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Pegasus Monthly

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Rancho Night at the MIM!

By: Jena Vandenberg

On November 15th, Rancho held its third night at the MIM. It was filled with various fine arts performances and artwork. There were dance performances, orchestra, band, choir, and even our very own ukulele group. As one walked into the MIM, you were serenaded by our ukulele and singing group. Walking into the main lobby of the building, there were various performances going on every 15 minutes. The Chamber Orchestra played two different pieces. The first one was Brandenburg Concerto #5; it is a piece by Johann Sebastian Bach, and it was composed in the Baroque Era. Our second piece was "Jupiter", by Johann Handel. It is a very slow emotional piece; it was quite beautiful. Sarah Lilley, a violinist in our Chamber Orchestra, said, "The MIM is one of my favorite events on the year, it's a great way to start off the Holiday Season."

Throughout the night our IB Art students were also making sketches of people wandering around the museum. Their art work, along with the Lower School's artwork, was displayed all over the museum.

Chamber Orchestra performed classic Bach and Handel. Photo by Mr. Zale

Rancho Solano's newest National Music Honor Society— Tri-M— were ambassadors of the museum for the night. Tri-M members worked as ushers and gave tours of the museum. Our Tri-M group led tours of the museum at 6 and 7 o'clock. The museum itself goes through Europe, Asia, Africa, and investigates the various music in different cultures throughout the world. Each Tri-M member took one country. Yuna and myself had Europe. We focused on Iberian Peninsula, Austria, Germany, and cathedrals throughout Europe. The tours were very engaging and allowed for further knowledge of different areas of the world and their different musical rituals.

The LS art class had a self-portrait exhibition. Photo by Mr. Zale

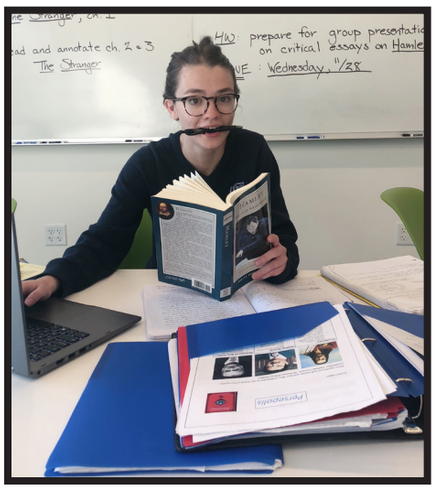
US Dance performed a cultural dance representing Ghana. Photo by Mr. Zale

The Upper School dance performance was based on the country of Ghana; it was a cultural dance. They had very striking costumes, a solid black color with a pop of red! Michelle, who is in Upper School dance and also a Tri-M member, said "The night was quite wonderful. The dance was quite easy to learn but it did take time to perfect it. Our dance performance went very well, and everyone fulfilled their role." Our tour of Singapore, and South Korea was very informational and it was a lot of fun. Overall, I am excited for next year's night at the MIM. The Middle School Choir performs quite often, so the night at the MIM was not too new for them; they did a great job performing. The Middle School band also performed and they had the lovely venue of the outside patio. Overall, Rancho's Night at the MIM was a huge success. The venue and the performances made it a very memorable night.

LS Choir had a very enthusiastic performance! Photo by Mr. Zale

Stress: How Can We Deal?

By: Kylie Smith



Senior IB Diploma student Kylie Head is drowning in all of her work and stress! Photo by Isabella Rose

We all have stress. Whether it's major or minor, from annoying family members to tests and exams, many of us simply suppress it until the breaking point, I know I've done it. Keeping in stress completely or taking it out on those around you both have very negative effects on your mental health, and those around you. It's important that we understand how to manage the everyday stresses of life in a healthy way. Some ways that people cope with stress negatively are caffeine over-consumption, over or under eating, social withdrawal, and even, in extreme cases, drug abuse.

As high-school students, it can be hard to find positive and helpful ways to deal with stress. Our schedules are packed with homework, sports, clubs, and many outside-school activities. These are crucial years of our lives, and we must figure out how to cope. Luckily, you don't need to do that alone. Some positive ways to deal with stress are the following: find out what's causing it, manage your time, and choose ways to relax that work for you. For some it may be deep breathing, for others it could be exercise, therapy, or painting. What works for some may not work for others, it's all about finding what makes you happy. One way junior Tyson Legner deals with stress is through playing basketball. "Basketball is an outlet of mine. When I play, nothing else matters. It takes my mind off of things." For senior Amber He, it's music. "Listening to loud music and drawing

helps me to represent my emotions of stress in a healthy way."

