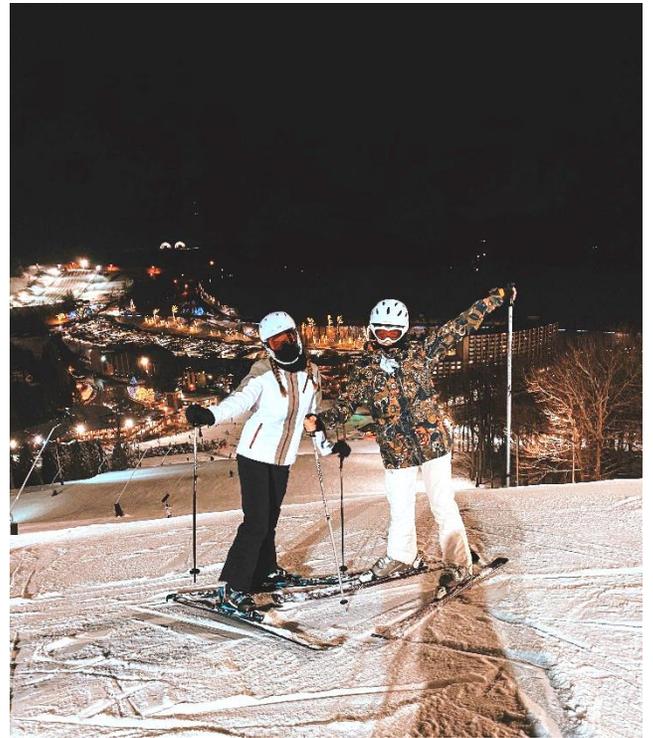


RAMPAGE



First Ski and Board Club Trip to Seven Springs is a Success

CAMERON PERKINS DESIGN EDITOR



Sophomores Meredith Price and Cameron Perkins

On Friday, December 20th over 250 PR students traveled to Seven Springs for the first Ski and Board Club trip of the school year. The weather was ideal, and there was a decent amount of fresh snow.

Sophomore Olivia Wood said, “I decided to start ski club because I really enjoy skiing and wanted to have fun with my friends.” The club gives students many chances to connect with one another. There are several long bus rides, ski lifts, and times spent in the lodge where everyone has an opportunity to meet new people from around the school.

Only six trails were open at the time, but students still managed to have a lot of fun. The most popular slopes of the night were Lost Boy Trail, Wagner Slope, and the North Face Slope. These hills range in ability level from beginner to advanced so there is something for everyone to enjoy. Additionally, there are several terrain parks with boxes, banks and tunnels that offer exciting challenges for skiers and snowboarders to try.

Sophomore CJ Williams said, “My favorite park is Arctic Blast because there are easy tricks that anyone can try.”

“My sister starting ski and board club with no prior knowledge of skiing and she loved it. She introduced it to the rest of my family. Now both of us look forward to ski club the most during the school year,” said sophomore Emma Krizmanich.

The club has not only brought friends together, but it has also made families more involved in the activity. Many students have decided to introduce skiing and snowboarding to their younger siblings who have since joined the club.

After a long night of skiing, most students fall asleep on the bus ride home. The long ride is the perfect opportunity to get a nap after a long day. With a tiring week of school over, the ski and board trip was an excellent way to end the week. Additionally, the first trip of the year was a great way to start off the holiday break. Spending time with

friends to enjoy a winter activity is always nice. Students said they are looking forward to upcoming ski and board trips as well as all the memories that will come with them. Interested students may contact Mr. Perry for more information.

FYI:
NO SCHOOL
MONDAY
JANUARY 20

OPINION

Let Go of the Joe *Energy-boosting Foods that will Help You Survive Midterms*

LIZZI MONTANTI STAFF REPORTER

After spending the day at school, *brewing* the energy to study for midterms can be quite difficult. Instead of opening your folders, some students might go straight to *Folgers*. Studying day after day takes a *latte* of effort. That being said, it's time to spill the *beans*: relying on coffee to get you through midterms might not be the best idea.

According to healthline.com, countless nutritious foods will offer the energy boost that attracts stressed students to coffee. These foods have greater nutritional value than coffee, and will also improve your overall health--no one wants to get sick during exams. These are just five fantastic fueling foods which fight that midterm fatigue.

#1 Bananas- Bananas are a wonderful source of carbohydrates, potassium and vitamin B6, all of which enhance energy levels. Healthline.com examined a study proving that endurance athletes that ate a banana before a performance did just as well as they would have when drinking an energy drink. Bananas are also super convenient, as you could easily grab one before leaving for school. If you have time in the morning, you could add peanut butter to add a source of protein, too.

#2 Apples- Apples are another great and convenient food to eat to gain energy. They provide a slow and sustained energy release due to their richness in sugars and fiber. In addition, they have a high antioxidant content, which slows down the digestion of carbohydrates.

This helps to release energy over a more extended time period.

#3 Dark chocolate- Like apples, dark chocolate also has a high content of antioxidants. These antioxidants increase blood flow, which can reduce mental fatigue and improve your mood. Dark chocolate also contains caffeine, which will enhance your energy like coffee would.

