



October 17, 2024



GOOGLE CLASSROOM CODE: CS70gg7

Principal Dr. Hernandez with HerStory sign at club fair: Photo by June McCune



FOLLOW THE INSTAGRAM: pr_herstory

Seniors Rachel Cottrell and JoJo Barbiaux with HerStory sign at club fair: Photo by June McCune

Introducing the HerStory Club *Senior Leaves Her Mark On PR*

ISABELLE HOPPE STAFF WRITER

On October 9, I had the opportunity to sit down with senior Lina Jewart to talk to her about the idea of a club that she made a reality. Today, I am here to tell you everything you need to know about why this is so important.

“HerStory” is a group that plans to meet bi-monthly to tell the stories of influential women that never got the recognition they deserve. Women’s history is something Lina has always been passionate about, especially now that there are current events like the presidential race, in which women are making great strides.

“HerStory” is not intended to be like a history class: members are not required to take notes of any kind, and you won’t have homework. This club’s purpose is to help you learn and remember their stories through engaging activities. There will also be food provided during the 45 minute meetings. At the end of the year, the group hopes to make some sort of donation to a women’s shelter or contribute to a women’s cause in some way. Last year, Lina knew she wanted to start a club, but wasn’t sure of what direction she would take it. All she knew is that she wanted to leave her mark on this school.

Her fascination with history made her decide she wanted to incorporate that, and, after reading a book about true accounts from influential women in war, she knew she wanted to pursue women’s history. Lina aspires to be a history teacher at either the high school or college level after she graduates, so this gives her the opportunity to practice giving instruction. She realizes “HerStory” is geared more toward a female demographic, but she encourages anyone and everyone to join because it will be a fun time and the information given is valuable for anyone to know because women have made lasting impacts throughout history.

I encourage you to step out of your comfort zone, give the club a try, and allow yourself to learn.

Dear Readers,

Thank you for tuning into the third issue of the Rampage! This week, we wanted to draw your attention to one of the most important events of the year-the annual Club Fair at PRHS. Our staff has worked hard to capture the energy and enthusiasm each club has to offer you. So, sit down, take a break, and stay up to date with your Pine-Richland community.

Sincerely,
June McCune and Anna Karmanos
Co-Editors-In-Chief

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Senior Kicks Off Autumn with a Spirit Day

Jake Pazin Celebrates the Season

ANNA KARMANOS CO-EDITOR-IN-CHIEF

On Monday, October 7th, students showed up to school dressed in fall colors and surprised with fall-themed decor in the lobby and hallways, all thanks to one special senior: Jake Pazin.

During his sophomore year, Pazin began his tradition of encouraging as many students as possible to wear fall colors (red, yellow, orange, and brown) to school in honor of the first day of fall. That year, Pazin successfully convinced an estimated 150 people to partake, and his junior year bumped that number up to over 200 participants.

“I just love fall,” said Pazin. “For me, this is a fun way to get the fall season off to a great start and share that excitement with everyone.”

Pazin amasses involvement by posting on his social media, texting friends, leaders of clubs and sports teams, and informing teachers to help spread the word.

“Each year, I offer some type of dessert for those who participate as well,” said Pazin. “This year, I bought 100 cookies for the first 100 participants that found me in the morning.”

All 100 of those cookies were gone before the first period. Pazin's 2024 involvement reached a record-breaking number of 300 participants.

Dressing in fall colors wasn't the only effort Pazin made this year to kick off autumn, however. As Senior Class President, Pazin made use of his resources to decorate the school as well.

“I worked with the PTO to order decorations,” Pazin said. “Decorating for the seasons was something I've always wanted to do in school, and I was grateful to finally have the ability to do so.”

Pazin met with other student government members after school on October 4th to put up the decorations around the school. The process took over a couple of hours. Students were met with the new and improved fall-themed lobby and hallways on the morning of October 7th.

“It made me really happy,” said senior June McCune. “I was very tired, and it definitely woke me up.”

Senior Kaitlin Shute said, “As soon as I walked in, I felt like I needed to get a pumpkin spice latte and carve a pumpkin right away. It really put me in the fall spirit.”

Unfortunately for our fall enthusiasts, Pazin graduates this spring, but that doesn't mean his autumnal tradition has to go with him. So, the question is, who will step up to ensure the familiar sea of red, orange, yellow, and brown fills our halls next year?



All photos by Jake Pazin



The cookies Jake Pazin distributed. Photo by Jake Pazin



Fall decorations in the hallway, Photo by Anna Karmanos

Student Life



Senior Kelsey Katzfey, Junior Anna Merlack, and Senior Maren Iski



Seniors Lucy Powell and Lily Weber

Seniors Ben Iams, Thomas Kapanowski, Anna Karmanos, Sara Irwin, Maren Iski, Kate Iams, Skylar Jackson, Brielle Jones, and Jules Jung



HAPPY FALL PR!

All photos provided by Jake Pazin



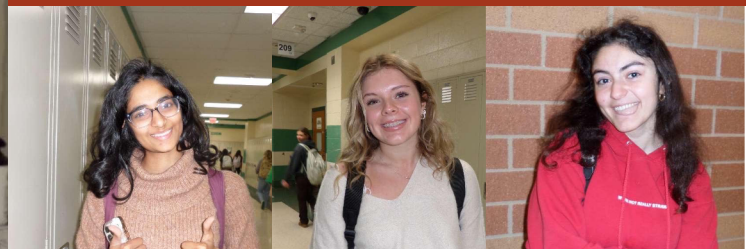
Juniors Natalie Stewart, Maria Ribeiro de Senzi Miguel, Rae Cicconi, Isaac Kraus, and Francesca Guzzy



Junior Tina Cilka and Sophomores Ava Wenzel and Sofia Dent



Freshmen Gwyn Powell, Zoe Furrow, Molly McGovern, and Luca Napolitano



Senior Prisha Dargan

Freshman Sadie Thomas

Senior Nedda Immen

Student Life

Congratulations to our National Merit Scholars!