If you feel like you're under more stress than you should be, you're not alone. Teenagers today experience the same levels of stress as a psychiatric patient in the 1950's did. "It is alarming that the teen stress experience is so similar to that of adults. It is even more concerning that they seem to underestimate the potential impact that stress has on their physical and mental health," said American Psychology Association CEO and Executive Vice President Norman B. Anderson, PhD.

Stress can have a massive impact on not only your mental, but also your emotional and physical health. Which is why finding ways to deal, especially with all the upcoming semester exams, is extremely important. Remember, you don't need to figure it out alone. Talk with your friends, parents, or even professionals. You would be surprised how much more enjoyable life is when you find the proper way to cope.

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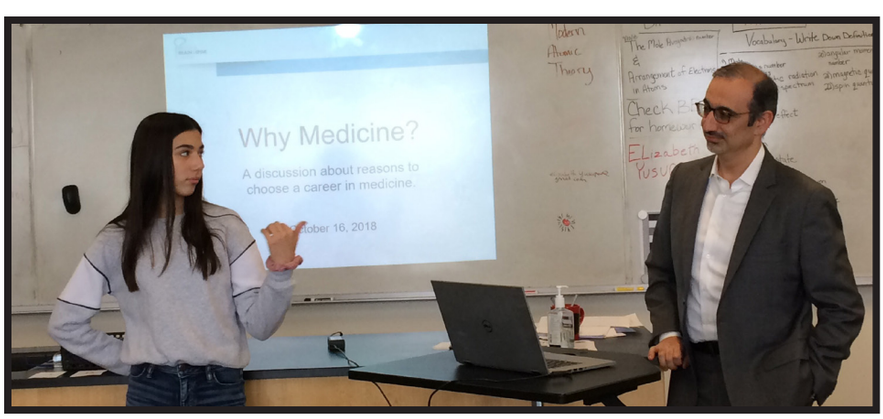
The Future of Medicine at Rancho?

By: Amelie Clark

The Pre-Med Club consists of students in every grade in the US. Photo by Mrs Poole

The pre-medicine club is a place where students get the chance to learn more about the medical field and learn from doctors who can share their wisdom. The club that was originally started many years ago by US principal, Brown meets every Tuesday and Thursday. In the club there are eleven students and two advisors: Dr. Jensen and Mr. Dempsey. During the club, students try to prepare for their future in a medical career by learning about the difficult process of applying to medical school, as well as finding opportunities to volunteer in medicine.

The pre-med club often has very knowledgeable guests who know a lot about one specific area of medicine, one of whom includes freshman, Olivia Yusupov's sister. She explained the steps of applying to medical school and her father, the founder and CEO of the Arizona Brain and Spine Center also shared with the students how the most important part of being a doctor is being hard working and determined. Mehek Sumar also had her mother come in to share some insight and inspirational words. She gave them the chance to volunteer at Adelante Healthcare, where they got to interact with students and see the medicine surrounding them. Recently, Layla— one of the students in pre-med club— had her dad, who works in the pulmonary field, come in as a guest speaker. He shared how he works with lungs, airways, and chest cavities. He later asked some of the students why they wanted to be a doctor. Sarah responded, "I want to be a doctor because every patient you see is different and it's never going to be boring." He also continued to explain the details of the long, challenging process of getting into medical school and the application. Finally, he had the students from the pre-med club look at some simple cases and x-rays to get a sense of the process of analyzing cases and trying to help patients.



The Pre-Med Club has doctors talk to students interested in this field of study. Photo by Dr. Jensen

When I asked some of the students who are in the pre-med club about their thoughts on the club, Maddie said, "It's a really fun club where we get to learn about the medical field and its opportunities." Mehek said that the pre-med club, "is a lot of fun and makes me more interested in medicine. Right now we're in the process of coming up with fundraisers, and in February we're going to go to Midwestern."

Josh Folz, Brynn Bleaman, and Eliza Punches ran a booth at the children's hospital they volunteered at with the Pre-Med Club! Photo by Dr. Jensen

I then asked one of the club advisors, Dr. Jensen, about how she feels the club has been going— especially with this being her first year supervising it— and she responded, "We are overwhelmed by the support so far from our parents who are experts in their specific field of medicine. They have provided our students with a great deal of insight and inspiration." I also asked her what her hopes are for the future of the club: "We hope to follow the vision that Mr. Brown set when he started the club many years ago, and that vision is to expose students to the field of medicine. We also want to explore specific pathways into the exciting and rewarding career of medicine and get involved in giving back to the community via toy drives and fund raisers."

