



Editor-In-Chief  
Isabella Rose

# Pegasus Monthly

The Rancho Solano Preparatory School Student Newspaper  
Volume II, Edition VII



Assistant Editor-In-Chief  
Myra Kamal

March 2019

## NHS Student vs. Teacher Charity Game!

By: Grace Berry



The student team was comprised of students from each grade in the US. Photo by Grace Berry



The teacher team included Rancho's favorites from the Middle & Upper School. Photo by Grace Berry

On March 15th, Rancho Solano hosted their first ever student versus teacher basketball game. Not only did the competitive event entertain and thrill students from both the Middle and Upper School, but additionally the game benefited two honorable charities. All proceeds from the event will be donated to The Rehema Project and Feed My Starving Children. The weeks leading up to the spectacle served as a busy time for all NHS members, whether it was brainstorming fundraiser ideas, selling wristbands (the equivalent of entry tickets), gathering students and teachers to play on game day, or physically checking students into the game; all society members had a vital role to play.

The game itself was extremely competitive; each team put in their best effort in order to be the reigning school champions. The student team was coached by James Dienes and Elijah Saunders, while the underdog team, the teacher team, was coached by Evan Panches and Creed Williamson. Alongside the coaching staff and teams, two refs: Jackson Seagrave and Rayan Hachem, accompanied the players on the court in order to ensure athletic integrity. Moving into the game, the teachers started off on a good note, winning the tip off

and scoring the first few points of the game. Coach Trigg guided the teacher team to a narrow lead going into halftime, with a score of 20-15. When asked about the second half plans and trajectory for the student team, Tyson Legner commented, "After a tied game we are sadly losing; however, I feel strongly that we will come together in the second half and defeat them [the teachers]." Another star player, Amelie Clark, additionally remarked that, she "would have expected the students to be up by a lot more, but the teachers have been playing really well." During half time, the crowd enjoyed a captivating performance from the POMS team, which in return fostered great anticipation for the second half. With high spirits and much determination, the students began the second half hoping to improve their performance and come through with a victory against their opponents. After a back and forth battle throughout the fourth quarter, the students ended up calling a last minute time out with 17.5 seconds left in the game and a losing score of 43-40. Following the conclusion of the time out, the student team made a rather suspicious set of subs, replacing two of their roster players for two of the initial coaches. Despite the efforts made by the last minute subs, the stu-

dents came to a tragic defeat with a score reading 43-40. Teachers and students alike cheered at the conclusion of the match, understanding that the scoreboard did not dictate the undeniable difference they were making in the community through their contribution to the two selected donation recipients. When asked about the rather surprising outcome of the game, Ethan Barlow explained that "It made the game much more exciting because the teachers were actually trying really hard," highlighting the engaging nature of the experience as a whole. Regardless of the final score of the event, the audience overall enjoyed seeing their peers and teachers coming together to participate in an event to benefit the honorable charities.



Mr. Varnado being guarded by his student Drake Leier! Photo by Grace Berry

# Lifestyles: St. Patrick's & Alcohol

By: Kylie Smith



St. Patrick's Day is filled with green decorations, leprechaun hats, and alcohol. The tradition of drinking on St. Patrick's stems all the way back to the year 461. It began as a holiday feast to commemorate Saint Patrick's death in which Christians were allowed to pause their Lenten restrictions and drink alcohol, explaining the trend of excessive drinking linked with the holiday.

Alcohol is an extremely dangerous substance. When someone consumes large amounts of alcohol, they are likely to experience nausea, memory loss, blurry vision, instability, and alcohol poisoning, which can easily result in death. Excessive drinking can lead to many unwanted side effects, from liver disease to brain damage. "There is no doubt about it now: there are long-term cognitive consequences to excessive drinking of alcohol in adolescence," says Aaron White, an assistant re-

search professor at Duke University.

Alcoholism is the addiction and dependency on alcohol to help a person function on an almost day to day basis. I interviewed a range of anonymous students here at Rancho from each grade in the US to help shed light on the dangers of drinking, the consequences that follow, and the way that experience helped them decide to quit.

