

RAMPAGE

Meet the New SAT by Rachel Booth

Since 2005, the Scholastic Assessment Test has been a 2400 point, 225 minute test, but that's all changing now. Beginning with the new test in March, the SAT has been reformatted to a 1600 point, 180 minute test (plus 50 minutes for the optional essay). The test will still gage math, reading, and writing skills, but the essay is optional.



One of the best changes in this new design is eliminating the penalty for guessing. Previously, a wrong answer would result in a point deduction, but now students can feel free to guess without risking points. Additionally, vocabulary questions are supposedly much more realistic, focusing on everyday terms rather than obscure ones.

There are seven main testing categories: words in context (using context clues rather than memorizing vocab words), command of evidence (using graphs and charts to support an answer), essay analyzing a source (assessing an author's writing techniques), math that matters most (algebra and data analysis), problems grounded in real-world

context (revising and solving issues), analysis in science and history (applying current events to the past), and US founding documents and the great global conversation (reflection of international leaders and politics).

In order to prepare for the new test, it's recommended that students prepare by watching the news for world developments, reviewing released essay prompts, and taking the College Board Question of the Day. The daily practice question is a perfect example of test material and allows you to see the answer and how to solve it (if applicable).

The new results will also give composite scores, meaning they will show what scores you received in each section. Results are sent out one to two months after the testing date. Taking the essay portion of the test is usually a good idea because many colleges require it for applications. The regular test costs \$43 and \$54.50 with the essay.

Upcoming SATs:

March 5- late registration is Feb. 23

May 7- registration deadline is April 8

June 4- registration deadline is May 5

REGISTER HERE: <https://www.collegeboard.org>

SPORTS SCORES

-Girl's Basketball

(Varsity):

NT vs CK: 67-58 (L)

NT vs Shelt: 54-53 (L)

-Boy's Basketball

(Varsity):

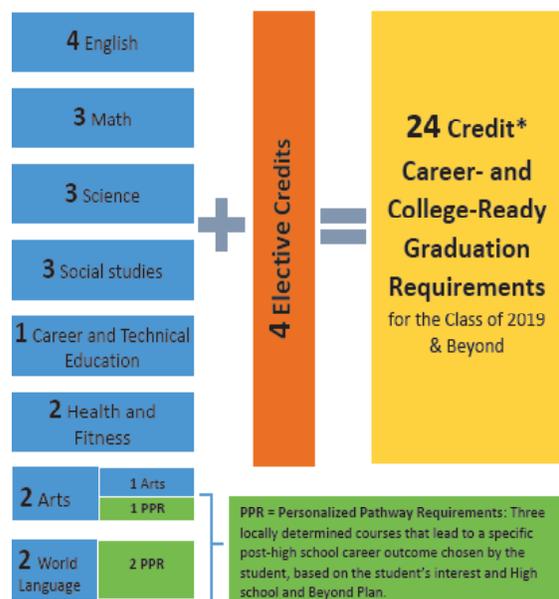
NT vs CK: 89-43 (W)

NT vs Shelt: 70-60(W)

-Wrestling (Varsity):

NT vs FS: 50-27 (L)

Changing Graduation Requirements by Edwin Lightfoot and Jacob Kittle



Alright, plenty of people have told us the answer to the following question: what does it take to graduate? Well, it takes more than we first thought. Not only does it take time, perseverance, and the hardest work ever, but it also requires at least 22 credits. That is, until the class of 2021.

The class of 2021, this year's seventh graders, will have to meet the state's new course requirements, the College and Career Readiness Standards (previously known as the Core 24) which increases the number of credits required to graduate to 24. Now some of you may be wondering: "wait a minute, that sounds familiar." Well, that's because our district is actually on borrowed time.

