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January 16, 2025



Senior John Folino and Freshman Piya Dargan with their 20 rank Best Witness and Best Attorney awards: Photo by Mr. Caric

Congrats PRHS Mock Trial!



Pine-Richland A Team with their first place award: Photo by Mr. Caric

PR MOCK TRIAL PLACED FIRST OUT OF 52 TEAMS AT THE UNIVERSITY OF PITTSBURGH CATHEDRAL CLASSIC TOURNAMENT!

Congrats Fall Play Cast!

PRIME STAGE AWARD WINNERS:

1. BEST ACTRESS: *Jillian Uzelac*
2. BEST SUPPORTING ACTOR: *Jake Pazin*
3. BEST STUDENT SCENIC DESIGN/FABRICATION WINNER: *Wesley Wright*
4. BEST STUDENT PROGRAM/POSTER DESIGN/FABRICATION WINNER: *Nicole Short*
5. BEST STUDENT STAGE MANAGE WINNERS: *Wesley Wright, Julia Kirkbride, and Anjana Palathunkal*
6. BEST OVERALL PRODUCTION: *The Holiday Channel Christmas Movie Wonderthon*



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Student Life

2024 Wrapped

The Best of 2024 At Pine-Richland

ISABELLE HOPPE STAFF WRITER

Twenty-twenty-four was another one for the books at Pine-Richland. Between this school year and last, there is so much to celebrate and recognize academically, athletically, and socially. This is a look back at the best of each month we were in school in 2024.

Going all the way back to last January, this marked the beginning of Girls' Wrestling, which up until then, did not exist at PR. They continued to grow this year, and have forever made history at our school by being able to say that 2024 was the year they started this team.

In February, Best Buddies and the Unified Bocce Club also made waves last January by raising \$3,145 for Special Olympics Pennsylvania at the Pittsburgh Polar Plunge. More than \$196,000 was raised by participating schools in the 2024 Cool Schools Three Rivers Region.

March was particularly exciting for 5 students that were name Merit Finalists. Vasile Balouris, Jocelyn Curreri, Nicolai Ezolt, Liam Francis and Ben Lyons earned some of the highest PSAT/NMSQT scores in the nation. They were named semi finalists for the scholarships earlier in the year and were eventually promoted to finalists as they continued their high academic performance, leadership, and received a school official's written recommendation. The prize money ranged from \$500-\$10,000.

April is always long anticipated as it's the month of prom. There was plenty of excitement on April 20th in downtown Pittsburgh while Pine-Richland students got dressed up and ready for the big night.

In May, the musical program put on *Mama Mia*, and was named



Photo by pr_schools

winner of two Gene Kelly Awards on May 25: Best Student Orchestra and Best Scenic Design. This was no surprise of course, but was still extremely notable for our school.

June marked the end of the class of 24's

high school careers. We said goodbye to our seniors on June 17th and wished them the best of luck in their futures.

August means back to school, and marked the beginning of a new academic year.

September was a busy one. Not only were students still getting back into the swing of things, football and other fall sports started, and homecoming was afoot. We named Senior Tiffany Gathers, Homecoming Queen and she was escorted by Matteo Rotelli.

The annual football game fundraiser was held in October and this

years' theme was "Knockout Cancer." The game supported pediatric and breast cancer. Shirts were sold to wear at the game and all proceeds went to Mini-Thon



Photo by pr_schools

and to 412 thrive (a breast cancer organization)

Field Hockey won their 6th straight WPIAL championship in November and Football also brought home a WPIAL championship this month.

We sent off 2024 by having our annual basketball tournament put together by Student Government in December right before break. PR alumni also came in to talk about their colleges and we even had some college athletes talk about their experiences. This was truly another amazing year for Pine-Richland and there's most definitely even more to come in 2025.



Photo by pr_schools



Photo by pr_schools

Student Life

Word Search of the Week!

Can You Get Through 46 in 15 Minutes?

