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Pine-Richland Rampage

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MINI-THON 2026!



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Student Life

Sophomore Year: 2025-2026 Was My "Worst" School Year Good?

BAEDEN GAUTHER STAFF WRITER

I've heard a lot of people say that their sophomore year was the worst year in high school. For me, that's not the case. But it was definitely a weird year. And I feel like I'm a more refined version of myself this school year. I talk more, I'm friends with more people, I started reading again, and my grades

are better. These are all things I'm really proud of after nearing the end of my sophomore year. I barely talked to anyone last year. I didn't really voice my opinion nor talk to anyone I barely knew. I was stuck inside one small group of friends. And those people were basically the only people I talked to that whole school year. This year it's kinda the same but also kinda different. I branched out in the beginning of the year to be friends with more people outside that group. Mid year I talked to a few more people. But now that we're nearing the end of the year I'm stuck inside that friend group bubble again. But now I'm not just stuck in one group of friends. I'm stuck in multiple, which is a huge change from last year.

And I'm glad I can branch out more. I started reading books again. I read Sunrise On The Reaping multiple times over the course of the year. But other than that, I didn't really read until the week we came back from spring break, which I know is a pretty big time jump. I've always loved reading. I taught myself to read at 5 years old by pretending to read books by making up words according to pictures, until I actually could read. I also did not want to be on my phone every chance I got. So I started reading the biggest book I had at my house: the one my grandpa has been begging me to read since he bought it for me last Christmas: Stephen King's IT. So far I'm on page 245, and it's about 1100 pages. Just when the book gets boring it pulls you back in. It's a great feeling and you really feel like you accomplished something by continuing to read a book, whenever it's able to pull you back in. So, going to my grades last year, they weren't terrible. But they weren't something to be in awe of. Or even interested in.

This year they are way better. I'm honestly really surprised and proud of myself because I took my first honors class this year. And so far I've been able to get a B every quarter which I'm super proud of. I even made honor roll this year which honestly I'm still surprised I did. I'm also doing way better in my science class compared to last year. Chemistry has proven easier for me than biology was for me, personally, and I'm grateful for the maturity I've seen within myself.

Overall I'm proud of myself, and how far I've come in the span of a year. I look back and put myself in my freshman self's shoes. And think about how I would believe that I could never do any of this. Never make changes in the way I have this year. So yes, I'm proud. And I look forward to what's to come.

"I'VE HEARD A LOT OF PEOPLE SAY
THAT THEIR SOPHOMORE YEAR
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CASE."
-SOPHOMORE BAEDEN GAUTHIER

Student Life

Here's What I'm Proud of This Year Making States For Swimming

TEAGAN YUROCKO STAFF WRITER

After months of early mornings, endless laps, and my body being so sore, it was all worth it in the end when I made States for swimming. Even when I didn't want to wake up at 4:50 AM every Tuesday and Thursday of the week to go to the gym and lift weights before school, I am glad that I did. The realization that the work had paid off finally set in when the team for States was released.



Sophomore Adeline Schmitt, Senior Teagan Yurocko, Senior Riley Shafer, Junior Bree Arthur, Junior Alli Schomaker, Junior Brooke Rupert, Sophomore Whitney Calhoun and Coach Jeff at Bucknell University



This year felt different because last year I went as an alternate to states. This year wasn't just about being in the water this time, it was about pushing past limits I didn't think I could break. Some practices were a lot harder than years prior, expectations were higher, and there were days when progress felt invisible. With all of this in the back of my mind, I still kept showing up. That consistency turned out to be the difference between hoping to improve and actually achieving something I never thought was possible. My growth and accomplishments this past year seemed huge for me.



Sophomore Adeline Schmitt and Senior Teagan Yurocko in the warm-up pool

Making States wasn't a single moment for me, I'd say it was built from a hundred smaller ones. It was choosing to get in when the water felt freezing, and I didn't feel like swimming. It was finishing a set when my arms felt like they couldn't move. A great example of this is when we swam 10,000 yards in one practice for Christmas (this practice was like 3 hours long)...

We did one-hundred 100's (it was broken up) with there being a variety of different things we did throughout them. We did drills, kicking, just swimming, and sprints. It was really really exhausting.

Student Life

I learned to focus during races instead of overthinking every stroke. I also tried to remind myself to have fun. I had to trust my training and believe in myself, even when my times didn't immediately reflect it. I remember one swim meet where I couldn't get under a minute for my 100 freestyle, but as the season went on, I was able to get down to the 54's. Being patient and understanding with myself really helped me do well.