We've been given a two-year waiver to implement the College and Career Readiness Standards, so instead of the class of 2019 needing 24 credits to graduate (due to an increase in the required number of world language, science, and fine arts), it is the class of 2021. **CONTINUED ON PAGE 5**

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Spotlights



Jennifer Seaman-Readel's drawing of Ms. Rowell

Ms. Rowell

by Zoey Quintanilla

Ms. Rowell, one of many language arts teachers in NTHS, is not as cliché as people might think. Ms. Rowell, also known as Sandra, has grown up in many places such as Florida, California, Korea, and even Austria. She says she is “very fortunate and grateful to be in a military family to travel the world.”

Something you might not know about Ms. Rowell is that she is in fact a football fanatic. Rather than wanting to be an artist or an author, Ms. Rowell wanted to be a football referee. As people quickly shot her down, she had a hard time pursuing her dream career. She eventually decided to go

to college, and there she had an epiphany: she found her love of learning.

When her long journey ended, she established a new career in teaching. Ms. Rowell just hit her 20th anniversary of teaching this year! Her favorite thing about being a teacher is her students because she loves to watch them grow and mold themselves into stunning young adults. On the contrary, Ms. Rowell has a tough time balancing her family and school.

Among her hobbies, she loves gardening, even though she doesn't have quite a green thumb, and of course reading. Her favorite types of books are “ones with good stories.”

Ms. Rowell is very inspirational and she should be recognized as one of the most knowledgeable, experienced women in the midst of our high school's diversity.

MaryCarmen Pizaña-Ramírez

by Edwin Lightfoot

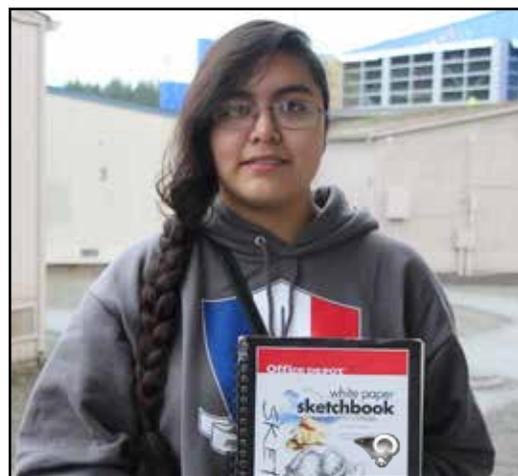
There are many students that go to NT, each with their own character and personality. People like MaryCarmen, a student who loves to draw and currently speaks two languages fluently. “I'm bilingual [Spanish and English], I guess I use it to help me in French. I use my Spanish to help me with spelling. In elementary school, I used to translate for a student, everyone knew me for it.”

She also enjoys hobbies such as singing and drawing. “I like drawing,

I draw all the time. It helps me think. I don't know, it relaxes me.” She's also very productive. “I do a lot of studying, I babysit my siblings. I have a little sister and a little brother. I have a job, and my dad has a carpet-cleaning business and I help him.”

So, as is true for all other students, she has big plans post-high school. “I definitely want to go to college after high school, maybe Washington State. After that... something in medical, something like a doctor, maybe. I might be a surgeon. I like helping people.”

It's students like MaryCarmen who make this school great as a whole. Students who have a wide range of skills such as language and art, but also live very productive lives at home.



MaryCarmen with her sketchbook. Photo by Edwin Lightfoot



Mrs. Foppiano in her classroom. Photo by Lydia McMath

Mrs. Foppiano

by Zahra Joseph

Mrs. Foppiano, formerly known as Ms. Janecke, is the only art teacher here at North Thurston. She teaches pottery, drawing, and painting. She says that she hopes for an expansion in the art department and that she will eventually teach an AP art class and an intermediate pottery class.

Students who have taken pottery, myself included, have enjoyed the class and support Mrs. Foppiano's hope of teaching more advanced art. When asked what she loved most about her job, her reply is that it is “never boring”. Something new happens every day and the talent and creativity in her students is what inspires her to keep teaching and also her own artwork.