MS Gives Back!

By: Sejal Patel

During the last few weeks of November, the eighth grade has been collecting canned food to donate to St. Mary's Food Bank. St. Mary's Food Bank is the world's first food bank and is an organization that distributes food to sites that serve the hungry. So, why is our school donating cans for this charity? We often take our next meal for granted because we are blessed to have lunch daily and a pantry full of food at home. Many kids, through no fault of their own, find themselves hungry both at school and at home. Hunger leads to decreased concentration at school and health issues. Coach Avenell, the administrator of this food drive, says that it is important to donate canned foods because one in four children, one in five adults, and one in seven seniors struggle with hunger in Arizona. Arizona is tied as the fifth worst state in the U. S. for overall food insecurity and 74% of households live below the federal poverty line. The federal poverty line is $22,050 annually for a family of four and that amount of money makes it difficult to afford food, shelter, and clothing. To put that in perspective, the tuition at Rancho is approximately $15,000 a year at the MS.

Students who helped to organize the drive are proud of all of the cans they were able to collect! Photo by Coach Avenell

MS students load cans in to take to St. Mary's. Photo by Coach Avenell

In the end, Rancho Solano students brought in over 500 pounds of canned items. The grade that contributed the most cans was the freshman class. This canned food drive did not only collect food for families, but also brought out a fun, competitive spirit among students for a good cause!

Season Closes for the Chess Team

By: Isabella Rose

Rancho's Chess Team Chairs 1-3 play their opponents. Photo by Mrs. Adam

Rancho Solano's chess team had a challenging fall season, winning two out of seven of their matches this year. Considering the fact that they faced a significant challenge: a full chess team is comprised of five people and Rancho only has a three person team, they did well playing against their extremely competitive opponents.

The team is made up of founding member, senior Dhruv Khosla, sophomore Blake Austerlade, and freshman Jack Schwyn. Dhruv plays first chair, Jack plays second chair, and Blake plays third chair. Every Thursday after school the team practiced for when they played against some tough schools in their division of Region 3. Dhruv said, "I like to compete, that is why I started the team three years ago as a sophomore. I'm excited to have gotten some new members this year!" Dhruv has won 10.5 of his 14 matches this year. Because he is first chair, he plays the best chess players in his division across the state of Arizona. When I asked new member, Jack Schwyn, about how he enjoyed his first year playing on the team, he commented saying, "It was a good experience with my team, but hopefully next year we can recruit some more players so that it's more competitive!" Jack himself won 11 out of the 14 games and he's only a freshman! Although the season has ended, some of the boys play in the Chess Club in addition to the team because they love playing the game so much. Great job on your season this year boys!

Dhruv Khosla has won the majority of his matches in his senior year! Photo by Mrs. Adam

Locked In for a Long Night of Fun!

By: Ryan Christianson

Students play a game of midnight dodgeball! Photo by Luka Potocnjak

"The Lock-in, despite having slightly lower attendance levels than last year, was a huge success! Students enjoyed several of the returning activities, such as laser tag and e-sports, and also had a blast with new games, including chess and a movie marathon. Special thanks to Rancho faculty members for dedicating their time to chaperone at the event!" said senior, Dhruv Khosla.

The Lock-in could be considered a success or failure, this is an opinion that varies with the person answering the question. I interviewed both students and teachers, however, I placed more validity on the students' opinions. Not as an act of favoritism, but simply because we can't ignore the fact that most teachers were there in shifts and few, if any, stayed the whole night. That said, I will try to be as unbiased as possible and primarily speak about my own experiences.

The Lock-in took place in the Rancho Solano school gym, however, we were permitted to walk outside, and even enter Rancho's main halls. The beginning of the night started with volleyball, games of basketball going on, and even a few individuals with complex computer and console setups. We were all watched over by a staff of teachers that would stay the entirety of the night. To avoid the problem of fatigue and to stay on high alert, the teachers had shifts throughout the evening, and the last shift came at four to switch out with the first shift teachers. Mrs. Bromfield, who stayed from midnight until 8 am, said, "I'm too old to stay up all night."

