



STILLWATER AREA HIGH SCHOOL

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WHAT'S YOUR "GAME PLAN" FOR THE *future*?

Students prepare for post-secondary plans, including standardized testing, college tours, and meetings with the Military.

Students participate in Game Day activities

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The entirety of the school day on Oct. 12 was taken up by the second annual Game Day, an advantageous experience for all grade levels to come face to face with some options for after high school. Each grade level had different personalized learning opportunities throughout the school day, many of which were planned by Pathways Coordinators Rachel Steil and Bob Manning.

Game Day was an opportunity for planning and exploring post-secondary options after high school. Many events including college tours, both virtual and in-person, career field trips, the ACT and PSAT, and interest surveys were provided that day.

"We help kids discover themselves and figure out what they want to do after high school," Pathways coordinator Bob Manning said. These tools and activities help further enhance student interest and ideas for their future.

Some new aspects of Game Day this year were the wide-ranging and combined career field trips. One focused on the art and business aspects and the other focused on healthcare and STEM.

Manning explained that it is meant to "open kids' minds and see what's happening."

Incorporating these trips into the day was crucial for a true view into working people's lives in possible future career options.

For the seniors, there were many opportunities including college tours, meetings with recruiters from all four branches of the Military, a college and career workshop and either one of the career field trips.

This day was more to finalize their plan for at least the next few years after high school rather than exploring options, whether that be a job, college, or the Military.

English teacher Rachel Steil said most seniors already know where or what they are doing so we wanted to create some opportunities more specific to simple things not yet learned. This includes, how to build a resume,



where and how students apply for a job, and how to get scholarships.

Juniors, on the other hand, were still fully exploring their options. Like the seniors, they could have gone to colleges, met with Military branch members, attended a career trip, and unlike the seniors could take the PSAT.

Junior Griffin Stone said he believes he is "getting an early jumpstart to college tours and an understanding of where you might want to go for college" when going to the University of Minnesota as his chosen Game Day path.

The top 8 schools that are reachable in one day's time from the high school were listed as options for students to visit and others farther away were added virtually.

Sophomores had the opportunity to take the Pre-ACT or the PSAT as their future planning begins. The Pre-ACT gave students a free practice ACT and guided them through how the tests are going to feel and familiarized them with the content of the test. The PSAT can open doors to several National Merit Scholarships. These exams help to create a path that students can follow and understand deeper with what their options for colleges and careers may entail.

Steil explained how the exams can help students see where they are on the academic spectrum for future college and career planning.

The freshmen are just beginning the basics of planning their futures. These students were given a You-Science test to assess their interests and explore different careers based on their natural abilities and what they are interested in. This was made to kickstart their drive to investigate possible options for their future and gave them the chance to find out what lifestyle and career could possibly suit them best.

Manning likes to "help kids discover themselves and figure out what they want to do after high school" with this test.

Game Day provided an opportunity for students to plan for their future in different ways of their choosing.



Photos submitted by Julie Cashin, Matt Howe, Bob Manning, Rachel Steil and Mary Harycki
Students took college tours at eight different schools, including Century College and the University of Minnesota - Twin Cities. Students also had the opportunity to take career field trips which focused on learning more about fields that students wanted to possibly wanted to go into.



ONLINE EXCLUSIVE



Photo by Oren Hamilton

New parking pass structure implemented

Over the summer, administration made changes to the parking lot, allowing students to park freely and provide more space for community and staff members to park and use facilities.

In order to park in the school parking lot, a parking pass is needed. To obtain a parking pass, attended a meeting at the high school along with completing a course in Schoology is required. After finishing the first two steps, a parking pass can be purchased through Smart School.

The Stillwater Area High School website states, "Students must attend an in-person meeting" in order to receive their parking pass.

The administration got rid of the tiered parking system because the staff wanted to give every student an equal opportunity to get a good spot. Removing tiered parking no longer gives better parking to students with more money. Junior Eli Aldridge described it as "you pay for what you get," where students may not have the money to pay the price of a better lot depending on their situation. The lot now has equal priced area for students to park.



Photo by Daniel Ortiz

New parking pass structure implemented

The fifth hour during the school day, there is a time when people can get their energy back and relax. Lunchtime gives an opportunity to eat and get ready to finish the day strong. In recent years, COVID allowed students to get free food for the whole year. Many thought it was still the same this year, but the free food stopped because COVID funding ended, and the prices of food have increased.

This year, the price of meals the school has to offer has increased by 20 cents. Students or guardians pay \$3.2 for lunch and \$1.7 for breakfast because the program did not get the necessary funds to continue.

With the food now being \$3, students have the choice to get their food from the cafeteria or bring it from home. Many students have chosen to bring food from home.

"That sounds actually kind of expensive... If you had to buy your breakfast and lunch every day, it starts to add up," EL teacher Jennifer Weddell said.

Even with COVID relief ending, there is still a program where students can get free food depending on their income level by just filling out a form.

Nine candidates run for District 834 school board

ALEX REEDY

Podcast & Distribution Reporter

BRYCE ROSEWICZ

Broadcast Editor

There are nine candidates running for seven seats on the District 834 school board. A general election will be held on Nov. 8 and the elected board members terms will start on the first Monday in January. Voting will be available at the town halls.

There are four current board members running for reelection: Chair Alison Sherman, Director Beverly Petrie and Director Pete Kelzenberg.

There are also several new candidates running in this election: Lawrence A. Becking, Mark Bezdicek, Jessica Johnson, Eva Lee, Philip St. Ores and Andrew Thelander.

Director Beverly Petrie is one of the candidates who is running for re-election and believes that if new members are elected, it will give the district a chance to view problems in different ways and possibly come up with better solutions.

"This is always the benefit of bringing in someone from the outside, they have a different way of looking at things and you know changes sometimes are necessary. Being able to look at things in a new way is a first step to change," Petrie said.

There are five seats that will be open, four of the five seats available are for four-year terms and the one other open seat is a two-year term. Two people are running for the two-year seat which creates more competition for that one seat.



PHOTO BY ALEX REEDY

There seven candidates running both 4-year terms and 2-year terms. Four current schools members are running, and three new candidates are running for election.

"If voters are going to look at those two candidates, they might choose the most experienced one, and that would be me," Petrie said.

The current board members running for reelection believe they will be able to make change; they are also running for re-election because of the new superintendent.

"I am particularly proud of our success in hiring a superintendent whose leadership and ideas are moving our

district in the right direction," Kelzenberg said.

Kelzenberg believes with the chance to serve another term he would be able to build off of what the school board already has going on. He also

read more at
sahsponyexpress.com

Students form group to advocate for mental health, create Link Tree

IAN PARHAM

Layout Editor

While invisible, mental health is something that affects everyone. Ever since the COVID-19 pandemic, student mental health has become a more notable issue than ever before. After the stressful events of the past few years, two students, seniors Spencer Venancio and Philip Eviston have sought to make a change. Realizing the immense need for advocacy, they worked together with staff members to increase education and awareness about mental health. Working together with English teacher Jill Rusignuolo, a list of resources was compiled and QR codes were placed around the building. "We formed a club after knowing about this immense need for mental health," Eviston said. "The need for change got us motivated." There certainly was a need for it. Over 1000 people have already used the

QR codes to access resources for mental health. "whether it is just finding your counselor's email or it's something more serious like contacting the wellness center.



