

PINE-RICHLAND RAMPAGE

World Kindness Day

PR Celebrates Mr. Rogers, Helps Spread Joy Through Cardigans & Compassion

ABBY LANE COPY EDITOR

Each year on November 13, World Kindness Day is celebrated. This year it will be on Friday, November 13. This is a day to celebrate kindness whether it is a big action such as donating to a charity or simply smiling in the hall. World Kindness day was first introduced in 1998 by the World Kindness movement and has been celebrated internationally ever since.

“He just had a way of explaining things to kids that really made sense. He had such a calming voice that made it easier for people to listen to what he had to say,”
-Rams Way Member, Mrs. Mazzant

This year the RAMS Way team is using this day as a kickoff for future school-related activities. The RAMS Way team is comprised of several teachers and administrators. For the past two weeks, the team has been encouraging every student and teacher to wear a cardigan on November 13 in honor of Mister Rogers,

who always promoted kindness on his tv show.

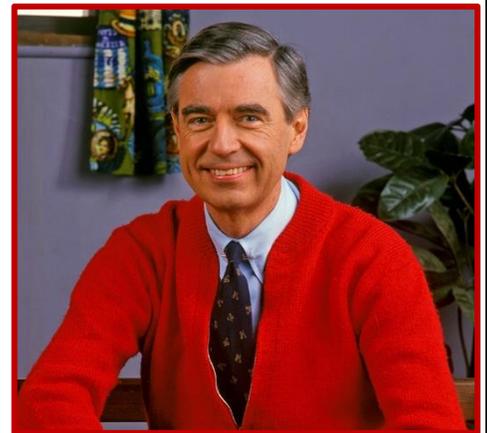
Fred Rogers was the creator and host of his own show, known as Mister Rogers’ Neighborhood, which ran from 1968 to 2001. The cardigan is symbolic because that is what Mister Rogers wore on each episode.

“I can remember from the show that he just had a way of explaining things to kids that really made sense. He had such a calming voice that made it easier for people to listen to what he had to say,” said Mrs. Mazzant, who is part of the RAMS Way team.

In addition to encouraging everyone to wear a cardigan on the 13th, the RAMS Way team also helped coordinate distribution of kindness tags during homeroom. Each student and staff member received one.

“Each kindness tag will have a little kindness quote on them along with a token of appreciation from the team,” said RAMS Way member, Dr. Svilar.

Small acts of kindness go a long way and small things are important. As Mister Rogers said there are only three ways to success: Be kind. Be kind. Be Kind. What kind of kindness have you shown lately? Let the Rampage staff know and do not forget to wear your cardigan on Friday, November 13.



Mister Rogers wearing a red cardigan on his television show. Image from JSTOR.



Sophomore Colin Zvejnieks & junior Mason Wells holding kindness tags.

-----5 SIMPLE RANDOM ACT OF KINDNESS IDEAS TO TRY:-----

1. Give someone a compliment.
2. Let someone go in front of you in line.
3. Write and mail someone a letter.
4. Say “hello” to someone who you normally wouldn’t.
5. Tell someone why you appreciate them.