ADDYSON FISCHER STAFF WRITER

ATES	O	S	R	D	T	Z	L	O	S	P	R	E	Y	S	N	M
ATLASES	P	R	E	D	I	L	E	C	T	I	O	N	G	T	O	A
BANTAMWEIGHT	Y	R	E	T	R	A	I	N	E	S	O	L	I	H	U	M
BEAT	C	G	C	S	A	T	R	U	W	S	U	A	F	G	N	B
BECK	N	O	I	T	A	D	I	U	Q	I	L	G	F	I	C	O
BOWDLERIZES	Y	X	O	D	O	H	T	R	O	C	S	E	E	E	O	W
CATCALLED	S	A	E	L	S	R	C	D	K	Y	E	S	T	W	L	D
CITADEL	E	L	D	P	A	N	D	E	M	O	N	I	U	M	L	L
COOLANT	A	E	I	Y	S	N	A	T	L	A	S	E	S	A	E	E
DIPS	R	D	S	T	A	E	T	O	M	P	E	K	N	T	C	R
EARSHOT	S	U	G	K	E	P	H	O	M	R	E	C	A	N	T	I
EFFICY	H	R	N	C	C	A	T	C	A	L	L	E	D	A	E	Z
ESCORT	O	P	I	W	I	I	K	S	T	D	B	B	T	B	D	E
ETCHES	T	E	R	G	E	R	K	S	H	E	J	B	E	S	K	S
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GUSTO																
KICK																
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maybe leaving the remaining percentage saying no. When looking at the open response asking if they had anything else to share about the dance, an underclassman said there is a big swim meet and wrestling meet that is taking place the same day. Therefore that could explain some absence of students. Some students all voiced their opinions about the rule of not being able to leave early and how they are hoping for food to be present. Although there were some claims for improvement one student said they loved Winter Formal because it's underrated, meaning it doesn't get as crowded. Overall it seems that of the students who answered, half of them plan on attending.

The next question asked which dance the students loved more: prom, homecoming, or the Winter Formal. 43 of the 62 students said Homecoming while 13 said prom. Leaving Winter Formal to only have 6 votes. Out of the three dances only one dance doesn't allow for the whole student body to attend. That dance being prom. This may explain the lack of answers as it's not open to everyone but Winter Formal is and it took last. There was a fair amount of upperclassmen that voted for homecoming but there was definitely a higher count of underclassmen who voted for that dance.

Regardless of the numbers, it's hard to be able to come to a complete conclusion as our form only covered the opinion of 62 students. Winter Formal is nice to have because it provides fun during the winter season and in the middle of the school year. Homecoming occurs at the beginning of the year while prom is at the end and is only open to the upperclassmen. Meaning there would be no dance for underclassmen for another year. Either way it's an opportunity for some fun to have with friends so take advantage of that.

Winter Formal

Reactions

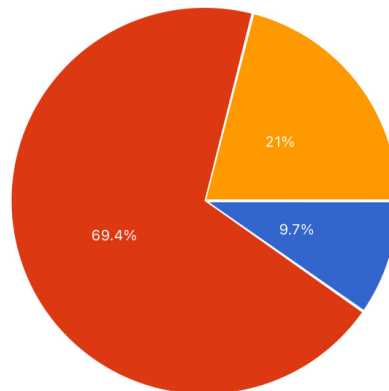
Is the Student Body

Excited?

AVA BARSON STAFF WRITER

Dances are some of the most discussed events that occur during high school. The two dances most people pay attention to are Homecoming and Prom. But what about the Winter Formal? Does it even compare to those highly favored dances? Keep reading to find out.

Winter Formal is taking place on February 15th meaning it is the day after Valentine's Day. I sent a google form to students of all grades asking them their opinions on the dance. According to the form, there was a pretty even split between all the grades participating in the form with freshmen having a



slight lead. Either way it was safe to say that I received a pretty even amount of input from all grades.

When asked about whether the students were excited about the formal, half of the 62 that answered said yes while around 20% said they were indifferent. The rest claimed to not be excited. The next question was whether the students were intending on going, 54.8% of the students said yes while 35.5% said

Sports

Penn Statement

Nittany Lions Win the Fiesta Bowl and Advance

DAVIS NATALI STAFF WRITER

Penn State rang in the New Year with a victory over Boise State in the Fiesta Bowl 31-14 to advance to the semi-finals of the College Football Playoffs. The Nittany Lions carried the momentum from the first-round win vs SMU to this game, jumping on the Broncos early. Two first-quarter touchdown passes by Drew Allar helped Penn State build an early 14-0 lead. Boise State would fight back, cutting it to just a 17-14 deficit in the third quarter. Penn State would answer as Allar found Warren in the endzone for the second time to extend the Nittany Lion lead to ten. Penn State would seal it as running back Nick Singleton ripped off a 58-yard score to ice the game sending the boy in blue to the playoff semifinal at the Orange Bowl against Notre Dame.