A merit scholar is, in simplest terms, a big deal. It recognizes top-performing students based on their PSAT/NMSQT scores. Being a part of the National Merit Scholarship Program means you are in the top 1 percentile of test takers nationwide. Pine-Richland has eleven students who have earned Commended status from the National Merit Scholarship Program. The students represent 34,000 scores out of the 1.3 million who took the PSAT.

Commended Students:

Colin Barrett
 Vincent Bucek
 Allen Chen
 Katelyn Coyne
 Prisha Dargan
 Ian Hurt
 Anna Karmanos
 Bradan Lenz
 Elena Morse
 Edgar Spudic
 William Tamburri

Five Pine-Richland students earned National Merit Scholarship semi-finalists qualification scores. They earned test scores in the top 16,000 in a pool of 1.3 million students. They will go on and be recognized as National Merit finalists. They have a chance to receive a National Merit Scholarship. The National Merit Scholarship Corporation provides National Merit finalists around \$28 million in scholarships.

Semi-Finalist Students:

Charlie Ozelski
 Thomas DeVito
 Heath Cwynar
 Tim Peng
 Sean Burk



Charlie Ozelski, Thomas DeVito, Heath Cwynar, Tim Peng, Sean Burk (left to right): Photo provided by @pr_schools

Student Life

PR Freshmen and Sophomores Check Out the Activity Fair

Students Encouraged to Join Clubs

VIENNA RESTELLI STAFF WRITER

On the night of October 10th and during the activity period on the 11th, PR held its annual activity fair where freshmen and sophomores get to learn about various clubs from their stands and see which ones interest them to join. This year, there were 44 different clubs to choose from, so everyone was sure to find something.

As I walked down the aisles with the club stands, I noticed that they were all really well decorated, and some even provided chocolate, stickers, and guessing games like how many there were of something in a jar. The people running the stands were really nice; I could tell they were passionate about their clubs, encouraging everyone to sign up.

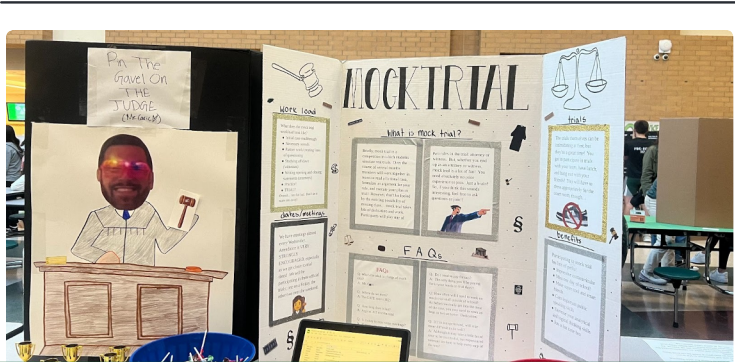
Freshman Lily Orellana said, "Everyone there was very welcoming and friendly."



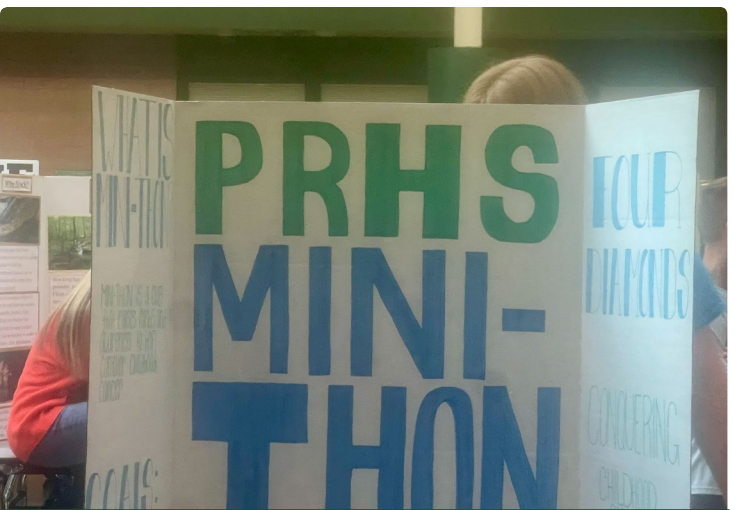
German Club at the Activity Fair; photo by Vienna Restelli

A few clubs that caught my attention were Film Studies, Spire & Co., HerStory, Environmental Club, and German Club. Each of these clubs had something unique to offer. The Film Studies club watches and analyzes movies, providing popcorn and snacks. Spire & Co. focuses on educating members about women in STEM. HerStory also sounded interesting because it teaches about important women throughout history. The Environmental Club is dedicated to maintaining a healthy Earth, and the German Club talks about German culture with fun activities like an annual gingerbread house-building contest. I loved what they had to offer, and I'll definitely be going to their meetings.

If you were unable to attend the activity fair, you can still sign up for clubs by emailing their sponsors and by looking on the "Activities and Clubs" page on the PR website. There's definitely a club for everyone, and, by joining one, you'd get to meet new friends, learn something new, and develop new skills. So, don't miss out on the opportunity to join a club that interests you!



Mock Trial at the Activity Fair; photo by Baeden Gauthier



Mini-Thon at the Activity Fair; photo by Baeden Gauthier



Taylor Swift Club at the Activity Fair; photo by Anna Karmanos

Student Life

PR High School Club Fair Opinions

Popular Picks Provided by Students in Journalism

BAEDEN GAUTHIER STAFF WRITER

There are many clubs in Pine-Richland High School, and choosing which clubs to join can seem like a daunting task, so I am going to help you make your decision a bit easier. In doing this, I will be comparing journalism students' opinions.

Student government is the most popular club with 23.6% of the surveyed students choosing this option for the “best club.”

Some reasons why they think this is because it, “Prepares people for real world government positions at an early age and lets people get more experience under their belt.”

Some other reasons include, “You volunteer and help out, there's a lot of meetings, and you're always with your friends.”

Another reason was, “It is for a good cause and you are able to make a difference in the community.”

The second most favored club in journalism is Mock Trial, which 11.8% chose.

One student thought: “It's very fun and argumentative and looks great on college applications.”

Another answer why this club is competitively the best club is because, “It is a great environment and very supportive. You are basically playing pretend. We go to tournaments and miss school, which is always fun. Overall, it's the people. You become close to everyone on your team. It also looks great on college applications....”