"My most recent experience was very calm. When I woke up, I found myself in my friend's bed—which was nice—with a shirt that wasn't mine. It was quite disorienting." - sophomore

"It was my first time drinking, and someone offered me a Four Loko. I thought it was fruit punch, I drank four without realizing it. I felt like I couldn't trust anyone. Since I wasn't fully aware, I was worried all night and had very little fun." - senior

"My parents weren't home and I decided to have some friends over. I drank some vodka. And then a little bit more, and then a little

more. After shot seven, I do not remember much. According to my friends, I passed out, which put a great amount of stress on them to take care of me. After finding an empty bottle of Smirnoff, my parents were quite upset. That experience definitely encouraged me to stop drinking and reclaim my sobriety." -junior

"My first time drinking was not fun. I went out with some friends I barely knew and got extremely drunk, not knowing my limits. I passed out at 9:30 pm and according to my parents, got home at 1 am. My memories of that night are filled with the feeling of whiskey and takis (the only thing I had that night) shooting out of my nose. The next day was a very traumatic experience." -freshman

Teen drinking is common throughout all schools, from public to private. Realizing the dangers of alcohol and learning how to say no, or at least limiting your consumption, is a life skill that could save hundreds of futures. Stay vigilant, stay safe.



## Pegasus Monthly



## Editorial Staff

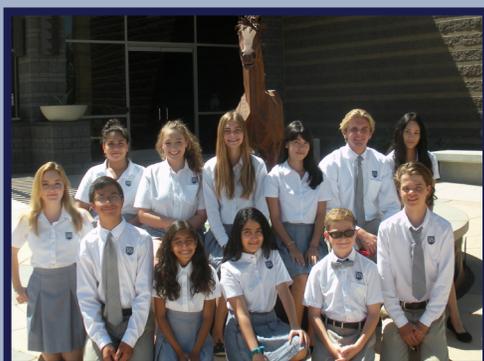
Rancho Solano Preparatory School  
9180 East Via de Ventura,  
Scottsdale, AZ 85258

[Pegasus@ranchosolano.com](mailto:Pegasus@ranchosolano.com)

**Editor-in-Chief**  
**Assistant Editor-in-Chief**

Isabella Rose  
Myra Kamal

**Editorial Staff**



Diallah Athari  
Jena Vandenberg  
Amelie Clark  
Yuna Shprecher  
Kylie Smith  
Michael DeBarros  
Sejal Patel  
Gabe German  
Niels Hertel  
Ryan Christianson  
Brandon White



**Advisor**

Pamela McCarty

# Senior Mocks Madness!

By: Isabella Rose



**Seniors amidst their HL Math mocks and Math Studies mocks! Photo by Isabella Rose**

Finals. We all dread them. For most of us, these take place at the end of the semester. However, our seniors encountered a straight week of practice testing a few weeks ago in order to prepare for the much-feared IB final exams in May. Taking place from March 18<sup>th</sup> through the 22<sup>nd</sup>, the seniors have been preparing for almost two years for these exams. The tests, scored on a scale of 1-7, determine how much knowledge one has derived from their six core IB classes throughout their junior and senior years. Every year, seniors are given a taste of the testing environment and the types of questions that could possibly appear on the real IB exams; however, what's different about this year from years prior, is that the grades on the mocks will now be a part of their Rancho grades. This means that whatever grade they receive on these cumulative tests will apply towards their GPA, as opposed to years prior when the mocks didn't count. Mr. Garbarino, next year's IB coordinator said, in regard to this change, "The intent behind counting mocks this year for a grade was to allow the seniors to care more about how they're studying, and for them to overall perform better when it comes to the real IB exam." When I asked Mr. Stillard, this year's IB coordinator, how he believes the class will do has a whole

he said, "I believe every diploma student is capable of receiving at least a 24, but I think a few may even be capable of receiving a score of over 40!"

