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high school  
news...one  
page at a time!

# Pine-Richland Rampage

ISSUE #6 Friday January 23, 2026



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the online Rampage.

# HAPPY NEW YEAR



*Seniors Brooke Deegan and  
Abby Fuller*



*Sophomore Ava Lundgren and  
Freshman Avery Waite*



*Sophomores Mckenna Scharrah and Brynn  
Cetner*



*Freshmen Lydia Long and  
Marlena Ruedinger*



*Sophomores Hailey Hickenboth and  
Chloe Shute*



*Sophomores Delaney Mercuri, Ella Bittner, and  
Maddy Katzfy*



*Sophomores Ailee Westrick  
and Charlie Kline*



*Seniors Arrash Sheikh, Brody  
Walkowski, Trent Ricchiuto, Aiden  
Gordon, Zach Meehleib, Landon  
Russell, Matthew Gilardi, Gavin  
Gilardi*

# PINE-RICHLAND IN PICTURES!

# PR Local

## How does Social Media Influence Teens?

### What is the impact?

DARSHA KANNAN STAFF WRITER

#### Intro

Social media is everywhere in our lives. With platforms like Instagram, Snapchat, and TikTok, it's a space for self-expression, sharing moments, and staying connected. However, the impact of social media has both positive and negative impacts on us.

#### The Upsides

One of the benefits of social media is that it enables us to stay connected with others, whether it's long distance or right near you. You are able to share similar interests, hobbies, etc. It allows us to express ourselves through art, videos, and so much more. Social media can also be a relaxation to de-stress after a long day. Despite all the positive outcomes of social media.

#### The Downsides

In contrast, social media can contribute to feelings of anxiety and depression. The constant comparisons to images of peers can lead to issues with self-esteem and body image. Cyberbullying has become a widespread issue, affecting how we see ourselves and interact with others. Health risks like sleep disruption, body dissatisfaction, eating disorders, and fear of missing out (FOMO) as these can affect our overall well-being.

#### Navigating the Influence

Finding a way to navigate the impact of social media is crucial for us. Encouraging open conversations can help us understand the realities behind social media posts, as well as the pressures we face. It's important to teach us about the importance of balancing our online and offline lives such as healthy relationships, and prioritizing our mental health.

#### My final thought

Overall, social media can be a powerful tool for us, offering both connection and creativity. However, it's crucial to be aware of its pitfalls. By empowering us to take control of our online experiences. Encouraging us to prioritize our health over screens is a better way to avoid unhealthy habits and addictions.

## Crossword Puzzle

### New Year's Themed

CAMILA MÁRQUEZ MEDINA STAFF WRITER

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M I D N I G H T C E L E B R A T E
C H A M P A G N E L F U T U R E X
O O U A R T Y N R E S O L U T I O
U N T O B C O N F E T T I P Q R S
N T W E L E C H E E R T M L I A R
T D N E W Y E A R F Z A L L X B C
D O I T M P G H O D B A L L D R O
O W R E S O L U T I O N E E I E N
W X K L M F I R E W O R K S A S G
N E E D C O U N T D O W N P Y O H
F U T U R E J A U M O N E B I A F
I C E L E B R A T E T M D J R E K
R E S O L U T I O N T C H E E R P
E R E M I D N I G H T Y A Q W S Z
W O N E W Y E A R L T U R E U A E
O P A R T Y Z D S A M O R I T G R
R E V E L M I N E G O A L S J H E
K S E L E B R A T E N X C O U N T
    
