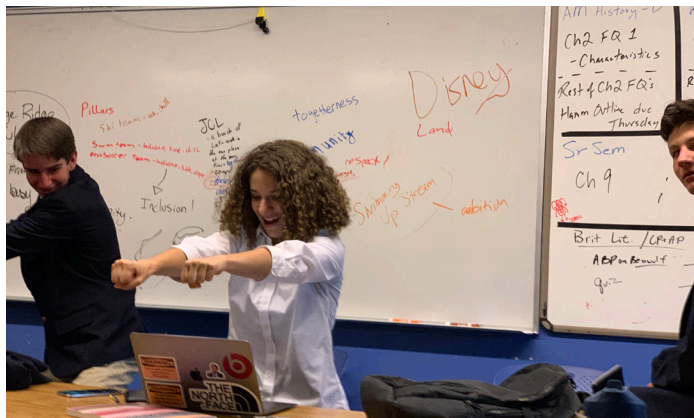


We explore iPhone photography, a topic in which students constantly prove that you do not need a fancy camera to take great photos. We not only learn the rules for taking excellent photos, but we also learn how to edit photos in order to improve their quality. Students are also taught about special effects. For instance, just last week, Mr. Kuehn taught our class how to edit people onto different backgrounds using a green screen, which we all obviously had a great time experimenting with. These aspects of the class are exceptionally fun to utilize and explore outside of school, especially because photography is now more accessible and popular than ever before.

## MY EXPERIENCE

At the time I put Media Arts as my first choice for my H Period class, I had absolutely no idea what I was getting into. I barely had any experience with any of the topics covered in the class, and I simply thought it sounded interesting and knew that what we were going to learn about had many real world applications. Looking back, I have already learned so much that I use in other subjects of school, as well as just for fun in my life outside of school. The brilliant thing about Media Arts is that you do not have to have experience in graphic design, photography, or journalism to succeed in the class. You can simply jump in and be submerged in this complex and infinitely interesting world, where there is always more to learn.

I also just thought it was really worth mentioning that sometimes Mrs. Thibault brings us snacks (I'm not talking about granola bars and apples, I mean cookies), which should be enough of a reason to join us on its own, but it's good that we also included the article above. Definitely think about taking Media Arts next year, it can be a lot of fun!



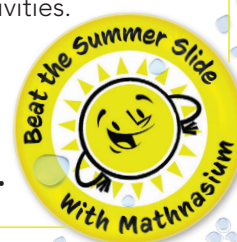
The class definitely has a lot of freedom and fun!

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# VALENTINE'S DAY

Jessenia Lopez  
Staff Writer

Valentine's Day is a day filled with a lot of controversy. Is it a day to spoil and recognize your loved ones, or is it just a day to waste all of your money on expensive gifts and elaborate dates?

## A BRIEF HISTORY OF VALENTINE'S DAY

Valentine's Day happens every year on February 14 all across the United States and in many other places of the world. Before Valentine's Day, there was the Roman holiday of Lupercalia, celebrating fertility. Roman priests would sacrifice a goat for fertility and a dog for purification. They also used that day to find a partner; the women would put their names in a big urn and all of the bachelors would pick out a name. They would be paired with the women for a whole year, a setup that would end up with marriage. This holiday lasted until the initial rise of Christianity at which point it was outlawed because it was deemed "un-Christian". Later on, the holiday was turned into Saint Valentine's Day, which came to be associated with love. Ever since, Valentine's Day has been celebrated in many different ways and people in our community have different ideas about the meaning of Valentine's Day.



Students dress up in Valentine's Day Spirit Wear!

## IN FAVOR OF VALENTINE'S DAY

There are good aspects of Valentine's Day, and many people in our community enjoy celebrating this special day. Younger members of our community enjoy celebrating this holiday because according to Michelle Cho ('26), "it is a good day to collect candy" and they like spending time with their friends. They enjoy the simple things in life. They believe this day is a day to give extra compliments. Other members of our community think it is a day we get to appreciate those we care about. Valentine's Day is the day to "go all out" for the people we love; it is an extra special day to shower others with gifts and a lot of love. Many of our community members also enjoy this day



Students arrived to decorated lockers and bags of candy!

because they can celebrate their loved ones. Valentine's Day is not only a day that older people can enjoy but it is a day that the younger kids in the community can enjoy.

## OPPOSED TO VALENTINE'S DAY

On the other hand, some people in our community do not like this holiday at all and they point out many flaws in the special holiday. Some students in the community think that this day is only meant for people with a girlfriend or a boyfriend, so in many cases they believe that this holiday is only for romantic purposes. Others believe it is just a pointless day and is just another, average day. Many of the people in the community mentioned that Valentine's Day is just a way for companies to take your money by making you buy pointless artifacts. Some people, like Max Sierzenski ('20), like it, but find it irrelevant "because you should not need a specific day to exhibit your love, that should be a daily occurrence."

