



PINE-RICHLAND RAMPAGE

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"DELIVERING HIGH SCHOOL NEWS...ONE PAGE AT A TIME."



The Pursuit for Glory: PR Wrestler Finally Reaches the Top

CALLE HENNE STAFF WRITER

"I finally did it," said junior Vaughn Spencer after winning gold at the PIAA state championship for wrestling in the 172 weight class. However, the journey was nothing short of a challenge.

This was the first season that Spencer was able to compete for the state championship. Freshman year he blew out his knee in the quarterfinals, and during his sophomore year, he was sidelined due to shoulder surgery. He battled with the decision of whether he should even continue wrestling, and with his parents' support, he chose to return.

"I see how much they [my parents] sacrifice for me to be the best that I can be. I know how much they support me so it makes me want to practice to be prepared to win," said Spencer.

To be the best, for himself and his parents, Spencer follows a strict schedule that includes morning

practices, after school practices, and late-night lifts. On top of that, he is constantly watching what he eats to build, maintain, or cut weight for upcoming matches.

"Having a strict schedule helps keep me on task and helps keep me motivated," said Spencer.

From sunrise to sundown, Spencer is constantly thinking about wrestling whether it is watching a film with breakfast, practicing twice a day, or simply just thinking about it; it is constant.

"To be great it's just something you have to do all the time," said Spencer.

Growing up in a family with an older brother who

wrestled, Spencer was thrown right into the sport. However, at a young age, Spencer hated wrestling. He even resented it.

"The only way I would go to my brother's wrestling tournaments was if there was a pool in the hotel or a Krispy Kreme in town," said Spencer.



Junior Vaughn Spencer after winning gold at the PIAA state championship for wrestling, photo from Vaughn Spencer

But he kept with it, and by 5th grade he had his sights set on winning a state championship, and for the first time since 1994, a PR wrestler took home the gold in 2024. Along with being the first state champ from PR in 42 years, Spencer also beat his older brother Cole's, single-season record going 43-2.

To make history, Spencer kept himself motivated over the past many, many months. To encourage himself to get out of bed each morning, Spencer has pictures of his toughest opponents hanging on his walls because he wants to work harder than them. There is nothing Spencer won't do to let someone else beat him, especially after being sidelined for two years.

"I fell in love with doing everything I could to go out there and get my hand raised," said Spencer.

After high school, Spencer will attend Lehigh University in Bethlehem, PA on a full wrestling scholarship.

"I want to be the best I can and I want to win, but it's going to set up my future," said Spencer.

There will now be two collegiate wrestlers in the Spencer family, Vaughn at Lehigh and Cole at Penn.

Looking back at his various battles with injuries and negative thoughts about continuing wrestling, Spencer had one thing to say:

"The love of wrestling and pursuit for glory got me coming back, and I'm so glad I didn't quit."



Say Yes To Thrifting, No To Fast Fashion

How To Shop in a More Sustainable Way

ELLA DAVIS STAFF WRITER

We all have heard of or even ordered clothing from websites such as Shein or Temu. But do we truly know what happens to these cheaply made clothes?

According to the article, “The Evil Fashion Giant: Shein,” by the University of Kansas, “About 85% of textiles in the United States are discarded and dramatically increase the amount of microplastics ending up in our soil and ocean.”

Constant micro-fashion trends and cheap prices cause overconsumption. Buying 4 different tank tops in different colors is not better than buying one expensive tank top. Once the public decides that these clothes aren’t cute anymore, what happens to them?

After taking a recent trip to a local thrift store, Plato’s Closet, I noticed the racks are currently overflowing with Shein clothing and clothing that was popular about 5 years ago. I find it ridiculous that the second a new shirt becomes popular on social media, people are so quick to add it to their carts and get rid of something that isn’t considered trendy. The lucky ones end up staying on thrift store racks, but other clothes are mainly discarded and end up in landfills.

So what is an alternative to fast fashion? Thrifting is the way to go. You can get clothes that have even cheaper prices but double the quality. This gives them a second life so that they aren’t being wasted. You can find vintage and unique pieces. It’s also something fun to do with your friends. It’s time to start wearing what you feel like wearing and stop focusing on what’s trendy.