```

MIDNIGHT  
RESOLUTION  
PARTY  
TIME

FIREWORKS  
COUNTDOWN  
CONFETTI  
FUTURE  
BALLDROP

CELEBRATE  
NEWYEAR  
CHAMPAGNE  
CHEER

## Tangled in Excitement

### *Announced Casting Stirs Anticipation*

VIENNA RESTELLI STAFF WRITER

*Best day ever!*

The long-awaited *Tangled* live-action remake has finally confirmed its cast: Teagan Croft as Rapunzel and Milo Manheim as Flynn Rider.

Many know Milo from his role in the *Zombies* franchise and are excited to see him play Flynn. Teagan is more of a lesser-known actress, which is what many fans were hoping for Rapunzel.

Cast speculations had been circulating long before this announcement. Singer Sabrina Carpenter was a common choice for Rapunzel due to her previous role in acting. Others included Meg Donnelly, Dove Cameron, and Florence Pugh. For Flynn Rider, fans didn't have as many differing choices as Rapunzel, and Milo Manheim was actually someone many fans hoped to play him before the casting was announced.

Despite the excitement around this, some have differing views and wish someone else had been cast for Rapunzel.

However, a central part of the story is that it's Rapunzel's 18th birthday, so this was definitely something big to consider. I, as well as many others, am glad that they picked a newer name for Rapunzel and am eager to see how the remake turns out.

Another Disney princess remake that's going to be released soon is *Moana*, which is said to be an almost word-for-word remake with the same songs. Many are hoping *Tangled* features new songs; one sung by Flynn Rider is currently a big topic amongst fans.

So, when is this going to come out in theaters?

There is no official release date yet, as the movie is still in pre-production; it'll likely be released in 2027 or 2028. Even though there is a long way to go until then, fans are beyond excited to see many people's favorite Disney princess movie come to life.



*Provided By: disneystudios on instagram*

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# Learn about Logan Keegan

## *Words of Wisdom and Opinions From a Senior*

JACK PETULLA STAFF WRITER

### **Who is your favorite athlete of all time?**

“My favorite athlete has to be Tiger Woods.”

### **How often do you use AI?**

“I used to use it everyday last year. This year I use it about once a week.”

### **Who is your favorite sports team of all time?**

“The Pittsburgh Penguins”

### **Do you have a job?**

“I work at Flour Power.”

### **When do you think childhood ends?**

“When you graduate high school.”

### **What’s your before-school routine?**

“Wake up, shower, get dressed, brush my teeth, eat breakfast, and make coffee if I have time.”

### **What does your day look like after school?**

“Either playing video games, working out, or hanging out with friends.”

### **If you had to eat from one restaurant for the rest of your life, where would you eat?**

“Probably some nice steak place because of the variety.”

### **What is your favorite song?**

“Upside Down by Jack Johnson”

### **Who is your favorite teacher of all time?**

“Señora Hahn”

### **What wakes you up in the morning?**

“Coffee”

### **If you could eat dinner with 3 living people, who would they be?**

“Tiger Woods, Barack Obama, and LeBron James”



*Senior Logan Keegan  
Provided by: Logan Keegan*

### **Who inspires you?**

“People who are extremely wealthy.”

### **What was your biggest setback and how did you overcome it?**

“Realizing math is hard and not doing well at it. I overcame it by not taking math senior year.”

### **What is the biggest piece of advice you would give a freshman?**

“Talk to everyone and make connections with people from all grades. Just have the courage to be social and make friends because you never know who you will meet.”

### **What is your best memory at PR?**

“Either going to Homecoming or the Friday football games.”

# PR Local

Page designed by TAYLOR SERVAGNO DESIGN EDITOR

## Rams Tops Tigers 5-3 in Rivalry Clash *Elite Offense and Standout Goal Tending*

JACOB HADLEY STAFF WRITER

On January 8th, PR Ice Hockey battled through an intense rivalry against North Allegheny for our first win of the new year. We knew it would be a tough test going into the game but we didn't let that stop us from playing with a winning mentality. We had a good meeting in the locker room before getting a strong warm up in to prepare us for this game. We were all dialed in and ready to come out on top against one of our biggest rivals.

Once the game started, we were all over them. They couldn't handle our relentless offensive pressure which led to us getting an early lead. Luca Julio put us up 1-0 just five minutes into the first period with his first varsity goal of the season. Shortly after, Cullen Campbell piled onto the lead with two more goals before the end of the first period. Now that we were up 3-0, we knew we would get a strong push from them but we didn't let that kill our momentum.

In the second period we came out strong and kept our offense pushing. Unfortunately we gave up two goals in the second period but our goaltender, Will Hanner, kept battling through adversity making crucial saves when we needed it most. We kept the game at 3-2 for the rest of the period before we went into the locker room for the intermission.

We knew we would have to battle and put up some more goals in the third to win and we did just that. We came out flying in the third and put up our fourth goal of the game from Jackson Naik. Later into the period, we gave up an unfortunate goal but we only let that motivate us to keep battling and maintain our lead. NA made the poor decision to pull their goalie which gave us an opportunity to close out this game. With a driving effort from Carson Verszyla we put up our fifth and final goal of the game to come out on top 5-3 against NA.



