

RAMPAGE



Schools' Safety Measures Provide Positive New Learning Opportunity *How to Stay Optimistic & Healthy During the Coronavirus Quarantine*

BROOKE GRAY SENIOR STAFF REPORTER

This whole situation is well...scary. People don't like the unknown, things they don't understand.

This is something we don't understand; without a real solution or end in sight, some people are starting to panic. With school closing, sports seasons ending, and our country being in a state of adjustment, we're all kind of freaking out.

Some grocery stores are even running out of groceries at times, so it can feel like the end of the world.

I'm here to tell you, it isn't.

The thing about situations like these is that some people start to speculate. Rumors spread and before you know it, you don't know what is real and what isn't.

I urge all of you to do your research.

We are so fortunate to live in a country with incredible doctors and resources that are helping to find a solution to this problem, and by this time next year it is very likely that there will be a vaccine. Plus, doctors are already coming up with temporary solutions to help weather the storm.

With all this time off and a major adjustment period, you may find yourself becoming bored or anxious. This isolation will be challenging, especially on those who struggle with mental illness, so what are some ways you can cope?

Try to have a positive outlook. It can seem impossible at times and there will certainly be days where everything feels like it is falling apart, but time off can be great for us. It's a time to rediscover ourselves. Find a new hobby or learn something new. I have been getting back

into painting and learning sign language and it's super fun. View this as an opportunity to be productive, but to also relax and hit the restart button.

Spend time with family. The great thing about this is that we aren't alone. We're all having similar thoughts and feelings. This is a great time to come together as a community; lean on your family and friends. Have family game nights and reconnect. Strengthen those bonds so when you have a challenging day, you can look to them for advice.

Be productive. Don't just sit around. Trust me, you will get stir crazy. If weather permits, go outside, even if it's just to sit or go for a walk. Exercise. Gyms are closing, but there are plenty of at home workouts available. Get your homework done! Read, write, do all the things you said you would do if you had more time.

Most importantly, don't panic. Have faith that this is all part of the process, that there is a reason for all of this when it seems like there is no reason for it at all. Remember, this is all temporary and that 2 or 4 or even 8 weeks of your life is nothing in the grand scheme of things. This quarantine is to keep you safe and healthy; it's not to scare you or make you go crazy. New information is being discovered every day and soon things will be looking up. Try to stay calm.

I am here for each and every one of you and as always my email is open! 20bgray13@prams.org. Talk to your parents, do your research, stay informed and stay healthy.

Make the Best Out Of Time Inside

CAMERON PERKINS
STAFF REPORTER

Catch up on sleep. Sleep will improve your daily attitude while passing time.

Watch a new movie/show. Movie suggestions include Hunger Games, Star Wars, or Mean Girls. On Netflix, you can watch Grey's Anatomy, The Bachelor, Riverdale, or Stranger Things.

Adapt to online school. Make sure to check Google Classroom, Blackboard, & your email for updates. Schoolwork may not be the most exciting task, but it is critical to keep learning.

Organize or clean. Organize drawers, a desk, an entire room, or simply a backpack. Cleaning will help you feel more productive and accomplished.

Read a book. Whether it's for school or for fun, reading helps improve your vocabulary & focus. If you read for school, you can get ahead on an assignment.

Help out around your house. This can be a stressful time for everyone who is around you. Offer to help parents, siblings, or spend time with a pet to help alleviate stress. It is always a nice gesture to help someone, or at least make the offer.

Study. Khan Academy offers a free SAT prep course, & the "PA Driver Practice Test" app prepares for the permit test. It's never too early to study for these tests.

Learn a new skill. Play an instrument, sew, bake, or draw. Online tutorials can guide you.

Exercise. This is a super effective way to get rid of stress & feel healthier.

Play a game. Board games & video games can be played with your family members or by yourself.

Overcoming High School Stress: *How Best to Handle Your Worries*

ELLA KASPEROWICZ STAFF REPORTER

Every high schooler has one thing in common, and that's stress. Studies show that 83% of high school students are stressed because of school. However, most people don't know how to handle that stress. So, here are the best 6 ways to reduce anxiety that can hopefully be useful for you. All information is from verywellmind.com.