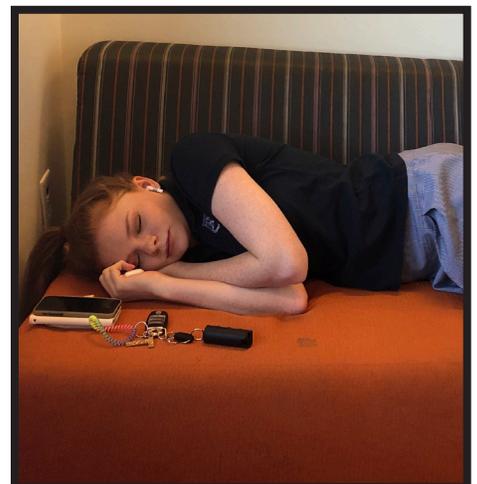
The seniors weren't too happy when they heard about this new policy, though. Senior Gaby Velez said, "These tests will be very stressful! This year, the fact that they count as a grade makes the experience worse, and makes me more worried for the real test in May." The entire senior class will be participating in these exams, because all of them take at least one IB class at a standard or higher level. Mrs. McCarty, the instructor for IB English Literature for the senior class stated, "I hope that all of my students do well! They know *what* they're supposed to do, the question is,



**Kaitlen von Colditz before taking her HL Math mock exam with her teddy bear. Photo by Isabella Rose**

how well they can do it? Get a 5 and stay alive!" In order to receive their full IB Diploma, students must receive a score of 24 or higher out of a total of 45 points from their six exams. When I asked Zach Padovano, an IB Certificate student, how he thought he'd perform on his IB Economics test, he said, "I think it will be helpful in preparation for the real exam, but I'm not confident because it will force me to remember a range of content from up to two years ago."

After finishing the first few days of mock exams, full Diploma student, Kaitlen von Colditz stated, "This experience has been helpful in letting me know the types of questions I might be asked. It definitely gave me a feel for how the actual tests might go in May." When I asked fellow full Diploma student, Dhruv Khosla, how this would help him in studying for the real exam, he said, "The mocks have given me an opportunity to take the test in a similar environment and make it clear what content I need to revise before the real exam. Overall, my testing experience has been decent, but I'm not looking forward to the real exams!" Now, the mock exams are finished, but this is only the beginning! Within the first weeks of May, the seniors will be taking their real IB exams. The mocks, and the feedback they receive on them from their teachers, serve as a basis for how to further prepare. Good luck seniors!



**Tara Hines after taking her IB French mock. Photo by Isabella Rose**

# Sand Volleyball Aces Their Season

By: Amelie Clark

The US sand volleyball team is underway for yet another great season. This year, the sport has a full team, after struggling to have a full team of ten girls last year. There are girls participating from each grade, ranging from those who are taking up the sport of sand volleyball for the first time, to girls who have played club volleyball for years. I asked Sarah Liley what it's been like learning sand for the first time, and she said, "Sand has taught me so many things, and my partner Brynn is amazing!"

The girls on the sand volleyball team have been kept busy, often having up to three games a week. Many players are also balancing sand in addition to something else: either other sports, taking part in the musical, or just rigorous academic schedules. I asked sophomore, Mehek Sumar, about what it is like playing sand volleyball in addition to indoor volleyball. She said, "Sand is a lot of fun and definitely helps me with indoor volleyball, as there are a lot of skills that are very useful for me in playing both." I then asked her if it has been

difficult managing club with sand. She said, "It has. Especially dealing with homework as well as games and practices, as it's gotten to be a lot for my schedule, but I like that it's a lot since it keeps me busy."

The sand team has been having a really fun season, and the girls have had the chance to bond with one another— this is especially true for long trips to games, like one that was over four hours. I asked Allie Payne, a senior, about what it's like knowing that this is her last year and last sport she will play in her high school career. I also asked her how she balances having the lead in the spring musical while playing sand. She replied, "It's been so fun playing sand volleyball and doing the musical at the same time! It allows me to get to know new people and understand how to balance my schedule, which will definitely help me in my college life. I can't wait to graduate, but I'm also so sad that my high school career will be over.

I'm so grateful to have had all of the opportunities that Rancho has given me to play any sport I want, while also pursuing a drama interest!"

The sand volleyball team has had a great season so far, and the girls are sure to do even better as the spring unfolds.