Photo by Ian Parham

The Linktree QR code can be found in every classroom in the building for whenever a student needs it.

More than 1000 individuals in the building have already scanned and used it," Eviston said. Before this list of resources, there was very little information about mental health available to students. It has, due to the stigma around it, always been a kind of 'taboo' topic. "When you're putting these QR codes up, you're not just putting them up and leaving them be. We really want to make sure that these are jumping-off points for conversations," Venancio explained. There have been challenges, though. There is still much more to do and everyone can contribute to trying to make a more welcoming environment for other students, but progress is being made. "We're all works in progress as people and our school will always be a work in progress. But I think we are definitely moving in the right direction thanks to the intentions and efforts of a lot of caring and hardworking people," Rusignuolo said.

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Seven new exchange students arrive

MICHAEL FREDERICKS
Graphics Editor
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ANNALISE NORTH
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The shiny glass doors loomed in front of senior Valeria Rendon. She stepped into the red brick building she had waited to enter for years. She walked through the crowded hallway lined with bright red lockers. The hallway bustled like an ant colony with students speaking a language she did not fully comprehend. Colorful posters lined the walls with the new code she had worked hard to master. As the sound of footsteps and new voices filled her ears, she took a deep breath and stepped into her first class.

Rendon, an exchange student from Spain, dreamed of being an exchange student. Although it was her dream, it did not mean that it was easy. Language, making friends, cultural differences and becoming independent were roadblocks in her experience, much like other exchange students.

"It was hard to understand. Like the first few days, it was hard to understand all that was said," Rendon explained.

Every school year, students from all around the world participate in the student exchange program. These students have stepped out of the comfort of their own homes and traveled to other countries to learn about cultures. This fall, seven students from this program joined the student body.

These students came from places like "Europe or like Africa or Asia," senior Kiryu Aoyama, an exchange student from Japan, explained.

Though the idea of the foreign



GRAPHIC BY STELLA MCHUGH

exchange program is straightforward, the process of becoming one is anything but easy. Students started by searching for a program that fit them and their interests best. To apply for these programs they had to provide English proficiency tests and write an application to the agency. Before or after being accepted, these students applied for scholarships to help pay for their expenses. Finally, after being accepted, finding and matching with a host family then becomes the priority.

"Since I was eight years old, I wanted to be an exchange student. I started awhile ago to search for an agency ... that took like two years, maybe more," Rendon said.

Living with a host family was known to be a scary, but rewarding part of the foreign exchange program. When exchange students picked their host families, they moved in and were integrated into their daily lives. This was a culture shock to some exchange students due to the different family dynamics they had in their home countries.

Even when these students were integrated into their host families they still could feel like outsiders.

"My Japanese mother is a housewife," Aoyama said. "When I went back home in Japan, my mother is there ... but sometimes here there is no one in my house."

With such a large student population, it is overwhelming for these students to meet so many new people at once. On top of that, six periods of classes limited the time that these exchange students had to connect with those around them. This made it hard for them to make close friends or find the people who would help them succeed throughout the school year.

Aoyama said that he struggled with making friends in his new environment. The fact that he was moving from classroom to classroom made it hard for him to connect with his classmates around him.

Another hurdle that exchange students faced was the language barrier. Though they passed language evaluations, they still

had to acclimate to using English as a first language. This led to the exchange students struggling in class because they could not fully understand what was being instructed. They had to learn to ask for help or find others willing to explain more clearly.

Aoyama explained that in some of his classes language is not a problem, but in his U.S. history and English class, he has struggled with vocabulary. He was lucky to have another exchange student in his U.S. history class because she understood his struggle and helped him understand what was being instructed.

The exchange program offered benefits and growth to the students within the program and those they interact with. When cultures clashed, there were struggles, but good things that came with it. New ideas and perspectives were introduced and shared among students. This helped grow the diversity of opinions in the community and the understanding of others.

"I think it's mutually beneficial to all and what I mean by that is when exchange students are coming here, they're able to yes, learn about our culture, learn about our history, get some experiences that way. And of course get to know people, which is awesome," counselor Sydney Piras said. "But it's also I think, beneficial for our students to have different cultures be represented and to have the ability to have conversations with them and also learn from them about culture."

Exchange students offer new perspectives and cultures to the student body. These students jumped many hurdles to get where they are today and used what they know to help benefit our students. The foreign exchange program benefits our students and community.



Leyre Alonso Ramos



Emma Rodriguez Carreno



Elena Fortunati



Supakaran Taweerutchak



Maria Atienza Pou



Valeria Rendon Toro



Kiryu Aoyama

Photos by Stella McHugh

Emily and Cindy: been together for 13 years

KALLIE FAHS
Podcast Reporter
Distribution Reporter

Senior Emily Kargel has had the same paraprofessional for 13 years. Normally, students switch paraprofessionals when they reach school milestones, like middle school and again at the high school. For Emily and Cindy, they have been fortunate enough to be together for all of Emily's schooling experience in Stillwater. This spring, when Emily graduates, her para Cindy McClung plans on retiring too.

Emily and Cindy are the only duo

in the district that has been together for 13 years. Most students get new paras throughout the years, but not Emily. Her para has moved up with her from elementary to high school.

McClung says she is lucky she, "got to follow Emily through from kindergarten and on because the district never used to let paras do that with students."

Emily's mom, Kristy Kargel said she thinks it is really cool that Emily and Cindy will have completed 13 years of school together.

"The artwork that Emily and Cindy create together are really cool. See how they plan their project and then

execute the project. The final product is definitely a mixture of Cindy and Emily together which is really cool," Kristy said.

"Cindy has always believed in Emily and she has always advocated for Emily,"
-Kristy Kargel

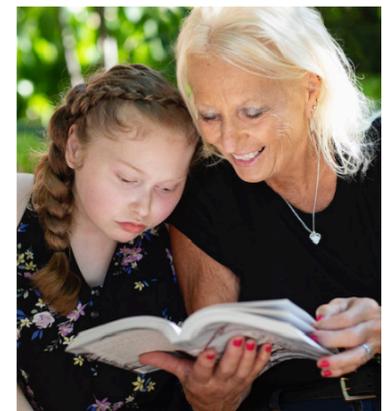
Cindy has been a big part of Emily's schooling experience and she was even able to be a part of some of Emily's senior pictures.

Cindy said if she does not see Emily after she graduates she is going to have Emily withdrawals. She is even "thinking about possibly doing the transition program with Emily," after Emily graduates this year.

Kristy is so thankful for the faithfulness that McClung has been for Emily.

"Cindy has always believed in Emily and she has always advocated for Emily," Kristy added.

"Emily is an amazing young lady once you get to know her," Unified Physical Education teacher Paula Harrison said.



PHOTOS SUBMITTED BY KRISTY KARGEL

Emily Kargel and Cindy McClung at her unified physical education class. Emily and Cindy read a book together on a hot sunny day.

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Debate team grows in participants

SONJA ANDERSON
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The debate team kicked off their season with brand new coaches and a larger team than previous years. As a new influx of novices join, returning members and captains are wondering how this will impact the team. Team members are eager to try to make it to State this year. Students are excited for the upcoming season with all the new skills and assets that the new members will bring.