With this win, Penn State remains undefeated in Fiesta Bowls (8-0). This win also secured the Nittany Lions their first 13-win season in the program's history. For Boise State, however, it was a night of missed opportunities: two missed field goals and an interception in Penn State territory hurt the Broncos' chances to secure the victory. Penn State's defense came through in a big way holding the Heisman runner-up Aston Jeanty to 104 yards and only 3.5 yards per carry (his lowest totals of the season by a large margin). Penn State is looking dangerous as they enter the final four. The Nittany Lions are seeking their third national championship overall and their first since 1986.



Photo from PennLive.com

Regular Season Recap

Can the Steelers get Back on Track?

DAVIS NATALI STAFF WRITER

The Pittsburgh Steelers' 2024 season unfolded as a rollercoaster ride of highs and lows. Guided by the leadership of head coach Mike Tomlin, the team surged to an impressive 8-2 start, fueled by a dynamic offense and a defense that consistently stifled opponents like Baltimore and Washington. Quarterback Russell Wilson, acquired in the offseason from Denver, appeared to be the missing piece, delivering clutch performances and sparking hope for a deep postseason run.



Photo from behind the steel certain.com

But as the season wore on, cracks began to appear. The Steelers stumbled in the final stretch, dropping five of their last seven games, including a four-game losing streak to end the regular season. Their 10-7 finish was enough to secure a playoff berth, but it came with concerns about their ability to compete against top-tier opponents. The once-dominant defense led by T.J. Watt and Cam Heyward faltered, allowing opponents to exploit weaknesses that hadn't been visible early on. Offensively, inconsistency plagued the unit, with Wilson struggling to replicate his early-season form.

As the playoffs loom, questions swirl about the Steelers' readiness and potential offseason changes. Despite the setbacks, the Steelers' history of resilience offers hope. Fans remain eager to see if this team can rise to the occasion, defy expectations, and recapture the magic of their storied franchise in the postseason.

WINTER FORMAL: The 2025 Winter Formal will be held on Saturday, February 15 from 6:00-9:00pm at the Pine-Richland High School. Tickets will be sold in the PRHS Front Lobby before school on February 6 th and 7 th for 25 dollars per person, and February 10 th and 11 th for 30 dollars per person.

New Year Collection



25 Ways to Stay Prepared and Study

Make 2025 your Best

GRACE LOGUE AND VIENNA RESTELLI STAFF WRITERS

As the heavy-weighted hours of stress from studying are arising whilst the end of the year nears closer, the workload never seems to cease. To make use of the hours that we spend studying, here are some ways to improve your approach to get the highest marks you hope for.

1. If you do not already use them- **planners** will be your best friend. As teachers post their weekly updates, you can easily stay prepared and up to date so you are aware of what to expect. Highlighting and categorizing will give yourself a helpful system for what comes next.
2. apps such as **quizlet** offer tools to help you get the best grades as you can. A study guide tool allows you to simply copy and paste your notes in to get access to a whole outline of your topic, along with flashcards and practice questions. For memorization, you can use the learn and test tools with the flashcards.
3. game-like studying websites like **kahoot and blooket** will always be your help buddy if you happen to have that messy handwriting, but you still need to improve or give a friend a hand. Creating these games also helps you learn and it's worth it in the end because they're fun to play.
4. **note-taking** can also prove beneficial - even if it's rewriting notes. You just have to be sure you're not mindlessly copying things down. Highlight key information as you go, so you can look back at it later.
5. create a **dedicated study space** free of distractions. Everytime you go to this area, you'll associate it with productivity and get more work done.
6. take **regular breaks**. The Pomodoro Technique--25 minutes of focused work and getting a 5 minute break after--can help you stay on track while getting rest as needed.
7. **prioritize**. If you have assignments that are more challenging than others, getting them done first is helpful because your focus and energy are at their highest.
8. use **mnemonic devices** to memorize. Acronyms and rhymes can make complex information easier to remember.
9. **study in intervals**. Instead of cramming, break your study time into smaller sessions over several days.
10. **Teach what you learned to someone else**. Explaining what you learned to people helps solidify your understanding.
11. **avoid multitasking**. Focusing on one subject at a time will maximize efficiency and comprehension.
12. **stay hydrated and snack well**. Eating healthy snacks and drinking water can keep you energized.
13. use **active recall**. Instead of rereading notes, quiz yourself on the material to reinforce your memory.
14. **study with a group**. Collaborating with friends can give new perspectives and answer things you didn't know of prior.
15. **set achievable goals** for each session. Break large tasks into smaller, manageable steps to stay motivated.
16. use **color coding** in your notes. Assigning colors to different topics or categories can make studying more visually engaging.
17. **listen to instrumental music or white noise**. Background sounds can help you concentrate, as long as they're not distracting.
18. **avoid studying late at night**. Aim to study during the hours where you're the most awake and ensure you're getting enough sleep.
19. **review past exams or practice papers**. These can give you a sense of the format and types of questions to expect.
20. **mix up your study techniques**. Combining reading, writing, speaking, and listening helps reinforce the material in different ways.
21. **Record yourself saying the information and replay it**. You can listen to this whenever and while you're doing whatever, all while helping you memorize your goals.
22. make **summaries of your notes**. Shortening key points can make review sessions faster and more effective.
23. **set a timer for distractions**. If you feel tempted to check your phone, allow yourself a brief break after your timer goes off.
24. **get plenty of fresh air**. Studying outside or taking a quick walk can refresh your mind and improve focus.
25. **stay positive**. A good mindset and confidence in your abilities will help you overcome challenges.