Freshman Eva Bloom said, “Thrifting is cost-efficient and good for the environment. With fast fashion, it is much harder to find your style because they are advertising for you to be like everyone else. With thrifting, you can be you in what you buy.”

What’s the fun in picking out an outfit if everyone else is already wearing it?

If we stop relying on websites like Shein or Temu, then places will stop overflowing with cheap materials that aren’t even biodegradable. I’ll be the first to tell you, micro-trends are out, and the freedom to wear your own style is in.

If thrifting doesn’t appeal to you, then there are plenty of other alternatives. For example, shopping on Etsy can get you unique and cute items while also supporting small businesses. You can even find people online who do thrift bundles, where you can pay them to thrift for you and find pieces that you love.

At the end of the day, you get what you pay for. If you buy a \$3 shirt from a fast fashion website, expect it to have the quality of 3 dollars. Here me out, buying from Shein once in a while is not terrible, but you should really be considering your options before you add those items to your cart.

Style and clothing are ways of expressing yourself and how you feel. Just because you have different aesthetics or styles or you can’t keep up with trends does not determine your value. Where you get your clothes from does not determine your value either. We only get one chance in life to be ourselves and now is the time to start!



*Mountains of trashed, trendy clothes overflow landfills.
Photo from New York Post*



Fashion in the Good Old Days

Comparing Our Childhood Fashion to Today

ELLA BARKLEY STAFF WRITER

We've all grown up and so has our fashion sense. Don't get me wrong, the times have definitely changed when comparing 2024 to the early 2000s, so it makes sense that the clothing styles have been moved around quite a bit. So let's go back in time to our childhood days and compare the totally different styles that each decade holds.

Once our parents allowed us to dress ourselves, it was a dream come true. We would pick out the most colorful dress we could find and pair it with crazy hair accessories such as bows, ribbons, barrettes, headbands, you name it. And not only would we have just one necklace on, but at least three and all of the fun bracelets we could find in our jewelry box too. And to complete the fashionable look, we would have to include a purse that was way too big for us, but obviously needed it to hold all of our special belongings.

When looking back in old pictures to see what the style was like back then, it can be somewhat sad. You feel all the nostalgic moments you had come to life, with just a simple outfit. When you see your younger sibling wearing your favorite shirt that you outgrew, you feel like a part of you is missing because you loved that shirt. Whether it was a Disney princess shirt that you got at Disney World or even just a simple polka dotted dress that you wore when you danced around the house while listening to the latest 2011's pop music, that piece of clothing held memories of your childhood and it's sad to let it go.

When heading to the mall with our families, we looked forward to going to Justice and picking out the sparkly dresses and the neon colored pants that spelled out the sport we played. Walking into that store was like an explosion went off and you wanted to buy one of everything because that was the style back then. Or when we would go to Gymboree and our moms would coordinate outfits with all the family members. Back then we didn't mind matching our siblings. Better yet, we kind of liked it. It didn't matter what the new coolest brand was or that you had to have these trending shoes. As a kid, our job was to enjoy life and wear the outfits that our parents would pick out for us.

Nowadays, the style is a lot different. Instead of finding the most colorful dresses and skirts to wear to school, we choose to wear mostly neutral colors.

Instead of taking your time getting ready for school in the morning so that our headband was perfect and our tights matched your dresses, we are barely making it out of the door with sweatpants and a sweatshirt.

Most of the shopping is now done online where we are able to look at all sorts of colors, size, details, and brands. Instead of the bright and distracting jewelry, we settle for a nice and simple gold or silver piece of jewelry that compliments our outfit.

We now aren't growing out of our clothes and can keep the sentimental clothes that hold a special place in our hearts from when we went to a certain event or occasion. And instead of loving to match with your siblings, it's now a struggle to keep them out of your room without stealing your clothes. The style these days makes it seem like you have to keep up with the latest trends or what is popular and new. But the problem is that it is always changing, so it's a constant struggle to figure out what to buy to look cool, but also have a unique style compared to everyone else.

Fashion definitely has changed over the years which isn't a bad thing, but it sure does show.

Sooner than later, the style will change again and we will be back looking at photos of us now and thinking about how different we look compared to 20 years from now.



