

THE

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PHOTOS BY BAILEY HOLMES

The theater department for the The One-Act Play That Goes Wrong in November. This year will have three separate casts of each production, allowing for students to have more opportunities to preform depending on their commitment.

**AVA BENTDAHL**  
*Graphics Editor*

Actors and actresses are working hard to prepare for “The One-Act Play that Goes Wrong.” A murder mystery play goes along, but from the very beginning things are going wrong. Set pieces are falling, props are misplaced, forgetting lines and so much more. As the theater department continues through the process of getting ready for the show in November, there are some new faces and changes to the department this year. First, there is Jason Stone who is the Assistant Director and is

working closely with Director Grif Sadow who has been working in the department for many years. Second, there is Ann Clark who is the Stage Manager and third, Matt Lamere the Assistant Technical Director who works closely with Brian McTeir the Technical Director. Another big change for this year’s production is that there are three separate casts doing the same production. Since this show only has 11 characters in each cast, this means there are 33 people all working together to get this ready for the upcoming performances. This way with three different casts it is able to give more opportunities for others

whether they are just there for fun or they are wanting to get a more college level experience. The show itself is a murder mystery. After Charles Haversham the owner of Haversham Manor is murdered they have to figure out who committed the crime. Only four other people were in the manor at the time so who could have done it? As the actors and actresses are performing, things begin to go horribly wrong. People forget lines, people argue back and forth, props are misplaced, set pieces are falling, overwhelmed “understudies” and so much more. All of the actors and actresses are working so hard to make their acting

seem as realistic as possible and it is very convincing. From the reactions of all the things going on around them, all the creative bits and reactions the directors are adding along with the British dialect that students are learning from Jason Stone and on top of all that all of the comedy aspects of the whole show makes it so much more entertaining. This show is a must see if you like comedy and a little bit of a murder mystery. You can go see this exciting murder mystery comedy “The One-Act Play That Goes Wrong” on Nov. 3, 4, 9, 10 and 11 at 7 p.m. and Nov. 4 and 5 at 2 p.m.

# Peter Stenross replaces Andrew Weaver

**MAKAYLA SHUGG**  
*Copy Editor*

“When hiring a new teacher after someone who has been teaching for 30 years it can be challenging but Peter Stenross brings good energy and good knowledge like what made Andy Weaver special.” Astronomy teacher Ben Straka said. “I have really big shoes to fill with Weaver leaving; I would love to be able to emulate the way he was able to reach students and the way he got them excited about science,” added new science teacher Peter Stenross who started this fall is excited to teach his new students

about his passion for science. Before Stenross became a teacher, he went to college in Maine. While he was there he studied aquaculture and was planning to go into marine biology. He shortly realized that he did not want to work in a lab the rest of his life. Stenross went into marine biology thinking it was more interactive and “swimming with dolphins” but he realized that was not necessarily the opportunity it brings. Therefore he kept a 225 gallon reef tank based on the Red Sea Ecosystem to keep his passion. While he was not a teacher, he was actually a lobsterman in Florida for 2 years, which Stenross said was hard for him to leave because of the

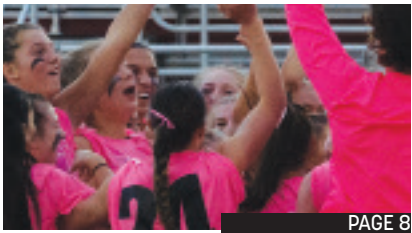
money he was making. He decided he did not want to do that for the rest of his life so he tried to move home and teach in Maine, but some family issues brought him back to grad school in Rochester, NY. Shortly after that there was a huge teacher layoff. Arizona reached out to Stenross and offered him a job, so he relocated to Arizona and taught their for 2 years. “It was too hot for me. My brother and sister in law lived in Minnesota so I moved back up here; they were giving birth to my nephews and I wanted to be closer to them,” Stenross said. This fall will be the first time Stenross is teaching AP Environmen-

tal Science. He also teaches sections of biology. These are the classes he has to take over to cover for Weaver leaving last spring. Before coming to the high school, he taught at Faribault High School. He taught physical science, biology and AP biology. “I was getting my teaching certification transferred over to Minnesota, got a job down at Faribault and worked there for eight years; I also coached the science team,” Stenross said.

