



# PINE-RICHLAND RAMPAGE



THURSDAY OCTOBER 5TH, 2023 No.1

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

## RAMPAGE STAFF

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Elise Duckworth

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Tristan Farrar

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Skylar Warren

Marianna Zahorchak

The RAMPAGE is published every month. Be sure to look for new issues online every week and in print once a month!

<https://www.pinerichland.org/Page/5624>

## OUR SUMMER IN PHOTOS



## STARTING SCHOOL



SUNDAY  
Oct. 8

HIGH: 60  
LOW: 42



MONDAY  
Oct. 9

HIGH: 58  
LOW: 42



TUESDAY  
Oct. 10

HIGH: 59  
LOW: 41

WEEKLY WEATHER REPORT  
OCT. 8 - OCT. 14

WENESDAY  
Oct. 11

HIGH: 59  
LOW: 42



THURSDAY  
Oct. 12

HIGH: 61  
LOW: 44



FRIDAY  
Oct. 13

HIGH: 61  
LOW: 44



SATURDAY  
Oct. 14

HIGH: 58  
LOW: 45



## All about Andie Bowser

### *Get to Know This '27 Freshman*

SKYLAR WARREN STAFF WRITER

**“I’ve always looked up to my mother; she’s always there for me.” -Andie**

Andie is a freshman at Pine-Richland high school. In the future, she hopes to major in animal sciences, hoping to work with horses. However, when she was younger, she didn't always want to be a veterinarian; she wanted to be a police officer. Andie explains that she has been riding horses for around five years.

Andie loves to read. She also enjoys creating ‘artsy’ projects as well. She enjoys writing and creating other pieces of work in her free time. Andie’s favorite color is sage green, and she describes it as a “beautiful color” and “relaxing to see.”

For Andie’s birthday, March 24th, she usually goes out for dinner, opens a few gifts, and then has a friend over. Andie enjoys spicy nacho Doritos. She said they have a fun taste and are easily filling.

Andie loves reading, enjoys writing and riding horses, but she also enjoys watching TV. Her favorite show is *Outer Banks* because she loves how “fun and adventurous” it is. She thinks it’s entertaining to watch.

“Once you start watching it, you never want to stop. It’s honestly addicting,” she said.

Andie is described as a warm, loving, family person by her close friends and family members. She has one brother who’s a senior at Pine-Richland. She’s close with her family and enjoys their company. When asked, “If you could meet anyone in the world, who would it be?” she would choose a family member of hers who she calls Uncle Chris. She chooses to meet him because he died before she was born.

“The more I learn about him, the more I realize just how good of a person he was and how he was so loved and adored by everyone who knew him,” she said. She characterizes him as a sweet, loving person.

Andie Bowser is ready for her first year of high school and she’s ready to try her hardest throughout the year.



*Andie Bowser With Her Favorite Horse, Ozlo*

Teacher: Mrs. Harshman

The Rampage is a student-created publication of Pine-Richland High School, 700 Warrendale Road, Gibsonia, PA 15044. The newsroom is room 221.

The RAMPAGE is available online every Thursday under the high school Resources Tab. It is written by students, for students, and will make every attempt to report all school-related news. We welcome freelance submissions, suggestions, comments, and story ideas from students and staff. Since this is a student-publication, we realize we make mistakes: we encourage readers to report mistakes to the staff writers; you may win a prize if you locate any/all mistakes.



## Student Spotlight: Ella Barkley

### *Meet A New Rampage Writer*

BROOKE DEEGAN STAFF WRITER

People are drawn to the study of journalism for a variety of uniquely remarkable reasons. No one's intentions are exactly the same, and that is part of what makes journalism and writing in general so intriguing and particularly notable. This year Ella Barkley decided to take the class for the first time in order to explore the world of writing, and she is excited in regards to the beginning of her journalistic journey.

"I took this class because I want to go into sports business or sports management someday, and I know that either of them involve a lot of writing, so I'm hoping to improve my skills with this," she said.

As an avid member of the PR Girls' Soccer Team and the Northern Steel Club Soccer Team, Barkley is an extremely hard-working student athlete who naturally fell in love with the amusing notion of sports, stemming from the joy she gains from watching Pittsburgh sports and her fascination with the business side of it all. She is undoubtedly determined to take the necessary steps to carry out her passions as she begins to wrap up high school and, in turn, unravel the realm of early adulthood.

Barkley states, "As a junior, my goals for this year are to get all A's in school, as well as to get a good score on the SAT so that I can get into a good college."

College is something that is evidently important to Ella and she is very much looking forward to it within the next few years of her life.



*Junior Ella Barkley*

**"In five years, I see myself somewhere nearby at a college, studying sports management and preparing to graduate." - Ella**

Outside of all the studying, college preparation, and athletics, Barkley absolutely adores spending her free time with her friends and family. After all, she does feel the most at home whenever she is surrounded by those she loves, and it is a wonderfully needed break for her between all that she does.

Though the future is uncertain, it is clear that someone who is as kind, diligent, and passionate as Ella Barkley is certainly going to make massive waves in this little school-wide journalistic field.

"I feel the happiest when I succeed in something that was tough that I have been working hard for," she said.

And she will most definitely have a lot to be proud of this year as she delves into the deep pool of writing with the rest of the Rampage Staff, and carries out her junior year in the most fulfilling way possible.