1. **Sleep-** with packed schedules, students always miss sleep. Unfortunately, being sleep-deprived puts you at some disadvantages. The biggest thing is being less productive, which can build up stress. Aim for at least 8 hours of sleep at night and take power naps when you can.
2. **Visualization-** closing your eyes, relaxing, and visualizing is very effective when trying to reduce stress. It calms you down and can help you prepare for upcoming speeches and presentations.
3. **Exercise-** the healthiest way to decrease your stress is to exercise. Taking a walk in the morning, or even biking can increase your positivity and optimism.
4. **Breathing-** a quick way to calm yourself down when you're stressed out is to practice breathing exercises. These are especially effective for reducing anxiety or when things can become overwhelming.
5. **Progressive Muscle Relaxation-** this technique can be used before a test or before falling asleep. It's when you tense then relax all muscles in the body until you are completely relaxed. This is helpful for decreasing your stress and becoming calm after a tough day.
6. **Music-** a proven fact is that playing classical music can increase the benefits of studying. Also, playing upbeat music can help you "wake up" mentally. Even just listening to your favorite song while walking to class can increase your positivity and decrease anxiety.

Five Habits That Will Change Your Life

NICK GUIDAS SENIOR STAFF REPORTER

When you think about a habit, it is usually thought of as a bad thing such as biting your nails or cracking your fingers. But, if you form your habits into something that benefits you, then you will be much more successful. Here are five ideas to help you do that:

1. **Seek a purpose in everything you do.** Some people don't work their hardest at everything they do. This is mainly due to the fact that they do not think that what they are doing has a purpose. Seeking a purpose in everything you do will cause you to be a harder worker.
2. **Read a book every day (at least 10 pages a day).** Reading books gives you knowledge. Therefore, reading will help you gain new knowledge daily. Making this a habit will make you a much more intelligent person.
3. **Exercise every day.** Daily exercise will help you clear stress, improve your health, and make you feel more satisfied and fulfilled.
4. **Wake up early every day.** Getting an early start to your day will give you more time to succeed every day. It will allow you to not be rushed and allow your mind to stay in a peaceful state.
5. **Appreciate everyone.** Realizing that everyone around you is there for a purpose and seeing the good in everyone will change your perspective on life in a positive way.

Editor's Corner

LIZZI MONTANTI
STAFF REPORTER

Thank you for reading this week's issue of the RAMAGE!

The newspaper staff is committed to keeping you updated each week.

We welcome freelance submissions from staff and students; simply reach out to Mrs. Harshman via email with your story.

Meanwhile, our newspaper staff will do our best to keep bringing you the most up to date PR news...one page at a time!

DEEP THOUGHTS



Is Water Wet?

Answering the Age Old Question about H₂O
ETHAN SILIPO STAFF REPORTER

Water. The world's greatest and most useful resource. The uses of water are endless and water even has several unique properties. Through all this, a question was once posed: is water wet? At first you say yes, of course water is wet, but when you really think about it, water just makes other things wet. The madness of this debate has gone on too long, so I am here today to tell you why water is wet.

The most common argument as to why water is not wet is that water is not wet itself, but it makes other things wet. Sure, this may seem like a valid point, but there is a flaw to this theory. Whenever water touches another object, it makes it wet. On a molecular level, the water molecules are interacting with whatever object it is touching.

However, if water molecules must touch another substance to make it wet, then water is wet. In any amount of water, there are countless water molecules that make up the water.

These molecules are all touching each other, hence water is wet. This is my argument exactly, but I leave the conversation open to anyone willing to argue.

The differing opinions on this subject are almost evenly split. This matter is of opinion for most people. Although you can use

science and get technical, it all boils down to how you perceive water and its properties.

"Water is a liquid and liquids are wet," said sophomore Anna Lagnese.

However, sophomore Jack Mauer feels differently. He said, "Water is not wet. Water is a liquid that wets things. 'Wet' is the condition of a liquid sticking to a solid surface, such as water wetting our skin? We cannot say that water is wet because it takes a liquid and a solid to define the term 'wet.'"