The debate team grew due to new promotion tactics at the start of the school year. There has been a rise in returning debaters and novices. In addition to the typical recruitment tactics the debate team uses to gain new members, they also had a booth set up at the activities fair to show students what debate was about and why it is such an amazing club.

This has led to a larger team than last year, and although it is beneficial to have as many people interested as possible, it can also prove to be a challenge for the new coaches and captains. Although a larger team can seem challenging, the team seems unified as ever, especially with lockdown being over and they can communicate and meet face to face.

“Because a large part of debate in general is working with other people and collaborating on ideas,” junior Jane Fossum said.

This year, the team has two new coaches, debate coach Joseph Kalka and Wayne Perkins. Former coaches Laura Hammond and Corey Quick

retired from the team, leaving two open spots for coaches. Kalka is the new head coach, with Perkins assisting him.

Freshman Nyx Lammie thinks that Kalka is a good teacher of debate and is looking forward to the season as a first year member. There will be a lot of new experiences for both students and coaches due to all the changes in the team, but everyone seems excited for the opportunities that come along with having new team members.

New captains this year will prove to be beneficial to the team. They are all new to holding the position of debate captain and provide a variety of experience to help guide and lead the team. Even though the captains

are new to the leadership role they have taken up, it provides opportunities and beneficial experience that is of great value to each of them. Being a captain takes a lot of responsibility and planning.

“I think we’re very conscious of each other’s skills and strong points. So we’re able to really work together to get the best of all three of us,” junior Anne Messelt said.

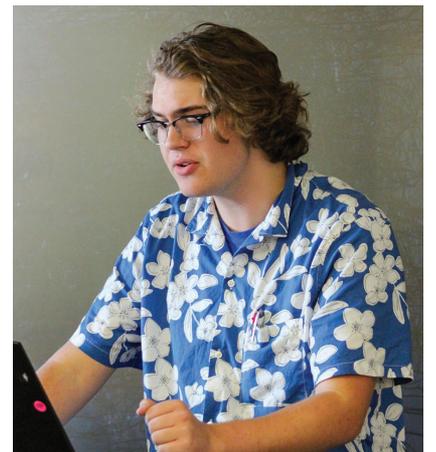
The team has had a record of being successful when it comes to competitions in previous years. They have even made it all the way to the State competition. With the new arrivals of coaches, captains, returning members, and novices, the future is looking up for this year’s team.

Fossum also said that they “started a few weeks before many of the other schools in our league” in preparation for the new season.

The team’s future is really looking bright. This season may be different than last year’s, but the team has proven they are ready to take on the challenges and face the trials of new leadership and a larger team.

“We’re a strong team. We are very connected and I think it’s gonna go well,” Messelt said.

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Photos by Jack Higgins

The debate team meets weekly to research and work on their topics. Social studies teachers Joseph Kalka and Wayne Perkins are the new coaches this season.

Student unions formed to promote equity

GEORGE PALM
Video Editor

KAYLY RICHERT
Podcast Reporter
Distribution Reporter

The high school is home to many student unions that are focused on creating a safe place for students and unity within the school.

Student unions are created for many different reasons, to meet the needs of many different students. They are meant to ensure a welcoming place for students where they feel at home and can also be vulnerable.

“Part of the needs of students is a community that has similar interests, similar goals, similar beliefs, and similar ideas where they could create a community,” Cultural liaison Cornelius Rish explained. “Students need to be able to have that community and have a voice.”

Learning about culture is one of the many key elements of these clubs. Not only are they meant for students to learn about new aspects of culture, but also to strengthen their own culture within.

Social studies teacher Wayne Perkins said he “hopes that they [students] learn that there is nothing inherently bad with culture” and he added that these clubs “give them

an opportunity where they get to see themselves and other people all together in one setting”.

Student unions are open to anyone within the school community. Leaders encourage students from all backgrounds to attend meetings and learn more about each other and their unique lives.

“Joanna [Tom] has done a really nice job of creating kind of a more organic environment. First of all, I don’t really view her as my advisor, she’s a friend.”

- Mason Borchardt

“All you need in order to join a student alliance is just like a concept of mutual respect and just the want and kind of willing to understand other people’s perspectives and wanting to kind of broaden your horizons. Any student is able to join regardless of their tribal affiliation...some of the best students that have joined our alliances have been students that are not of indigenous heritage,” senior Mason Borchardt said.

The high school is home to multiple student unions with a large number of students being a part of them. Some of these include Asian- American Student Union (ASU), Black

Student Union (BSU), and Native American Student Alliance (NASA). They are all dedicated to inclusivity and creating a stronger connection within the school and hopefully impacting the world around them.

“The reality is that we fear what we don’t know and understand, and there are way too many divisions out there. But if we get to know one another we can eliminate some of the divisions we have,” Rish said.

The inclusive aura that student unions possess would not be possible without an inclusive advisor. They are truly what make the clubs possible, and it is comforting for students to know that they have an adult within the school that they can trust.

“Joanna [Tom] has done a really nice job of creating kind of a more organic environment. First of all, I don’t really view her as my advisor, she’s a friend...but beyond that, also, she does a really good job at fostering community within the club,” Borchardt said.

With the many student unions here at the high school, no student is left out.

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STUDENT UNIONS

- ✓ Black Student Union
- ✓ Muslim Student Union
- ✓ Asian Student Union
- ✓ Native American Student Alliance
- ✓ Latinos Unidos
- ✓ Angela Davis Sisterhood

Graphic by Sydney Rodd

Orientation to Education starts this fall

ALISON KEELER
Layout Editor

Orientation to Education is a new class that is partnered with Century College. The course was added to the school in the spring of last school year and it gives students an opportunity to learn about the teaching profession and receive college credit in high school.

The course provides students with a variety of skills and knowledge needed to be successful in achieving their goals and becoming educators. Whether their goals are personal or career-based, the students get a wide variety of information about the teaching profession. The class began because a handful of students were interested in learning about the field of education in high school.

“It’s something that I’ve been interested in,” junior Jair Diaz said. “If they have a course for it, I’m going to try it out.”

Since the education class is a CIS course, the students are provided with the materials needed for the class while they are still in a high school setting. Although the class at Century is an on-line course, Orientation to Education at the high school is provided in person. It gives the students more flexibility and opportunities to work together and be collaborative with their work. The



PHOTO BY ELLA BELLAND

Orientation to Education teacher Ing-Mari Ryan and her students engage in a collaborative study group in a courtyard. The students discuss their upcoming plans for their summative project.

class syllabus follows almost exactly the same as the one at Century College that is provided by Christina Davis, the professor of the course.

Ing-Mari Ryan, Orientation to Education teacher and instructional coach, said she gets to collaborate with Century College instructor Davis and their philosophy of diversifying.

Students in the Orientation to Education class will get to explore possibilities and opportunities to work in a professional setting in November. The course has organized a way for the students to experience what it is actually like to be a teacher and assist in a classroom. This opportunity is known as a field experience and each student in the class must complete 10 hours of experience teaching in a classroom outside of the high school for credit in the class.