All of the kids seemed to enjoy the night-long experience, freshman Andrew Camacho said, "I loved talking with my friends all night." As the night dragged on, however, it seemed more quiet and reclusive. The chess games in the background seemed to move statically, and even the crash of the Jenga bricks became a white noise. The most noticeable shift was at four am, when most of the teachers were switched out. I stood outside looking at the stars while the teachers began to make a fire and some students made s'mores.

A special thanks to all the teachers who came to the Lock-in at four o'clock in the morning. Mrs. McCarty said she enjoyed it and, said,

Ryan Christianson didn't have much luck falling asleep. Photo byAndrew Camacho

"It's always fun to see my students in their pajamas at 4 am!" By the end, we were all quiet and noticed the people we passed, but were too tired to say anything! Then, at last, the parent breakfast crew came and started making pancakes. I personally didn't eat anything, but from student reports, it sounded delectable for the conditions. While Rancho may have been expecting more participants, it was a success and a great time!

Sophomore Wyatt Hammond dozes off after a long night! Photo by Luka Potocnjak

MS Spotlight on AMC Math Comp!

By: Myra Kamal

The AMC 8 is a 25-question, 40-minute, multiple choice examination in middle school mathematics designed to promote the development of problem-solving skills. The AMC 8 provides an opportunity for middle school students to develop positive attitudes towards analytical thinking and mathematics that can assist in future careers. Students apply classroom skills to unique problem-solving challenges in a low-stress and friendly environment. In other words, it is a Math competition Rancho students participate in throughout the grade levels and every year.

I asked Ms. Bromfield about the competition as well: "The math department is excited that middle school students at RSPS are participating in the American Mathematics Competition. The upper school students took the AMC 10/12 last spring and will compete again next spring. The AMC 8/10/12 is the nation's leading mathematics competition for middle and high school students and is designed to cultivate the mathematical capabilities of the next generation of problem solvers. There were more than 300,000 students who took these tests last year. There are 20 middle school Rancho students participating in the AMC 8 this year. We are excited that so many students were interested competing!"

Arjun Blair, an 8th grader who also was looking forward to the test, said, "I am really excited to be participating in a math test where people from Rancho have the opportunity to go to nationals with people from all over the country!" Overall the AMC 8 Math test will be a unique opportunity for creative problem solvers to test their math skills in 8th grade!

US Spotlight on Mu Alpha Theta!

By: Yuna Shprecher

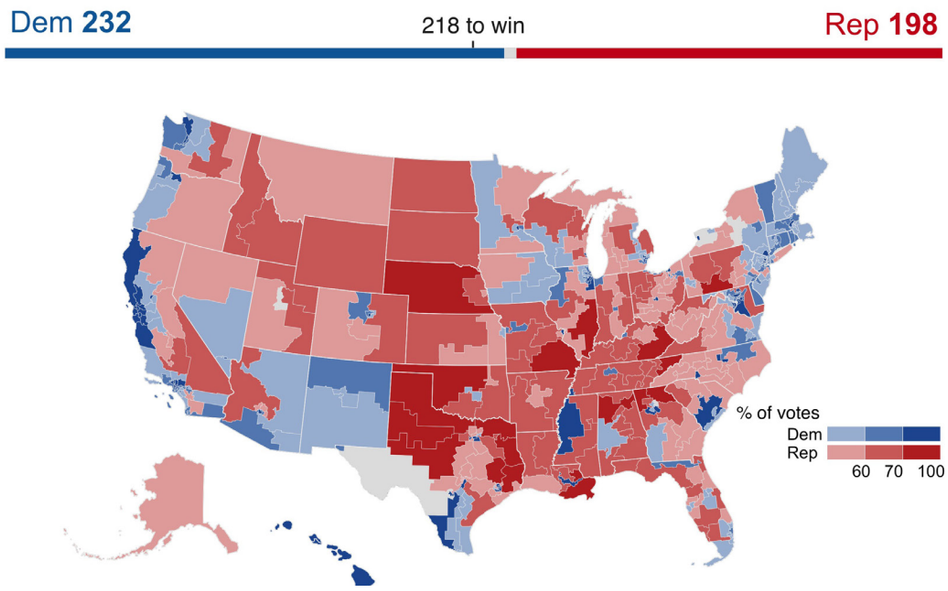
Mu Alpha Theta officials are excited to take their exam this December! Photo by Yuna Shprecher

Mu Alpha Theta is an honor society for high schoolers who have shown a passion for mathematics in their academic life, and has over 2,000 chapters spanning 21 countries. The purpose of such a society, as Mrs. Bromfield, the club's main sponsor, explains, is to "promote mathematical thinking in students," as well as encouraging them to "participate in competitions." She also emphasizes the importance of having such a society at Rancho Solano, stating "I think sometimes math is considered... not fun, so we try to make it a little more fun, or a little more different than what we see in the classroom." Senior Kaitlen von Colditz, who is secretary of the club, highlighted the society's value to its members, stating it "allows us all to learn from each other and test our skills."