Other clubs chosen were German club, French club, Spanish club, Environmental club, Mini-Thon, Peer2Peer, Forensics, Best Buddies, and Anatomy club. These all were chosen once with 5.9%

The club members/club leaders were then interviewed and asked if they thought the journalists' opinion on their club is valid and what you do in it. Here are their responses.

Peer2Peer club: For mental health and collabs with Eden hall, hosts color run, works on new projects this year, and is for finding friends. The opinions are valid.

Film studies: A great place to come together and share love of cinema. The opinions are very valid.

Environmental club: Valid opinion, every Thursday in the morning they recycle papers teachers use and take care of plants, flowers, and funding for volunteer hours.

Forensics: It really reflects on how you use your critical thinking skills, helps debate, it's very flexible, helps people who are scared help overcome that fear, improve on their skills they need improving on. The opinions are definitely valid.

French club: Very good opinion and very valid. They hold a fun Christmas event every year.

German club: Every meeting is optional and very fun, and a very valid opinion.

Best buddies: Opinion is valid and provides a loving environment to make friends.

Anatomy club: Is a very good club, has fun activities, helps grow in capabilities in the science and medical field, and the opinions are very valid.

Mock trial: Looks very good on college applications, the opinions valid, and it's very supportive

Mini-thon: They raise money for kids with cancer and the opinions are very valid.

Spanish Club: They do bring food and the opinion's valid.

Finale comparison: Overall the club leaders had similar opinions to journalism students for the clubs picked. They thought all the opinions the journalists had on their club was valid and the information on their clubs was wonderful, and plentiful. Go check out all these clubs!



The Art of Rambling:
This week's special guest is Senior Anna Karmanos



DONATE FOR PR!

HOW DOES THE DRIVE WORK?
Schools are divided into six divisions by enrollment, and the schools labelling the most “meals” (total between money donated and food collected) in each of those divisions and recognized as the WPIAL Basketball Championships as Community Champions. For financial donations, three meals can be provided for every \$1.00 donated. For physical food donations, one physical food item equals one meal. In the first two years of the Food & Fund Drive, WPIAL and Pittsburgh City League schools have raised a total of 247,165 meals for the Greater Pittsburgh Community Food Bank.

HOW CAN I MAKE DONATIONS?
Donations can be made in two ways – financial donations and physical food donations. For financial donations, each school has its own donation page on Greater Pittsburgh Community Food Bank (gpcfb.org/donate) that will keep a running total. Those wanting to donate will be asked to select their school from the Pittsburgh Food Bank link. For physical food donations, one food item will equal one meal. Schools are permitted and encouraged to have multiple food collections – such as in school, at a sporting event, or during a school event – and will then have to select a time and location to drop off collected food so it can be counted and credited toward the school's total meals provided.

WHY SHOULD I DONATE?
YOU CAN TURN HUNGER INTO HOPE! For every \$1 donated, the Food Bank can provide up to 3 meals for the children, families and seniors they serve. Each donation provides resources throughout southwestern Pennsylvania to help our neighbors overcome food insecurity and lead happy, healthy lives. And it gives Pine-Richland an incredible look!

SCAN TO DONATE!

AUGUST 19 - DECEMBER 6, 2024

REMEMBER TO SELECT PINE-RICHLAND IN THE 6A DIVISION!

Student Life

Knock Out Cancer

A Follow Up On Mini-Thon's Fall Fundraiser

IZZY BANJAK DESIGN EDITOR

On Friday, October 4th, the Mini-Thon's fundraiser came to life. Throughout the whole week of September 30th–October 4th, shirts were sold by Mini-Thon members for 20 dollars a piece during lunch periods. These shirts were for the fundraiser Mini-Thon chose to help this year: pediatric and breast cancer. Throughout the whole week, many students encouraged their peers to buy a shirt for the Friday night game, which was themed pink-out. Fifty percent of the money from these shirts is going to Mini-Thon (The Four Diamonds organization) and the other fifty percent is going to 412 Thrive (a breast cancer organization).

The club hoped to raise 10,000 dollars, and it was a success. They sold all of the 500 shirts they had, which helped them reach their 10,000 dollar goal. With all costs considered, both charities got roughly 4,000 dollars. The magnitude of these sales cannot be put into words and truly shows how the high school students in our community are dedicated to helping people. This money is going to anyone in our community struggling



PRHS Cheerleaders and Student Section at Pink Out game

allowing people not going to be at the game Friday night to buy and wear the shirts. While learning about this fundraiser, I had the opportunity to talk to Mini-Thon's student chair, Taylor Brown.

Brown said, "Being involved in such an amazing club/organization over the last 4 years has been a great way for me to get involved with such an amazing cause! None of this could be possible without our community and student body. I have so much love for Mini-Thon, and I hope that it grows to be even more amazing than it already is now in the years to come."

This fundraiser was a huge success and brought a great feeling to PR. Though this is a lot of money saved, families would still benefit from your donations.

You've Been Flocked!

FLAMINGO FUNDRAISING SEASON IS HERE FOR THE MONTH OF OCTOBER!

Pine-Richland Cheer

HOW IT WORKS

Help support the Pine-Richland Cheerleaders this year while having a little pink flamingo fun! Make a donation and use the attached email to send a flock of pink flamingos to your friends', family members', or neighbors' front yard! The recipient will then have the opportunity to choose the next house (by paying a suggested donation fee of \$25.00). The recipient is not required to make a donation. The flock will be moved to the next house after 1 day regardless of a donation. Please consider making a donation to keep the fund going and help support Breast Cancer Research.

50% OF THE PROCEEDS WILL BE DONATED TO BREAST CANCER RESEARCH

USE THIS LINK TO SIGN UP:
[MY.CHEDDARUP.COM/C/FLAMINGO-FLOCKING-6278](https://my.cheddarup.com/c/flamingo-flocking-6278)

FLOCKING INSURANCE

Protect your lawn from the flocks! We now offer flocking insurance for a donation fee of \$50.