**Stella Ebner kills the ball.**  
Photo by Amelie Clark



**Allie Payne aces her serve.**  
Photo by Amelie Clark

## International Perspective: Spring is Here!

By: Yuna Shprecher



Spring is finally here, and with it comes different forms of celebration all across the world heralding in the green season! Though we in America don't think too much about the vernal equinox of March 20, many other cultures see the season as a significant symbol of rebirth and new life.

For example, in Japan, a special festival known as *Hinamatsuri*

occurs on March 3rd, which, as junior Manami Kaneko explains, "prays for young girls' growth and happiness." Similarly, there is an event much like this exactly two months later for boys. It is tradition to "go cherry blossom viewing from late March to early April" as well, as this is the fleeting time when the Sakura trees are at their most beautiful, where family and friends have picnics "under the fully bloomed cherry blossoms." Meanwhile, in Spain, though there may not be a holiday which specifically celebrates the equinox, many devout Catholics spend the week before Easter honoring the rebirth of Christ. As Guillermo De Fernando, a Rancho senior, describes

this large event, "masses celebrate Christ's passion, death, and resurrection," and Catholics walk in white clothing and without shoes in order to do penitence. "This week-long celebration is known as *Semana Santa*," Guillermo explains. All around the world, small occasions commemorating the new season occur, whether they be picnics in the park in Korea or exchanging red and white Martenitsa bracelets in Bulgaria. Spring always seems to bring a feeling of optimism and excitement for the coming warm months, and the potential for joy and change the season brings about. Either way, everyone finds ways to get excited for springtime!



# No Problems on Pi Day!

By: Ryan Christianson

Pi is the ratio of a circle's circumference to its diameter, and no matter the size of the circle, Pi is always a constant. To find Pi, simply divide a circle's circumference by its diameter. It's a large number, but only 39 digits past the decimal are necessary to calculate the spherical volume of the known universe. March 14, or 3/14, is "Pi Day" for its resemblance to one of the most known numbers in mathematics. Pi Day is celebrated by numerous mathematicians, including Rancho Solano's very own math teacher - Mrs. Bromfield. While Pi is celebrated globally, even Rancho Solano has their very own "Pi Day" celebration...and with a little twist. Every year Rancho has hosted a Pi festival, and Thursday, March 14<sup>th</sup>, was the largest one yet. "Mrs Bromfield talked highly of the successes of Pi day!" said Sean Ryan.

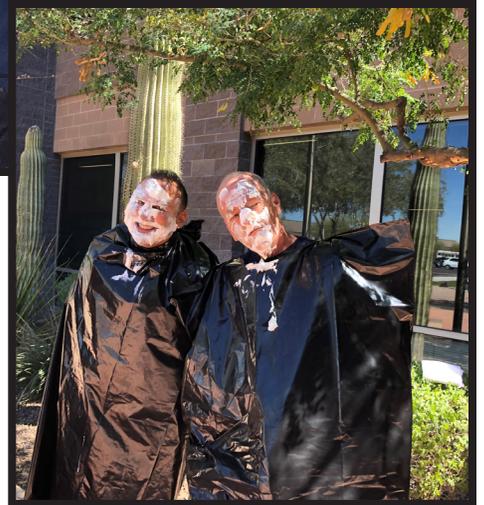
This year's Pi Day included the infamous pie-in-the-face to Rancho's most beloved teachers. These in-

cluded Mr Garbarino, Mrs. Bromfield, SenoraValente, Mr. McLeod, and Mr. Berman. Students watched the pie-throwing from outside the building where it all happened, and from above, through the Upper School windows. The school clearly had one thing on their mind: Pi.

For the low price of five dollars one could throw a tin full of whipped cream at the teachers, or, for twenty dollars, one could buy a whole pie to eat. There were an assortment of flavors to choose from, including apple and key lime. Students were enjoying themselves with pie in their mouth, pie in the teachers' faces, and some green for Rancho's math honors society, Mu Alpha Theta, who sponsored the event.