The Rancho Solano chapter meets every Tuesday during clubs and focuses on ways to engage the school community in mathematic inquiries. As Tara Bromfield, a sophomore in the honor society, describes it, "We mainly think of fun math puzzles and facts to put on the club's bulletin board." These math puzzles certainly aren't easy, and each month the student who solves them first gets a sweet reward in the form of a full sized candy bar. In addition to these brain teasers, an event that members expressed excitement for is Pi Day, celebrated on March 14th. On this math holiday, members of Mu Alpha Theta travel to the LS campus and educate the K-5 students on the meaning of pi, as well as the enjoyment that can be found in learning math. This includes reading entertaining children's books on the famous irrational number and making pi bracelets. As for the US's activities, Kaitlen mentions that these "may even include pie-ing teachers." In addition, members also improve their own knowledge on the subject through numerous tests and competitions, which include Log 1 and AMC 10 and 12. The society is currently preparing for the first of the three Log 1 tests, which will be assessed on December 4th. 11th grader Ombeline Francoise stated her enthusiasm for these competitions, saying, "It will be interesting to do math in a competitive way outside of the classroom. I love math, it's my favorite subject!" This excitement and love of math is a sentiment shared by all the society members. Many wish to pursue mathematics-oriented careers in the future, and to have a society such as Mu Alpha Theta dedicated to exploring the expansive field of mathematics is incredibly valuable to these students. We wish these students luck in the upcoming Log 1 test, as well as in all their mathematical endeavors!

Results of the Midterm Election

By Amelie Clark



After the November elections, the Democrats have taken over the House.

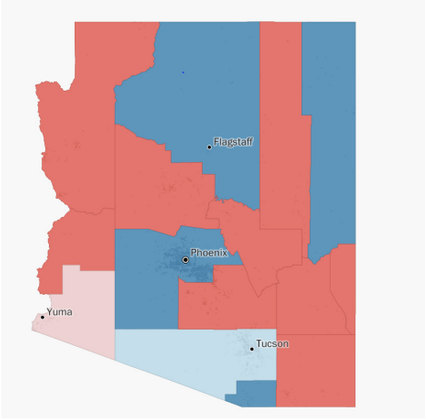
This November saw a record number of people voting in the Midterm elections. Many people felt the need to get involved, and that resulted in over 116 million voters. That means that almost 50% of people who were eligible to vote, voted. This November election was also record-breaking in the sense that there were many firsts for multiple states. More women people ran than ever before, in additon to increased numbers of LGBTQ candidates. Thirty-six LGBTQ people were elected and at least 100 women were elected. The first Native American woman and Muslim woman were elected, and the youngest woman ever, a 29-year old, was elected to Congress. In Colorado, the first openly gay man was elected as governor. The Midterm election resulted in quite an equal distribution of power with Democrats gaining control of the House, while Republicans kept control of the Senate.

In Arizona, there was an extremely close race between Martha McSally and Kyrsten Sinema. The race was so close that the results took even longer to tally than expected because of the number of ballots that had to be counted. In the end, Kyrsten Sinema (Democrat) beat Martha McSally 49.7% to 48%. Regardless of the outcome, it was still a great race because there were two women running. Kyrsten Sinema was the first woman elected to the Senate in Arizona, and is openly bisexual, and first Democratic Senate member in Arizona since the 1980s. For the position of governor, Doug Ducey (Republican) won. With Democrats having made many gains in the state of Arizona this November election, many people are wondering if the state may be turning purple! Some believe that Arizona is not purple quite yet, but could sway that way in the future.