Outside of school and art, Mrs. Foppiano

enjoys swimming, reading, spending time with her pets (2 cats and 1 dog), and visiting her family in Seattle and dining at nice restaurants. She has lived in Washington all her life but during her college years, she studied abroad in Florence, Italy. She also lived in Hanoi, Vietnam, for 10 months teaching art.

Most staff and students know about Mrs. Foppiano's recent marriage and pregnancy. When asked about her feelings about starting a family, she states that she is “super excited but scared.” She is 6 months along and the baby is due in May. She says the most difficult part about her pregnancy is the heartburn, but the best part is the anticipation of meeting the baby. She also had advice on being married saying that communication is important, mutual respect for one another and being able to have fun together.

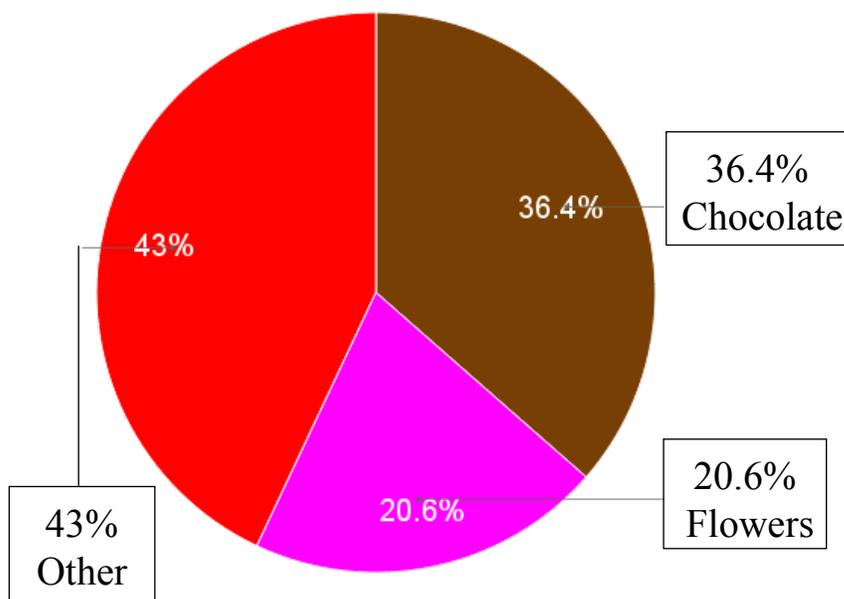
She adds that a person needs to be comfortable with themselves before they can find a partner. Her advice to others is to be proud of who you are and don't compromise yourself.

Clash of the Rams

How Rams React to Valentine's Day

Like it	Indifferent	Don't Like It
~"Because I get to shoot people with heart shaped arrows."-Joshua Cruz (9)	~"It's one day of the year."-Anonymous (12)	~"It's so cheesy and predictable. Your significant other would have about a couple options in gifts, like a large stuffed animal, date night, flowers, or even chocolate—too predictable."-Jasmine Contajioso (12)
~"The decorations are cute and I like free chocolate."-Anonymous(12)	~"Because my minions have told me they feel this way." -Alana Hall (9)	~"I feel this way because everyday people should be able to show how much they like someone not just on Valentine's Day."-Shelby Dutton-McPherson (9)
~"Giving out flowers and chocolate."-Kayden Ray (9)	~"It's not my absolute favorite minor holiday."-Anonymous (9)	~"No day off, and makes single people feel bad."-Dylan Gaddy (9)
~"Because Valentine's Day is a day to give a chocolate/flower or hug to the person you LOVE"-Anonymous (12)	~"If you can hang out with friends and family, it can still be fun."-Rachel Booth (11)	~"It doesn't have a real meaning."-Anonymous (9)
~"I like to shower family and friends in presents, and this is just another excuse to do that." -Anonymous (11)	~"When couples celebrate it like elder couples it's adorable but many young people treat it as a necessity, like they need to have a significant other to buy them something."-Anonymous (11)	~"I'm just in it for the candy."-Caitlyn Rivera (12)
~"Because people need to show more love in this world."-Heidi Holdener-Burleson (12)	~"All the candy is 50% off the next day, that's like buy one get one free for candy."-Javiar Lopez (10)	
~"Chocolate, mostly."-Charlotte Perez (10)		