## Rampage Spotlight

### Get to Know Freshman Staff Writer: Izzy Banjak

CALLE HENNE STAFF WRITER

**How do you pronounce your last name?**

"Ban-jack"

**What is your biggest dream?**

"My biggest dream is to become a nurse because I love to help people."

**Who has made the biggest impact on your life?**

"My mom because she is always multitasking, but still makes sure she finds time for the important things."

**Who lives in your house?**

"My parents, my 11 year old brother, Owen, my two dogs, Sidney and Teddy, and my cat, Callie."

**Why did you take Journalism?**

"I love writing."

**When is your birthday?**

"August 3"

**If you could have dinner with any person, dead or alive, who would it be and why?**

"Taylor Swift because she seems so genuine."

**What extracurricular activities are you involved with?**

"Sideline and competition cheer."

**What are you looking forward to most at the high school?**

"I want to use all the opportunities that are given to me."

**Who is your favorite Disney princess?**

"Rapunzel because of her hair."

**Who is your favorite Disney sidekick?**

"Flounder"

**Where do you find the most comfort?**

"In my kitchen."

**What makes you happy?**

"Doing well in tumbling and being with friends."

**What is your favorite TV show?**

"Fuller House"

**Who is your favorite character from *Fuller House*?**

"Kimmy because she is funny."

**What is your favorite movie?**

"Mean Girls"

**What kind of music do you listen to?**

"Drake and Taylor Swift"

**What is your favorite color?**

"Baby pink"

**What is your favorite time of year?**

"Summer because I love to be tan."



Sophomore Avery Stieg and Izzy Banjak



## Rampage Staff Spotlight:

### Meet Freshman Maddy Homer

ELLA DAVIS STAFF WRITER



Freshman Maddy Homer

#### Why did you take Journalism?

“I love to write so I took Journalism because I wanted to explore the subject and learn new writing techniques.”

#### Who is your favorite author? What about them inspires you the most?

“My favorite author is John Green; he wrote the book *The Fault in our stars*. Homer feels that Green inspirational and uses detailed words and descriptions in his books. She looks up to him as a writer.

#### What activities do you enjoy doing outside of school?

“Outside of school I enjoy theater at Jeter Backyard Theater. I have been doing shows for six years and have traveled to different states to compete at the Junior Theater Festival on the JBTeam.” Homer has traveled to Texas and Atlanta. Next year she will be attending JTF in London and another festival in Atlanta.

#### What music artists do you listen to? Why do you like their music?

“My favorite type of music is definitely country. I love Luke Bryan and Morgan Wallen. Their songs are very catchy and I listen to them nonstop.” Her favorites are “Play it again” by Luke Bryan and “Whiskey Glasses” by Morgan Wallen.

#### Who is your role model?

“My role model is Idina Menzel. I look up to her a lot because she was the original Elphaba in *Wicked* on Broadway which is a role that I one hope to play. She is a very talented and successful woman but I think she is also very inspirational.”

#### If you could interview one person from history who would it be and why?

“I would like to interview Amelia Earhart because she was very successful as the first ever female pilot to fly solo across the Atlantic on an airplane.” Homer would like to hear if she thinks she will make an impact on young women’s lives today.

Her favorite subjects are history and French and she absolutely loves all things Disney. Homer also said that her dream vacation would be Paris. Maddy can’t wait to learn new topics as the school year continues.





## Rampage Spotlight

### *Get to Know the Senior Journalist Joey Delie*

ANARELLA PENA STAFF WRITER

In his last year of high school, Joey joined Journalism for the first time since he wants to go into sports communication.

"I was nervous at first, but now I'm excited to improve my writing skills," he said. Joey is part of crew, but he has tried many sports in his life. He has thought of going to Point Park after high school to study sports communication.

Journalism was a class he never thought he was going to take, however, until he started considering majoring in sports journalism. Knowing that he decided this class would help him make his decision.

He joined crew in 7th grade and it is something he is passionate about. More than excited for this season, Joey is already participating on the team. Since it is his senior year, he plans on enjoying it as much as he can.

Joey's favorite movie is Barbie. He has three dogs: Jake, Lucy, and Elliot. Jake is nine, Lucy is four, and Elliot is twelve. He is excited for this last school year and is planning to make the best of it.



Senior Joey Delie

## Rampage Spotlight

### *Meet Sophomore Staff Writer Elise Duckworth*

SAM MUTSCHLER STAFF WRITER

#### **What is your definition of happiness?**

When strangers are nice to each other.

#### **What two words best describe you?**

Rampage writer Calle Henne used the words "musical and talented" to describe Duckworth.

#### **What extracurriculars do you participate in?**

The musical for our school, the class of 2026's spirit social officer, Be the Match for Jax, and pickleball.

#### **Where do you want to go when you are stressed out?**

In my backyard on a picnic blanket, with my dog.

#### **What is your favorite vacation spot?**

Mexico or Hawaii.

#### **What makes you angry?**

When girls aren't supportive of other girls.

#### **Why are you taking journalism?**

I am taking Journalism because I love writing and love being engaged in current school events.

#### **Who do you live with?**

I live with my mom, my dad, my dog Nalo, my brother Luke (20), and my brother Jack(19).

#### **What is your favorite food?**

My favorite food is pad see ew (stir fried soy sauce noodles).

#### **When are you your happiest?**

I am my happiest when in nature, reading, with family, or singing.

#### **What is your favorite movie or tv show?**

My favorite tv show is Gilmore Girls and my favorite movie is Little Women.