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PAGE 2



PAGE 8



PAGE 10

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# River Grove experiences changes

**BELLE LAPOS  
STELLA MCHUGH**  
*Layout Editors-in-Chief*

River Grove Elementary was originally founded due to three school closures in the district that brought many students in the area to come to the forest for their K-5 education. Starting in 2017, “River Grove has a strong community and they’ve created such a supportive and loving educational environment for the kids,” Rebecca Bednar, River Grove parent, said.

River Grove has recently been forced to move locations due to complications with their old location, Wilder Forest. They now await for their new location, the Zepher Theatre, to complete construction. Until then, students and staff explore “field days” at the Warner Nature Center.

The focus of the school has been to teach kids in a way that leans into the environmental aspect of the school. This includes time spent in the school forest every day.

“It’s all centered around education and the environment. All the mathematics, sciences and even literature centers around the notion of environmental concerns. It’s hard not to do it in some sort of natural setting,” David Macdonald, parent and community member, explained.

Due to River Grove’s new location being in downtown Stillwater, this aspect of learning is going to be much more difficult to achieve.

“In an ideal world, we would like to stay in the woods but that wasn’t meant to be, unfortunately,” MacDonald said.

The Zepher location is only a temporary location for the next few years until they build another forest-



Photo by Fen Parham

The old Zepher building is being renovated for River Grove Elementary school. They plan to move into the building in the next few weeks and use the space until their school in Wilder Forest is complete.

focused location at Warner Nature Center. The hardest part of this transition has been the logistics of building into the wilderness, which can prove to be challenging.

MacDonald explained that, in order to even start construction, “they have to pass it, they have to find if anything is going on, and make sure it’s good for the land and everything else. It’s going to take a while, but hopefully not two or three years.”

Since the beginning of the school year, this community of students and staff have been learning in yurts scattered throughout Warner Nature Center. This has unfortunately caused some families to transfer schools at the beginning of the year.

“There are people who couldn’t stay here because of the unknown,” counselor Sara Misner said.

Misner goes on to explain that there are also “ones who are staying. They really have the idea that we can do this, resilient. It is just for a short amount of time that it will be like this and soon there’ll be a beautiful spot downtown and eventually, a beautiful spot here at Warner.”

Along with other parents, Bednar explained that there are a lot of uncertainties on the daily, “the parents are more stressed about it than the kids are because it’s just a lot of moving parts. Watching your email to make sure that we’re going to the same place or if it’s a rainy day where are

we going to be instead? I have not heard a lot of complaining honestly. We’ve just rolled with it.”

Throughout this period of uncertainty, the Manitou Fund has been River Groves’s biggest supporter. They announced on Oct. 2 that they had purchased the land that Grove had previously occupied after the deal with the Catholic youth camp deal fell through. The land will be conserved and protected by the nonprofit foundation for years to come. Their partnership with Grove will allow the school to build a new school and continue teaching in their beloved forest.

Misner explained that the Manitou fund is like a nonprofit. They own the land that the school is currently using and bought the land on which they will eventually build a state-of-the-art school.

In a year of constant change, the community has played a huge role in keeping this tight-knit school even closer.

“People are amazing and resilient. As hard as it has been for things to be up in the air and this whole tense situation, people’s attitude has been overall really positive,” Misner explained.

The goal of the community is to eventually be in a better place for everyone. Although each location has its beauty and wonders, many are excited about the future of River Grove.

Whether deep in the forest or in the middle of downtown Stillwater, River Grove continues to hold to their role of creating a learning environment where kids are encouraged to explore the world around them. With the help of hardworking community leaders, staff members, parents, and flexible students, there is a long and promising future for River Grove Elementary.

# Vagabonds perform at Larson’s wedding

**AMELIA STRONG**  
*Social Media Editor*

Choir teacher Katelyn Larson got married on Oct. 6 and Vagabonds sang at her wedding.

Vagabonds sang at Larson’s wedding because she was in Vagabonds when she was in high school and she loves the group.

“I want them to be at the big parts in my life,” Larson said. “I am proud to have them in my life,” she added.

Vagabonds consistently scores superior ratings and have been chosen as “Best of Site” at MSHSL solo and ensemble contests each year.

“Vagabonds is one of the best choir groups in the nation and they earn many awards for their hard work,” Larson said.