QUESTIONS? CONTACT MARITZA ARMSTRONG
AT PRESIDENTPRCPA@GMAIL.COM OR PHONE
(704)942-0872

with pediatric or breast cancer. It gives families that have a loved one who is struggling with pediatric or breast cancer the opportunity to cover expenses that they are having trouble affording, such as surgeries and treatments. 4,000 dollars is a lot to a family that is having a hard time, and it's truly amazing that high school students were able to achieve this.

None of this would be possible without the student body at PR. The MOB helped convince people to buy the shirts provided by Mini-Thon. Cheerleaders all wore the shirts and pink ribbons and used pink pom-poms to show their support. The student body even decided to ask everyone to wear the shirts to school on Friday,

Sports

Pine-Richland Crew's First Regatta: Head of the Ohio *Rowers Share Insight on Their Achievements*

VIENNA RESTELLI STAFF WRITER

On Sunday, October 6th, Pine-Richland Crew had their Head of the Ohio regatta, the first of four this month. They competed against several schools' rowing teams from all over PA and surrounding states. All PR boats performed impressively, with one securing second place. In this boat were freshmen rowers: Aleah Murray, Mikaela George, Ellie Lebair, Brynn Centner, and Lucy Hilton. The dedication and hard work of every rower representing PR was well-shown throughout the regatta. After the event, PR crew members shared their experiences and reflections on the race.

Before starting crew in eighth grade, freshman Ellie Lebair attended a summer camp to build her skills after being inspired by friends.

"I enjoy it because it's really fun, and everybody's really dedicated," she shares.

Although it was her first time rowing at the location of her

regatta, she found the new environment interesting. Excited and nervous for her first race of the year, the 400-meter distance was challenging but not the longest she'd rowed. Last year, she only had scrimmages, as regattas are only for high schoolers.

Reflecting on race prep, Lebair said, "We all made sure to hydrate well, and we all knew what we had to do so we pulled through for the race." After finishing in second, she was happy with the achievement.

"Looking back, I wish I could've put a little bit more pressure into my rowing," she reflected.

Lebair balances schoolwork effectively, completing it after school while waiting for the crew bus and finishing any remaining at home. She plans to continue crew throughout high school and hopes to earn a scholarship.

Freshman Aleah Murray started crew in the fall of 7th grade, wanting to try it out. Now in her third year, she plans to continue through high school.

Leading up to her first regatta, Murray and her team practiced Monday through Thursday and Saturday, focusing on 30-minute steady-state pieces. "I felt really confident that we were going to do good because we trained hard during the summer and fall seasons," she said.

On regatta day, their hard work paid off with a second-place finish. Despite feeling exhausted, Murray was proud of herself and her teammates. She learned to maintain a steady pace throughout the race.

Junior Maddie Gross started crew in 7th grade. Her favorite part is forming strong bonds with teammates and making lasting memories. After high school, she's considering rowing at a collegiate level.

"I get excited and nervous because I know it's my one shot to do my best! I like to pray before my races and collect my thoughts to be at peace," Gross explains.

During races, staying focused is the most challenging part for her. "There are many parts of each stroke, and perfecting each segment requires lots of practice and focus," she said.

She loves competing with her boat and says that she's had so much fun winning races and going against other fast crews with her lineup.

Gross encourages others to join crew, saying, "We would love for you to join the team and experience all of it."

Her advice is: "Have fun with your first year and go into it with an open mindset! First-year memories are always so special."

Freshman Mikaela George started crew at the beginning of 8th grade for exercise and knowing it would look good for colleges. Her favorite parts of being on the crew team are being with her friends and the excitement of races. Committed to the sport, she plans to continue rowing throughout high school.

Before the regatta, George admitted, "I didn't know what to expect," but she and her team prepared by attending every practice and studying the race maps. The most challenging part during the race was figuring out the right moment to start, an important factor for their performance.

When her boat finished in second place, she felt proud of herself and her team. However, she acknowledged that they could have rowed faster, showing her determination to keep improving. From this experience, George learned the importance of staying with the buoys and sticking to one side, which she plans to apply in future regattas.

Now that the Pine-Richland crew has successfully completed their first regatta of the fall season, there are many more to come, and they'll undoubtedly keep improving and representing our school. Upcoming regattas include the Head of the Schuylkill in Philadelphia, PA (October 26th) and the Head of the Occoquan in Fairfax, VA (November 3rd). If you know anyone on the crew team, make sure to cheer them on!



(left to right) Coach Jared, PR Crew, Coach Sarah: Photo provided by Vienna Restelli

Sports

After Hours in State College

The Origin of the Whiteout in Happy Valley

DAVIS NATALI STAFF WRITER

Death Valley's Saturday night tradition in Baton Rouge, Virginia Tech's Enter Sandman, and Texas A&M's 12th man are some of the most intimidating atmospheres in college football. However, in the eastern part of the United States, one stands out for its buildup, hype, and difficulty for the road team. While the many traditions in college football are great, the Penn State whiteout is a "bucket list" item. But where did the idea of covering the whole stadium in white come from, and what is its impact on the game?

From 2000-2005, the Nittany Lions only posted two winning seasons. Marketing and branding consultant Guido D'ala wanted to come up with a campaign to get Beaver Stadium, the 2nd largest stadium in college football and the 4th largest in the Western Hemisphere, rocking again. He felt Penn State fans were quiet, spoiled, and were often referred to as the "quietest hundred thousand people in college football."

On October 9, 2004, 10th-ranked Purdue made a visit to Beaver Stadium and the student section was adored in all-white. Penn State fell short against the Boilermakers, but the idea of an all-white theme started to catch on. A year later, in 2005, the 6th-ranked Ohio State Buckeyes came to town, and, for the first time, the whiteout would make its impact on the visiting team. The noise was ear-piercing and thundering. Steve Jones, Penn State's radio announcer, described it as the only time he has felt the press box move. In front of a national TV audience, the Nittany Lions upended the Buckeyes 17-10, but the best was yet to come.