#### **Who are your favorite characters?**

Gilmore Girls-Lorelai

Little women- Amy, Jo, and Theodore

#### **Who are your favorite artists**

The Lumineers, Hozier, Backseat Lovers, The Avett Brothers, Brandi Carlile, Noah Kahan, and Fleetwood Mac.

#### **Where would you be if you weren't in school right now?**

Sleeping or making matcha



Sophomore Elise Duckworth.



## Returning to Reality

### *Sophomores Speak on Back to School*

BROOK DEEGAN STAFF WRITER



*Sophomores Brooke Deegan and Anabella Orlando*

So it goes, yet another restful summer has begun to fade into a bustling school year in the blink of an eye. For some, that can be quite a remarkable thing, as school provides a sense of structure and several enthralling opportunities that the summer months do not. For others, though, it can be a rather worrisome and/or stressful time, since the lack of freedom and care-free vibrations are stripped from students so rapidly. This year, many sophomores seem to have the strongest opinions on the back-to-school season now that they are no longer freshmen, and have crisp thoughts in regards to beginning this year of learning. One student in particular felt unoccupied and distracted during the summer months, which made him all the more ready for school to begin.

“I’m excited for the school year, to be honest; I was starting to get a little bored of summer,” said Logan Keegan. “Coming back to school is the change I think I needed.” Other sophomores are also ecstatic about coming back to the high school, but feel that there are cons to this return to reality as well.

“I am looking forward to school starting, but I am also upset that that summer is coming to an end,” Evelyn Lawler said.

In addition to this, an anonymous student said, “School can actually be very fun, so I am excited for that. I’m not excited for the stress that comes along with it, though!” Sophomore

Ava Coons spoke out about her concerns in regards to the school year, and how it will look different from her freshman year.

“I won’t lie, I’m a bit worried about my upcoming sophomore year. I will be trying to juggle field hockey, marching band, clubs, and honors classes, so it’s definitely going to take a bit to get used to a routine,” she said.

Though there are a plethora of varying opinions on the start of sophomore year for these students, most are at least somewhat ready and looking forward to returning to PR for yet another year. After all, despite the concerns that people have initially each year, school undoubtedly ends up perfectly fine and even enjoyable for many in the end.

## Rampage Staff Spotlight

### *Meet Freshman Journalist Samantha Mutschler*

ELISE DUCKWORTH STAFF WRITER

Mutschler lives at home with her mom, dad, brother (17), sister (11), and her dog. She grew up in Gibsonia and has lived here her whole life. Mutschler finds inspiration and a role model in her grandmother.

Mutschler said, “She taught me a lot about how to be myself.”

Sam is a dancer and she finds a lot of comfort and peace when she is dancing. While she finds comfort in this artistic form she also enjoys reading and art when she needs peace.

Sam also loves fall. She loves Gilmore Girls and affiliates it with the season. Sam finds travel to be important, and she dreams of traveling the world.

A tip Mutschler gives to younger students is, “to stay on top of homework and work in general. Once assignments pile on top of each other, the less a person will want to do them.”

Mutschler decided to take Journalism because she was interested in the class for a few years and she enjoys writing. She uses Journalism to learn about current events.



*Freshman, Samantha Mutschler*



## All about Calle Henne

### Get to know this Junior Staff Writer

IZZY BANJAK STAFF WRITER



**One word to describe yourself:**

Calle had a friend describe her as smart and determined.

**What are your after school activities:**

She is involved in Softball for Pine-Richland and Team Pennsylvania. Calle is also a member of the Student Government.

**What makes you mad:**

Calle said she gets the most mad when she doesn't do well in softball.

**Favorite vacation spot:**

Her top vacation spot is Punta Cana.

**Where are you from:**

Calle was originally born in California, but she moved to Pennsylvania when she was six months old.

**What do you like to write about:**

Her biggest interest is writing about sports; she wants to focus on that in college as well.

**Why did you take the class:**

Calle took Journalism her freshman year because she loves to write and now came back as a junior to take it because she wants to become a sports reporter when she gets older.

**When is your Birthday?**

Everyone can tell Calle Happy Birthday on October 28.

**What is your favorite season:**

She loves the fall because "the weather is a perfect temperature" but she likes summer because there's no school.

**What music do you listen to:**

Calle likes to listen to 2010's pop and country music.

**Where do you see yourself in five years:**

Calle hopes to be playing softball in her senior year of college in five years.

**What is your favorite food:**

She likes "creamy tomato pasta."

**Who lives with you:**

Calle lives with her parents, an older brother named Owen, 18, and a younger brother named Adam who is 14.



Calle Henne and friend

Pine-Richland's annual Fall play is upon us! The play this year is "The Man Who Came to Dinner." Stay tuned as more information/dates are released.





## Change is for the Better

### *A New Summer Experience*



Addison Barnes (right) and friend Tarryn (left)

ADDISON BARNES DESIGN EDITOR

Over the summer a lot changed. I got a new lifeguard job which lead to new friendships. I'm back and I can't wait to write about anything and everything that happens to me this year, but first, let me go back to summer. Like I mentioned before, I got a new job. Not only was I a lifeguard, but I was also a swim instructor for the summer camp that is held at the gym where I work. Swim instruction was lots of fun teaching the kids how to dive and tread water. There were also not-so-fun parts such as getting bitten, but that's what happens when a kid is not in the mood to swim. While forming an uneven tan and yelling at kids to walk or get off the lane ropes, I met a lot of new people. Two of them being

Tarryn and Sophia. I got to know the two of them near the end of summer but we managed to have lots of fun even if that meant we worked out and then went out to eat right after because of how hungry we were.