Vagabonds sang “The Lord’s Prayer” in French. They also sang “How sweet is it to be loved by you” by James Taylor.

Larson said she picked ‘The Lord’s Prayer’ in French, because it’s one of her favorite settings of the song that she has ever sung. She sang it when she was a student at St. Olaf College.

Vagabonds had practices for the wedding on Wednesdays evenings and

some Monday evenings.

“Vagabonds is a co-curricular activity group so they rehearse on Wednesday evenings, but we also have done some Monday evenings,” Vagabonds Director Angela Mitchell explained.

Vagabonds takes a lot of time and effort to be the best group they can.

“We work really hard and we do a lot. They are taking time out of their day to be excellent and excel,” senior Michael Fredricks added.

Larson picked Vagabonds instead of the choir that she teaches, Select Women, because she did not want to direct at her wedding. Larson also wanted a variety of voices, the song’s that vagabonds sang at the wedding were best with sopranos, altos, tenors and basses.

“I chose vagabonds because I did not want to be the one to have to direct the choir at my own wedding. Also, my amazing colleague, Angela Mitchell, conducts vagabonds, and I knew that she would do a great job with them. It is also one less thing that I had to worry about on that day,” Larson explained.

Vagabonds is a talented group that is determined and sings difficult music at practices.

“It takes a lot more thinking than I’m used to, but it is very fun and definitely worth every minute,” Fredricks explained.

“We are pretty excelled musically, so on normal practice days, we are given music to sing and we just sing it. Mrs. Mitchell does her best to try and help us, but we kind of just plug through. We usually sit around the piano and listen to each other sing around

us and have fun. This is my first year in Vagabonds and it definitely is a special group to be with and special to be a part of such an amazing choir.”

“There’s some nervous excitement, but I have complete confidence in us. I think that we are going to sing fantastically, I think it’s going to be gorgeous, super fun, and we are all really excited,” Fredericks added before the wedding.



Photo submitted by Anne Victoria

Vagabonds celebrate with Katelyn Larson after the wedding ceremony. They had spent the afternoon singing at her wedding.



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# Alex Funk selected for Page Program

COLE NUSS  
*Layout Editor*

Beep Beep Beep! The alarm clock goes off at 5 a.m. for senior Alex Funk. She stumbles out of bed on her way to breakfast, the warm smell of coffee fills the air as she nears. She packs up her stuff for school after eating, getting ready for a long day of school and convening with the Senate.

The Senate Page Program is a selective group for students to be immersed into the Senate. Only “30 pages nationwide” get picked, Funk explained. Funk applied under Senator Amy Klobuchar and was qualified enough to be selected.

Pages help with daily tasks like providing support to senators during debates and delivering legislative materials. They are heavily involved with keeping the Senate moving at a steady fast pace, even doing things like brining water to a thirsty legislator helps the Senate run smoothly.

Going to school, living in Washington D.C. and working as a Page is nothing like ordinary high school. Students live in dorms with multiple other students away from their families, they have little access to their phone except for a short period of time on the weekends and even work in the Capitol like adults.

“In D.C. it was an odd mixture of having no freedom and endless freedom. And here, I mean, it’s just regular high school. I like both of these experiences. They’re just not similar,” Funk said.

Funk’s experiences outside of high school has shaped her into a successful person. Through program, Funk has learned more about politics, the government and become more in



PHOTO BY ALEX FUNK

Senior Alex Funk spent one semester of her junior year on the Senate floor, helping to make things run smoothly. She was able to meet many senators, House of Representatives and other government officials.

touch with all of its workings. “She is very politically savvy and politically informed. More than most adults that you will meet,” English teacher Jill Rusignuolo said. In the class, AP Language which discusses a lot of current events, Funk thrived and was able to debate heavy important topics. Girls State, which she attended this past summer helped her gain more strength in this area. “One thing that distinguishes Alex from her peers is like, this sense of composure and confidence where she just comes off as fearless. The sky’s the limit for her, so she jumped right in,” Rusignuolo added. The Senate has many opinions