Valentine's Day Gift Preferences



Other gifts (student responses)

- ~"A BMW would be nice." -Brooke Crocker (10)
- ~"Jolly Ranchers." -Anonymous (9)
- ~"Stuffed animal, never gotten one." -Ryan Burgman (11)
- ~"A photo album filled with pictures of me flexing." -William Hammond (12)
- ~"Just accept the fact that I care about you. That's enough as a gift." -Jasmine Contajioso (12)
- ~"I would love to receive 15 dollars." -Tommy Johnson (11)

Arts Features

NTHS's Own Talented Artists:



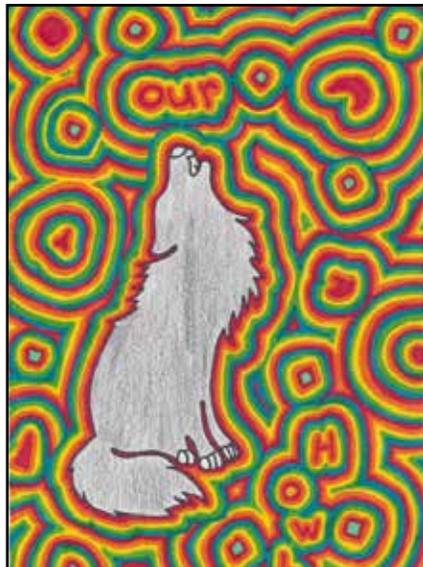
CIRCUS: Acrylic on canvas by Veronica Emmerson



Ink & graphite by Madeline Biehler



Ink & graphite by Madeline Biehler
Page 4



Marker by Dasani Robinson

NT Student Wins Essay Contest

by Rachel Booth

Office of Secretary of State's *Legacy Washington* program recently held an essay contest for grades 8-11 to celebrate the 70th anniversary of World War II ending, and our own freshman, Sajid Amin, won the 9th grade prize. The essay prompt was to write a letter to a WWII veteran explaining what the war meant to them, and Sajid's letter touched the hearts of the judges.

Not only will Sajid receive a \$100 gift card and recognition from the Secretary of State, but his essay will also appear in the *Washington Remembers* exhibit honoring Washington's veterans. Sajid was the only NTPS winner, and reflects that "We have seen what war can exactly do and it helps from making the same mistake. World War II to me acts as something that society today can look back on and learn from what we have done."



PERFORMANCES:
FEB. 19, 20, 25, 26, & 27
7:00 PM IN THE K.P.A.C.



SPARROWS: Color pencil by Veronica Emmerson

The Way Music Changes Us

A column by Cheyenne Shatner

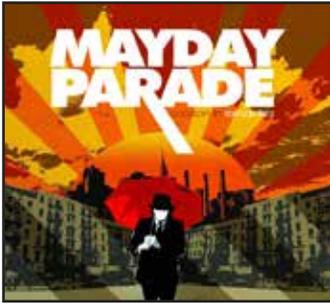
Growing up in a family that revolves around music is something I'm extremely proud of.

None of us can really play an instrument, but we all love music more than life itself. It's not even a specific genre or anything. Classical, jazz, death metal, 90s hip hop, to some super chill bluegrass with extra fiddle. Honestly, it just doesn't matter.

The importance is sometimes placed on the lyrics or the arrangement of various instruments, but sometimes a *sick* bass line can inspire us. All types of music have their own individual aesthetic.