The coach and I didn't always get along great, but I know that he had good intentions to get his team, including me, faster and stronger. At the end of the season, my mindset shifted from doubt to confidence when I looked up at the board to see my time. I realized that I just swam a 24.85 second 50 in my 200 freestyle relay at states, making it my new PR - which I was really proud of and happy with.

EVENT	TEAM	TIME	PLACE
9 Girls 200 Free Relay			4
1 PLUM-A	PLUM	25.77 51.57	8
2 Ply Whitmarsh-f	PW	24.46 49.31	5
3 H2omets-A	EMM	24.77 48.74	3
4 NAHS-A	NAHS	23.96 48.43	2
5 FCHS-A	FCHS	24.48 48.37	1
6 Hershey-A	HERSH	24.75 50.06	7
7 Manheim Townsh	MTHS	23.97 49.06	4
8 PRHS-A	PRHS	24.85 50.00	6



Outside the pool, this year showed me growth in other ways too. I learned how to somewhat manage stress, especially balancing school with a demanding sport. I would talk to other upperclassmen to help me figure out how I can push myself with swimming, and in school by making sure all my work gets done on time. We pushed each other and supported each other. Those relationships made the hard days easier and the good days even better.

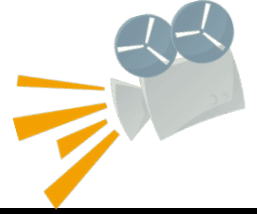
Looking back, making States is something I'm incredibly proud of, but it also represents something bigger. It shows my resilience, discipline, and belief in long-term effort. It proves that progress doesn't always happen quickly, but it does happen if you keep going. More than anything, this year taught me that success isn't just about the final result, it's about who you become while working toward it and how proud you are gonna be after.



Entertainment

Upcoming Movies for 2026

CAMILA MÁRQUEZ MEDINA STAFF WRITER



Avengers: Doomsday

Starting with the most anticipated movie of this year, coming out on December 18, Avengers: Doomsday. This movie stars many famous characters across the whole Marvel universe, including some from the X-Men Franchise (my personal favorite), The Fantastic Four, The Thunderbolts, the Avengers themselves, and some from the original Marvel Mystery comics like Namora. Not much has been released about this movie yet, though.



Michael

This is the Michael Jackson biopic. This movie stars Jaafar Jackson as Michael Jackson, Colman Domingo as Joe Jackson, Nia Long as Katherine Jackson, Miles Teller as John Branca, Kendrick Sampson as Quincy Jones, and Kat Graham as Diana Ross. This film follows the life of Michael Jackson and all of his accomplishments.

Masters of the Universe

Along with "Avengers: Doomsday", "Masters of the Universe" is another movie I'm really excited for since I used to watch He-Man when I was younger with my mom. This film stars Nicholas Glatzine as He-Man, Morena Baccarin as the Sorceress, Idris Elba as Man-At-Arms, Jared Leto as Skeletor, and Camila Mendes as Teela. In the furthest regions of space, the kingdom of Eternia is threatened by the villainous Skeletor and his mischievous armies of darkness. To save his fathers kingdom and protect the lives of those he holds dear, young Prince Adam has to retrieve a mythical sword and become the fabled warrior only known as "He-Man".



Spider-Man: Brand New Day

Another Marvel movie! This one stars Tom Holland as Peter Parker, Zendaya as MJ, Jacob Batalon as Ned, Mark Ruffalo as Bruce Banner, Marvin Jones III as Tombstone, and Michael Mando as Scorpion. Four years have passed since the events of No Way Home, and Peter is now an adult living entirely alone, having erased himself from everyone's lives and memories. Crime-fighting in a New York that no longer knows his name, he's devoted himself entirely to protecting his city, a full-time Spider-Man, but as the demands on him intensify, the pressure sparks a surprising physical evolution that threatens his existence, even as a strange new pattern of crimes gives rise to one of the most powerful threats he has ever faced.

Entertainment

A Win For America Olympic Figure Skater Alysa Liu

GRACE LOGUE STAFF WRITER

America's new sensation Alysa Liu wins gold in the Olympics and was featured on Jimmy Fallon's talk shows and multiple advertisements for Louis Vuitton and many other luxury brands. She is iconic for her lighthearted and non-toxic attitude and performance as a recurring athlete competing in the Olympics after rediscovering her passion for the sport on her own terms to focus on joy instead of pressure, turning the 'have to' to a 'want to'.