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Learns LIVE Online

New Year Collection

New Year Moving into 2025

TAYLOR SERVAGNO STAFF WRITER



The New Year is a time of celebration and also reflection. It is marking the end of the year and beginning a fresh start. There are many traditions people do to celebrate the New Year. Around the world it's common to gather around with family and friends. You can have them over or go to parties to hangout. An often thing to do is watch the ball drop in Time Square either going to see it in person or watching it on the television. After the ball drops people always make noise. There are many fireworks, people can ring bells, or even hit pots and pans together. Making noise is welcoming the New Year and starting off the year with a positive attitude. Before the ball drops people often think of New Year resolutions, like anything they want to do and achieve this year in 2025. The goal can be big or small and no one has to know. People see the New Year as an opportunity to start fresh and set goals for the future. The goals for yourself can be anything, they can range from fitness goals to career and personal growth. In different countries all over the world the traditions are different but always kept the same for every year. They are unique to the countries and special in all their own ways. New Year is a time to celebrate 2024 and welcome the New Year 2025.

Enjoy Life While Time Flies By *Time is Like a Thief*

ERIN ZHENG AND VIENNA RESTELLI STAFF WRITERS

Man, oh, man, oh, Man. I can't believe it's 2025, and the first half of the school year is nearly over. Now, why the simile "time is like a thief"? Well, I'm the type of person who latches onto a happy memory or feeling, and then that feeling gets me through the day. I love quotes about time. One of my favorite quotes is probably, "Time is free, but it's priceless.

You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back." The seconds tick by so quickly, and the year, with just a snap of a finger, is over. The hard part about life is that things change, friends come and go, and life doesn't stop for anyone. There's a lyric in a song called The Nights by Avicii, that's literally about life. It goes, "One day you're gonna leave this world behind, so live a life you will remember.....these are the nights that never die."

So if time keeps passing by, how do we know how to spend it? People often say to spend your moments with the right people and with the right mindset. But how do you know who those people are? And how can you put yourself in that mindset? As high school students, we are expected to have everything figured out by the time we leave, so that puts us under a lot of pressure. Half of us don't even know what we're going to wear tomorrow! How can we figure everything out for the rest of our lives in just four years?

The adults in our lives who are guiding us have provided as many resources as they can at our fingertips, but no amount of guidance can prepare us for what life has in store for us. Unless they're a fortune teller, then THAT's a WHOLE other story. That's the thing with planners too. As much as we like to have a plan for our future, days, weeks, months, EVEN YEARS, we often forget to enjoy the present as we're too stressed as to what's to come in

the future. "I love to collect souvenirs because I love reliving each moment of my life, especially whenever I go on vacation," freshman Erin Zheng said. That's the thing with pictures too, isn't it? You're so caught up in capturing the moment that you forget to actually enjoy it.