Aesthetic Pins *How I use Pinterest as a Creative Outlet*

EMMA KRIZMANICH STAFF WRITER

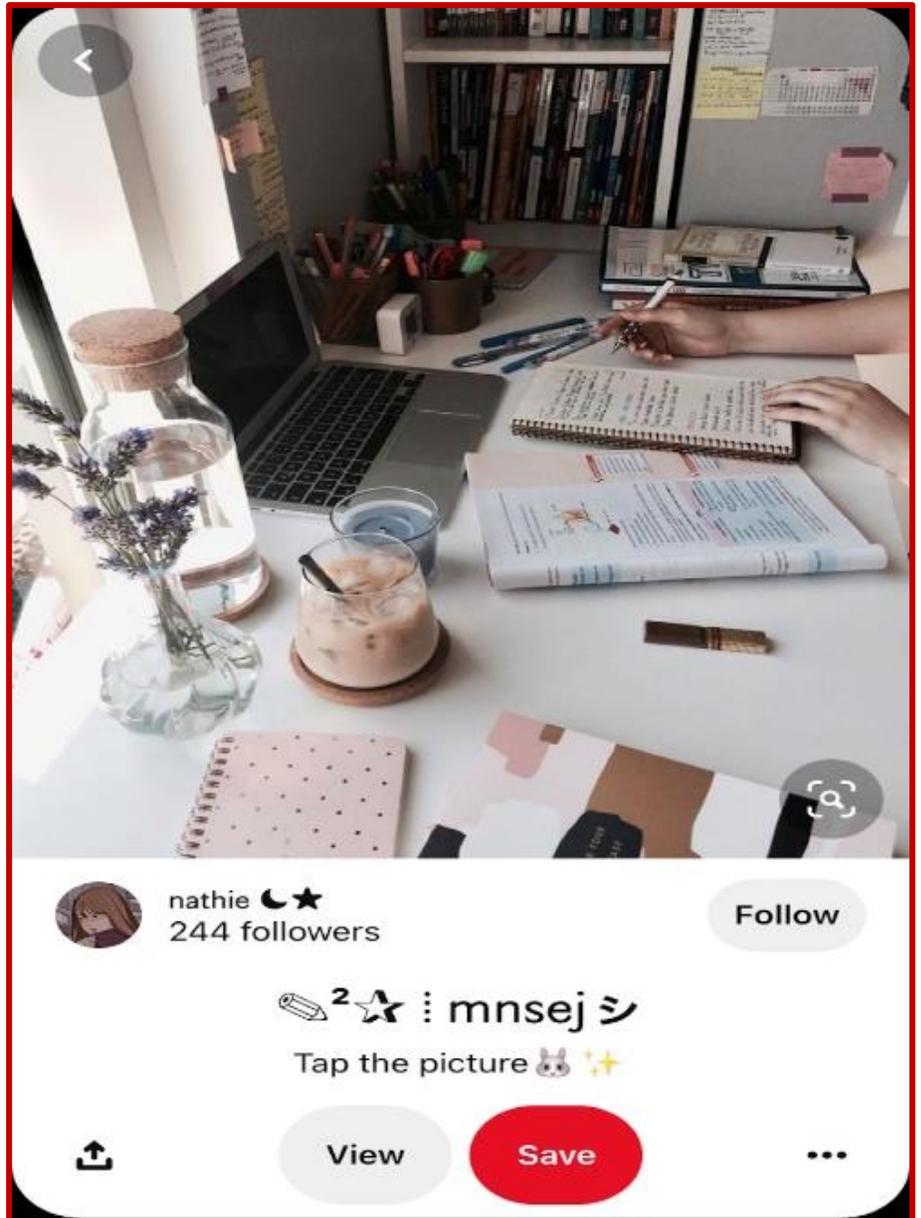
**“I love Pinterest. I get lots of fashion inspiration from it,”
-Junior Abby Moreland**

The world of technology encompasses so many different aspects of our lives. While it may be nice to step away for a minute or two, phones have changed the way we convey our creative energies. One of these ways to communicate creatively is through Pinterest. Thousands of artists and writers use Pinterest to publish their works, and they are seen and pinned by others. One of my favorite things about Pinterest is being able to make boards specific to my own tastes. I might not be able to draw or take pictures as well as the artists on Pinterest, but I use Pinterest to soothe my creative mind by pinning other images provided by other users.

Junior Abby Moreland said, “I love Pinterest. I get lots of fashion inspiration from it.”

Pinterest is a way to convey your creativity through others’ posts in order to gain or share inspiration.

Another thing that is great about Pinterest is the ability to share your boards. If you have created a really cool Pinterest board, you have the option to share it with other people on the app. Sharing your boards is one of the best ways to circulate your pins and find new pins from other people’s boards.



A pinned image to inspire productivity by Emma Krizmanich.

There are so many different categories of images that you can pin. I have a few boards about fashion, house designs, food, my future, and so many more. Pinterest can be used as a source of inspiration for your own creative

ventures. I personally love to use Pinterest as a way to imagine and manifest the life and career that I want to live. You can use Pinterest to discover new passions and pin images that make you feel inspired and satisfied.