In 2007, everyone, not just the student section, was asked to wear white to the game against Notre Dame. Penn State would go on to blowout the Fighting Irish 31-10. Now, the whiteout has become a yearly fall tradition at State College, and some of the Nittany Lion's most memorable moments over the last decade have come from whiteout games. From the blocked field goal touchdown to upset number two Ohio State in 2016 to the Michigan offense having to call a timeout on the first play of the game in 2019 due to the noise, the whiteout has produced many impactful moments in Beaver Stadium's history. As a result of Guido D'ala's solution to fix a quiet stadium, Penn State's Whiteout theme continues to be the most anticipated game every season!



Photo provided by Penn live.com

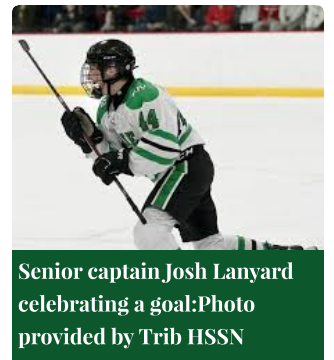
PR Hockey Dominates Peters 3-1 in Season Opener

Off to a Hot Start

CHASE FRYE STAFF WRITER

PR hockey opened their season at home against Peters Township on Thursday, October 3. They dominated almost the whole game moving the puck with crisp passes and getting the puck to central areas of the ice where scoring was likely. Captain Josh Lanyard opened the scoring for PR with a shot from the slot right in front of the net beating the goalie over the glove. Lanyard is no stranger to finding the back of the net. Ten minutes later, PR's second goal came from senior defenseman Roger Williams taking it down the ice and ripping a shot from the top of the left circle. The Rams took the momentum and ran with it after that taking a 2-0 lead into the 2nd

period intermission. PR didn't end up slowing down because they quickly put up another goal this time scored by Senior AJ Verzyla. PR dominated in almost every category, including shots, outshooting Peters 36-16. Both teams took a considerable amount of penalties with 5 each and both 18 minutes worth of penalties. PR went ¼ on the power play while Peters Township couldn't find the net during the power play as PR's penalty kill fought them off. PR showed glimpses of last year in their play, when they won the state championship against the previous defending champs La Salle College High School, as well as finishing first in the AAA division. The ultimate goal for the Rams this year is to repeat the state championship, and, if they keep this pace of play against every team this year, then it would definitely put them in a good position to do so.



Senior captain Josh Lanyard celebrating a goal: Photo provided by Trib HSSN

Sports

The NBA is Back!

One Last Run-Through Before the Season Begins

SHOME RAO STAFF WRITER

After 5 long months, the NBA finally returns. With the regular season on the horizon, many fans are looking forward to an exciting and interesting season. There's been many changes over the off-season, so let's cover the biggest and most surprising ones.

After 13 long years, 4-time NBA Finals winner Klay Thompson was released from the Golden State Warriors. This was so big to NBA fans because he was one of the most impactful players on the Warriors roster for over a decade. Being a 5-time All Star, every team in the market wanted Thompson on their team. On July 9th, the guard signed with the Dallas Mavericks on a three year, \$50 million dollar contract. Now alongside Luka Dončić and Kyrie Irving, Thompson is looking forward to bringing Dallas back to the playoffs, and hopefully to the championship.

Another stand-out, just the day before Thompson's, star forward DeMar DeRozan signed with the Sacramento Kings. After leaving the Chicago Bulls, DeRozan has come to Sacramento for his 15th year playing in the NBA on a 3-year deal worth up to \$76.9 million dollars. As a 6-time All Star and a 3-time All-NBA Team member, the athlete was looking for a team that could be a real contender for the playoffs. The Kings were a team that, after a 17-year drought, made the playoffs in 2023. Now in this upcoming season, with a new and electric team, DeRozan and the Kings are adamant in being a playoff contender yet again.

Other than free-agency signings, there have been many trades around the league. Two of the biggest trades have come from a single team, the New York Knicks. Earlier this year, the Knicks acquired Brooklyn Nets star Mikal Bridges for a haul of draft picks and their own Bojan Bogdanović. After only 1 full season with the Nets, Bridges is now reunited with his former Villanova teammates, Jalen Brunson and Josh Hart. Originally the team had another member of the Villanova squad, Donte DiVincenzo, but he has now been traded just a few weeks ago alongside the Knick's Julius Randle to the Minnesota Timberwolves. In return, the Knicks got 2016 Rookie of the Year, Karl-Anthony Towns. This trade was huge, largely impacting both teams. There's no guarantee who won the trade, but it's exciting to think what these teams can do now.

Another interesting trade came in mid-summer, when Los Angeles Clippers point guard Russell Westbrook was traded to the Utah Jazz. Just a few days later, Westbrook was waived by the Jazz and traded to the Denver Nuggets. This was the fifth time the former MVP had been traded, and now he is on a team that had won the NBA finals just 2 seasons ago. The Nuggets are still very much a contender, with their star center Nikola Jokić coming his own MVP season. With no ring in hand, this may be Westbrooks last chance to win a championship.

Without even mentioning the rookies, there have been so many different changes in the NBA. We have old players, we have new players, we have a father and son playing together. It's hard to say which team is the top dog. Hopefully they give us a fun and entertaining season that we all can enjoy.



Karl-Anthony Towns in his preseason debut with the New York Knicks.
Photo provided by ESPN

OPENING DAY NBA GAMES ON 10/22:

- New York Knicks vs Boston Celtics @ 7:30 pm
- Minnesota Timberwolves vs Los Angeles Lakers @ 10:00 pm

Fall Collection

Favorite Fall Flavors

Is Pumpkin Spice Really so Nice?

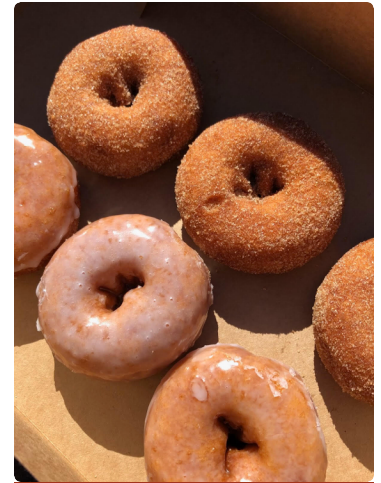
BREE ARTHUR STAFF WRITER

Fall is known for the cooling weather and cozy flavors that come with it. Fall flavors are defined by the homey, comforting feeling that surrounds them. When you take a bite into a fall treat whether it is pumpkin spice, apple, or cinnamon you will feel like you're wrapped up in a cozy blanket watching the leaves change color.