Not only did I meet new people, but I also got to hang out with some of my older friends. One of them is Abby. Even though I don't get to see her that much because we both work at different jobs, we still manage to hang out with one another. My favorite hang-out with her was when we went to see the Barbie movie. Let me tell you, we could not stop laughing.

I also had a lot of fun helping out with summer swim meets. Every home meet we had a theme such as "cowboy," for example, so all the coaches dress up in cowboy attire and some of the swimmers do too. It felt weird not being the one in the meet because just last summer I was the one racing. Something I was surprised by was how much work goes into running a meet: you might think all you have to do was just tell swimmers what their event was, but



Past PR graduate Abby Morland & Addison Barnes

there was much more involved with setting everything up, making sure all the volunteers knew how to do their jobs, making sure all the time cards are right, and finally making sure all the swimmers are ready for their next event. However, all of it was worth it, because at the end of the meet, they do a coach race where all the coaches swim against each other.

Lastly, the biggest change that happened this summer involved driving everywhere. Even though I still have a permit I was able to drive a lot more because I had much more time than I did during the school year. I can't wait to drive myself to work or school. But for now, I am excited to see what is in store for me for the rest of the year.

## Fun Facts About Me

1. Fav show is Hanna Montana
2. Fav movie Barbie
3. Fav subject is English
4. Taught swim lessons to kids over the summer
5. Hope to join track and field if time allows
6. I love music so much that I had 76,674 minutes just on Apple Music
7. Chipotle is my go-to place to eat.
  - a. Bowl with brown rice, steak, cheese, sour cream, and lettuce
8. Started doing my own nails in 2020

HS Fall Choir Concert  
Oct. 25th @7:00pm located in the Auditorium





## Rampage Spotlight

### Get to know Ana Gonzalez

JOEY DELIE STAFF WRITER

**What Grade are you in?**

“I am a junior.”

**When is your birthday?**

“October 3rd is my birthday.”

**Why did you take Journalism?**

She took Journalism because of how much fun she has in the class and she likes using her creative thinking in class.

**What are you most excited for the new school year?**

“Football games are my favorite part of the year” said the junior; she’s also excited for parties and prom.



*Junior Ana Gonzalez*

**What are you least excited for the new school year?**

“I love socializing with my friends and the teachers but I am not excited for all the homework especially because I am a junior this year.”

**Where do you see yourself in five years?**

“I want to go to a four year college.” She sees herself graduating from college with a degree in marketing.

**Who inspires you as a person?**

“Messi because of how hard he works and his drive to be the best in the world.” She also said that she looks up to him because even though he is not the biggest person he still can dominate on the soccer field and use his skills; he does not have to be so physically enhanced to be the best player in the world. Then finally said that she looks up to him because he's amazing.

**“MESSI IS THE GOAT”** -Ana

**What is your favorite food?**

“This is very tough; I love a lot of food but my favorite will probably be Ramen Noodles and chicken tenders.”

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\$60 till Oct 29<sup>th</sup>



## Staff Spotlight: Skylar Warren

### *Meet the Junior in her Second Year of Journalism*

MARIANNA ZAHORCHAK STAFF WRITER

**Q: Why did you decide to take Journalism?**

A: The first year I decided to take Journalism was because I wanted to try something new. This year, I returned because I formed a bond with Mrs. Harshman. I enjoy her teaching method and she is good at communication.

**Q: What field do you want to go into after high school?**

A: I want to become a pharmacist. I've always been good at science and working with other people. In addition, I have a passion for helping to find solutions to problems in the world, and I feel like this area of work is a good way to do that.

**Q: Do you consider yourself an introvert or extrovert?**

A: Definitely an extrovert. My Myers-Briggs personality type is ENFP-T. (Extroversion (E), Intuition (N), Feeling (F), Perception (P))

**Q: How would you describe your style?**

A: My style kind of varies depending on my mood. The best I way I could describe it is I like to go for a "look good feel good" vibe.

**Q: What are some of your hobbies?**

A: I play volleyball for Pine-Richland, and I enjoy playing various video games with my friends as well.

**Q: Do you have any controversial food opinions?**

A: I don't like sushi. As much as I hate to say it, I've never liked sea food.

**Q: Do you have a role model? If so, who is it, and why?**

A: My role model is definitely my grandma or my mom; they're both incredibly smart, and they've taught me how to be who I am today. I can't thank them enough.

**Q: What are your favorite books?**

A: *A Good Girl's Guide to Murder* by Holly Jackson and *We were Liars* by E. Lockhart

**Q: Do you have a spirit animal?**

A: Honestly I'm not sure, but many of my friends describe me as a golden retriever.

**Q: What is a personality trait that you admire in someone?**

A: When looking for personality traits, I definitely look for them to be trustworthy and loyal to me.



*Juniors Hannah Schwab and Skylar Warren*



We made an Instagram! Scan the QR code or follow us @pinerichlandrampage .



## Rampage Spotlight

### Meet Sophomore Journalist Brooke Deegan

ELLA BARKLEY STAFF WRITER

**How old are you?**

I am 15 years old.

**What is your favorite color?**

Blue

**Who is your inspiration?**

Either Taylor Swift or Gracie Abrams

**What is your biggest fear?**

Losing friends and family that I love

**Where do you want to see yourself in 10 years?**

In law school to one day be a lawyer

**How was your summer break?**

It was really good. A very nice break from all the stress of the school year.