THANKFUL DISPLAY: Attention Students and Staff. Would you like to say thank you to a PR staff member? Maybe it's your favorite teacher, cafeteria worker, bus driver, custodian, or principal. Please stop by the Thankful Display next to the Tech Office near room 114. Fill out then post your thank you note to the PR staff member that has made a difference in your day! Thank you cards will be delivered to staff members at the end of the month.

Room Decorations

Designs and colors to brighten up your room

SOPHIA DEJESUS STAFF WRITER

Because your bedroom is the place where you spend most of your time, make it your own.

When I walk into my empty white room, I find myself becoming bored with my surroundings. I, and so many others, consider our rooms to be where we spend most of our time throughout the day. With little to no color all around the walls, it can become bland and uninspirational for the minds of many children. Luckily, there are so many things to decorate your room with in order to add color and character. Between posters and dream catchers, there are truly countless ways to surround yourself with beautiful or unique decor inside of your room.

Posters are an amazing way to brighten up the walls of your room with something you enjoy. Posters can include motivational quotes, your favorite band, an upcoming movie, and so much more. Posters can really set a tone and represent the type of character you are. Having a poster of an emo rock band sets a gothic tone, while having a Hello Kitty poster sets a more childish and girly tone. Posters can be very cheap and you can really find them anywhere. If you are debating about what your poster should be, just think of your favorite things. Think of things that you want people to know about you if they see your room. You can really project your personality



Collage wall inspiration from Pinterest.

through the posters you choose and light up your room with your interests.

Another thing you can use to add emotion to your room is led or fairy lights. It can light up your room with cool colors at night when watching a movie or hanging out with friends. It can establish a colorful tone for your room. It can also portray mood such as bright yellow for calm and happy or blue for times when you are feeling tired or need some relaxation. You can find lights really anywhere especially on online stores such as Amazon and Esty.

Carpets or rugs can really provide comfort to your room. It can add color and fill up empty space that your room might have. Many different kinds of designs are created for rugs such as wool, hand-stitched, cotton, nylon, and much more. You can choose any color that you would like which can really produce an

aesthetic for your room that you wish to give off to others. You can buy rugs and/or carpets almost anywhere but high-quality material rugs/carpets are sold at furniture stores such as Ikea, Ethan Allan, and Levin.

Because your bedroom is the place where you spend most of your time, make it your own. There are so many things that you can add to improve color and character. Lights, posters, carpets, pictures, and so much more can fill up empty space with nice additions that you can decorate with to fill your wants. Buy some, diy some-- there are truly countless ways to make your room your own.

ORDER YOUR YEARBOOK: WWW.YEARBOOKFOREVER.COM

HOMETOWN HIGH Q:
Last Friday afternoon 3 of our seniors participated in Hometown High Q and did a phenomenal job. Tune into KDKA this Saturday at 11AM to see them in action.

SPORTS

NFL QBs: Tearing it Up *Looking at the Best Potential MVPs in the League*

LUCAS CORDOBA STAFF WRITER

The 2020-2021 NFL season is underway, and as always, there have been players who this year have so far stood out as potential MVP candidates. Though later in the season, this may change, it is currently looking like there are some specific players that meet the MVP caliber. In my opinion, the 4 best quarterbacks in the league right now, in no particular order, are Russell Wilson, Patrick Mahomes, Aaron Rodgers, and Kyler Murray. Now, some may be wondering why Tom Brady didn't make this list, and I can explain that. Tom Brady is significantly older than most quarterbacks in the league, and he might not have what it takes to be an MVP at 43 years old. Some of you might also say that you can make the same case for Aaron Rodgers, and I can explain that as well. Usually, the MVP winner has a good team, unless a player from a worse team has an undeniably incredible and historic season. At this rate, it doesn't look like the Buccaneers will have a better record than the Packers, although that could change. However, for this list, Aaron Rodgers beats out Tom Brady for now.

Others may also be surprised that Kyler Murray is on this list, but Brady isn't. There is also an explanation for this decision as well. At 23 years old, Kyler Murray, a young star on the Cardinals, has incredible potential and youth, which will probably fare better for him than if he were a star at Brady's age. Kyler Murray this season has 1,847 yards, 13 touchdowns, and a 93.8 quarterback rating in only 7 games. Considering he is only in his second year of NFL football, that is exceptionally good. The only thing that may drag him down is experience, as he has thrown 7 interceptions. His decision-making will improve as his career progresses, but for a second year, this is quite an impressive stat line at this point in the season.