Ella Barkley in kindergarten, photo by Ella Barkley



Mamma Mia Style: *Being the "Dancing Queen"*

MADDY HOMER STAFF WRITER

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Mamma Mia outfits are an iconic fashion statement, instantly recognizable wherever you go. The style, which is inspired by the classic 1970s Swedish pop group ABBA, is a combination of bright colors, flamboyant patterns, and a carefree attitude.



Young Donna in Mamma Mia! 2

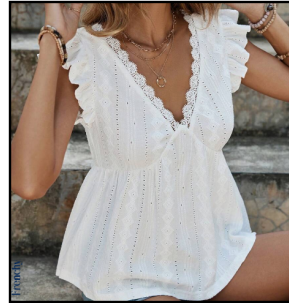
Donna has some of the most iconic, relaxed outfits in the movies along with her daughter, Sophie. I love their style. It is so beautiful and reminds me a lot of Greece, which is where the movie takes place. In the second movie, young Donna has some very cute outfits that I have always wanted to try to style myself. The outfit to the right has a nice floral top and overalls.



Floral top and overalls found on Amazon

On Amazon, I found the floral top to the left. It is about \$25 and could be styled amazingly if you were going for this iconic outfit. The overalls on the left are about \$45. Amazon has great clothes that in my opinion are very underrated. I order all the time and I have never had any issues with the clothes. They are very high quality and reasonably priced.

Sophie has a super cute and stylish outfit at the beginning of the



White top found on Shein

first Mamma Mia. Sophie's outfits are absolutely gorgeous but also look like they would be comfortable for a nice day at the beach. This top that I found on Shein looks pretty similar to the top she wears in the movie.

Shein has a bunch of super cute summer clothes that are very reasonably priced. I have found that shein's clothes often come in smaller than the size I would've hoped so I usually would order

the next size up and it fits perfectly.

If you were looking for online shopping places to buy your summer clothes I would 100% recommend places like Amazon and Shein. Many of their clothes are high quality and have great prices.



Sophie from the first Mamma Mia

Photos of Elise Duckworth's Style Through the Years

ELISE DUCKWORTH STAFF PHOTOGRAPHER





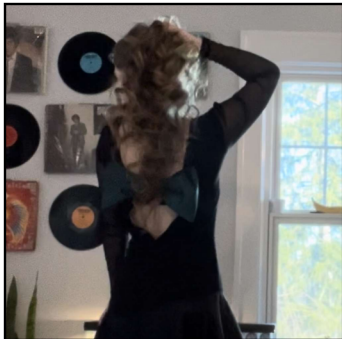
The Perfect Fit by Cara Murray

Freshman Designs and Creates Her Own Dresses

CALLE HENNE STAFF WRITER

“By making my own [dresses] I get to create whatever I want. It’s completely custom to me.”

- Murray



Freshman Cara Murray in her winter formal dress that she made.

Throughout the four years spent at Pine-Richland High School, girls have to find the perfect dress for an average of four homecomings, four winter formals, and two proms; maybe more, sometimes less. Finding the perfect dress is stressful; perfect fit, perfect color, perfect style, perfect length. Finding the perfect dress is nearly impossible. PR freshman, Cara Murray, decided to take matters into her own hands

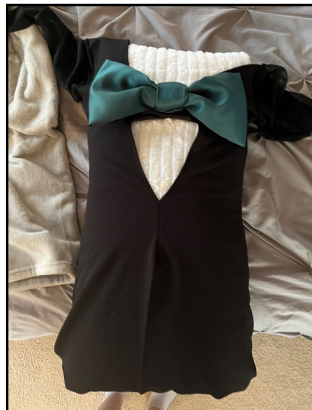
and learn how to create dresses perfectly fit to her.

Inspiration to start creating her own dresses began during the summer headed into freshman year due to the anticipation of her first homecoming.

“I really just wanted to try something new. I’ve always loved working with my hands; whether that was building or just making art in general. Art is often assumed as painting or drawing, but there are so many more levels and I wanted to work on something a little more 3D,” said Murray.

She has only just begun down the road of sewing, but Murray’s results already look incredible, and are sometimes completely fabricated from her own visions.