In preparation for the field experiences, senior Maddie Steil said she “wants more experience before college and committing to what I want to do.”

This class about education is so new to the high school, that there are only five students enrolled in it. The class is much smaller than most, but because of that, the students have quickly formed a

strong bond and friendship.

Diaz said that because it is a smaller class, [the students] all get to communicate their ideas better.

Diaz added, “I think we can all be good friends.”

Another interesting aspect of this course is that once a week, the students get to meet with a new guest speaker who comes into the class. The speaker gets to teach the students about a new topic that is related to the teaching profession. For example, on Sept. 8, guest speaker Lisa Boland Blake came in to teach the class about the importance of morning meetings. The speakers have really influenced the class and have provided the students with valuable information.

“I really like that we get to talk to experienced teachers,” Steil said.

“There are lots of places where teaching and training and educating others is part of your job, so I think you can walk away from this class with whatever job you decide to do along the way with some information and skills,” Ryan explained.

What made you interested in the teaching profession?

“Growing up with teachers, especially in middle school, had a big impact on me.”

What are you most excited for about the field experiences?

“It’s a new point of view that I get to learn.”

Do you enjoy being a small class?

“I think it’s not too bad [having a small class]. We get to communicate our ideas a lot easier.”



Jair Diaz:
junior

GRAPHIC BY ALISON KEELER

Peer Helpers start fresh with new advisors

STELLA MCHUGH
Layout Editor

The Peer Helpers program helps build connections and provide support, set in a healthy environment. This is what social studies teachers Abigail Yates and Samuel Grimes are trying to bring into the Peer Helpers: a supportive network of students available to the entirety of the student body. Whether it is an in-person meeting or anonymously online, these peers are ready to help.

Peer Helpers is a program designed to help students in a way adults cannot. The majority, if not all teens feel more supported by people their age over an adult. Other teens are experiencing similar struggles that come with growing up and surviving high school.

When “staff members get to a point where they can’t help a student, they have a help line relying on the Peer Helper program,” counselor Chelsea Dodds explained.

Students can also find resources to get the next level of support that a teacher or trusted adult may not know about.

The Peer Helpers are also hoping to reach the “therapist friends”. This term is used often by Gen Z to describe people who are always helping others and often neglect themselves. They are the first person

their friends go to for mental health support. Although they are also in need of help or just someone to listen to them. They may not have anyone to go to, but the Peer Helpers are here to support these supporters.

“Even within my own friend group, it’s given me the resources that I need to be able to better help the people around me. It also gives me the resources for if something goes above my head. I have a place that I can refer people to or if I

“This year, we’re hoping to create some sort of way for all the students to contact a Peer Helper even if they don’t know them.”
-Abigail Yates

personally think something is too much for my own mental health,” senior Gaven Boren said.

These students are given the resources to support other students as well as themselves. The select few are going on a retreat this October to ready themselves with the tools they need in order to support themselves and their peers. They will focus on building a community and network of resources for themselves and their peers.

“We are really trying to arm the

Peer Helpers with the resources that are within the school and the community so that if they feel they can’t get the student where they need to be by just listening and having a conversation with them, they can point them in the right direction,” Yates said.

With the coming of a new year and COVID finally dying down the new leaders of the program, Yates and Grimes, are ready to rebuild. They plan on making Peer Helpers more visible in the school and available to all students. This is a huge aspect of the Peer Helpers and it is crucial to the success of the program’s outreach.

“This year, we’re hoping to create some sort of way for all the students to contact a peer helper even if they don’t know them,” Yates explained.

The Peer Helpers anonymous help line is a huge mental health resource for students. It is a way for them to connect with a Peer Helper and get support any time they need it. This year, Yates and Grimes plan on making the help line more known within the school and accessible to all students.

“We’re really going to try and expand the reach of the Peer Helpers so any student can anonymously contact Peer Helpers to talk about something online,” Yates said.



PHOTOS BY GRACE CHENEY

Members of Peer Helpers meet to kick off the year. Peer Helpers just started meeting again and will hold a retreat at the end of Oct.

Mu&ic impacts every aspect of our lives

Music is the heartbeat of many students' lives. From the way our music taste is transformed by social media, to local bands sharing their love with the community, music is a main way we express ourselves.

Social media shapes users' music taste

ANGELA TAYLOR
Copy Editor
Business Editor

Most students do not remember life before social media. In fact, most of students were not even born before the development of the world's initial forms of social media. Social media has become the backbone of teens' lives, and according to SOVA, "social media is one way of connecting people over their taste in music."

SOVA described how adolescents listen to more music than any other age group. Combine this with the instant ability to find and share music via social media and a surplus of creative possibilities, this brings limitless possibilities for students.

"I would say [social media] introduced me to a lot of new songs, new sounds, and new artists that I probably wouldn't have listened to," junior Ethan Stabenow said.

Alumni Connor Quaderer, a popular local rapper, defines social media as a "community." Quaderer believes it is a

place where students and other teens can share their new interests, ideas, and current music obsessions.

Choir teacher Katelyn Larson shares her admiration for social media's ability to introduce people to new artists and genres to all those interested.

"I think social media is really good. It exposes new artists," Larson said.

Social media is also a way for artists to market their music. Sharing music on apps like Tik Tok, an app used by 67 percent of teenagers, Youtube, used by 95 percent of teenagers, and Instagram, a platform used by about 62 percent of teens, executes the repetition side of music marketing.

"These reels, these shorts are the extreme repetition of their brand and their music. They're intended to get stuck in your head," Quaderer said.

The mentality of needing a constant trend and new sound leaves content creators in a perpetual state of exhaustion. These creators are pushed to produce the newest fad to appease content consumers.

"People want what's new,"