**How many siblings do you have?**

One little brother

**What is your favorite sport to watch?**

Definitely basketball especially during March Madness

**Describe your perfect day.**

I am very calm and collected, so I like hanging out at a coffee shop, relaxing, listening to music or going shopping.

**What is your favorite subject in school?**

English or history

**Where do you want to live when you are older?**

Washington, DC

**When is your birthday?**

March 13th, 2008

**What is your favorite city to visit?**

Washington, DC

**Where did you go on vacation this past summer?**

We went to my grandma's condo down in Hilton Head Island, South Carolina.

**What do you do in your free time?**

I enjoy reading, writing, singing, playing the guitar, and spending time with my family and friends.

**How many pets do you have?**

I have one cat named Jiko.

**Do you enjoy school?**

I like seeing my friends as well as learning history and different languages.

**What is your favorite genre of music?**

Pop or Indie

**What is your favorite movie?**

*Forgetting Sarah Marshall* because it is a funny comfort movie.

**If you could eat one meal for the rest of your life, what would it be?**

Sushi or Lasagna



Sophomore Brooke Deegan



**MATH CLUB  
FIRST MEETING:  
10/11/23 @ ROOM 204**



Impress colleges!!  
Explore fun problems with applications in business, computer science, engineering, etc!!  
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## Meet Sophomore Staff Writer Marianna Zahorchak

### *Get to Know the Newest Member of the Team*

ANDIE BOWSER STAFF WRITER

#### **Why take Journalism?**

Marianna chose to take Journalism this year due to her participation in Newspaper Club during 8th grade. She was the co-editor of the club and enjoys writing articles. Marianna was influenced to take Journalism by Newspaper Club teacher Mr. Prucey, as he was always encouraging her to join. In addition, Marianna looks up to her 8th grade English teacher Mr. Oliverio because of his fun personality and teaching. He helped her understand and experience true constructive criticism and improvement for the first time.

#### **Why does she enjoy writing?**

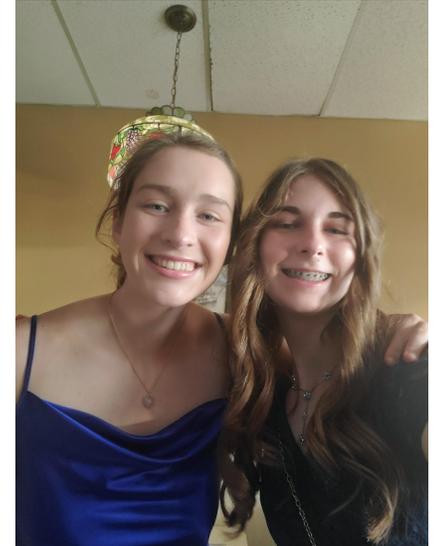
Marianna enjoys writing because she likes to tell stories. She likes to share and talk about things she is interested in. Marianna likes to express her thoughts and feelings into her writing and enjoys having the ability to be very descriptive and detailed. She believes that writing is a very enjoyable experience.

#### **What does she hope to achieve in the future?**

In the future, Marianna hopes to go into the childcare field. She is very passionate about her future and tries to look for as many opportunities as she can in order to gain lots of experience.

#### **Activities she enjoys?**

In her free time, Marianna enjoys singing and watching cartoons. She also enjoys many types of music including pop, country, and alternative rock. Some of her current favorite artists include Taylor Swift, One Direction, and Barns Courtney. Marianna likes to hang out with friends and play with her dog, Scout, which always brings a smile to her face.



*Sophomores Caroline Sander & Marianna Zahorchak*

#### **How would she describe herself?**

Marianna would describe herself as kind, empathetic, energetic, friendly, hardworking, and brave. She believes her greatest strengths are her creativity and insight. She thinks deeply about things from multiple perspectives and looks at things outside of the box.

## Best Ways to Balance Your Schedule

### *Here's a Guide to Help You Organize*

ADDISON BARNES DESIGN EDITOR

Even though school just started I find myself already falling behind on putting myself first. Now that I am a junior more responsibilities have been put on me. I have to study for the SAT, look for colleges, keep up good grades, and work. With that all being said, I also have to focus on myself.

The first step that has helped me do better in school is to do as much as I can during study hall. Even if I only complete half of an assignment, I still got half of it done and I won't have to worry about it when I get home. Another part of the first step is to start homework when I get home. Yes, it is nice to have a 30-minute break but that 30-minute break easily turns into 40 minutes, then an hour... next thing I know it is dinner time and I have gotten nothing done.

Step two is this: it is okay to take a quick break. Yes, that somewhat contradicts what I said in the first step, but once you get in the right head space, you will want to finish all of your work because you will have a sense of accomplishment. I also like to think of it as my dinner. I get a boost of some energy and then it's get right back to work.

Step three: leave the house; on days you know that you don't have much homework, go to the gym take a walk; do something active. Doing something active helps the body not feel sluggish and is a nice break from sitting all day. Even a 30-minute walk gives you a break from the world; you could play some music and relax.



## Rampage Spotlight

### Meet Freshman Francesca Guzzy

MADDY HOMER STAFF WRITER

**Who is your favorite singer? Why? Favorite song?**

"My favorite band is The Neighborhood because of the vibe of the music. I feel like I can relate to a lot of their songs and it gives off a beachy vibe in some songs." Guzzy's favorite song by the Neighborhood is Crybaby in the Wiped out album.