For NFL super fans, this comes as no surprise. Russell Wilson, veteran Seahawks quarterback, has been playing smart and effective football, as over a span of 7 games, he has racked up 2,151



Patrick Mahomes from Sports Illustrated.

yards, 26 touchdowns, 71.5% completion, and a 102.8 quarterback rating. Need I say more? These are exceptional numbers, and if he keeps progressing at this rate throughout the season, he has a serious chance at winning the MVP award.

Last year's Super Bowl MVP, Patrick Mahomes, has not failed to impress this season, as he has also had a great start to the season. In 8 games, Mahomes has collected 2,315 yards, 21 touchdowns, and has only thrown ONE interception. These are impeccable numbers, as should be expected from Mahomes. He has been making great reads and has been keeping the Chiefs rolling. If the good work continues, there is no doubt in my mind that he will be right there with Wilson in the MVP race.

And last but not least, Aaron Rodgers, veteran Packers quarterback. In 8 games, he has provided his team with 1,948 yards, 20 touchdowns, and only two interceptions thrown. The experience Rodgers has is shown through his stats, as he has a mere two interceptions in 8 games. His decision-making is helping his team, and his stats, as well. If Rodgers pads his stats a tad bit more moving forward, he could also be a contender for the MVP award.

Overall, these 4 quarterbacks have been playing a great season of football so far. Hopefully they continue the good work and give us something to be interested about in quarantine. To conclude with, the MVP race could be unpredictable, but these are the 4 most likely quarterbacks to be legitimate contenders.

SPORTS

Fantasy Football Week 9 *Best Waiver Wire Pickups, Sleepers, and News* *Around the National Football League*

KOEN SARVER STAFF WRITER

Who all here is a football fan?
 Cuz I am--I love to play fantasy football with my friends and I am here today to bless you with the best fantasy football news.

Let's start off with the best waiver wire targets and pickups. If you are looking for a running back that has a great matchup this week, I would try to go get Jamycal Hasty on the San Francisco 49ers. I know what you guys are thinking, "Koen, who is this guy?" Well let me tell you I have no idea who he is either but because of all of the horrible injuries that have been occurring with the 49ers offense he is a great pickup. He is going up against the Green Bay Packers that have the worst run defense in the league giving up almost 50 points last week to the Vikings superstar running back, Dalvin Cook. So if you need a running back, Jamycal Hasty is your guy for this week.

Another great waiver wire pick up for this week is Detroit Lions underrated star wide out, Marvin Jones Jr.. He is available in 30 percent of leagues right now so he is getting picked up fast so you gotta be quick with it. In these past couple of weeks he has been the Lions

lead receiver fantasy wise with almost 20 fantasy points in the last couple games. He has a great matchup this week going against the second worst defense against wide receiver the Minnesota Vikings. So you know he is due for a big game.

The Steelers are going up against the Cowboys which are considered the worst defense in the entire NFL so if you guys can start every Steeler you have in your lineup because they are due for a big game in this matchup. But one in particular stands out to me, steelers new free agent signing in Eric Ebron, starting tight end. I wouldn't say he has been going crazy in his past couple of games but he has been productive. In week 7 he had 11.0 fantasy points against the Tennessee Titans and in week 8 he had 14.8 fantasy points against arguably the best defense in the league against the Baltimore Ravens.

I hope you guys find this informational and helpful as I will see you next week for week 10 of the NFL season. Go Steelers!