#4 Edamame- A great and quick pick-me-up snack. Just one cup of edamame can contain up to 17 grams of protein, 16 grams of carbohydrates, 8 grams of fiber, and high amounts of vitamins. It contains high amounts of molybdenum, a stimulus for enzymes that assist in the breakdown of nutrients for energy. Edamame is great for fighting off fatigue.

#5 Water- Midterm season is stressful, and it is easy to forget about the simple, yet important parts of staying healthy. Water is involved in cellular functions, one of which is energy production. A lack of water consumption leads to dehydration, which slows body functions and creates fatigue. If you drink water even when you are not thirsty, you will get an excellent energy boost.

Other foods that will increase your energy and mental stamina include eggs, fish, potatoes, nuts, (air-popped) popcorn, beans, seeds, and more. Eating these foods both when you study and before you take the test will give you brain power.



Image from Enjoy Java.

Yes, coffee gives you that big bang of energy. However, according to www.webmd.com, coffee has several downsides. It could cause or worsen anxiety, increase blood pressure/heart rate, cause headaches, and cause an upset stomach.

This does not mean you should stop drinking coffee. With exams approaching, consider other, more beneficial foods to rely on when you need an energy fix. Do not feel guilty for drinking a cup of joe, but be sure to stay hydrated.

REMEMBER: Eating these foods will not improve your energy levels if you do not get a good night's sleep or give yourself a study break. A balance of sleep, studying, and nutrition is a recipe for success. Good luck!

All information and more found on www.healthline.com.



Image from Pinterest.

Midterm Schedule

Midterms begin on Tuesday, January 14th and end on Friday, January 17th.

Tuesday (1/14): Periods 3 and 10

Wednesday (1/15): Periods 4 and 11

Thursday (1/16): Periods 2 and 8/9

Friday (1/17): Periods 1 and 6/7

MYSTERY

The Last Piece of the Puzzle: *Can You Solve the Four Realms Mystery?*

ABBY LANE COPY EDITOR

Max stayed quiet from now on and didn't speak a word. Maddie still paced the room like a beast prowling its next meal. On the other hand, Kelsey was still stuck in the so called basement trying to find her way to Max and Maddie.

Kelsey turned around and behind her was a door. She put her hand on the knob and slowly started to turn. The door creaked open to an infinite blackness. She started to walk through the door slowly but then she stumbled over her own feet. It had felt as if someone pushed her, rushing her through the door. She jumped, turned around yet no one was there and neither was the door. The lights came on and disco music started to play. A voice came on in the speakers that suddenly appeared and the voice said:

"Dance your way through the maze if you end up in a dead end you'll receive an X. If you receive 3 X's you will be terminated. Good luck!"

"Wha...Wha... what?" Kelsey said.

"Time is running out, time to get moving, or shall I say dancing."

Kelsey had lost her train of thought and did what the voice said. She began to dance, moving her arms around and

bouncing her legs to the tunes. She bopped her head and swayed her body to the beat. Soon enough she wasn't worrying about if she landed down a wrong end, she lost herself in the music. Her body was one with the melody.

"Hahahahahahahahahahaha. She doesn't even realize where she's going or what she's stepping on. The music is too loud! HEeeeeeeHahahhah. Oh, I could watch this all day." said the creature.

Maddie and Max were watching Kelsey on and old TV in the bunker that they were in. Not only was Kelsey in a maze dancing to music she was walking through graves. The disco lights were messing with her eyes causing her brain to see colorful shapes and not gray tombstones from the people who didn't make it through the four realms. If she knocked into one she would receive an X. Max was holding his breath praying that Kelsey wouldn't knock into anything. The creature laughed, but then the creature was gone and Maddie is screaming.

The lights come on. Maddie is panting hard. Taking in deep breaths. Sweat is beading down her face. She looks to her

left and then her right. She's no longer in the four realms. Max isn't strapped down to a chair and Kelsey isn't dancing to disco music through graves. So what happened?

Was it a theater production, a nightmare or was it all real? Use your context clues to solve the mystery. Here's a clue, the answer is hidden within two.

Come to the Newsroom 217 and tell Abby Lane your answer. If you guess right, she'll interview you first the newspaper. First come first serve!

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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.

New Year, New Me *How to Follow Through with Resolutions*

ETHAN SILIPO STAFF REPORTER

5...4...3...2...1... Happy New Year! We all celebrate the New Year and most people will set goals or resolutions to follow in the New Year. Whether it is to workout every day or to get better grades in school, people are always trying to set goals and become a better person. However, these resolutions hardly ever last. According to *The New York Times*, by January 12, almost all New Year's resolutions have failed. So how can you follow through with your goals?

#1 Make your goals small and reasonable. Start slowly. Do not set a resolution to spend 3 hours in the gym each day. Instead maybe start with 10 minutes of sit ups and pushups in your house. By setting goals too high, you have to put so much effort to achieve those goals each day, so you are tired out in just a few days.