One of the most difficult bonds a person can make is between a song/sound/band and a person or event. Acoustic guitar always brings back the memories of campfires and starry nights spent sitting around a fire until 3 am telling stories.

A particular band, for example, such as *Mayday Parade* always creates tears without a doubt; I often wonder who hurt that poor man. Older Eminem songs will always remind me of growing up with my daddy and the fun we had.



How strange that a sound can have such an imprint in a person's brain forever.

Lemme' get deep for a minute. Music is not restricted to stereotype consumed genres. Music can be anything. Vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion. Music arouses feelings, creates a happy heart, or can even draw out long-suffered sadness to create healing.

“sometimes a *sick* bass line can inspire us”

Everyone has opinions on the music they enjoy and it is important to be supportive and accepting, to never call another's music trash, or to say it isn't music.

A love for a particular type of music could stem from noise heard while in our mothers' womb or from what parents played while we were young: songs on the radio, laughs of loved ones listening to favorites. A specific part of a song may have been built in memory and our ears know it is awesome.

Music inspires and is the root of our diverse cultures. I for one absorb my life with music.

CHANGING GRADUATION REQUIREMENTS

CONTINUED FROM PAGE 1

The reasoning behind this change is to increase the amount of academic rigor in the student body, especially during senior year. Mr. Rood says “The changes that are coming came off of a recommendation from the state student board. I'm one of the members of the chair committees; we actually start meeting next week [Feb. 8-12].”

Which would be extremely disappointing, as it will be preventing us from taking some of the more fun electives. However, we will maintain some of our academic independence because there are way more than just four. All hope is not lost!

When we asked Mr. Rood how this increase of required credits would affect our schedule flexibility as students, he told us that NTHS is a comprehensive high school, giving us the choice of where we want to go and how we want to get there, and that he would never allow anyone to sacrifice that quality for anything.

The Importance of Assemblies by Lydia McMath

What do students get out of assemblies? We go and sit there for approximately forty-five minutes and we listen to the speaker or whoever is talking, and we are left to wonder “Why am I even here?” Sure, there is always that speaker that explains why they came to our school personally, but how does it affect us as students of North Thurston?

Some staff and students believe that these assemblies we have are absolutely important, while others disagree. We gave out surveys to teachers and student and each had something to say.

“It is an opportunity for the entire school to be together as a community. They can extend knowledge and understanding, and create a sense of unity,” Ms. White states. “It's a chance to learn something beyond what is taught within the classroom,” she

adds. Which is true; we do learn something new when we go to some assemblies.

When students took the survey all or most of their answers came out the same: “it depends” and “some are important” and “getting out of class is good”. Each student has their own opinion, but in the end they all come around to the same area which is that assemblies are important but it depends on what assembly they go to, because students believe that some assemblies aren't that important, and they are just glad to get out of class to see friends most of the time.

One student said “Some assemblies address important topics while others are a waste of time,” and they like “when a guest speaker tells an interesting story.” Assemblies are important, or at least they can be.

A great example of an important assem-

bly was the Martin Luther King Jr. assembly. Even though we had fun, the guest speaker got us out of our comfort zones and made us laugh, then he got down to business and told us his story about treating others right and taking a stand to do the right thing.

Mrs. Anderson, a freshman English teacher, answers why assemblies are important and what we get out of them: “They are important because they provide us with opportunities to recognize achievements, have fun together, and take a break from the classroom.” Mrs. Anderson says “They give us a sense of community.”

That is what assemblies are about, bringing us together as a community and letting us learn something new that we never knew about.

Clubs & Reviews

Mission Impossible: Rogue Nation

by Lydia McMath

Do you want to see a good movie that has action, is thrilling, and has the conflict and excitement that proceeds to get you interested in the movie? Then I recommend that you go see *Mission Impossible: Rogue Nation*. It has everything: thrill, action, conflict and excitement wrapped all into one movie.