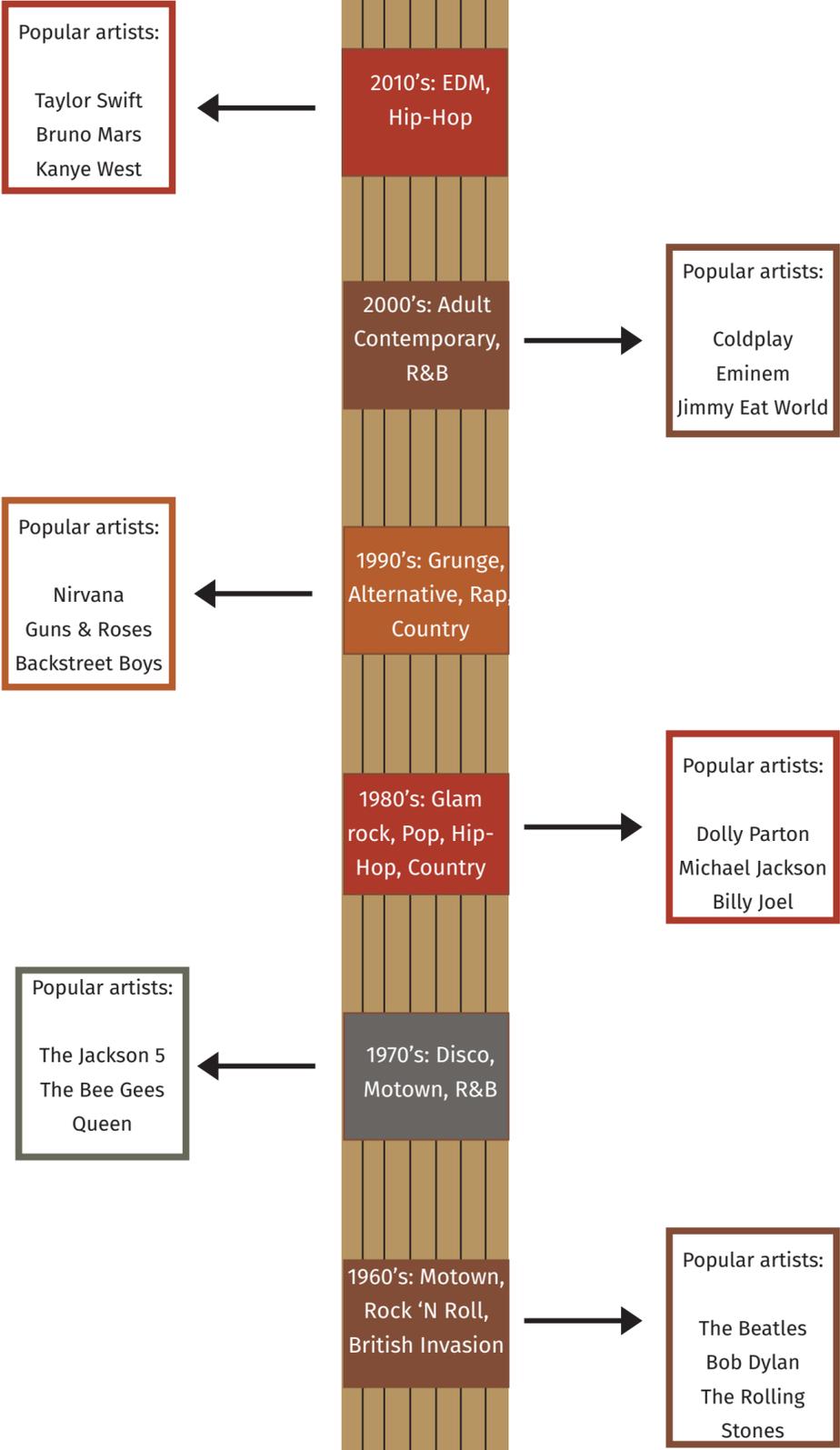
Quaderer said. "The best artists in the world would be nothing if they couldn't market their music properly... music needs social media."

There are many positive aspects of social media for the music world. Social media gives users the ability to put essentially anyone they choose in the spotlight. This capacity to highlight creators some believe should not have a platform.

"I feel the same way about social media the way I feel about a credit card... it is a dangerous, dangerous tool," Quaderer said.

Many people explain the seemingly never-ending amount of content, with features like the "For You" page on Tik Tok creating an algorithm catered to your likes and dislikes, users feel as though it is almost impossible to close the app and revert back to their day-to-day lives.

Tik Tok and other forms of social media are necessities for many teens, because in today's day and age, the lack of social media is the lack of knowledge and virtual community.



Local band Skuzz plays music that inspires

DELANEY JOHNSON
Podcast Reporter
Distribution Reporter

Skuzz is a local band who joined together in their earlier years and experiment around with different sounds. They have a friendship that makes them inseparable from one another.

While they grew together and as a team, they have also made many memories while starting a career, and capturing some gnarly behind the scene moments.

When the band is not working or playing music, they are out listening to somebody else share their musical talents with the world or shredding the streets on their skateboards. They spend their time prioritizing concerts and gigs. They do a lot of venue scouting and looking for opportunities to better themselves as a band, and as people.

"Their dynamics work very well together," senior Joe Digiacome said. "Their teamwork is honestly some of the best teamwork that I've seen."

Since they write their own music, and every band has their different process to mak-

low music and the genuine vibe of the room, but they sure do get loud. It takes lots of thought and effort to plan a show, but this band keeps it all organized yet continues to rock the room.

"They play and then absolutely kill it," Digiacome added.

with a drive beyond them, the pleasure and energy of getting to play and having all that determination to run with them.

"We're lucky and grateful to have the people we have this far," Logan Reimann said.

With many long hours and time spent, the band decided to hit pause with their shows and



Photo by PJ Smith

The band has a bright green drum set that is labeled 'SKUZZ' with masking tape. Skuzz band is made up of three seniors; they have slowly grown their band following over the last year while making memories along the way.

Band members...

Logan Reimann: guitar/Singer
Sam Achibald: guitar
Elliot Johnson: drums

Photots by Sam Archibald and PJ Smith

ing that magic sound, we love and know as music, Skuzz seems to have a straight-forward process. When writing they collaborate and bounce numerous ideas off of each other until they find the right beats and sounds for them to write a song. When it comes to them having a show they like to be planned and know what kind of show they are going to play. They will look at the venue that they are going to play at and determine on their own what kind of music they should be playing.

Their first real gig was a house show with a college metal band performing as well, so Skuzz played a metal inspired set. Skuzz is more known for playing more mel-

When they are up on stage they just embrace the music. The energy in the audience is what brings the band out to keep coming back to perform more for their supporters. Not one show they put on had a low-energy crowd, all they give is positive energy and their closest companions to start a miniature mosh pit that charges up the crowd and band all the more.

As Skuzz gains new supporters day-to-day, that thrive and motivation gets more intense. The band has an ultimate goal to have all the fun, make their music loud, enough to share all the passion they have for music with the world and want to go someplace with it all. They set these goals

start to focus more on their career. It is now time for them to pivot into their writing sessions and get serious about music. They are currently working on getting into the studio to work on their EP which they intend to have on Spotify in the next month. To celebrate their release they are planning a Skuzz Halloween show and getting their gears in motion.

Skuzz is getting closer to their ultimate goal of becoming a band that can be loud enough to hurt your ear drums and get a crowd roaring. They have come far and are expected to go even further with the turn out of things.

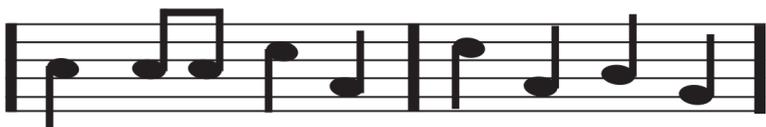
"They are such great people and that's what they deserve," Digiacome said.

Name that tune... Guess who sang each of these three popular songs

- "I don't know about you But I'm feeling 22 Everything will be all right if You keep me next to you..."
- "Go home, get ahead, light-speed internet I don't wanna talk about the way that it was..."
- "But I ain't worried 'bout it right now Keeping dreams alive, 1999, heroes I ain't worried 'bout it right now..."

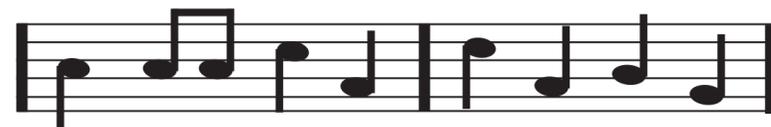
Answers to 'Name that tune...'