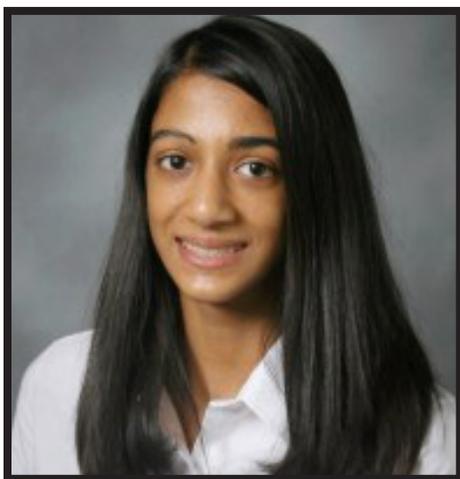
Mrs. Bromfield gets pied by one of her students. Photo by Ryan Chistianson



Mr. Berman & Mr. Garbarino are all smiles despite getting pied! Photo by Isabella Rose

# Amazing AMC 10 Results

By: Myra Kamal

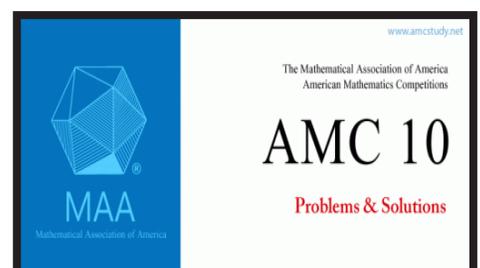


The American Math Competition 10 is a twenty-five question, seventy-five minute, multiple choice examination in high school mathematics designed to promote the development and enhancement of problem-solving skills. The AMC 10 is for students in 10th grade and below, and covers the high school mathematics curriculum up to 10th grade. Students in grade 10 or below and under 17.5 years

of age on the day of the contest can take the AMC 10. Rancho students, from 8<sup>th</sup> through 10<sup>th</sup> grade, took the AMC 10 on February 7<sup>th</sup> this year.

Math teacher, Mrs. Bromfield, told me, "About thirty students participated in this math contest." Results came out a few weeks ago with sophomore Mehek Sumar in first place, Michael Vinson in second, and Ryan Bolimpalli in third. Ryan also won first place in the AMC 8 earlier this year. I asked Ryan about how he felt about placing in both of the AMC Math competitions. "I was honestly surprised, but happy," he told me. Furthermore, I asked Michael how much he studied for the test. "I barely studied and I haven't done math contests before, but I was excited I won," he told me. It is apparent that Michael and Ryan, who are

only eighth graders, are skilled in math and their talents can be seen in their AMC 10 scores! As Mehek won first place, she shared with me advice she would have for participants in this contest and how she felt when she won. "I would do a lot of practice problems if you want to do well! I was really thrilled but surprised at first when I won." Mehek, herself, studied exponentially for the contest and prepared herself. The AMC contests are a great and competitive way of enhancing one's math skills! Congratulations to all the participants and winners!



# MS Spotlight on Jasmine Signeski!

By: Myra Kamal



Jasmine is a new 7<sup>th</sup> grader at Rancho. She is exceptionally talented in art! Her art piece, *My Mother and I*, recently won a gold key at the Scholastic Art and Writing Regional Level. The Scholastic organization has only chosen the most talented artists of Arizona to

advance to the regional level in this competition. Jasmine is one of three students at Rancho who received a Scholastic Gold key!

Jasmine has always taken an avid interest in art ever since she was little, and has pursued her passion throughout her school career. She told me, "I have been painting since I was little. Our parents have always wanted us to be creative." I asked MS/US Art teacher, Ms. Isurin, about Jasmine's work and she told me, "Jasmine is incredibly talented but is also her worst critic. She works painstakingly to perfect her artworks!" Her inspiration for her award-winning piece, *My Mother and I*, was her mom.

"My mom was, of course, my inspiration because I love her and she's a huge part of my life." In addition, Jasmine gave a true artist's response when she said, "My favorite part of art class is being able to express myself." Jasmine is a very talented student who enjoys being creative and learning about art!



Jasmine's *My Mother and I* which won the Scholastic Gold key!