If you're overwhelmed with the responsibilities and challenges that life throws at you, then plan ahead for the future. It would most definitely benefit you for the future, but don't forget to live in the moment as you might not feel that same feeling again or that memory that's just at the tip of your fingers slips away as you fast forward to the future. If you are feeling stressed about the future, take the time to reflect on how you're feeling and what steps you can take at that moment to feel better while still staying in the present.

Opinion

The Countdown to Quitter's Day *How Long Will our Resolutions Last?*

BREE ARTHUR STAFF WRITER

We all have made a New Year's Resolution at one point in our lives. Whether it was to work out more or to get more sleep. But how long have your resolutions lasted? Two days, two weeks, a month, six months, a year? New Year's, for many, is a time to celebrate and spend time with family and friends. For others it is a chance for a fresh start to better yourself. Our resolutions are often very specific and hard to maintain. So, we find ourselves amongst the other 75% of Americans who give up on their resolutions on

Quitter's Day in past years.

The second Friday of January is known as Quitter's Day. This is a day where many decide that their resolutions are not worth it and give up. Many have forgotten them by this time or they are out of the routine they set. For those who have really thought about what they want and planned out their resolutions, the average New Year's resolution lasts around 4 months. Quitter's Day should not be an excuse for us to give up our goals, we should maintain these goals so that we can better ourselves as humans.



How do you maintain your resolutions and make it past Quitter's Day? There are many ways to maintain your resolutions. You can write each night in a journal; write down what you did that day to keep your resolutions and how it made you feel. You could keep a calendar and mark down your progress. These options allow you to understand how you have changed as a person and it allows you to see your progress, which is very motivational for many.

As the year is just getting started, create a plan for yourself to keep your resolutions. Even if it is just to make it past Quitter's day, do it. Keep track of your progress and how it will help you achieve your future goal. I believe that New Year's resolutions are an opportunity for us to change for the better. They also help us have more confidence because we have set a goal and achieved it. So this year maintain your resolutions, you can do it.

New Year New Me

My Opinion on the Idea of Resolutions

AVA BARSON STAFF WRITER



Now that 2024 is away in the books 2025 has finally begun. For some this year is no different for the rest while some are having their lives change forever. But what does everyone usually do right before New Years in order to cap up the year to come? They create resolutions but the unfortunate truth is that most of the resolutions come to an end before the year is over. So what's the point?

I find that resolutions are a way to motivate ourselves and make ourselves proud of what's to come. Having resolutions is almost like having that checklist for ourselves. I find it almost like maturity when it comes to resolutions. If you think about it, most of the time they are made in order to "fix" the problems of the person who created them. Now that may sound harsh but the fact that this person is able to reflect upon themselves and understand what needs to be done is mature.

People tend to find the idea of the resolutions to be dumb just because of the amount that goes to waste. In the SNHU article MacCarty said that he believes people shouldn't make resolutions because of the rates and how failure can cause negative emotions towards oneself. Now it may be true that a good amount of people don't stick to their resolutions, at least they were able to push themselves to some point. There was 6% of people who committed to their resolutions during a survey of 1,000 people. I had a resolution last year in relation to working out and I didn't even pursue it until halfway through the year. Now I am going into the year with the same goal. The idea that I gave up the beginning of last year may sound like a defeat and yes I will admit it was but the fact that I pushed myself back up to do it differently is what makes the cake.

Whether you made resolutions or not it doesn't really matter. What counts is that we take the new year as another chance to do what we lost last year.

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

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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!

Dear Readers,

In this week's edition, we are excited to bring you a wide range of stories that deal with our PR community and our thoughts on the new year. Thank you for your continued support to our publication. So, sit back, take a break, and stay up to date with your PR community by reading the Rampage.

Sincerely,

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

**Reminder:
Next Monday
(1/20/2025) is MLK
Day.**

GUIDANCE NEWS:

-The following scholarships, contests and workshops are now available, stop in the

guidance office or check on Naviance under Colleges tab, scholarship list:

PACAC Scholarships: Deadline- February 3, 2025

**Western Chapter Pennsylvania Sports Hall of Fame \$2,000 Scholarship:
Deadline-**

February 15, 2025

National Italian American Sports Hall of Fame: Deadline- March 1, 2025

PSBA Trust Student Leader Scholarships: Deadline- March 14, 2025

Citizen's Bank Scholarship: Deadline- March 31, 2025

**Epilepsy Foundation of Western Pennsylvania three \$1,500 & seven
\$1,000**

scholarships: Deadline- April 7, 2025