	STARTERS	Opp (Rank)	Proj	Score
QB	 J. Allen  Buf QB	Sea (31st) Sun 1:00 PM	24.9	-
RB	 A. Jones  GB RB Q	@SF (1st) Thu 8:20 PM	13.5	-
RB	 D. Cook  Min RB	Det (31st) Sun 1:00 PM	23.1	-
WR	 M. Thomas  NO WR Q	@TB (10th) Sun 8:20 PM	18.0	-
WR	 T. Lockett  Sea WR	@Buf (6th) Sun 1:00 PM	20.0	-
TE	 D. Waller  LV TE	@LAC (25th) Sun 4:05 PM	16.5	-
FLX	 M. Jones Jr.  Det WR	@Min (30th) Sun 1:00 PM	14.0	-
D/ST	 Ravens D/ST Bal D/ST	@Ind (12th) Sun 1:00 PM	6.2	-
K	 J. Tucker  Bal K	@Ind (8th) Sun 1:00 PM	8.9	-
TOTALS			145.0	0.0

Sophomore Koen Sarver shares fantasy football snapshot.

FYI

WORLD KINDNESS DAY:

Celebrate World Kindness Day on Friday, November 13th. The message is to be kind to yourself and others, which is our global definition of Respectful, which also happens to be one of PR's RAMS Way expectations.

Break out your favorite cardigan as we celebrate World Kindness Day and pay homage to Mister Rogers. As he always said, "There are three ways to ultimate success: The first is to be kind. The second is to be kind. The third is to be kind."

SPORTS

The Return of the NBA *The Return and the Challenges They Have to Face*

HAYDEN CONLEY STAFF WRITER

After the conclusion to an extremely exciting season that ended with LeBron and the Lakers getting another ring, the NBA got right back to work. Under the guidance of the NBA board of governors and the NBPA, the NBA as a whole has been working to bring us a timely and safe start to a new season. With the NBA draft coming up in less than a week, there have been talks of starting the season soon after. The board of governors are pushing for a December 22nd start with training camp set to begin November 10th. When you see this, that date would have already passed, but I cannot say whether this will happen or not. The players association on the other hand is pushing for a mid-January start with the normal amount of games. The NBA seems to be leaning towards a December 22nd start with a shortened schedule of 72 games instead of the usual 82.

So what problems does this pose for the NBA? With everything going on right now in our world, it is obviously impossible to know what is going to happen each and every day, especially in the sports world. Just a few cases of Covid-19 could mean the end of days, or even weeks. Some believe that a vaccine could be ready as soon as January of next year. This would lead many to believe that the NBA should wait until a vaccine is available, just in case there is some sort of outbreak. We however do not know the exact date that a vaccine will become available. The NBA is taking every possible precaution to ensure that all players stay safe, during the season.

Another big factor that comes into play in this situation is money. The NBA

was reported to have lost upwards of 1.5 billion dollars. This number makes it clear to see the reason why the NBA would like to get back to playing as soon as possible. The effects of this loss are going to be extremely hard to come back from, even if teams were able to pack the stands with fans. The NFL has showcased how fans can be incorporated into games, without running the risk of Covid-19. Even with these fans however the NBA will still not be able to make up that money. Let's suppose that there are 10 less games than normal with less than 50% attendance at games allowed. It is unlikely that the reduced number of fans will be able to cover the cost of paying the players, the staff, and the coaches. This cost will be even higher in cities such as Los Angeles and New York, which sport high numbers of Covid cases, and have some big name players making 20-40 million dollars. I don't foresee this season being a success. The TV ratings in the bubble were way down compared to a typical NBA playoffs, reducing the amount of money made in that area as well. I don't foresee how the NBA can turn this season around and make enough money to even begin to cover a small portion of that loss.

This NBA season is no doubt going to be different than any other we have had before, just like many things this year. I am excited to see what the future holds for the NBA, and if they can come back stronger than ever. I will update you further as the discussions progress. Good luck to the NBA, they're gonna need it.

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The RAMPAGE is a student-created publication of Pine-Richland High School, 700 Warrendale Road, Gibsonsia, PA 15044. The newsroom is room 221. The RAMPAGE is available 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 newsroom 221; you may win a prize if you can locate any/all mistakes.

SPRING MUSICAL AUDITIONS: Auditions for High School Musical will be through video submission. The final deadline for video submissions is tomorrow. All the information you need for your audition is on the PR musical website. If you have any questions, email Mrs. Morrissey in the athletic office.

ICE HOCKEY:

Tonight the Varsity team will be at Bethel Park. The puck drops at 9pm at the Spencer Family YMCA.

*THANK YOU FOR
READING; SEE
YOU NEXT
WEEK!*