Wet or not, there is one thing everyone can agree on: water is the greatest resource in the world, and it does not need to be classified as wet to perform its countless uses

Why I think Rice Krispies Treats Are Not Good

MADDIE JEWART STAFF REPORTER

As a kid, the hot snack was Rice Krispies Treats. These sticky sweet marshmallow snacks were always a fave among my friends. Despite their popularity, I always had a hatred for them. I found them to be overly sweet, and to have an off-putting flavor. I was always ashamed to admit this secret to my friends, and I have kept it in the dark my entire life... until now.

To my surprise, after opening up about my dark past, I have found that many people counter this belief. Sophomore Ethan Silipo is one of those people. He said, "Rice Krispies treats always hit the spot."

On the other side of this, I have also met people who agree with my stance on this food. Sophomore Lizzi Montanti said, "They don't taste authentic. You can definitely tell that they were made in a factory and have a lot of nasty add-ins and chemicals."

Aside from my opinion, many people have one of their own. If you'd like to share your take on Rice Krispy Treats, email me @21mjewart24@prrams.com.

That's A Wrap: Quarter 3 Reflection

LIZZI MONTANTI STAFF REPORTER

Jan. 28th- All district Choir concert.

Jan. 29th- HS blood drive.

Jan. 31st - Feb. 1st- Hack the Ram. PR students from 7th-12th grade worked with their coding skills to collaborate on a technology project.

Feb. 3rd- New plastic recycling program was officially launched in PR.

Feb. 5- National Signing day. In the Old LGI, athletes planning to commit, families, and coaches signed paperwork from their chosen college/university.

Feb. 6- Juniors attended the National College Fair.

Feb. 14th- Sadie's assembly took place. Senior Ty Jenkins, escorted by senior Logan O'Brien, was crowned Sadie's King.

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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 217. The RAMPAGE is available in print and online every Thursday.

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 may make mistakes; we encourage readers to report mistakes to the Copy Editor via email.

Meet Amitva:

Get to Know this PR Freshman and Rampage Reporter

ETHAN SILIPO STAFF REPORTER

Amitva took Journalism as a freshman, and from day one his peers said they have been impressed and inspired by his role in the classroom. He is a vital member of the staff and he is always sure to stay on task and focused. In spite of this, he is so much more than just a member of the RAMPAGE.

Amitva has lived in Pittsburgh for his entire life, but he has travelled to the likes of India, Aruba, and San Diego. He describes himself as curious, optimistic, and creative. The name Amitva originates in India and is pronounced as Ah-meet-vah, explained Pal.

At school, Amitva brings a happy and friendly attitude that anyone can appreciate. He is always smiling and seems happy to be wherever he is. Where does this happiness come from, you might ask? This question is essentially unanswerable, but an optimistic and friendly person like Amitva is what PR needs more of.

Amitva said he enjoys his classes and his schedule this year and these classes

have helped him get an idea on where his future lies.

“My favorite class is computer science. It is hard but it feels good to solve the puzzle,” said Pal.

After discovering an interest in computer science, Pal said he hopes to attend either Cornell or Carnegie Mellon to study the subject further.

Outside of the classroom, Amitva is a member of the swim team and joined the tennis team this spring.

Amitva has been swimming for nine years and is playing tennis for the first time this year. At home, Amitva is an only child, but sometimes he wishes he wasn't.

“Sometimes it gets really boring, but I can usually connect with my friends thanks to the internet,” said Pal.

Despite living a seemingly normal life, there are several attributes and aspects about Amitva that make him tremendously unique. For example, the fact that his favorite beverage is guava juice. Or the fact that he collected Hot Wheels for years and still has a huge



Freshman Amitva Pal

collection. Or maybe even the fact that his greatest weakness is a bad memory.

These are just a few unusual facts about Amitva Pal, but this just goes to show that this man is like no other. If at any point you stumble across this freshman, be sure to say hi, as the opportunity to meet Amitva is one that no student should want to pass up. The future of Amitva Pal's legacy cannot be predicted by a mortal; however, it is just common knowledge that Amitva is destined for the stars and he will stop at no means to achieve glory and success.