## RESPECT IS KEY!

Whether you celebrate Valentine's Day or not, you should always respect other people's ideas and beliefs on the subject. Even if you do not have a special someone you can still enjoy this day and give back to your friends and family, the people who care about you and take care of you on a day to day basis.



ENTERTAINMENT

# ASK SPIKE



**Dear Spike,**  
**Sooo long distance relationships? Are they a good idea, and how does one go about them?**  
**- Love Bird**

Dear Love Bird,  
As a scorpion, I'm not someone who knows a lot about relationships in general. However, in my humble scorpion opinion, long distance relationships can actually be beneficial if you do them correctly. More and more often, people have been able to meet each other online and start relationships. These can be friendships or romantic relationships. But regardless, long distance relationships are generally caused by one person moving away because of college or work or simply because their family needs a change in scenery. This can be a difficult time for all kinds of relationships, including friendships and romantic relationships, and it can be scary if you don't want to lose the other person. In these types of situations, technology will be your best friend! In fact, being able to talk, text, or FaceTime with the other person could help bring you two closer together, according to psychotherapist and New York Times bestselling author Lori Gottlieb. I would talk with the other person to see if they feel the same way you do and you two can do your own thing, and work something out!

**Hi Spike, I've been having serious relationship issues lately with the love of my life and I desperately need help. I think I'm jealous! Lately he has been distant with me, and he's been talking to a bunch of other guys. Before we used to be the hottest couple at Sage Ridge, but I'm scared that I'm going to lose him. I've been hearing rumors from someone that they've been playing footsies together and writing love notes to each other, and I'm really afraid that their relationship is getting serious. I really don't know what I'd do without him in my life, so please help me!**  
**- Mr. Valentine**

Dear Mr. Valentine,  
I'm sorry to hear about your problem. I have been in this situation with the one I once loved, Spider Mary. It was forbidden, and soon enough she left me for Stinkbug Barry. My best suggestion to you would be to try and tell the person how you feel. Start by asking how he feels about your relationship and try telling him how uncomfortable you are with him playing footsies with the other guy. I wish you luck!

**Dear Spike,**  
**Is it mean to break up with someone on Valentine's Day? I feel like his heart lies with someone else.**  
**- Cherry Bomb**

Dear Cherry Bomb,  
If you don't feel the same way about your significant other, then you should never be afraid to speak out about it: communication is key.

With that being said, breaking up with someone on Valentine's Day is often not the best idea. It might seem spiteful or it might hurt worse for your significant other. Maybe choose another day to talk with them about it!

Remember: there might be severe consequences to breaking up with someone on Valentine's, and I, Spike the Scorpion, do not take responsibility!



**Hey Spike, which is better: tacos or burritos?**

**- Foodie**

Dear Foodie,  
Tacos!

**Hi Spike, have you ever had a Valentine? -**

**Matchmaker**

Dear Matchmaker,  
I'm so glad you asked! I have had a Valentine before and I should have had one this year. Last year, I had a secret admirer who brought me some of my favorite insects to eat. This year I would have loved to have another Valentine! Unfortunately, they seem to not have returned. It's fine. I'm fine.

**Spike, how do you get over not having a Valentine, even though you had one last year?**

**- Definitely not Spike**

Dear Definitely not Spike,  
Even if you feel like it's intentional, it is probably not. Logically, it's not. People still care about you! Thanks for your great question, it's truly a wonderful question, one of the best we've ever received!



Spike poses with some of his third grade friends!



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# JUNIOR ASSEMBLY

Eric Albregts  
Staff Writer

JA, the Junior Assembly, is an annual dance that takes place at the National Bowling Center in Reno, NV. In terms of rules, it is a very traditional dance (often called “old-fashioned” by some students) and requires attendees to bring a date of the opposite gender.

## DRESS CODE

Both men and women have a very strict dress code. Men are required to wear tuxedos, while women have to wear long dresses. This dress code certainly offers a new experience for attendees and offers a great learning experience. To get into the dance, you must have a bid, which is generally granted to top students at each Reno school. However, due to the small size of Sage Ridge, virtually everybody gets a bid and can attend. As a boy, renting a tux and wearing it was really cool and definitely an experience that I will remember. In addition to helping us learn how to dress formally, it makes you look really nice and feel confident. Anne Thompson ('22)



A common tradition is for students to pose for pictures before JA!

thought it was really fun to get dressed up because it made the experience more special. Although it can be a little stressful to get the fancy clothes, it certainly made the dance more unique.

## PHOTOGRAPHY

Another great thing about JA is that photography is part of the experience, which allows the experience to be remembered for years to come. It was so memorable that, personally, photos I took that night are still my phone wallpapers.

## MEMORIES AND FUN EXPERIENCES

One of the best things about JA is that even if you are not a dancer, you can still have fun. Outside of the dance crowd, there are tables with comfy chairs you can lounge on. Also, there is the option of bowling. Most of the groups who went ended up bowling because it is a nice break from the dance, and bowling is generally a fun social activity.