Picture this: you're sitting there watching the movie, you kick your feet up to get relaxed, and then next thing you know you're on the edge of your seat waiting for that part of the movie when you know it's going to be good. But there's not just one good part! It's the whole movie that has you on edge and trying to anticipate what's going to happen next. Tom Cruise plays the character Ethan Hunt, the spy who works for IMF (Impossible Mission Force). He and his group of experts try to stop a man called the Syndicate (played by Sean Harris), who wants to destroy and kill the IMF.

I won't spoil the movie for you because then you won't go see it! I have a mission for you.... it might take you a while, but I believe that you can do it. Go get the movie, or go to the movies and see it. You won't regret this mission. Over and out.



Electric Sheep Take Home the Win

by Rachel Booth

The Electric Sheep are seven talented robotics club members who have worked for months to build their robot. On Saturday, Jan. 30, the NT robotics club (the only one in the districts) competed at the ShoWare Center in Kent in the FIRST Tech Challenge Washington State Championship.

The victory took a grueling seven hours, but the boys won the 1st place trophy and advance to the Super-Regional Championship in Oakland, California. This three-day competition begins March 24th, but before then, the Electric Sheep will be hard at work improving their robot.

Club leaders Mr. Hall and Mrs. Kassil are incredibly proud of their students and all of their effort. "These guys rock – they are shining examples of what makes North Thurston great," says coach Mrs. Kassil. Team members who are traveling to the championship in California are Dylan Willis, Justin Ridgeway, Mathew Nelson, Liam Durkin, Andrew Quebedeaux, Daniel Henderson, and Thomas Neal. We wish them luck!



The Electric Sheep adjust their robot. Photo by Mrs. Kassil.

Outdoor Adventure

by Diamond Ford-Woods

NTHS Outdoor Adventure Club is all about students getting together and having fun in the great outdoors. It's also an opportunity for students to get to know others who share their interests. Mr. Coker, our head librarian, is the advisor for this club because "I love getting outside as much as possible and I enjoy helping introduce others to all the great recreational opportunities our region has to offer."

Washington boasts many recreational opportunities for NTHS students to join in on, like what's coming up on February 20th: a ski trip which is being sponsored by Lacey Parks. Outdoor Adventure Club is also planning a rafting trip with Lacey Parks this coming May, and they hope to squeeze in a couple more hikes as well! Also if you enjoy recreational climbing outside of school and the club, the Warehouse Rock Gym runs an NTHS special the 3rd Thursday of every month!



O.A.C. on a trip to Ape Caves. Photo by Mr. Coker.



The unified team at their home game at Timberline. Photo by Rachel Booth

Unified Basketball Heads to District Competition

by Rachel Booth

On Feb. 6, the NT unified team traveled to Rogers High School for their final tournament before districts. It was an epic showdown, but the Rams dominated once again. “Unified teams played their hearts out,” says Coach Laverty. During one game, the team was down by ten points, but made a spectacular comeback to tie the game.

The Rams went up against the home team (Rogers), Puyallup, and others. Each team played three games and cheered on their teammates. Ms. Laverty says “Win or lose, our athletes definitely improved their game and created new relationships.”

The unified team is pumped up to compete in districts this weekend. “It’s gonna be epic and we’re going to smoke the competition. I want to go to state!” junior Trevin Durham predicts. Good luck, Rams!

College Athletes Among Us

by Rachel Booth

As seniors scramble to apply for college and plan for the future, scholarships are an important part of that plan. One of the best scholarships a student can receive is for athletics, and we have a handful of senior athletes who just signed their national college letters of intent on Feb. 3.

These students pledged participation in the National Collegiate Athletic Association on National Signing Day (the first Wednesday in February) in return for financial aid for academics while attending college. Congratulations and good luck!