- 22 -Taylor swift
- As It Was -Harry Styles
- I Ain't Worried -One Republic



Graphis by Allie Schlagel

Data from Rifftime



Theatre program creates “Working”

GRACE SCHWOCH
Podcast Reporter
Distribution Reporter

GIGI ZAWISLAK
Broadcast Field Reporter

Stillwater’s working community is now starring in this year’s fall play “Working”. It is a book adapted into a musical by Stephan Schwartz. “Working” is now being localized to the community of Stillwater and will be performed in the auditorium. This performance will shine a spotlight on the hopes, dreams, disappointments and joys of community workers.

“Working”, which was originally published in 1974 and later adapted into a musical 4 years later, focuses on America’s working class of all statuses.

Director Grif Sadow explained why he chose this musical, “It’s a really bright piece for a hundred kids or twenty kids. All different types of background or experience and I thought it would be a good opportunity for freshmen to get involved, as well as our upperclassmen.”

Sadow has obtained the right to make changes to the script and with it decided to focus the plot around Stillwater’s workers instead of the original characters written.

Thanks to this once-in-a-lifetime opportunity to alter the original script, Stillwater craftsmen, waiters, entrepreneurs, teachers and many more will be able to tell their stories

through monologues and songs inspired by them.

Sadow has given young casted actors and actresses a chance to find employees who are willing to be interviewed and talk about their work life. When exploring who to interview, they look at what their childhood was like, what inspired them to go into their career, and what their job is like on a day-to-day basis.

Once interviews are completed, they will vigorously begin to create a script surrounding these stories.

“A lot of times we go through life, and we just relate to people as their role and what they do for a living. We forget there’s a person behind that with a story to tell.”
-Grif Sadow

Once that is done, all that is left to do is memorize and practice the scenes and songs. It sounds easy enough, but in reality, it is a much more tedious process.

Junior Mallory Otsuka explained that it is a more serious task getting to play actual people unlike made-up characters with big cheesy smiles and jazz hands.

Even though all productions are overseen by the director, this one will be more “student lead” Otsuka said.

“We have a basic outline of what the script might look like, but we don’t know where the monologues



PHOTO BY MAYA DISHER

The cast of this year’s fall production does improv exercises to help prepare them for their performance. This year’s fall production is a musical called “Working,” which was created to highlight the working people in the community.

will be put yet. So we just have not really done any read-through of the actual script,” senior William McDonough said.

The actors have the chance to give their inputs on monologues and characters as the script develops with new interviews coming in weekly.

Even though this musical choice is far more difficult than any previous piece, it just means the result will be even better.

“A lot of times we go through life, and we just relate to people as

their role and what they do for a living. We forget there’s a person behind that with a story to tell. This musical will impact our community in a different way than past productions, it will connect us,” Sadow said. “A lot of times we go through life, and we just relate to people as their role and what they do for a living. We forget there’s a person behind that with a story to tell.”

Viewers can catch this upcoming production on Nov. 4-5 and 10-12 at 7 p.m., and Nov. 6 at 2 p.m.

Overwatch 2 replaces the original on Oct. 4

JACK HIGGINS
Photography Editor
Online Editor

Overwatch 2 has not been as popular as Activision expected. Since announcing that the game would come out on Oct. 4, the game has received mixed reviews from gamers and critics play testing the beta.

With the new sequel coming out, the original game will shut down to funnel players together and force more to play it. Not everyone agrees with this decision, as they like the

What is new with Overwatch?

1.) The free-to-play model. Overwatch 2 is a free game.

2.) 5v5 multiplayer. While the original Overwatch offered two teams of six players, Overwatch 2 offers two teams of five players.

3.) The battle pass. A battle pass has been added to Overwatch 2. It costs \$10 but unlocks a lot of special characters and skins.

4.) New heros. Overwatch 2 has added three new characters, Sojourn, Junker Queen, and Kiriko.

player campaign mode, set to release in early 2023. It is not known yet whether or not it will be free to play, or if payment is required. The PvE mode is the most different addition to the game from the previous one.

Overwatch 2 has been criticized and praised by critics and players alike. The biggest thing players complain about is that the game is so similar to the original one.

Aldridge said he is “not really excited” about the new game, as he liked the old one more. The player base is mostly divided between whether or not to like it, but most do not see a difference.

A likable feature of the new game is that it is free to play, compared to the launch of the first one, which was \$40. In the years after the release, the price slowly dropped down and in 2019 they cut the price in half to \$20.

Overwatch was a popular game, and Activision hopes to capitalize on the success the previous game had with new modes, heroes, and changes. Players hope that Activision will change the game more than they have, because to them right now it is the same game. If players enjoy the first one or like first-person shooter games, then this game is for them. Advantages of the game include it being free to play, custom player and weapon skins, and different maps and game modes. Disadvantages include the game being similar to the original game, a costly battle pass that does not contain much, and losing 6v6 in favor of 5v5.



FAIR USE IMAGE FROM ACTIVATION BLIZZARD

This is Sojourn, one of the new characters in Overwatch. Her skills are crafted to plan, lead and execute strikes on her opponents.

first one better.

Junior Eli Aldridge does not favor this and wants to see the old game back, “I do not. And I was actually upset about that. I mean, I understand why, because they’re trying to get the players to leave that game to go to this new game, but I think it would be nice to keep it open.”

Activision has also made an interesting decision to make the game free to play, but they have implemented a battle pass system, similar to other popular shooter games, such as Fortnite, Call of Duty and Apex Legends. The battle pass system locks some of the game’s heroes and skins behind a paywall, although all heroes will be available to earn for free at some point.

Junior Leo Whitley does not mind the idea of a battle pass, but if it gets expensive he wants no part in it. “I

think that’s fine. I don’t really mind that. I mean, making it free to play you just need some for the battle pass that kind of makes sense. It just depends on how expensive the battle pass is. Like if it’s crazy expensive and it’s not really worth it then it’s stupid,” Whitley added.

New heroes are being added to the game, and old heroes are being changed. Whitley said he has not looked into it much but has seen videos. All the heroes from the original game will stay, but some will be changed.

Some changes include health increases or decreases, ammunition increases or decreases, and the biggest one, being the game going from a 6v6 player format to a 5v5 player format. Later in the year, a PvE mode is set to release, which was not in Overwatch 1. It will be a story-based, single-

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Football team works hard for Homecoming, undefeated season

COOPER HOWE
Podcast Reporter
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AIDEN PRIMEAU
Podcast Reporter
Distribution Reporter

The football team took on White Bear Lake for the homecoming game on Sept. 30. They are trying to add another win to the team's 4-0 season, wanting to prove to fans that they have what it takes to go all the way.

The team stood strong, looking to take a win against White Bear. With many people questioning whether the football team will continue to keep up with expectations, they did everything to keep their players healthy.

Junior receiver Tanner Schmidt explained how the team is keeping up with expectations and staying healthy.

"We have some of the best trainers, they all really know what they're doing. Post practice we're going in and taking ice baths, hydrating before game day, just doing everything to stay healthy," Schmidt said.

With the football team's success, many people give the credit to the experience and strong leadership from the team's captains this year Max Shikenjanski, Charlie Gleason, Tim Weber and

"I think that having experience with being on the varsity team for a few years is a big part of being a leader, but I think that the biggest thing is doing the right thing when no one else is watching."
-Max Shikenjanski

Tom Blair.