My Top Five Favorite Words

ETHAN SILIPO STAFF REPORTER

The power of language and communication is so often underappreciated. The ability to manipulate sound into a way that conveys a message is extraordinary, but no one ever takes a minute to reminisce on this capability. Of the hundreds of thousands of words in the English language, a select few are just that much better than the others, so here is my personal ranking of the top five words in the English language.

5. Lizard- The word lizard is just so wonderful. Lizards themselves, however, are not so wonderful. Nonetheless, the word lizard incorporates some of the most luscious sounds in the English language, hence earning it a spot at #5.

4. Chortle- the Merriam Webster dictionary defines chortle as “to laugh or chuckle especially when amused or pleased.” Not only is chortle a convenient word, but it is beyond unique. The complications and wonders of this word expand light years beyond just seven letters and cannot be comprehended by the common man.

3. Astringent- a word so great it sounds fake. I am willing to bet you do not even know what astringent means, but even without knowing the meaning, there is no denying the obvious perfection of this English term.

2. Squeamish- the definition of squeamish is uncomprehendingly less pleasant than the word itself. However, squeamish itself is essentially the perfect word. Squeamish almost sounds as if it is made up. It is a word that just sounds funny, and yet it is possibly the best sounding word to ever exist.

1. Yes- Unlike the previous four words, yes is not a great word because of the way it rolls off the tongue. Yes is a great word because of what it means. No word can provoke such happiness as the word yes. Hearing the word means you can do something that you want to, and for that reason, yes is the all-time greatest word.

JUST FOR FUN

Back in Black Anniversary: AC/DC's Classic Album Turns 40

JOSH PALKO SENIOR STAFF WRITER

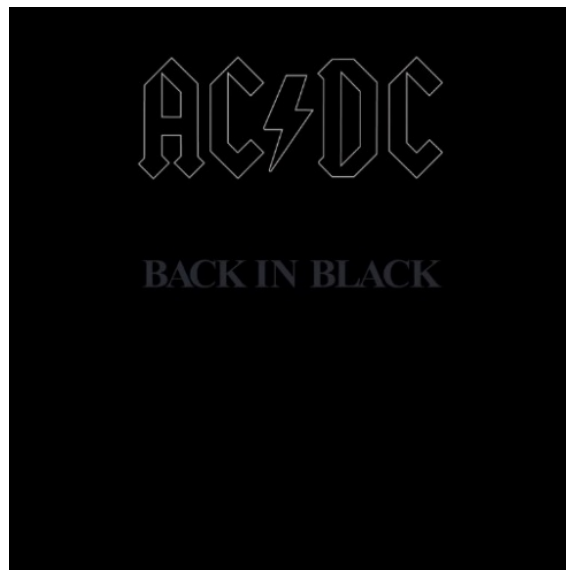
Imagine this. You're one of the most popular rock bands of the late 70's and nothing can stop you. Your career is only going up as you're creating classic albums after classic albums. Then disaster strikes. Your lead singer dies unexpectedly and your band is left without a singer. You're devastated and you even consider ending your career right there, but some hope is left. If he was still alive, your singer would've told you to keep going, even without him.

Friends and family also want you to keep going and that's what you do. You hire a new singer and record a new album shortly after, and it becomes huge.

Compared to what you've made earlier doesn't compare to the success this album garnered. This is exactly what happened to AC/DC at the beginning of the 80's.

Back in Black is the seventh studio album released by the hard rock band AC/DC. It was released July 25, 1980 and is the first album with new lead singer Brian Johnson.

The album was released only five months after the previous lead singer Bon Scott died in February. Even though this may sound like a recipe for disaster by some music fans, this was not the



case when the album came out.