**What is a hobby you enjoy doing? How did you get into this hobby?**

"A hobby I greatly enjoy is skateboarding. When I had my 4th birthday one of my aunts bought me a pennyboard. I tried to skate on that for two years until my mom realized I needed to get a skateboard and I've been doing it since."

**When will you know you've made it in life?**

"When I finally learn how to surf and when I can hang out with my friends everyday and skateboard down the Florida boardwalk."

**Where would you like to travel someday? Why?**

"I would love to travel to Greece because of how beautiful the place is and how crystal clear the waters are."

**Why did you choose to take this class?**

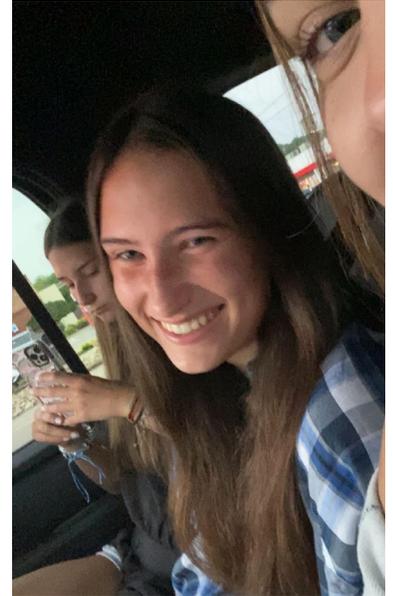
"I chose to take this class because I wanted to explore the subject of journalism and learn more about it."

**Who is your role model? Why do they have an influence on you?**

"My role model is my mom. My mom has a huge influence on me because I'm always around her and she always tries to bring out the best in me and gives me the best advice."

**What are five words that describe you?**

Guzzy believes she is athletic, energetic, outgoing, optimistic, and persistent.



Freshman Francesca Guzzy



Freshman Ella Davis

## Rampage Staff Spotlight

### Meet Freshman Ella Davis

FRANCESCA GUZZY STAFF WRITER

**What hobbies do you enjoy? Why?**

Ella enjoys skateboarding; she says it's a "breathe of fresh air." Skateboarding helped Davis become the resilient person she is today. She explained when she first started skateboarding, she would fall multiple times, yet she would get back up every time. Another hobby Davis enjoys is reading; she said that it helps her "escape to another reality." Her all time favorite book is Pride and Prejudice by Jane Austin.

**Where will you go after high school?**

After high school, Davis is considering either Penn State, or NC state. Davis said, "Wherever my career takes me, I hope to run in college." Davis is part of the cross country team and would love to get a full ride scholarship to wherever college she attends.

**Why do you take journalism class?**

Davis adores writing. Just like reading, writing is another way that Davis "escapes reality." With passion for writing and reading, Davis loves the subject of English too.

**Who is your celebrity crush?**

Once Davis was watching "The Outer Banks" for the first time and experienced "love at first sight" as she calls it, with Rudy Panko. Davis fell in love with not only his golden locks, but his silly and goofy personality, in the show. Rudy plays the famous role JJ in the Netflix series, "The Outer Banks;" his character is charming, funny, and brave. His charismatic personality is not just an act in "The Outer Banks;" he is like that in interviews as well.



## Rampage Spotlight

### *Get to Know Blake Fuchs*

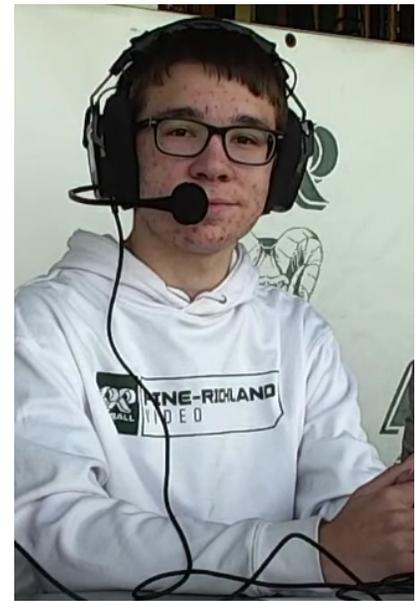
JACK HADLEY STAFF WRITER

Junior Blake Fuchs is familiar with Journalism since this is his second year in the class. Previously he took the class as a freshman. His reasons for taking the class as a freshman and this year have remained consistent, Blake said. "I've always had an interest in writing newspaper articles," he said.

Another activity Blake is involved with in the school is commentating for Pine-Richland varsity football games. If you tune into the livestream broadcast on Youtube every Friday you can hear Blake analyzing play by play of the game. This became an option for Blake in 7th grade when he joined the PRTV club. Here he found out about the opportunity to announce the games and he gave it a shot. Since then, he's consistently been announcing games.

"My biggest goal for commentating this year is to get more to the point. I recall times from last season where it felt like I may have dragged on with my thoughts," Blake said.

When looking back on the summer Blake found it hard to pick one time that really stood out to him, but when having to choose one he said the week he spent visiting Point Park. While there he got tours of both Stage AE and Acrisure Stadium. Blake is glad to take up this opportunity as he had a fun and interesting week. Blake also spent time this summer with his dog Dixie, a border collie mix. Like the rest of us, Blake misses summer but he is excited for the school year, in order to grow as a student and person.