#2 Set goals at any time in the year. You do not have to wait until the New Year to set a goal. If you want to learn something, set a goal. Whether it's in March, August, October, or even

December, it does not matter. By doing this, you can set more goals, inevitably resulting in more growth and improvement.

#3 Make a list and plan your resolution. By seeing your goal every day, you are more compelled to complete it. Just putting a daily reminder on your phone or putting a calendar in your room make sure you can see your goals often.

#4 Take breaks, but do not take days off. Have one or two days each week where you can take a break. If you try to go every day, you will begin getting tired and taking days off, until your goal has eventually faded into nothing.

HAPPY NEW YEAR FROM THE RAMPAGE STAFF!

FICTION FUN

Breaking News: Beliefs of Future Alien Invasion

Excerpt from a Survivor's Diary Found in PR High School

ELLA KASPEROWICZ STAFF REPORTER

Last week, an unsettling diary was found in the library that has raised suspicions. It was from the future, from 3098. Nobody knows how it got there, not even the librarian. Here are some excerpts:

February 1, 3098

My life just changed for the worst. The magnetic poles have reversed, therefore exposing Earth to the toxic materials that exist outside of our planet. Aliens have invaded. The military cannot do anything, and the aliens are spreading all over the world. We estimate that they will reach the United States in 15 days. My family is going to be traveling to Jackson, Mississippi, where the government has set up a safe house that will protect us from our invaders.

February 5, 3098

Yesterday, the government announced that we can return the magnetic poles to their rightful place with a machine called the *E-051506*. In 10 hours, NASA is sending 5 astronauts up into space to fix the poles. If the poles return to normal, then the aliens will be forced to go back to their home planet. We have started traveling to the safe house. Right now, we have been driving for 5 ½ hours. We are stopping to get food in Richmond, Virginia. We will arrive at the safe house in about 13 hours, if all goes as planned.

February 8, 3098

We have arrived at the safe house. There are about 2,500 people here. They are all very nice, and are assuring us that we will get to go back home. NASA has deployed the astronauts in space, and they are in the process of returning the magnetic poles. Things should return to normal soon. Everyone has confidence in the astronauts, and they are confident in themselves.

February 13, 3098

We are doomed! The astronauts have not succeeded in their mission, and they have lost *E-051506*. NASA is now constructing a new machine to set the magnetic poles. They named it *E-022309*. 5 different astronauts are taking it up to space in 2 days. They say this invention will be very promising. The aliens are also expected to arrive tomorrow. They will land in California, then travel east towards New York. They will then travel down towards Florida, where they will then move to Mexico. I hope the Astronauts can set the magnetic poles back to normal very soon.

February 15, 3098

The aliens have officially set foot in California early this morning. They already wiped out the populations in Washington, Oregon, Nevada, Arizona, Idaho, and Montana. The populations of New Mexico, Utah, Wyoming, and Colorado are supposed to be wiped out by tomorrow night. Let's hope that *E-022309* can pull through, before anymore innocent people get hurt.

February 16, 3098

E-022309 succeeded! The magnetic poles have reset. The aliens have left our planet, and just in time. They wiped out New Mexico. However, Utah, Wyoming, and Colorado were saved. The astronauts are now known as heroes, and are receiving awards shortly. The poles are supposed to offset in another 1,080 years, just like they offset 1,080 years ago in 2018. I heard it was very bad. Let's hope this never happens again.

Upcoming Events and Schedule Changes

PR Prepares Program of Studies and Provides Backup Plan for Graduation

LIZZI MONTANTI STAFF REPORTER

The 2020-2021 Program of Studies will be reviewed with the PR school board for approval on January 13th. Parents and guardians are invited to come to the high school on Monday, January 27th at 6:30 PM for a Program of Studies tutorial. Go to the PR website and click on the "Join Us for Tutorial on Scheduling" to confirm attendance.

The purpose of the tutorial is to inform parents/guardians in navigating the Program of Studies. Principals, school counselors, and teachers will provide tips as to how to build a student's high school schedule. Important dates and information concerning the scheduling process will be shared.

Students will meet with their guidance counselors to discuss course options soon.

On December 5th, PR issued a slight change regarding the graduation ceremony for the Class of 2020. The change goes as follows:

An unlimited number of guests are welcome, but only if the weather is permitting. If there is bad weather, the ceremony will be moved into the high school auditorium. If the ceremony is moved inside, then each graduate has a limit of 2 guests.

Other friends and family are able to watch the ceremony as it is broadcasted on PRTV. Viewing can take place in the rooms around the High School with TV screens set up, or at home.

The ceremony is currently scheduled to take place on Friday, June 5th at 7:00 PM. If possible, the ceremony could also be postponed to Saturday, June 6th at 10:00 AM.

However, if the weather does not clear up by the morning of June 6th, then the ceremony will not be postponed; it will then be held indoors. If forecasts predict that both Friday and Saturday will have bad weather, then the ceremony will be held indoors on Friday. More information and details about graduation will be released in March.

Thanks for Reading, Rampage Fans! See you next Thursday! ☺