"I think that having experience with being on the varsity team for a few years is a big part of being a leader, but I think that the biggest thing is doing the right thing when no one else is watching," Shikenjanski said about what makes him a good leader on

the team.

The team can base their success on the team's strong passing game. The receivers have a total of 1,172 receiving yards, making sure that every defense they go against has a hard game. They also have to give some of the success to their quarterback Shikenjanski for putting the ball in their hands.

"I would say that they're not as good as a collective group as our four receivers, and we work together as a team and really put in the energy to practice everyday and were just great to each other."

The players are trying not to let their undefeated streak get to their heads.

"Expectations are really high for the team right now as we are undefeated, and I think White Bear is going to be a good game and I'm looking forward to it," Schmidt said.

The football team pulled out a close game against White Bear Lake with a score of 35-28. Shikenjanski helped out with his 251 yards of passing in the game.



Photo by Grace Cheney

Junior Tanner Schmidt catches the ball for a touchdown in the homecoming game against White Bear Lake. The game ended in a win scoring 35-28 giving them a 5-0 record for the mid 2022 season.

Boys soccer win Suburban East Conference

THOMAS CASS
Photographer
Copy Editor

Led by multiple Mr. Soccer candidates, the SEC champion boys soccer team takes a 14-1 overall record into section playoffs after going 8-1 against conference opponents.

The team graduated five seniors who were some of the biggest contributors on the stat sheet last year. To fill this void, the team counted on five players who did not start on varsity last season, two of them coming up from junior varsity, and one outside player, Liam Moreira.

Seniors Miki Taddess and Liam Moreira, leaders of the team's offense, are both Mr. Soccer candidates this season. Moreira and Taddess are tied for ninth in the state with 21 goals each in the regular season. Moreira leads in the assist department with 17 this season, taking sole possession

of second in Minnesota while Taddess follows up with six.

"It's going to be a competition... but, that's my bro and if he gets Mr. Soccer, if I get it, I'm happy both ways," Taddess said.

Moreira added, "We both, we're just you know, so happy for each other that we're both, you know, doing so good."

Thirteen team members have at least one goal this season while all 18 varsity players, excluding goalies, have at least one assist.

"Teams are going to start working hard to take away our attacking players, are going to change their tactics specifically for us," head coach Jake Smothers said.

A strong back line gives the rest of the team the confidence to open their game beyond their normal game plan.

They have been able to overcome the challenges they have faced this season.

Smothers praised the ability of their defensive players to make passes and get themselves out of trouble. Being confident and keeping the right mindset is something that really helps drive this team.

When talking about challenges they have overcome Taddess explained, "coming back from that 3-1 was definitely a moment we were like, 'oh, yeah, we'll beat anybody in the state.'

"Our impressions have always been that regular season is preseason... so we get ready for that postseason tournament," Smothers said.



Photo by Thomas Cass

Senior Liam Moreira carries the ball up the sideline towards the Irondale goal. Moreira is a Minnesota Mr. Soccer candidate.

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New “Golden tickets” effective

SYDNEY RODD

Layout Editor-in-Chief

Tardies and unexcused absences were at an extreme high during the 2021-22 school year. Many students had low attendance, with some of them being truant. Building administration could see that there was a need for change. Data showed that many students were wandering the halls for upwards of 10 minutes before going to class, or they were not going to class at all.

“We have to make a change and do something different from the last two years because there was definitely a need, the need we could see in our data and with our eyes.”

-Shelly Phernetton

“My first process of thoughts was, ‘Yep, absolutely,’” Assistant Principal Shelly Phernetton said. “We have to make a change and do something different from the last two years because there was definitely a need, the need we could see in our data and with our eyes.”

Many adjustments have been made this year to attempt to decrease tardies. Passing time has been increased to seven minutes to give students time to transition from class to class. Office hours are temporarily not in effect to help students focus on their classwork.

“One reason they [increased passing time] was to make everybody feel comfortable,” Stephanie Nord, AP calculus teacher, said. “They could stop and use the bathroom, they wouldn’t have to race.

But I think most of my kids come here, drop their stuff off, and then go to the bathroom, because who wants to carry their backpack into the bathroom?”

The tardy policy has already been proven effective as there are now fewer than 50 tardies per day. That means that less than 2% of the school is scanning the QR codes to receive a “golden ticket.” In the span of a month, tardies have been drastically reduced from where they were before.

When asked approximately how many tardies there was a day, Phernetton explained, “We’re right around in that 30-40 range. That’s great.”

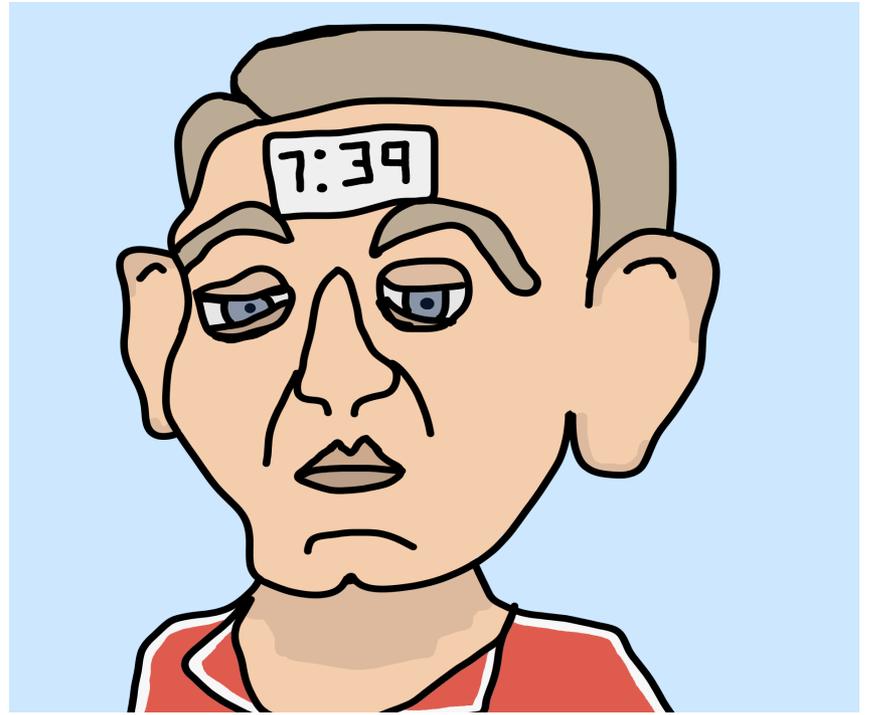
A version of the tardy policy existed in 2016, but a student’s first tardy was a warning. Tardies after the warning received detentions. The building was smaller and did not house nearly as many students. There also were fewer hallways and paths to get from classroom to classroom, so tardies were more common.

Nord explained that in 2016 freshmen did not attend the high school. Students received one warning and got detentions for each tardy after that. She added that 2016 was better as there were fewer people in the hallways at the time which helped the policy work better.

One reason they [increased passing time] was to make everybody feel comfortable. They could stop and use the bathroom, they wouldn’t have to race. But I think most of my kids come here, drop their stuff off and then go to the bathroom, because who wants to carry their backpack into the bathroom?”