The album is filled with classic songs front to back. From the title track, Hell's Bells, You Shook Me All Night Long, Rock n Roll Ain't Noise Pollution and

Shoot to Thrill, the album shows no signs of slowing down once you start playing it. Although I don't call this album as my favorite of theirs (that honor would go to 1978's Powerage), I would consider it their best album from a musical standpoint. Every song is memorable, even my least favorite songs from the album, and keep demanding a re-listen. It's nearly impossible to not have heard a song from this album, especially the title track.

When the album first came out, reception was mostly positive. It topped a lot of "best of" lists including Rolling Stones Top Albums of the Eighties, Rolling Stones Top 500 Albums of All Time, VH1's Top 100 Albums, and was featured in the book 1001 Albums You Must Hear Before You Die.

The album has become one of the most influential albums of all time.

It's up there with albums like Nirvana's Nevermind or Michael Jackson's Thriller.

Which Magical Movie Should You Watch?

The Perfect Disney Movie for You, Based on Your Emotions

ELLA KASPEROWICZ STAFF REPORTER

Some days aren't always the best, and during some, everything went perfectly. Whatever type of day you had, a movie isn't a bad way to end it, especially with a Disney movie. So, which Disney classic should you watch? However you're feeling, there's a movie for you. All information is from refinery29.com, ohmy.disney.com, redbookmag.com, and watchmojo.com.

When you're happy...

- Lilo & Stitch
- Beauty and the Beast
- The Emperor's New Groove
- The Princess Diaries
- Hercules
- The Incredibles
- The Parent Trap
- Tangled
- Moana

When you're sad...

- Toy Story 3
- Dumbo
- Bambi
- Up
- The Lion King
- Coco
- Inside Out
- Toy Story 2
- The Hunchback of Notre Dame
- Finding Nemo

When you need a laugh...

- The Emperor's New Groove
- Aladdin
- Hercules
- The Incredibles
- Monsters, Inc.
- Lilo & Stitch
- Toy Story
- Big Hero 6
- Mulan
- Finding Nemo

When you want an original...

- Aladdin
- Peter Pan
- Frozen
- Lilo & Stitch
- 101 Dalmatians
- The Lion King
- Bambi
- Cinderella
- The Little Mermaid
- Robin Hood

JUST FOR FUN

The Mandela Effect *Sure To Make You Think Twice About Your Memories*

On December 5th, 2013, Nelson Mandela sadly passed away. But, there were many people in the world who believed he died in the 1980s when he was in prison. There were a plethora of different individuals who claimed they specifically remember him passing away in jail. This is what sparked the phenomenon we now know as 'The Mandela Effect'. To sum up what it is, it is basically when you remember one thing a certain way, but it is actually

NOLAN KIRSCH STAFF REPORTER something else. It is kind of hard to explain...but here is an example.

Everyone is familiar with Star Wars. In the movie *The Empire Strikes Back*, we were given one of the most iconic lines in movie history. After Luke Skywalker gets his hand sliced off by Darth Vader, they exchange some dialogue and then Vader famously says, 'Luke, I am your father.' Growing up, this is how I remember the line and odds are this is how most people think the line goes as well. But, in reality it isn't

"Luke, I am your father", it is actually, "No, I am your father."

Now, some people might remember it being said like that, but personally I do not and I know people who also do not remember it being said that way. That is just the tip of the iceberg though, there are many many many more examples. Here is a little quiz to see if you remember the correct way different things are spelled and presented. (Pay very close attention to spelling, correct answers are below all of the pictures.)

1.



2.



3.



Psychologists have explained how the Mandela Effect is ultimately just people mistakenly recalling events. This is called confabulation and it is very common in everyday life. It just seems so crazy because it is on such a larger scale. That is what makes people believe that the Mandela Effect is a result of two

parallel universes merging. It is much easier to believe that people's memories fail them rather than a couple of dimensions colliding. But, who knows, maybe the Mandela Effect is actually a real thing. I guess we will never know for sure...

Which is correct?

5.



6.



Correct Answers: 1. Looney Tunes 2. Flintstones 3. KitKat (No hyphen) 4. The Berenstain Bears 5. The Pikachu on the right 6. Double Stuf Oreos

**Thanks for Reading,
Rampage Fans!**

See you next Thursday!