“I design some of my clothing, yet I’m still so new to sewing in general so I’ve only designed a few things strictly from my own vision. I’ve made a few shirts, skirts, and other random things like blankets and ski hoods. If not creating from scratch, I mostly reshape clothing and take old fabrics to piece together,” said Murray.



The back of Cara Murray's winter formal dress that she made.

The process to produce an original piece of clothing, like many things, has its ups and downs. To Murray, the best part was the unknown and learning along the way.

“I loved the learning process and excitement of it. To be successful I had to learn how to shape fabric, how different stitchings affected my products’ mobility, and how to customize the dress to myself. **I got to make a figment of my imagination a reality for myself**, which has to be one of the most rewarding feelings,” said Murray.

However, creating dresses while also learning at the same time created some challenges.

“Working without a pattern or really any clue what I was doing was frustrating at times when things didn’t work out as I imagined. Especially when having to tailor a dress to myself because pinning a dress on yourself is harder than you would think,” said Murray.

Along with balancing school, homework, sports, and life, creating one dress took weeks of practicing and then about a month to get to a wearable state. Murray is a lacrosse player, field hockey player, avid volunteer, and is also part of a couple different clubs within the school so finding time to sew is not always easy. But that’s not going to stop Murray.

“I really want to make all of my high school dance dresses because it makes it so much more personal and I get to see my growth over the years in a different aspect,” said Murray.

“Having something that you completed on your own and being able to share the image you’ve seen in your head with others is incredibly special,” she said.



Cara Murray in her homecoming dress that she made (all photos provided by Cara Murray).



Sophomore Shoes

How Pine-Richland Students Choose to Express Themselves

ANASTASIA PUNOSEVAC DESIGN EDITOR

You've probably heard the phrase, "Shoes tell a lot about a person." Well, it's true. We choose what shoes we wear each day based on our personal style, what we think will be comfortable, and of course, what's currently trending. Your outfits may vary a lot from day to day, but for the most part we typically stick to the same few shoes. Because of this, we need to find the shoes that fit us the best. Size wise, of course, but style wise too. We need to find shoes that will fit us and make us feel good no matter the day.

I had the opportunity to ask a few Pine-Richland sophomores about their shoes, why they like them, and what inspired them to get them. Here's what they had to say:

Starting with Lucio Sherron, he described why he likes his Air Maxs so much, saying, "I wear these shoes everywhere, I golf in these shoes, I swim in these shoes. I like these shoes cause they're really comfy."



Sophomore Lucio Sherron in his Air Maxs, photo by Anastasia Punosevac



While most people like to stick to a classic tennis shoe, others tend to take the non-traditional route.

Maria loves making a statement with her red shoes.

Maria Ribeiro in her red shoes, photo by Anastasia Punosevac



Next, when asked about the look and fit of her Converse, Morgan Radi stated, "I like the style of these shoes and they're reliable."

The classic white shoes are sure to complement any outfit.

Sophomore Morgan Radi in her reliable and stylish white Converse, photo by Anastasia Punosevac

Some people do like to stick to the classics.

Sol Prates stated, "I'm a trend follower," when asked about what inspired her to purchase her Adidas Campus 00s.



Sol Prates in her trendy Adidas Campus 00s, photo by Anastasia Punosevac

Next, Kara Wang talks about her baby blue dunks, "I like these shoes cause they're blue and white and they match with all my jeans. Also, they're high-tops. I do everything in these shoes, not running though. I make sure to keep them clean. Aren't they so cute? My ex bought them though. Only good thing to come out of a relationship."



Sophomore Kara Wang in her baby blue Nike Dunks that her ex got her, photo by Anastasia Punosevac



Rae Cicconi in her non-cowboy boots, photo by Anastasia Punosevac

Finally, the only one wearing boots Rae Cicconi stated, "I love all my shoes but I really want cowboy boots. These are the closest things I have," when asked why she chooses to wear her Uggs.

It's clear to see that Pine-Richland loves their shoes. Shoes really do tell a lot about a person. What type of shoes do you like to wear?