When I asked the students at Rancho how they felt about the Midterm election, sophomore Diallah Athari said, “I feel that the election this year has shown some promise. I am very proud to see just how many young people have gotten up to vote and spread the messages of this election. I am definitely pleased with the amount of progress I have seen in this election and I am excited to see just how much our country can redefine its ideals.”When I asked junior Emma Cone how she felt about the overall outcome of the election, she responded, “I wasn’t surprised by the outcome, and I was quite happy.” I then asked her if she

thought the newly elected would bring in a lot of change, she said “I feel that it depends on which part of Congress, and which one has the most power, because I feel like there could be changes for both parties.” I also asked her if she expected Sinema to win after she was losing in the polls for quite a while, and she responded, “Yes, because Maricopa is blue and it has a lot of big cities and it was one of the last places to be counted for the ballots. So I feel like a lot of people were counting on Maricopa for Kirsten Sinema to win.” Finally, I asked sophomore Brett Hardt what his overall thoughts of the election were, and he said, “I was surprised by how close it was. I thought Martha McSally would win by a landslide due to her military activism.” I also asked him if anything did not surprise him and he said “I was not surprised by the Democrats taking back the House.”

From what can be seen so far in these elections, even though there may be some recounts, there will be change in the upcoming months. With a new balance of powers, and many firsts resulting from this election, many will agree that this November Midterm election was



A depiction of the party division in Arziona after the elections.

You Deserve Better, 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** Diallah will answer one to two questions per month.

My Dearest Diallah,

My boyfriend and I have been together for almost a year now. However, the colder the weather gets, it seems like the colder our relationship grows. We don't see eye to eye anymore and I want to fix things…. but I never see immediate solutions, instead I just get excuses. I wonder if he even loves me anymore or maybe, just out of comfort and routine, he keeps me around. I want to have a jolly season with my boo. But the way things are going, it seems like the only thing I will get out of this season is a cold heart break!

-Girl with a Cold Shoulder

Dear Girl with a Cold Shoulder,

I understand that a loss of connection is very hard to cope with in a relationship. Losing touch with someone can happen over time, yet it can come as quite the shock. If you have a feeling that the love has begun to decline, you have to have a serious conversation with the person you are in the relationship with. The idea of having someone by your side during the holiday season is tempting, but loving your self is way more important!

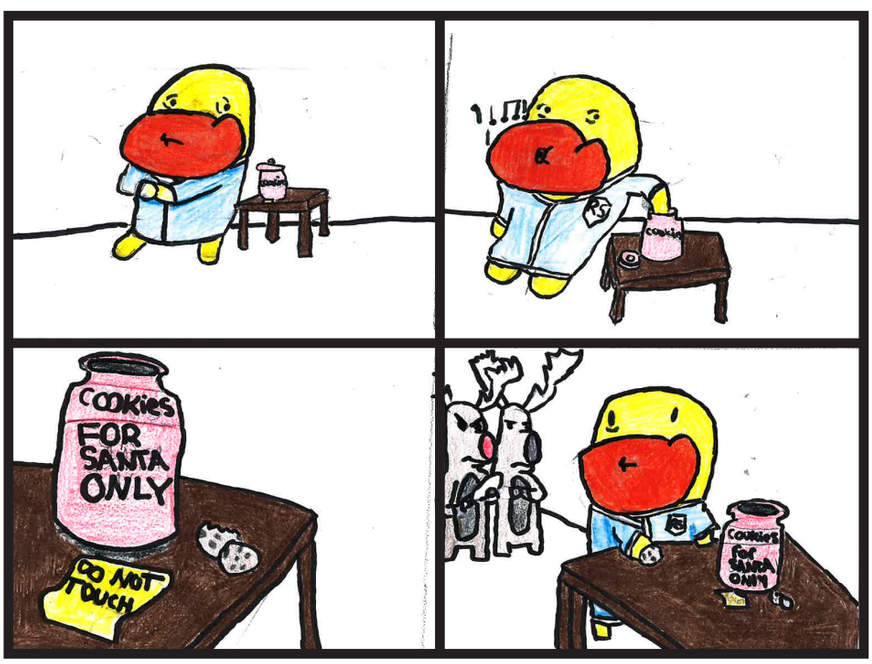
If things are not working out with you and your significant other, maybe it's a sign… a sign that you should stop moping and start learning just how incredible you really are. I'm not going to sit here and tell you that things will work themselves out because unfortunately, this is not a perfect world. Not everything needs to work out. If you tried and they tried there is no reason that you should feel anything but positive about your decision.

Sincerely,

Diallah

Pegasus Monthly Comic Strip

Adventures of the Rancho Duck~

Don't Tell Santa!

By: Michael DeBarros