Sitting in detention is never fun for anyone involved. However, students have been serving detentions for being late to class. Many have mixed reactions to the tardy ticket policy, even when it has proven to be extremely effective. Students need a push in the right direction, even if a harsh punishment is involved.

Students are not in the wrong for



GRAPHIC BY WILLIAM CADENHEAD

thinking that the new tardy policy is unfair. The policy is over-correcting the attendance issue. Students who are late just one time should not need to take 30 minutes out of their day to sit in detention. Building administration may need to come back and look at the policy later in the year to rework it as needed.

Many students dislike the new “golden tickets” that are given out when they are tardy, but most are upset over having to serve detentions. Students receive a ticket and a 30-minute detention every time they are late to class. The building administration created the policy to keep students in their classrooms and not walking around the hallways to avoid class.

Many students in the building have never been tardy, and do not think they should serve detention for being late one time. The process of going to get a “golden ticket” can be very lengthy, as students must go to their Pony Centers for

the slip of paper. This can make students even later to class, and they miss more instructional time.

“If I didn’t have to go through the entire process of getting the slip, getting a stamp, and then walking to class I would have been maybe four minutes late,” junior Jenna Baumgartner said. “But then I was, like, 10-15 minutes late.”

After serving her detention, Baumgartner said, “You literally just sit there. You can have your computer, you just can’t have your phone.”

The new “golden ticket” policy has elicited different reactions, but many can see that the policy works. Students are in their classrooms and out of the hallways. Teachers do not need to stop class, and students can focus on the material they need to learn. Sitting in detention is always better than being out in the halls during class time. This policy is a push in the right direction for learning, and students need to understand that.

ADMIT ONE

Teachers have been closing doors early at the start of the period

Students who are tardy have to go to the nearest kiosk to get a ticket

One tardy= One detention

Detentions must be completed in the next 24 hours

ADMIT ONE

GRAPHIC BY BELLE LAPOS

“

I used to see people walk in late or never show up, but now people are rarely late.

-junior Austin Sween

“

I’ve noticed that I’m almost running to my classes and I don’t feel like I can stay after to talk to a teacher.

-sophomore Coolsjes Singhvi

“

For me personally, I don’t really have a problem with it because I tend to get to class on time.

- junior Eve Vang

”

EIC COLUMN



Pony Clapback

Jasmine Allison

With the political climate extremely polarized, all eyes are on the 2022 midterms. Historically, the party in the White House loses control of Congress during the midterm elections. However, recent polling and events indicate that it may not be the case in 2022. There is a chance that Democrats may hold onto half or all of Congress. Democrats must maintain their control of Congress. If Republicans take control of Congress, they have made it clear that they will stall Biden's agenda, introduce unpopular legislation against the will of the American people.

Currently, Democrats hold extremely slim majorities in the House of Representatives and the Senate: 223-212 Democrats and 50-50, with Vice President Kamala Harris being the Democrat's tie-breaking vote. Even with their slim majorities, Democrats have passed significant pieces of legislation. The legislation passed by Democrats is, for the most part, popular with the American people, but has been passed with minimal or no support from Republicans.

[read more at sahsponyexpress.com](https://www.sahsponyexpress.com)

Staff Editorial: Office hours should be reinstated

PONY EXPRESS STAFF

The building administration made a decision to take office hours away for the beginning of the 2022 to 2023 school year. The staff provided the incentive that if everyone follows the new tardy and attendance policies, students will get office hours back. This has students upset because they believe they deserve office hours as a staple to get through the week.

Students deserve to have office hours no matter what. Office hours provides nice break in the middle of the week to improve student work ethic and mental health. Without office hours, students struggle to get work in on time, get the help they need and makeup tests in a reasonable time frame.

"It is completely unfair that we need to have any incentive. People who need it, really do need it. It should not just be based on the few people who do not use their time wisely at school," junior Raye Drake said.

Office Hours used to be on Wednesdays from 12:30 p.m. to 2:10 p.m. This was a time when students could get help from their teachers, work on missing assignments or take a make-up test. Although it got a little chaotic and not enough students used the time to their own benefit, it was still more helpful than not.

Office hours were really good for people who could not get their work done all the time. It is convenient for people who need more help managing their time.

Many students have full schedules with sports, clubs, having a social life and to add to it all they now have to



EDITORIAL CARTOON BY AUBREE BIGGER

find time to make up that test they flunked last week. Students feel this new sense of anxiety because they do not have time to get the extra help they need to get good grades.

Some staff said that office hours were beneficial for people who participate in a sport or do not have much time at home.

Office hours helped provide extra time to do homework, because a lot of people are extremely busy.

One of the things students felt improved within themselves, due to office hours, was their work ethic. With designated time during the week to get caught up on their schoolwork, students believed they were doing better in school and keeping up with the coursework more efficiently.

The staff understands teachers stress accountability. High schoolers are getting older so their grades fall

on their own shoulders now, no one else's. By taking away the opportunity to explore that new sense of freedom and accountability, it is not really giving them that experience.

Although office hours did work for some, it was chaotic and some students took advantage of the time. Some students used that time to go home, hang out with friends or were stuck at school because they took the bus. This caused some to use the time efficiently because it was so easy to do other things that did not help their grades.

Despite those who chose not to utilize office hours to the fullest extent, most students found it valuable.

Many students took advantage of office hours last year. With it no longer in their week, many agreed they would use it to their own benefit if office hours came back.

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The staff editorial is written by the *Pony Express* staff and headed by Editors-in-Chief. The *Pony Express* is a member of the High School Press Syndicate, the Columbia High School Press Association, International Quill and Scroll, National Scholastic Press Association and the Minnesota High School Press Association.

The *Pony Express* print and online newspapers strive to provide a form of media that embodies the strongest professional standards while working to present current and relevant stories about the community, inside and outside our building's wall. The goal is to adhere to all legal and ethical standards of best journalistic practices, while informing, enlightening, and entertaining our publication's readers.





PONIES END WINNING SEASON

Ponies soccer team played against Cretin Derham Hall on Oct. 6. The game ended in a win with a final score of 3-1, giving the team a 15-1 regular season record.



TOP PHOTO: Senior Liam Moreira and sophomore Ayden Tran congratulate each other after the game against Cretin Derham Hall. With a final score of 3-1, the boys varsity soccer walked away with another win.

LEFT PHOTO: Senior goal keeper Derek Dopkins guards the goal in the second half of the boys game. With five saves against CDH, Dopkins helped his team walk away with a 3-1 win.



TOP PHOTO: Junior Colin Vilme dribbles the ball to pass to senior forward Mikais Taddeas in the second half of the boys' game against Cretin Derham Hall. Vilme scored one of the three goals during this game.

BELOW PHOTO: Senior Sam Chase kicks a throw in during the second half of the boy's winning game against Cretin Derham Hall. The game was the team's 15th win.



TOP PHOTO: Senior Mikais Taddeas dribbles the ball to score a goal in the game against Cretin Derham Hall.

BELOW PHOTO: Senior Liam Moreira discusses game strategy with the boys soccer coach. Moreira kicked two out of the three goals in the game against Cretin Derham Hall.