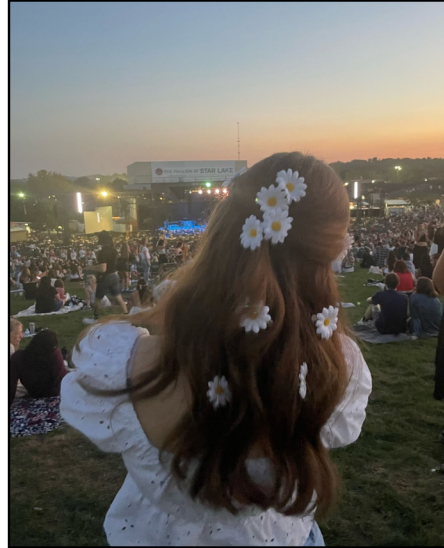


Hair Accessories: *Mainly Bows*

BROOKE DEEGAN STAFF WRITER



Western Football game hat



Lana Del Rey Concert Hair inspired by LFL Album Cover



Big white bow



Big red bow and Christmas lights

Little pink bow



Traveling Back in Time

Ranking All My School Dance Dresses

ADDISON BARNES DESIGN EDITOR

10 Dances & 10 dresses

In your high school career, you have 10 possibilities to dress up and go to a school dance, though that is a different story for upperclassmen because winter formal started last year. So far I have been to half of those dances and have had a different dress for all of them. Today I am going to be rating every single one of my school dance dresses and explain why it got that rating. I will also add what dance I wore it to and the price.

Freshman year homecoming was my first dance and the first dance after COVID-19 happened. I didn't know what it was going to be like, only that it was outside on the football field and that you had to wear short dresses.

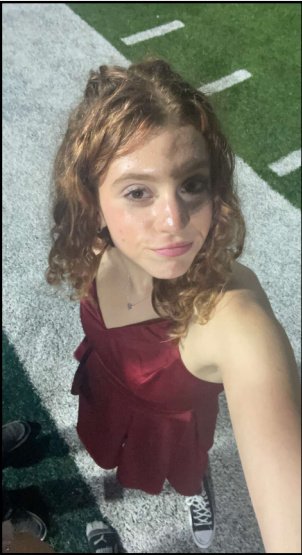
I decided to go with an off-the-shoulder black dress that had some type of tool fabric on top, that made it flowy. I would have to say this dress is in my top three because I just loved how elegant it looked. I paired it with black flats and a half-half-down hair. I am going to give it an 8.7/10 because I still love this dress and would even pick something like that if I haven't already.

Sophomore year was the first year that they held the winter formal which replaced the side's dance, which is where the girls ask the guys.

CONTINUED...



For homecoming, I had a poofy red satin dress, and the best part: it had pockets. This was my least favorite dress until this year's homecoming dress, but I'll get to that later. On the model the dress looked really good, but when I tried it on I didn't like it at all, but by the time I got it, it would be too late to get a new dress so I just stayed with it. I would give this dress a 4/10.



Addison Barnes's Sophomore year Homecoming dress, photo by Addison Barnes

dress. I have to give it a 9/10.

Addison Barnes's Sophomore year winter formal dress, photo by Addison Barnes

Unlike homecoming, my winter formal dress is my second favorite from Lulus which is where all my dresses have been from so far. It was green and sparkly and was just close enough to where it was super comfy. I loved how the green looked on me and I decided to match it with a green bow.



This is my second favorite

Now we are up to date this year. This year I am now able to go to prom, but I haven't found a dress and am still on the hunt. For homecoming, I wanted something that resembled my sophomore winter formal dress because I loved it so much. At first, I got this pink dress because I looked pretty on line, but when I put it on it didn't look good on me whatsoever, so I returned the dress and a blue sparkly dress that somewhat looked like last year's dress, but when I put it on I looked like a box and the worst part was it was too late to buy a new dress so once again I settled for it and wore it to the dance. I would give this dress a 4.2/10 just because it was comfy and better than the red, but I did not like that dress at all. Now for my favorite dress so far. This is the only dress I got in person, which seems like the best move for me because I am returning my prom dress because it is not cute. The dress is black with a gem line on the top. It is the first dress that I didn't get from lulus and instead got it from princess polly. I loved this dress and will wear it again when the opportunity comes. I said it was my favorite dress. I give it a 9.8/10.



Addison Barnes's Junior year homecoming dress, photo by Addison Barnes

I think if I have learned anything it is that you should always look for your dress in person because if not, you will be going to dances in dresses you don't like.

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