# US Spotlight on Kylie Head!

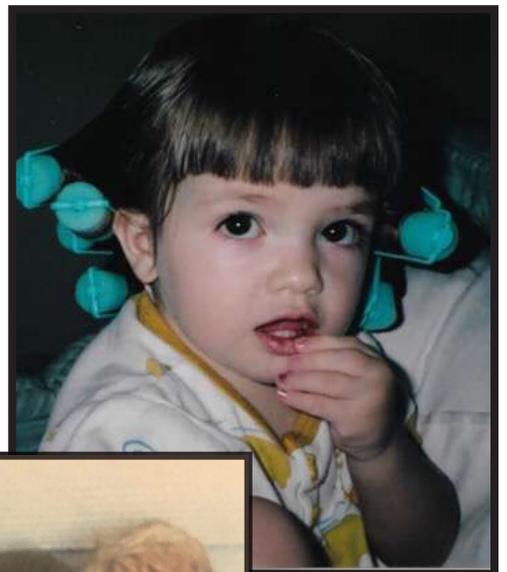
By: Jena Vandenberg



Kylie Head began her chapter at Rancho Solano at age three at the Rancho's Greenway campus. She has been at the Ventura campus since sixth grade. Her favorite teacher at the Greenway campus was Mrs. Jones and her favorite teacher at Ventura is Mr. Berman. Kylie is Vice President of Student Government, a member of Mu Alpha Theta, and is taking HL math. One of her best friends, Allie Payne, said, "I have known Kylie since 6<sup>th</sup> grade. Kylie has always been a very intellectual scholar.

She always remains very motivated with her studies and completes every assignment with 110%. Kylie is one of the most thoughtful and caring people I have ever met. I am so glad to not only have Kylie as a classmate but as my best friend. I can't wait to see what's in store for her in college life at Arizona State University! Love you, Kylie!" I have personally known Kylie since I was a sixth grader and she has always been an involved member of the community and a great friend.

Kylie plans on pursuing her post-secondary education at ASU- Barrett and plans to major in conservation of biology and ecology. We wish you all the best in college and in life. Stay you, Kylie!



Kylie as a baby!



Kylie began her Rancho career at the Greenway campus.

# Editorial: The Vaxxing Debate

By Amelie Clark

Vaccines— a hot topic right now in the media and news— is sparking debate among many parents on whether or not vaccinating their kids is the right thing to do. Vaccines differ greatly, but they essentially work by giving the patient a small weakened dose of a disease so that their body can recognize it and learn how to defend against that disease without actually having it. This is so that if a person's body does encounter the disease, they will have the antibodies and ability to fight off the disease. Vaccines were first introduced in the late 1700s, and since then they have been able to prevent millions from suffering, and have even nearly eradicated some diseases like smallpox. Over time, vaccines have become extremely effective. Certain vaccines, like the polio vaccine, is now 99% effective. According to the world health organization, "Most routine childhood vaccines are 85 to 95 percent effective."

Recently, there has been even more controversy surrounding this topic as it has become more popular for people to opt out of vaccines. One argument that anti-vaxxers give is that vaccines can contain harmful elements like mercury, aluminum, and formaldehyde. While these chemicals can be dangerous, anything can be dangerous depending on how much of it one has. For vaccines, the amount of these chemicals that they contain is harmless. Also, many chemicals that anti-vaxxers fear are dangerous are no longer in vaccines. Another reason anti-vaxxers give for not vaccinating is that they only want to use natural substances for themselves and their kids. However, while children are naturally immune to some things when they are born, they are not immune to all diseases, some of which vaccines can help defend against. Choosing to take this path does not protect them well. Anti-vaxxers sometimes don't vaccinate because they believe

vaccines will give them allergies. This is actually incorrect because in certain studies— including one done on over 2,000 patients ages five to six— vaccines were found to actually decrease allergies. Lastly, some people don't vaccinate because they believe that their bodies are strong enough to fight diseases on their own, and that the illnesses the vaccines are preventing aren't that bad. The reason that these diseases may not seem dangerous is because vaccines have gotten rid of them, but diseases that vaccines prevent— such as polio, smallpox, and measles — have killed millions in the past.