*Sophomores Luca Julio and Will Hanner  
Provided by: Keenan Parkhill*

**ATTENTION ALL SENIORS. THE CLASS OF 2026 CAP AND GOWN ORDERS ARE AVAILABLE ON THE HIGH SCHOOL WEB SITE. PLEASE NOTE THAT THE PRICE HAS INCREASED FOR ORDERS PLACED NOW THROUGH FEBRUARY 1ST. TO ENSURE DELIVERY IN TIME FOR GRADUATION, ALL ORDERS MUST BE SUBMITTED BY FEBRUARY 1ST.**

# PR Local

Page Designed by ELLIE MYERS DESIGN EDITOR

## HFL Guest Speaker Shares Story

### *Learn about the Health & Finance Literacy Club*

ERIN ZHENG STAFF WRITER

On January 8, in the Global Studies room, Cherie Peters shared her story with the Health and Finance Literacy club. About 20 students attended.

She met a girl named Lauren back when she was in 8th grade. Peters learned that Lauren needed a kidney transplant and was on the wait-list for one. About 500,000 people are waiting for a kidney transplant, so her chances of getting one were minimal. She died three days after her high school graduation. About one in seven adults has kidney disease, not to mention many people go undiagnosed for decades.

There are no cures for kidney disease. A person could wait 5 years for a disease donor; however, due to the wait-list, the chances are minimal. Living donors are a lot better because they're alive, and often it's from your loved ones. The number of living kidney donations dipped to approximately 5,800 to 5,879 in 2025. This represents a decrease from the 6,418 living donations recorded in 2024. While the number for diseased donors hasn't come out yet.

Kidneys are why you use the bathroom and regulate your blood pressure. Kidneys contain 50 liters of fluid every day, so you must keep your kidneys clean. Several ways are to drink lots of water, eat healthy foods like fruits and vegetables, exercise, and don't smoke or take pills you shouldn't take.



*Addie, a young transplant recipient and her donor*  
*Provided By: UPMC*

Why? Kidney disease can lead to kidney failure. When too much damage has been done to the kidneys, dialysis or a kidney transplant is necessary. the treatment options. Dialysis is a lifeline for many people; however, it takes many hours each week. It can take 4 hours a day, 3 days a week if you go to a clinic to go dialysis, or there's also home dialysis. Dialysis is basically a machine that slowly takes your blood out, cleans it, and pumps it back into you. This is only 1/10 as effective as a healthy human kidney and can lead to other health problems.

To be a donor you must be between the ages of 18-75, in generally good health=PERFECT DONOR, and be willing to donate. Three out of a thousand people give consent, while half of the cases don't have consent. A cross-match or a blood test must be in order in order to ensure that there is no organ rejection. Blood type O is the universal donor, while type AB is the universal recipient. On average, a dead donor kidney can increase the recipient's life by 8-12 years, while a living on is 12-2 years.

# PR Local

Page Designed by ELLIE MYERS DESIGN EDITOR

## Let's Talk Scheduling: Why You Should Put Journalism On Your List

BAEDEN GAUTHIER STAFF WRITER

With scheduling coming up soon, I wanted to try to persuade you to take Journalism next year. Journalism can greatly improve your writing and speaking skills.

I'm talking from experience. I took this class as a freshman last year, and I barely talked to anyone, and unfortunately for me, Journalism requires a lot of team work and communication. However, that experience my first year changed me coming into this year. Now that I'm taking Journalism 2 this, I have definitely learned to communicate better and talk to everyone and voice my own opinion.

And I'm proud of myself.

But that's not the only reason I love Journalism. I've always loved writing. And doing creative things. So Journalism was a great opportunity to accomplish both. I participated in the newspaper club during middle school in 8th grade. And I wanted to improve my writing coming into high school last year. I've definitely learned more skills this year and was able to express myself. This article is proof of that.



*Picture of last year's showcase  
Provided by: Baden Gauthier*

There's a lot of subjects you can write about: entertainment, sports, opinion, PR local. However, even if you don't like writing, I still would recommend taking Journalism. There's tons of flexibility: podcasts, photography, design. There's a ton of creative things you can do in place of writing. That's because Journalism isn't just about writing. It's about connection. We spread the news much like PRTV and have fun doing it. Journalism is like art: you can always improve or change your ideas, and you'll have fun being creative.

We also collaborate with other classes too: Yearbook and Creative Writing. So if those classes interest you, Journalism should too. Overall, if you love any sort of creative writing, photography, or design, then Journalism is perfect for you.

**FREELANCE REPORTERS  
ARE INVITED TO WRITE  
ABOUT SCHOOL NEWS.  
EMAIL MRS. HARSHMAN  
TO BE PRINTED.**

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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 other Thursday under the high school Resources Tab. It is written by students, for students, and we 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.

**Thank you for stopping by and we hope to see you next Thursday!**

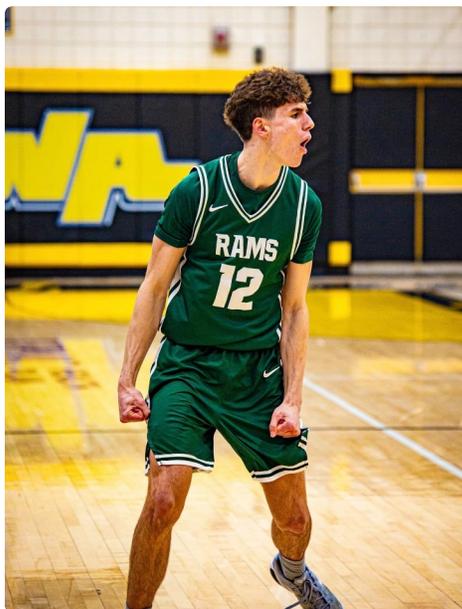
## SPORTS AT PR



*Junior Jackson Naik, Junior Carson Verzsyla, and Senior Doug Van Meter*



*Freshmen Rachel Rupert and Sutton Shafer*



*Sophomore Ryan Craven*



*Junior Mia Ledone*



*Junior Nico Aiello*