Liu brought a new, positive light to the sport with her genuine passion for the sport and rather 'casual' look with dyed hair and piercings that rejected the traditional, high-pressure and toxic style of training by other skaters.

"No one tells me what I'm gonna wear. No one tells me how my hair is gonna be. No one's gonna try to change me," Liu said.

Due to the fact that the Russian competitors were not able to compete in this year's Olympics, many believe Liu only won because of their absence.

That may be true or it may not.

She won gold with not a single quad in her performance. Liu totaled 226.79 points because of her clean skating and seven triples.

Liu became the first American woman to win gold in figure skating since 2002.

I believe this change has brought a new view to female figure skating. The sport had initially popularized because of the toxic atmosphere imputed by the trainers of Russian competitors and a series of lies told to the athletes. Records have been broken and tears have been shed. The goal is who can do best and who can push themselves furthest to the brink. This year, Alysa Liu showed that skating is more than just drama.

"It's not about proving anyone right. It's about proving to myself that I can choose how I do this."

-Alysa Liu.



Alysa Liu
Provided by: google



Alysa Liu
Provided by: google



*Gold medalist Alysa Liu, Silver medalist
Kaori Sakamoto, and bronze medalist Ami
Nakai*
Provided by: google

Opinion

A Bittersweet Night Speech & Debate Celebration

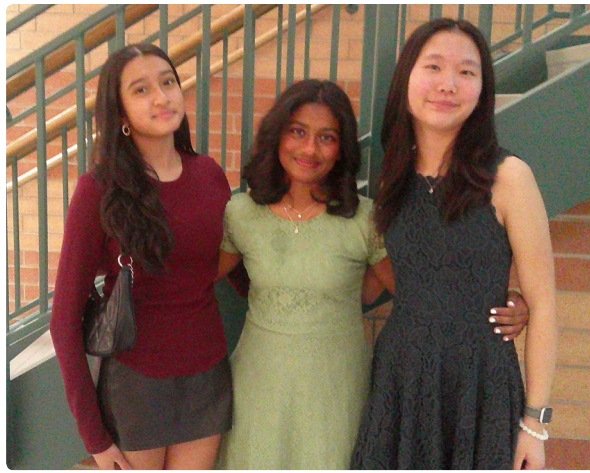
ERIN ZHENG STAFF WRITER



*freshman Kruthi Induri
and sophomore Erin Zheng*



*Sophomores Erin
Zheng and
Anusha Chatterjee*



*Freshmen Dheepthaa
Ravichandran,
Kruhti Induri, and Emily Zheng*



*Freshmen Dheepthaa
Ravichandran,
Kruhti Induri, and Emily Zheng*

SPORTS PODCASTS

In this podcast we celebrate our 10th episode of the Morning J's Podcast, talk about the Penguin's playoff run, PR Baseball, and PR hockey tryouts.



Morning J's Podcasts



In this episode Derek and Hans dive into the twist and turns that had us all on the edge of our seats tonight. Tune in to hear the post draft analysis!

First Bell Breakdown Podcasts

Entertainment

Underrated Reality TV Total Drama Meets Survivor

BAEDEN GAUTHIER STAFF WRITER

Survivor and Total Drama are two decently underrated reality tv shows for what they're worth. And I love both of them. I am a newer Survivor fan and haven't watched a lot of seasons, but from what I've seen I definitely do enjoy it as much as I enjoy watching Total Drama. Of course, I've watched every Total Drama season, though. Total Drama was one of the reasons I decided to watch Survivor.

My Favorite Players: My top 3 favorite players from Total Drama are Courtney from seasons 1, 2, 3, and 5, Julia from reboot seasons 1, and 2 and Bridgett from seasons 1, 2, and 3. I personally love Courtney in all the seasons which I know is a hot take cause action exists. And I know a lot of people only like her in season 1. But she is just so funny and entertaining. Bridgett I hate how her character has gotten derailed but I just couldn't stop loving her. She's so kind and was robbed in every season. They really should've done more with her character. Julia, I know I'm gonna get flamed for if you've seen the show. What makes me prefer her over Heather is that she's more relatable to this generation in some ways. And she doesn't have a redemption arc. Not every character needs a redemption arc. And not every character needs to be derailed either. And she didn't get either of those which I'm happy she didn't. It's a bit more realistic; it usually takes a lot of time for someone to change. And she didn't so love that and love her.