## A BIGGER DANCE

The primary difference from other dances is that there are a lot more people than at Sage Ridge dances. While this offers a fun social experience, it can certainly be intimidating for some. Still, leaving is still always an option. JA is a unique experience that created memories that I will never forget.



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# Writing and Visual Arts Competition



## ART COMPETITION

# POETRY COMPETITION WINNERS

*The Ridge* Art Competition is meant to exhibit student-produced art. Students submitted art for our poetry competition and our visual arts competition (split into two-dimensional and three-dimensional categories) to have an opportunity to showcase their artistic talents. This quarter, *The Ridge* received a record number of submissions and opened up voting to all students, to enable a larger population to decide on a winner. The winning art pieces had the highest number of votes out of students who replied to the survey. All winning art is 100% student-made and original.

### MAKING ME, ME

by Misha Sekhon ('26)

To all the people out there,  
Who doubted me,  
Who believed in me,  
Who frowned at me,  
Who smiled at me,  
Who laughed at me,  
Who laughed with me,  
Who thought I was a nobody,  
Who though I was somebody,  
All these little things you do,  
Have made me the person I am today,  
So, I thank you for making me, me.

### LOVE DEFINED

by Tessa Méndez Leal ('21)

I ponder if this is how it will always be  
To witness such a wonder and have such wonders wilt  
A wicked thing this withering has woven  
From such a lovely light that listened and loved  
I never wished to weapon my worry, to watch you withdraw and whiz away  
I longed to lead you to listen, to have you lean to lift the light from darker grounds and let live and let love alongside one another  
But now it is done, washed, eroded, and I know I will not chase you to lift as I once did  
I wish you breath, peace, and that the irony of it all induces fewer a wince  
Love, I beseech you, do not cower at cowers, do not regret  
It seems this is how it will indeed, always be, and though how it slowly pokes and prods is menacing, how it once caressed and  
cared holds lessons and memories I would never trade, should you offer me the moon  
For it is the moon and the stars and the galaxy you gave, and oh how I love you for allowing me wings  
Though the same moon makes me weep, in time I shall awaken from our wilted stage, and the moon will still shine in its ever  
changing bliss, and as I gaze, I will grin at the sight of a boy who, for me, defined love.



# VISUAL ART COMPETITION WINNERS

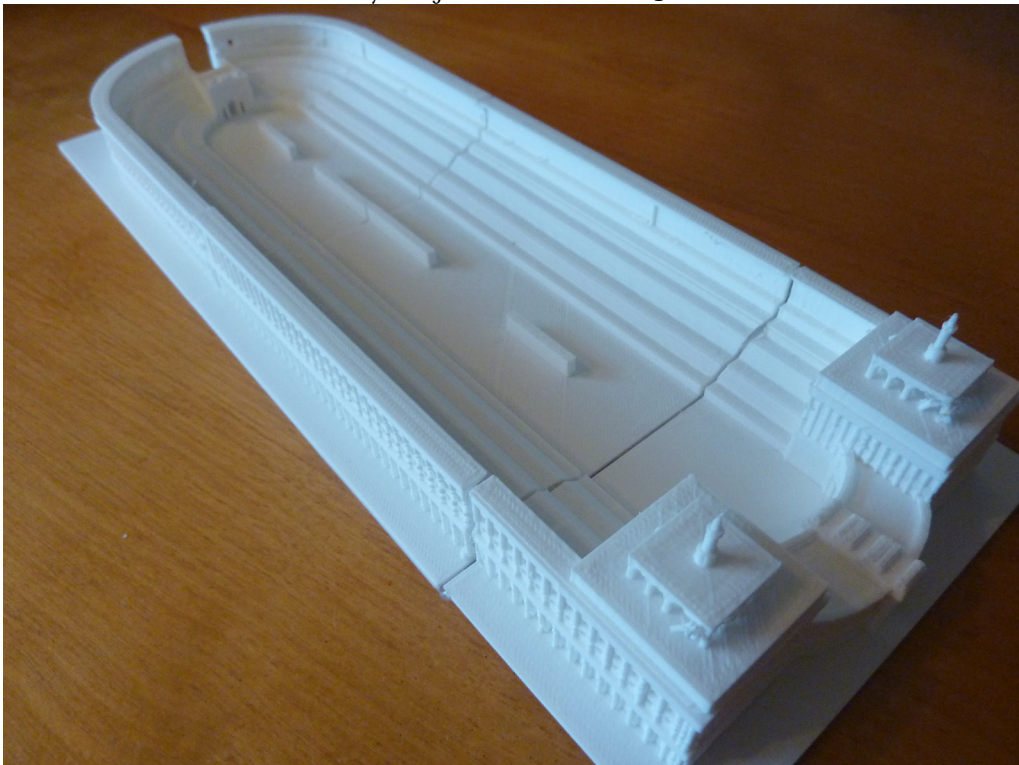
## FIREFLY FOX

by Faith Phillips ('24)



## CIRCUS MAXIMUS

by Benjamin Browder ('24)





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