My personal favorite fall flavor is probably apple cinnamon. I love the warm, cozy taste and it is sweet too. One of my favorite fall treats are apple cinnamon donuts, especially the donut holes. They are little apple donut holes rolled in cinnamon sugar, they are the best. I could eat a hundred of them. They are small so you can just pop them in your mouth and they have a burst of cinnamon and sugary sweetness. I also love apple pie filling, yes that is correct. I am personally not a fan of pie crust. The taste is just not good, but take away the crust and it is delicious. Just put a scoop of vanilla ice cream on the apple pie filling and I am set. Apple cinnamon is the perfect balance of sweet with a little bit of spice.

Pumpkin spice is not the best fall flavor. I know this is an unpopular opinion, but I am not an obsessive pumpkin spice lover. I know many people live by their pumpkin spice lattes and pumpkin spice treats, but I don't believe it deserves the top spot. I just don't like pumpkin very much. Don't get me wrong I like pumpkin spice muffins, but that is one of the few.

Many will think that I am crazy, but I stand by my opinion. I think that apple cinnamon is the greatest flavor of them all. So, this fall go out and buy some apple cinnamon treats. Trust me you will not regret it.



Apple Cinnamon Donuts,
Photo Provided by Bree Arthur

Fall vs. Spring

Which Season is the Best?

TAYLOR SERVAGNO STAFF WRITER

As the year transitions, nature offers us two amazing seasons: Fall and Spring. Each has their own unique experiences and beauty. There are many great things about both of these seasons that are special to everyone. It all comes down to your personal preference. There are many different things you can do in both seasons and they are both very different from each other. Fall has very vibrant colors. You'll usually see a combination of warm and vibrant palette. These colors also come from the changing leaves on all the trees during the autumn season. In fall you always get a cozy feeling, because the temperature isn't too high or too low and you're always dressed so comfortably. There are various activities that go on in the fall that many people enjoy, so let's explore some of them. Haunted houses are very popular for people who like scary things or even seeing scary movies. There could be haunted houses connected to haunted corn mazes, which are a lot of fun to do with your friends. Having a bonfire with friends and roasting marshmallows is a great fall activity. You will be able to spread quality time with your friends and have a sweet treat while being very cozy around the campfire. Usually around the area there are some sorts of festivals that you and your friends could attend, the festivals can change each year.

A very common and fun thing to do is going to pumpkin patches. You could get dressed up in a cute outfit and take pictures. Then you can get pumpkins and carve them or decorate them. Spring is also a wonderful season. It's also a rebirth of nature. After months of winter and coldness the flowers start to bloom and there are longer daylight hours, which many people enjoy. Everything just comes to life starting in Spring. Also the weather is pretty good too, it's not very hot or very cold. Coming with spring people have allergies to pollen and it can get very bad for some people but that doesn't stop them from having a great time in the Spring. During Spring there are still wonderful activities people can do. There are also many outdoor concerts or festivals to attend in the Spring that change every year. A fun thing to do is having a picnic in the park that's surrounded by the blooming trees and flowers. You can eat with your friends in the nice weather. As the Spring sports arrive, people will either go to them or watch them on the television. There are many things you could do in both seasons and it's all about your personal preference to which one you like better.



Photo provided by Google

Fall Collection

How to Enjoy Fall Activities with Dogs

Discover the Joys of Fall with Your Best Friend

ERIN ZHENG STAFF WRITER

Fall is here already, and fall activities are just around the corner. We can't forget to plan some paw-some activities for our 4-legged companions either. I have a golden retriever named Max, and we always took him trick-or-treating with us. Some houses have dog treats while others don't, so it's always a toss-up. However, there are other ways to enjoy fall with your pets. Taking a hike with your dog(s) is an awesome way to experience the wonders of fall. Some of my favorite places to hike with my dog are North Park and Ohiopyle. North Park is just so pretty with all of the leaves changing colors. Ohiopyle is just simply stunning and I love it whenever I wade into the water with my dog and splash around. Those places are doggie-paradise in the fall. I enjoy hiking with my dog, and I hope Max does too.

Entering a costume contest, having a fall photo shoot, or joining a Halloween parade are awesome ways to engage with the community and the pets. They're always so much fun and enjoyable. Costume contests are always friendly competitions, and a Halloween parade is always super fun and simple. An activity as simple as picking apples at an apple orchard is always fun. I went to apple orchards before, and I always enjoyed them. The same goes for pumpkin picking, it's always super fun when I have to pick the "perfect" pumpkin. Corn mazes are always enjoyable and if you get lost, maybe your dog's great sense of smell will help you get out. Camping with dogs is so much fun and there's a ton of positive things about it. Your dog gets to experience the beauty of fall, and you can sit back and chillax.



Erin's dog Max. Photo provided by Erin Zheng



Erin's dog Max, photo provided by Erin Zheng

Now let's move on to activities you can do at home. Watching a movie with your dog is always super cozy and fun. My favorite movie to watch around this time is Halloweentown. Eating popcorn and snuggling with my dog in a blanket is always enjoyable and you get to relax with your dog. Life peeping is a fun and awesome way to capture the beauties of nature while spending time with your family and pets. Raking leaves and jumping into them are always super fun and exciting. However, make sure that your pile is deep enough or else you could be hurt. Baking dog-friendly treats are an enjoyable treat and they are always dogalicious. One of my favorite treats to share with my dog is peanut butter cookies. Whenever we go to the park to play sports, we always bring Max so that he can run around and pick up our balls for us. Max enjoys going to dog-friendly parks because he can meet and befriend other dogs. So the next time you go trick or treating, pumpkin picking, go to a park, or hiking, always bring your dog along so that you can share the experience with your dog. It's always a tail-wagging time for everyone.

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* See Mrs. Harshman or Mr. Majors with any questions!