*Sophomore Blake Fuchs*

## Rampage Staff Spotlight: Jack Hadley

### *Meet This First Year Writer for the Paper*

BLAKE FUCHS STAFF WRITER

**Q: What are you most excited about this year?**

A: Playing basketball for PR as a small power forward.

**Q: What are you looking to write about this year?**

A: Mostly opinion-related articles related to the school and what people think.

**Q: If you had the opportunity to interview anyone in the school district, who would it be?**

A: My varsity basketball coach, Coach Petcash. I want to know his views of PR.

**Q: What are you hoping to achieve this year?**

A: Printing articles that are consistently good, but also getting better as time goes on.

**Q: What's your goal for basketball this year?**

A: This seems kind of obvious (laughs), but scoring more and doing better than before and playing at a higher level.

**Q: Do you think the renovated gym will help?**

A: Yeah, it might not be too crazy, but that extra home court advantage will be nice.



*Jack Hadley (far back right) and team*



## Early Bird vs. Night Owl

### Revealing the benefits and downfalls of both

ELLA BARKLEY STAFF WRITER

You're either one of them. Never in between. You either love waking up early or absolutely hate it. For early birds, you are up and out of bed before the sun rises. You have a big bright smile on your face and you are ready to conquer the day. You have a to-do list and want to get as much done as you can. You go on a run or walk to clear your mind, make a lovely breakfast, and enjoy the quiet peace before the craziness of the day starts. You like to plan ahead and are persistent about what you want. This often consists of being a perfectionist. When you arrive home after a long day, you are ready to get a solid eight hours of sleep by preparing yourself for the next day.

But for night owls, their lives are completely different. They are beyond the opposite. You thrive on getting up late and going to bed way after midnight. You love sleeping in and would rather miss half the day and wake up at noon. When some people are ready to go to bed, you are just getting your day started. Your brain is programmed to be up at later portions of the day rather than the usual times. You work better during the later hours of the day when it's dark out and other people are sleeping.



Nicolina Phillips at skating practice at 6 am.

Pine-Richland High School students consist of both early birds and night owls. But for some students, they prefer one over the other. Junior Nicolina Phillips is an early bird and has always been one.

“For me, waking up early makes my days more productive. I would much rather a 6 or 7 am practice opposed to one that ends at 9pm. Whether it's practice or simply cleaning up my room, I love to be done before most of the world is awake,” Phillips said.

On the other end though, junior Makailea Harrer would rather sleep in and have a later start to her day.

“Trying to wake up early in the morning to accomplish tasks just doesn't work out for me. With soccer and track pretty much everyday after school, I am used to the late nights finishing homework. I would much rather finish homework at night rather than in the morning when I'm really tired,” said Harrer.

Both early birds and night owls have their pros and cons. Early birds often have lots of optimism and lower levels of anxiety. Although being an early bird seems great, there are some disadvantages to it as well. Due to early birds waking up so early, they have less energy towards the end of the day which causes them to lack productivity as time goes on. This can cause less socialization because they are feeling more tired. With this being said, night owls can have more creativity and are impulsive at times. They might also have superior cognitive abilities compared to the early risers. However, night owls might be more prone to procrastination.

It can be difficult to find a nice balance between these two. You need to get up early and arrive at school on time, but when you have late practices and games after school, you need to find a time to do your homework which results in you staying up late. Whether you are an early bird or a night owl, you should figure out what works best for you.



## Rampage Staff Spotlight

### Meet Junior Writer: Tristan Farrar

CALLE HENNE STAFF WRITER

**With nearly 1,500 kids in Pine-Richland High School, there are definitely unfamiliar faces. Tristan Farrar, a junior staff writer, may be unknown to you, so continue reading to learn more about him.**

**What would you do with 1 million dollars?**

Buy a Porsche 911 GT3 RS, and then invest the rest of it.

**Who has made the biggest impact in your life?**

My dad because he made me who I am.

**Who lives in your house?**

Mom, Dad, older sister, Zoë older brother Luke, younger brothers Graham and Lachlan, and 2 black labs: Goose and Toby.

**Why did you join Journalism?**

Because I like writing .

**When is your birthday?**

January 26, 2007

**If you could have dinner with any person, dead or alive, who would it be and why?**

Hayden Regal because he was one of my friends that sadly passed away a few years ago.

**What extracurricular activities are you involved in?**

PR varsity baseball, student government, mini-thon, environmental club, and North Pittsburgh Athletics baseball.

**What position are you in baseball?**

Pitcher

**What is your dream vacation spot?**

Tuscany, Italy

**What is your favorite vacation spot?**

Corolla, Outer Banks

**What are you looking forward to most in your junior year?**

Driving

**Where do you find the most comfort?**

In the gym

**What makes you happy?**

Myself, because I enjoy my company.

**What is your favorite tv show?**

*Breaking Bad*

**Who is your favorite *Breaking Bad* character?**

Walter White

**What is your favorite movie?**

Oppenheimer

**What kind of music do you listen to?**

All types; rap, rock, country, pop, hip hop, everything

**What is your favorite color?**

Purple

**What is your favorite time of year?**

Late spring/fall

**Who is your favorite Disney princess?**

Jasmine

**What is your favorite restaurant?**

Chipotle



Tristan Farrar playing baseball

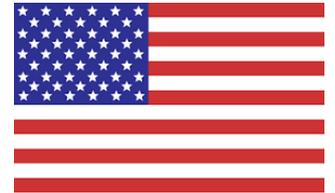




## From Germany To Pittsburgh

### *Meet New Student Lilly Rembecki*

ELLA DAVIS STAFF WRITER



Sophomore Lilly Rembecki came all the way from Southwest Germany because of her father’s job change. She took Journalism because she wants to learn how to write and maybe make a career out of it someday. She describes herself as introverted and calm. Her newest friends are sophomores Natalie Stewart and Ariella Ruediger; they’ve been helpful during her transition.