flying around all the time. Senators are constantly going back and forth on matters that are important to both the present and future of the United States. “The Page Program gave me the ability to see the other side’s perspective. It’s all about perspective,” Funk stated. While in D.C. Funk was able to be a part of once in a lifetime experiences. Experiences most high school students do not know about. “I was on the floor when all the new Senators were being sworn in for the 118th Congress,” Funk said. After high school, in college Funk wants to stay involved in politics. She even wrote her college entrance

essay on the Senate and its powerful hardworking capabilities. She wants to study politics, political science in college and eventually wants to go into politics Funk explained. Her desire to make a difference shines. “She’s really interested in climate change, and environmental sustainability. She wants to be a change maker, and she sees politics as the vehicle to do that,” Bob Manning, Career Pathways Coordinator, said. “The only thing I tell readers is just to stay up to date on current events. It’s really important to be educated, especially in today’s society when there’s so much misinformation going around,” Funk said.

# Cole Nuss forms sailing club at high school

MADY RICHER  
*Online Editor*

Junior Cole Nuss recently introduced a new sailing club at the high school in order to compete with neighboring schools. So far this fall, they have been building the team's culture, practicing and adding members. The club has continued to grow, and Nuss is hopeful that it is able to reach a larger audience of people.

In order for this club to become an actual team at the school, they must have at least four members. Fortunately, they have achieved this standard, but have experienced hardships with both starting this club, and overall the ability for it to be turned into a team.

“We haven't officially started it as a team because Ricky Michel won’t let us make it an official sport like other schools. But we are trying to get there and get enough people to join so that Ricky Michel can’t deny us,” Nuss explained.

With the start of this club, the hopes and goals continue to grow. When a club is started, it potentially may take a while to build it up and have many people involved with it.

Right now, the sailing club consists of only juniors and seniors, four in total. Although they have a steady foundation, Nuss explained, “I hope that it can eventually reach more people and that it can grow and stay continuing even after all of us leave high school.” With the hope of expanding the sailing club, having no prior experience to joining is not a problem. The White Bear Lake sailing club, allows for new members to join and learn the ropes of sailing. All ages can partake in sailing, and continue it throughout their lifetime. While Nuss explained that sailing is a very fun sport, and to reach out if you're interested at all, he also mentioned “that you could end up doing sailing as a lifetime sport.” Within a club you need both a creator and a leader to make it become successful. Junior Kaitlyn Anderson has been a part of the White Bear Lake sailing club for years, and was recently named captain of the schools sailing club. This was because of her work ethic, involvement in the sport and support towards her teammates. Anderson said she was heavily

involved with the sport in all three seasons which aided her with becoming captain of the sailing team. If you're hoping to join and become a member, you must be signed up for either the St. Croix sailing school, or White Bear sailing school. Sailing is very simple, and a skilled instructor can teach the basics in just one day. It does not take much to learn, but it is also important that someone is safely learning the basics of becoming a sailor. “It really doesn't take much, you just have to sign up for one of the sailing clubs,” Nuss explained. Many clubs at school have a very tight knit group of kids, who push each other to become a better person and member. The sailing club consists of four hard working high school students with incredible drive. Anderson explained how they are very close, and that the club is more like a family than a team. The sailing club is an inclusive group that is open to everyone joining. They are a close group of high school students who are hardworking and want to expand their club to anyone who has interest in sailing, or wants to try something new.



PHOTO BY COLE NUSS

Junior Cole Nuss sails Bde-makasaka lake in Minneapolis with Ethan Stabenow. They were competing for the sate regatta. The team spends three days a week practicing on the lake.

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# Teachers use new cell phone policy