3dhvjc5 @prforensics

Fall Collection

Fall Dessert Recipe

Indulge in this Classic Autumn Hit

AVA BARSON STAFF WRITER

As the leaves change color so do the menus at your favorite restaurant. Majority of that change is centered around desserts. Apple and pumpkin flavors start to make their way. As exciting as it can be, why would you want to travel to a restaurant to get your favorite dessert when you can make it at home. Below is a recipe to follow for a fall treat.

Apple Pie:

Pies are a classic sweet treat that people love to enjoy. They are hits at parties or when served during dinners for the dessert. Below is a flavorful recipe for an apple pie.

Ingredients:

- 2 (9") [pie crusts](#). (Link to another recipe for pie crust)
- 7 large Granny Smith apples (peeled, cored and sliced into ½ inch slices)
- ½ cup granulated sugar
- ½ cup light brown sugar (loosely packed)
- 2 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 1 tablespoon lemon juice (plus the zest of half of a lemon)
- 1 large egg (lightly beaten in a small bowl for egg wash)
- 2 tablespoons sanding sugar (optional)

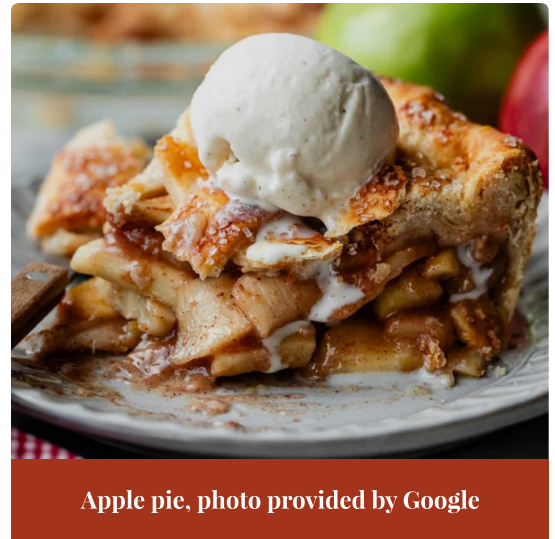
Steps:

1. Start by preparing this flaky pie crust recipe which makes 2 (9") pie crusts, one for the bottom and one for the top of the pie. *The pie dough will need to chill for at least 1 hour before rolling out.* Or use a store-bought pie crust and follow package directions. (The recipe for the pie crust can be found on the website linked at the bottom of the page).
2. Place the oven rack in the center position and Preheat the oven to 400°F (204°C).
3. In a large bowl, combine the sliced apples, granulated sugar, light brown sugar, flour, cinnamon, nutmeg, and lemon juice and lemon zest; toss to coat evenly.
4. Remove the pie crust dough from the fridge and let rest at room temperature for 5-10 minutes. On a lightly floured surface, roll one disc into a 12" circle that is ⅛" thick. Carefully lay the crust into the bottom of a deep dish pie plate.
5. Spoon the apple filling over the bottom crust and *discard* juices at the bottom of the bowl. Roll out the second disc of pie crust until it is ⅛" thick and lay it over the apple filling.
6. Use a sharp knife to trim the dough along the outside edge of the pie plate. Lift the edges where the two pie crust meet, gently press to seal and fold them under. Rotate the pie plate and repeat this process until edges are neatly tucked under themselves. Cut 4 slits in the top of the dough to allow steam to vent. Place the pie on a baking sheet.
7. Brush the surface of the pie crust with the egg wash and sprinkle with sanding sugar. Cover the edges with a pie shield or a strip of foil to keep them from over browning during the first 25 minutes.
8. Bake at 400°F (204°C) for 25 minutes. Carefully remove the pie shield, turn the oven down to 375° and continue to bake for an additional 30-35 minutes or until the top is golden brown and the juices are bubbly. Cool at room temperature for at least 3 hours.

This was just a select sweet for you to make and the following website is where more can be found.

<https://littlespoonfarm.com/apple-pie-recipe/#recipe>. (All credit for the recipe goes to Little Spoon Farm). On the website, there are tons of recipes that you can follow. So if you ever have a free weekend, wind down and maybe try some.

Photo credit: google photo of apple pie



Apple pie, photo provided by Google



Opinion

The Wizard Of Oz Main 3 Before Wicked Part 1

BAEDEN GAUTHIER STAFF WRITER

Almost everyone knows the Wizard of Oz franchise with Dorothy and the Emerald City. Plus, everyone loves movies. So, I have decided to write this article (with spoilers) about the 3 main movies in this beloved franchise in my opinion.

Movie 1: The first movie I will be talking about is *Oz The Great And Powerful*, which is a movie about "The Wizard's" origin. In this movie, a man with a name too long for a human's attention span, nicknamed Oz, is a magician at a fair. At this fair, he gets into some trouble (having flirted with the strongman's wife), and has to sprint away from him. He then sprints into a hot air balloon, cuts the rope, and gets flown into the Land of Oz. After being tethered to the ground, Oz, throughout the movie, meets three witches, Theodora, Evodora, and Glinda. Evodora rules over the Emerald City and is pretty much plain evil. She manipulates her sister Theodora, turning her once good heart evil. Then, with the help of Glinda the Good Witch, he banishes the witches out of the Emerald City and uses his knowledge of technology to pretend to be a wizard.

Movie 2: *Wicked Part 1* is a movie that's not yet out, but I will base this off the trailer of the movie since it revealed basically the whole plot. In this trailer, it reveals two witches who are named Glinda and Elphaba and are young witches that start a friendship. They travel to the Emerald City for a meeting with "The Wizard"; a problem then occurs with their relationship, leading to very different paths for these two in the movie.