In her freetime, she enjoys crocheting and sketching. “I like realistic sketching, animals and faces,” she said. She loves to crochet beanies and makes hats for her brother who is turning 4.

Life in Germany differs from life in America.

“Americans are much more polite to strangers than they are in Germany. It is an American thing to smile at strangers and we don’t interact if we don’t have to in Germany,” she said.

Rembecki also explained that there are no after school or extracurricular activities at German schools. When she found out that Journalism was an option for high school in America, she jumped at the opportunity. In Germany there are also only six periods during the school day instead of nine. In her opinion, Germans care more about fashion at school; she said she's never seen so many people wear pajamas to school here at PR during Spirit Week.



Lilly Rembecki

She began slowly learning English in third grade and she has become fluent over many years of practice. She is currently taking AP German and French. She said she enjoys the language classes here because the teachers make her feel comfortable.

“I don’t have a problem reading English books, but I read German books whenever I can,” she said. Her favorite subject is World History. Her favorite movie is Mamma Mia and she will be watching the high school's spring musical Mamma Mia in March.

Her dream travel destination is Thailand because of the food and culture. She has traveled to many countries: Dubai, France, Italy, Netherlands, Austria, and Belgium. She said that she would like to travel anywhere in Asia because she admires the culture.

Wendy’s is her new favorite American fast food because they don’t have it in Germany. She’s also never had Chick-fil-a or Taco Bell taco until she came to America. Her favorite German food is Schnitzel. Something that she’s noticed is how different American bread is: **“The bread here is so sweet. I’ve had sweets in Germany that aren’t as sweet as the bread here.”** -Lilly She also noticed that America has a lot of fast food restaurants. Drinks that we have here such as Gatorade are not served in Germany.

Traditions also look a lot different in Germany. For instance, her Christmas looks a bit different. “We celebrate on the 24th and we open presents in the evening after a big family dinner. I’ve never heard of Christmas stockings before.”

Lilly says Pittsburgh is pretty, but she feels that Germany is more natural and the people tend to live a much quieter life. Moving to America has helped her become even more independent and has helped her forge new friendships. Since they don't have Homecoming in Germany, she was able to attend the dance at PR for the first time. Moving to America has started a new chapter in her life and she can’t wait for more adventures to come.



## Meet the New Rampage Staffer

### *Introducing Meredith Robinson*

ANASTASIA PUNOSEVAC DESIGN EDITOR

A new school year means many new changes, some of which include new classes, new teachers, new responsibilities, and of course, new Rampage Staff. Meredith is a freshman with many unique interests and personality traits.

Some of Meredith's favorites include:

Place: The Library

Fruit: Mango

Color: Olive Green

Clothing Items: T-shirt, Belt, and Jeans

Book: "If I See You Again" by Robbie Couch

Song: "Come Over (Again)" by The Crawlers

Animal: Black Panther

Sport: Tennis

Instrument: Violin

Artist: Banksy

Family Member/Most Inspirational: Dad

Dream Vacation: Staycation with someone important/close

Dream Job: Author



*Freshman Meredith Robinson*

Now that you have the basic gist of Meredith, here are some more unique things to know. For one, Meredith is a published author. The amount of creativity and determination it takes to be a published writer is truly impressive, and to be one so early on is even more impressive.

Meredith was born and raised in Pittsburgh, PA and has one cat. Starbucks order is a caramel ribbon frappuccino. If Meredith could choose between flying and teleporting, Meredith would teleport. Meredith hopes to one day live in a house with a home library. And finally, Meredith takes inspiration from other poets.



*Lauren Marsilio and Kendall Kirkland*

A Message from the Design Editors: Addison Barnes, Anastasia Punosevac, and Skylar Warren--

We would like to thank juniors Lauren Marisilio and Kendall Kirkland, last year's designers of the Rampage. Thank you for inspiring us and paving the way for new Rampage designers.



# SEE YOU NEXT ISSUE



# WHO ARE WE?

Eat'n Park Hospitality Group has grown from a single car-hop style restaurant into a portfolio of regional foodservice concepts focused on personalized dining. We now serve more than 50 million guests every year in our restaurants, on college and corporate campuses, and in every state through SmileyCookie.com.



Eat'n Park was founded in 1949. We now have more than 55 locations throughout Pennsylvania, West Virginia, and Ohio, and the one thing remains the same – our commitment to providing great food, exceptional value, and outstanding service.



Hello Bistro has been uniting salads and burgers under one roof since 2012. Our ginormous salad bar – and the customized, hand-chopped salads created from it – is second-to-none.



With two locations serving Oakland and the South Hills, The Porch features thoughtfully-crafted seasonal food made with fresh ingredients from our local partners and farms.



Parkhurst Dining provides customized dining programs for corporations and independent colleges and universities. We are passionate about providing fresh, authentic food and flavors that are handcrafted and personally designed by our chefs for our guests.

**To learn more about our opportunities,  
text ENPSmiles to 85000 or visit [enphgsmiles.com](http://enphgsmiles.com)!**