Rams that were recruited and signed their letters:

- Zack Sibley**- football
South Dakota School of Mines and Technology
- Darren Sroor**- football
South Dakota School of Mines and Technology
- Savannah Hakes**- women’s soccer
Westminster College
- Aerial Edwards**- women’s soccer
Tacoma Community College

Flips of Joy

by Briana Grimm

In gymnastics, high schools River Ridge, Timberline, and North Thurston are all on the same team. There are 11 students that are from North Thurston. 6 of them are on the varsity team.

All of the gymnastics girls show up to practice at the Black Hills Gymnasium to practice at 7:30PM. They all show up this late so that the classes of the young gymnastics can practice and learn themselves. When the younger kids’ classes end at 8PM, the high school girls practice on the beams and floor. Even though all of the girls are from different schools, they are still like family with one another.

This year, there are many new girls on the team, but they are still working hard and improving on their skills and difficult routines. Morgan Stroud (12th) is the North Thurston captain and it’s her first year on the school’s gymnastics team. Each school has their own captain and no overall captain of the team. The coach is hoping that 7 girls on the team will make it into the sub-districts, which is one step closer to the state competition. The coach is also hoping that at least 2 of the girls will be going to state. State is going to be on Feb 19 at the Tacoma Dome.



NTHS girls snow-shoeing at Mount Rainier. Photo by Mr. Coker

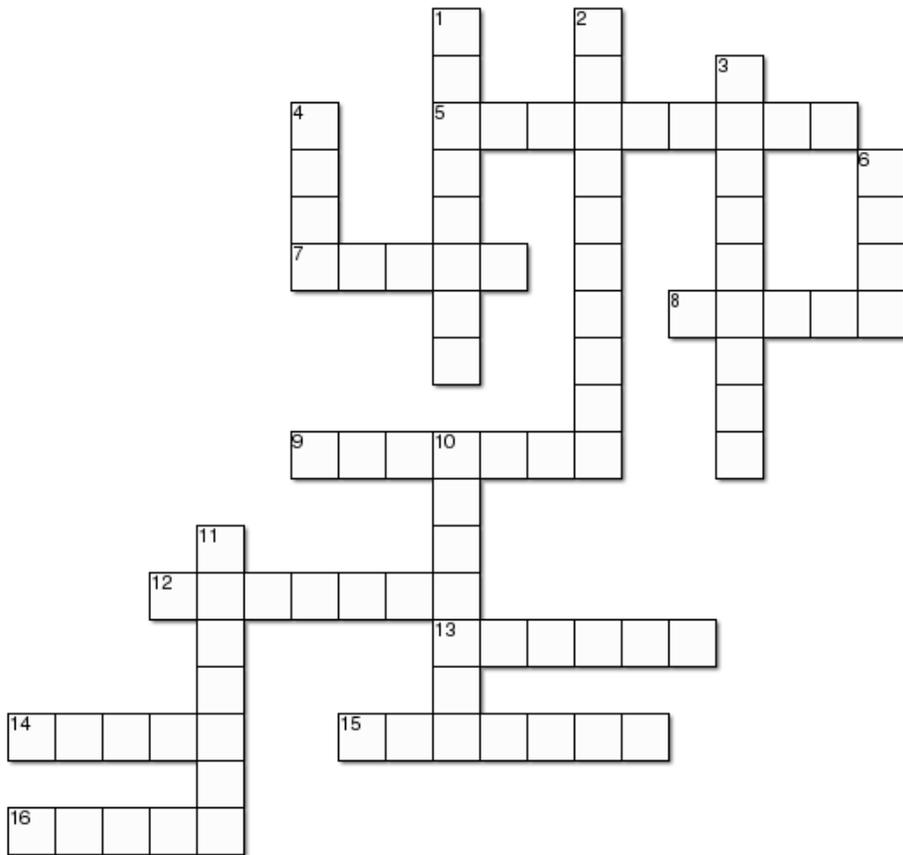
Rams Hit the Ski Slopes

by Rachel Booth

Have you ever skied? Want to try it? Outdoor Adventure Club is teaming up with Lacey Parks and Recreations to organize a ski trip on Saturday, Feb. 20 at White Pass Ski Area. Students can meet at 6:00 am at Lacey City Hall to be bused to White Pass for \$15 (returning by 7:00 pm). Options are available for beginners (lift, equipment rental, and lesson starting at \$39) or just the ski lift (starting at \$27).