Movie 3: *The Wizard Of Oz* is the last movie I wish to discuss. It's really well known because it is the 1st movie. In this movie, a tornado whisks away Dorothy, her dog Toto, and her house to the Land of Oz, where Dorothy's house

lands on one of the evil witches, and Glinda appears, gifting Dorothy the dead witches shoes. She tells Dorothy that they must be very special shoes if the Wicked Witch of the West wants them. Dorothy then goes on a crazy adventure, meeting new friends. Some of these friends include a lion, a tin man, and a scarecrow, who all want something from the wizard like Dorothy. They arrive at the Emerald City and, after waiting a while, meet the wizard, who tells them to kill the Wicked Witch of the West in order for their wishes to be granted. After

doing that task, they head back to Oz to claim their prizes, where Toto knocks over the screen that was projecting the illusion of the Wizard. After being exposed, the Wizard agrees to help Dorothy get home in a hot air balloon, which fails when Dorothy accidentally gets left behind because Toto jumps out of the balloon. Then, Dorothy ends up crying, when all of a sudden Glinda appears. She tells Dorothy that the shoes she has been wearing all along are the key object that can bring her home. And, so, (with Glinda's instructions) she taps her shoes together three times and chants "there's no place like home."

My Opinion: All these movies were great in their own ways (and the Wicked trailer), but some were definitely better than others. My favorite movie out of the three is definitely *Oz the Great And Powerful* because it's just a really cool backstory of Oz. Plus, there's other mini backstories going on with other characters. My second favorite is probably the *Wicked Part 1* trailer because it has a message that's not as overdone as the other movies. Yet, it's not yet out, so my opinion will most likely change when I watch it. But, overall, I'm really excited for this movie. And, lastly, my third and least favorite movie is *The Wizard Of Oz*. It has really overdone messages, and the ending just makes no sense. It contradicts *Oz The Great And Powerful* by saying that it was all a dream. Why even make the prequel if this movie makes no sense? Also, how could it be possible if the "Wizard" was said to be a real person. Overall, it's not as bad if you didn't watch the prequel. but the ending still lacks. All the movies were decent and you should go watch them. (You can watch *Oz The Great And Powerful* on Prime Video or Hulu, *The Wizard Of Oz* on HBO Max or Hulu, and finally the wicked trailers on Youtube.)



Photo from Google



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SAT Word of The Week:
**Solidarity (n.) - the joining
of commonalities or
common purposes among a
group**

Opinion

Why Do We Host Presidential Debates?

Your Vote Matters

ISABELLE HOPPE STAFF WRITER

As the 2024 election is approaching in November, there has been a couple of heated debates at this point. By now, most people already have a very strong grasp of who they want as the next president because both candidates have immensely differing views that cater to specific groups. If people have made up their mind either now or before the race even started, this may raise the question of "Why do we even have debates?"

The discussions between candidates is less about changing their supporters' views, but rather about trying to sway the people that are in the middle, meaning the people who are unsure if they even want to vote. A good debater can win over an audience by being informed on a subject and remaining calm when it comes time to rebuttal. They appear well rehearsed, but are clearly able to think critically on their feet.

A debate can make or break a candidate in the eyes of undecided voters. Usually viewers of the debate are people that are the most politically engaged, the ones that already have their minds made up, but social media is making a large impact on undecided voters. TikTok and Twitter, specifically, take snippets of the best and worst things each candidate says. This is usually what ends up swaying someone a certain way. If they don't know much about either candidate, but they happen to see a TikTok where one person says something that is uneducated or just flat out wrong, they can form their opinion right then and there.

If you are of the age to vote in this election, I strongly encourage you to exercise your right to do so. I encourage you to do your research and really know about the person you are trying to elect. Your vote matters, and the person you put in power certainly matters. So please, keep an open mind, do your research, and vote if you are able.

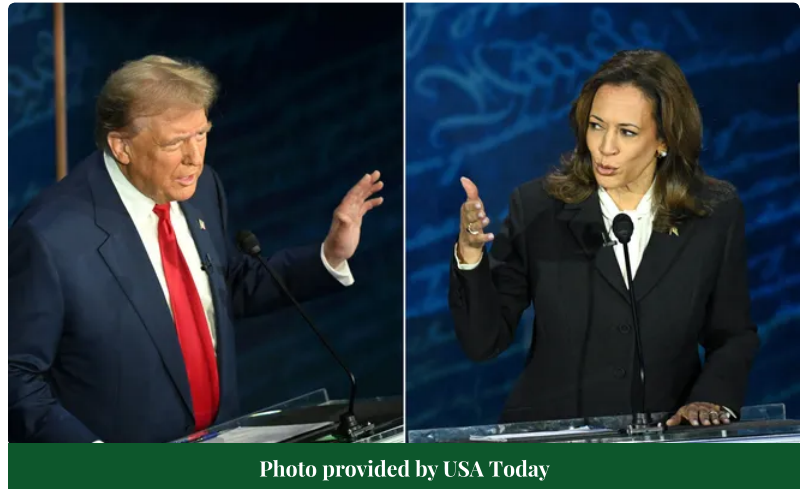


Photo provided by USA Today



Sophomores Ella Iams and Lexi Alexander looking forward to the next Rampage. Photo provided by Kate Iams.



Senior Skylar Jackson looking forward to the next Rampage. Photo provided by Kate Iams.

THANK YOU RAMPAGE READERS!

Point Park University's Point Pitch competition to win \$5,000: Registration Due-October 25, 2024

Elks National Foundation Scholarship-Most Valuable Student: Application Deadline-November 12, 2024

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The Coolidge Scholarship: Deadline-December 11,2024

WQED Film Academy Fall Session, Sprint Session and Summer Session registration: Deadline-December 19th, 2024

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Teacher

Mrs. Harshman

Editors-In-Chief

June McCune

Anna Karmanos

Design Editor

Izzy Banjak

Photojournalist

Kate Iams

Staff Writers

Bree Arthur

Ava Barson

Chase Frye

Baeden Gauthier

Isabelle Hoppe

Adeline Hudeck

Sophia Kerns

Grace Logue

Davis Natali

Shome Rao

Vienna Restelli

Bailey Rodriguez

Taylor Servagno

Hannahjayne Shannon

Gianna Ungor

Erin Zheng

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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.

There would be no need for a Rampage if you did not read it. Thank you for stopping by and we hope to see you next Thursday!



Mr. Slimm playing chess against Senior Ian Hurt at Activity Fair: Photo Provided by Instagram



Seniors Erica Waite and Emma Eckert at the Peer2Peer Booth at Activity Fair: Photo by June McCune

FRENCH CLUB CLUEDO

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