My favorite players from Survivor are gonna get me canceled. I know I'm a new gen so you can't really blame me too much. My top 3 are Savannah Louie from Survivor's two most recent seasons 49 and 50. She's just so entertaining to watch. And I love her energy. Plus she's tied for the most individual immunity wins for any woman in the history of Survivor with 4. Then Genevieve from Survivor 47 and 50. Don't you love a strategic player who was robbed so badly in both seasons? Well I sure do. She just brings such fun and chaotic energy. And her always having a feud with someone else is fun. And then Courtney Yates from Survivor seasons 15, and 20. I love her. She's not that great in challenges but who cares because she is so beyond entertaining to watch. She makes such great tv and her confessionals are top tier. She's so funny and I really hope to see her back in a future season.

The Best Players: The best players in Total Drama would be Courtney, Heather, and Alejandro. I am not including Duncan and Owen even though they merge every season they are in. I'm going based on more strategy and other details. Although Courtney was the only female total drama contestant to get to merge 3 times. She is a strong physical competitor, yet lets her emotions get the better of her. She's a challenge beast and is shown to have a lot of knowledge and is pretty smart. Heather got 3rd in the first season when everyone hated her. And then proceeded to place 2nd or 1st depending on your countries ending in season 3 with basically everyone still hating her. She has great strategy and is good at manipulating people. Alejandro got 1st or 2nd in his first season playing. While being on a cast of people that know each other already. He was able to manipulate people to get his way to the finale.

And was really strong psychically too. In season 5 he was still smart but derailed like every other gen 1 character so not much to say there.

**"DON'T YOU LOVE A
STRATEGIC PLAYER WHO
WAS ROBBED SO BADLY IN
BOTH SEASONS?"
-SOPHOMORE BAEDEN
GAUTHIER**

Entertainment

Survivor I'd say Sandra Diaz Twine, Parvati, and Cirie. Sandra was the first two time winner on the show. Not good at challenges, but her social game ends up making up for that big time. Parvati honestly needs no explanation if you've seen Survivor. But all I can say is she is so super strategic and knows who to align with and is loyal to those people. Cirie has never won a season like the other two, but she has placed high in $\frac{3}{5}$ of her seasons.

Her Heroes vs Villains (season 20) run was cut short because of an idol. And in season 50 she has at least made the merge but we don't know how far she's getting yet.

The Worst Eliminations: The worst Total Drama eliminations are crazy. Courtney season 1 and season 5. I could include both the other seasons she's played in but these are the worst. Then I'd say Leshawna's elimination in season 1. And finally Heather's elimination in one of the endings in season 3. Courtney's season 1 elimination was literally rigged votes by another contestant Harold. No one on that team wanted her out besides Harold. And his hatred for Duncan caused him to eliminate Courtney, not even Duncan. Her season 5 elimination was literally annoying. Her chart got exposed last minute as a plot tool for the worst villain in total drama history. And then her friend got mad at her because she wanted her to get 3rd place and not 2nd or 1st. Literally you're mad because your friends are being strategic. That's crazy. Leshawna's elimination was where the voted out campers had to say a name for who they wanted out of the game. No one wanted her out but they all accidentally said her name. And it counted. And even a parrot repeating her name counted. That is actually insane to me. And so frustrating cause she definitely could have won the final challenge and then go out 5th. Heather's season 3 elimination was when she was in the final and she threw the wrong statue into the volcano. So that meant the other competitor won. It's so frustrating.

Survivors' worst eliminations were Tina in Blood vs Water (season 27), Dee in Survivor 50, and Genevieve in Survivor 50. Tina won Survivor's 2nd season. And in Blood vs Water she got 4th place. She could've won that season and everybody else knew how much of a jury threat she was. And she couldn't win the final immunity challenge, which is so frustrating, because she was so close to being a two time winner. And her social game, ugh. It was too good. Dee in Survivor 50 was the most recent vote out and Jonathen needs to get out. So does the coach. I know it's a game. But to manipulate someone's emotions like that for a game when it's not lying is crazy. And she was smart to play her shot in the dark. And I wish so badly it would've worked. But then Tiffany would've been out. So it's basically a lose lose situation. Genevieve was well positioned up until the blood moon. She found 2 idols that she couldn't even use because of that stupid twist. And the twist is cool, don't get me wrong. But to find 2 and not even be able to be safe is so frustrating.

Overall everything's frustrating in reality tv. And don't root too hard for someone. Cause they usually won't win.



Sports

Track Pictures

LANGDON OTT FREELANCE SUBMISSION



Sports



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Thank you for stopping by and we hope to see you soon!



Dunk Tank Pictures

Provided by: *TEAGAN YUROCKO*
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Mr. Slimm