The driving force that has caused a recent interest in not vaccinating is the claimed potential link to autism. This has stemmed from a paper written in the 1990s, which said vaccines cause autism. Certain vaccines that were stated to lead to autism included measles, mumps, and rubella. This claim, however, has been disproven by numerous international scientific papers following the study that show there is no link between autism and vaccines. Even scientists that were authors for this paper have taken back what they said in the study. It has been stated by the Centers for Disease Control and Prevention, the Board of Health Promotion and Disease Prevention from the National Academy of Medicine, the American Academy of Pediatrics, and the United States Public Health Service that there is no link between autism and vaccines.

The key part of the vaccine debate is that it doesn't just affect the individual who chooses not to vaccinate— it affects everyone. With the reduction of those with certain diseases, illness can't be spread to others. This is essentially what is called herd immunity: when more people are vaccinated, the disease is less likely to infect others, and this protects those that are more vulner-

able to diseases.

I asked some of the Rancho student body about vaccines and junior Connor Gurley said, "Vaccines themselves are an amazing scientific invention that should be used for your child's best survival in life. The ability to eliminate the risk of diseases that crippled the population in early years is a very good thing to have. Something that creates such great benefits to society should not be seen in such a negative light. There is no scientific basis whatsoever that vaccines cause autism and even so, who is to say that is bad? Eradication of a disease should be prioritized." I asked Kaitlen Vonn-Colditz, a senior, if she believes in vaccinating and why anti-vaccinating is becoming more popular. She responded, "Yes, I believe in vaccinating because I don't want to die. I think the whole anti-vaccine thing comes from peoples' refusal to educate themselves and find actual facts." Lastly, I asked senior Tara Hines, who hasn't been vaccinated, what it is like, "I am an anti-vaxxer kid and I think that I still have a great life. I am fine with it as long as I don't get sick. I use vitamins and eat a healthy diet and stay healthy. I also take supplements and different minerals to help me stay strong. I also go to a homeopathic doctor to stay healthy, and that way I don't have to use needles."

Overall, for the majority of parents, the decision to not vaccinate their kids mostly comes from them wanting to do what's best. While vaccines are not all 100% effective, and sometimes can have a negative result in extreme cases where the person is too weak, vaccines have prevented numerous diseases from hundreds of years ago that could now come back because of anti-vaxxers.



# Prom Dress Problems- Go Off, Sis!

## DEAR DIALLAH



Diallah Athari

In a rough situation? Not sure what to do? **Send your requests for advice to "Dear Diallah" by email at [Pegasus@ranchosolano.com](mailto:Pegasus@ranchosolano.com)** Diallah will answer one to two questions per month.

Dear Diallah,

*Prom is coming up and I feel like every girl has already started stressing about what they will wear. I never really cared about prom or a date, but my friend group really wants me to go. I finally found my dress..... But now one of my friends bought a really similar dress!*

*I didn't care at first, but it has really started to upset me. I showed her my dress before she bought hers and I don't know how to address this. Should I get a new dress? It's more about me feeling comfortable and unique, rather than an immature response. Especially since I am an upperclassman, I want to have a lasting impact upon those who see me at the dance. If I am looking to find a new dress, do you have any tips or recommendations?*

Sincerely,  
Girl with a Stolen Dress

Dear Girl with a Stolen Dress,

I don't think you should look for a new dress. I think that you should wear your dress and look amazing at the dance. If someone has a dress similar to yours, all you need to do is one up them. You need to have everything in check, have your hair, makeup, nails and everything above and beyond absolutely perfect. If the dress is the one you truly love, there is no reason that you shouldn't be able to wear the dress of your choice.

If this is something that genuinely bothers you, then you could look for a new dress. I might suggest Nordstrom's, or something like that, but if you're willing to push through and give this girl what she deserves, wear the dress and look better than her! The only thing worse than having a dress similar to someone's, is having a dress similar to someone's who looks better than you. If worse comes to worse, just snatch her weave...

XOXO  
Diallah

## Pegasus Monthly Comic Strip

### Adventures of the Rancho Duck~

# Revenge of the Leprechaun!

By: Michael DeBarros