Mr. Coker, who will be participating with fellow O.A.C. members, says “This is a great deal, so take advantage of it!” If you’re interested, Mr. Coker can answer any questions you may have and you can call Lacey Parks at 360-492-0857 to register. Get your fill of the cold and snow with this chilly winter adventure!

Presidents' Day Crossword Puzzle



Across:

5. Established national and state parks
7. Completed the Reconstruction period
8. Helped pass the 15th Amendment
9. He signed the Emancipation Proclamation
12. Admitted Arkansas and Michigan as states
13. President at the start of the Cold War
14. He signed the Alien and Sedition Acts
15. "Ask not what your country can do for you, but ask what you can do for your country" speaker
16. President in office during moon landing

Down:

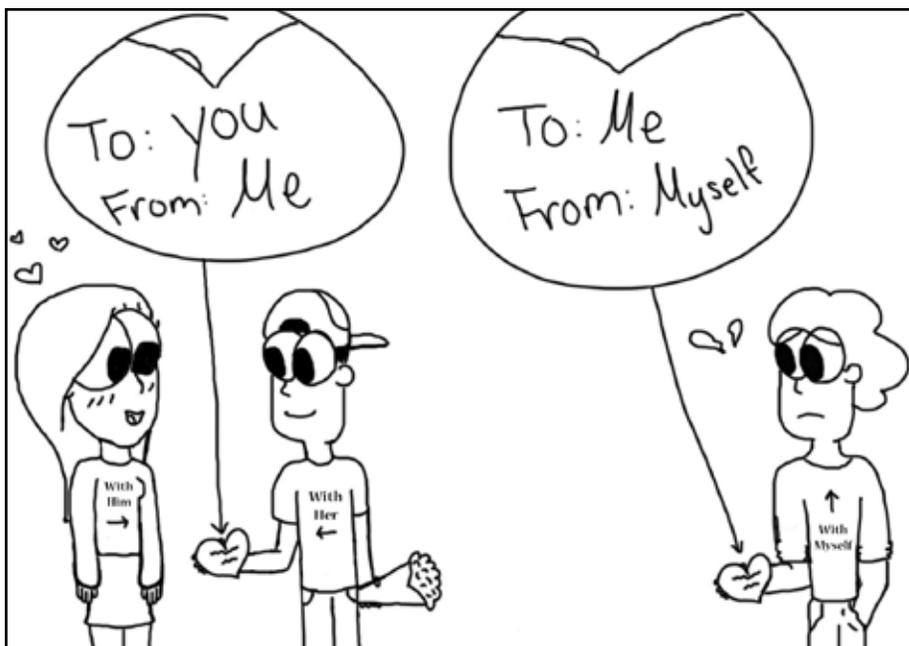
1. Assassinated after four months as president
2. Originally offered the title of king instead of president
3. Made the Louisiana Purchase
4. Presided over the Berlin Wall being torn down
6. Began "Dollar Diplomacy"
10. Longest period of economic peacetime expansion in US history
11. Admitted Louisiana and Indiana as states

LETTER FROM THE EDITOR:

Hi, I would like to introduce myself as the new Editor-in-Chief of the RamPage. I'm a junior and I absolutely love to write! I'm thrilled to have the opportunity to head the paper and I plan to improve reporting, features, and release frequency. The team has lost a few members this semester, but we're excited to welcome Faith, Zahra, and Zoey onto the staff. Please feel free to share your ideas and thoughts with me. Happy Valentine's Day!

Sincerely,
Rachel Booth

Ramily Affairs by Briana Grimm



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