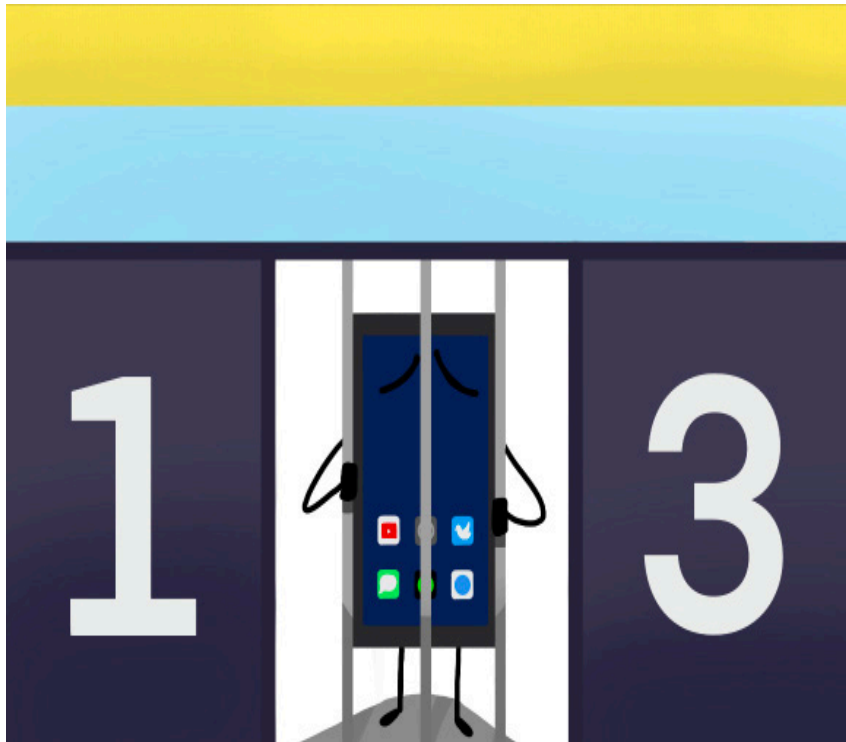
NETTA HILLEGASS  
*Broadcast Editor*

Technology has proved to be a helpful resource for many students in their school work, but whether it distracts more than it helps has become a question concerning many teachers. Teachers, like psychology and social studies teacher Gerald Coury and Instructional Coach and Chemistry Teacher Geri Handberg, have been using phone regulation in their classrooms over their career, while other teachers such as AP Biology, CIS human anatomy teacher Laura Krajewski has switched to more regulated phone usage this year. Coming back with positive results, it is safe to say a permanent switch should be made.

In a Harvard University study, researchers found that phones cause students to multitask, which in turn negatively impacts learning and task completion. Though distraction is not the only problem that phones cause, continued use of cell phones have been shown to cause reduced reaction times, performance of tasks, overall enjoyment of tasks and the mind's capability.

Coury spoke about his concerns about phone use and the impacts it has on students. He said phone apps, such as Instagram, negatively affect young girls' mental health. He shows his students an article highlighting this fact. During the beginning of the school year he makes sure to inform the students of each of his classes about the dangers of phones and why he feels the phone caddy is necessary.

Students and teachers alike are



Graphic by Gabbi Chau

impacted by phone use in the classroom, and now as more teachers are buying in on phone regulation some teachers such as Handberg have found a different way of regulating phone use. Using self regulation she has the students in an "honors system" of sorts, having a tally to show the students how far away they are from stricter regulations.

Handberg believes students need to learn to self manage their phone use as they would not always have the phone holders to regulate themselves. "You have to start to develop those self regulations. When you have a job, you can't use your phone and so... I

can help kids start to learn how to self regulate," Handberg said.

Over her years of teaching, she was able to figure out this method and for her it has shown to work. She has a tally to keep track of the breaks, "With reminders, soon, students can self manage," this is her alternative to the phone caddy. This may be a valuable alternative to the cell phone caddies.

According to a Harvard University Study, continued use on cell phones leads to shortened attention span and decreases fast problem solving. This is detrimental as it not only affects school work it also affects the



Photo by Cole Nuss

Student places phone in holder before class starts. This routine has been put in place in most classrooms.

students' overall problem solving skills, giving long term effects on their lives.

Krajewski has recently switched to using phone caddies regularly. She found phones as too much of a distraction for her class. She has seen a great improvement in her students' social interactions during her classes.

"It just seems like when the cell phone was there, even if it was... facedown on the table. It was very easy for a student to be distracted... and so by putting the phone away it's really just out of sight out of mind," Krajewski said.

Teachers have already seen improvements with using the phone caddy more regularly, it will be even more effective as more teachers join in on the policy and create a unanimous decision on the matter.

Therefore, the phone policy needs to be kept in place to ensure students learn in the classroom.

# District administrators should not change

GABBI CHAU  
*Political Cartoon Editor*

Schools are constantly changing. They adapt to new situations and circumstances and our schools reflect that. Administrators are considering adapting our school's start times to fit teenager's sleep needs by flipping the schedules of elementary and secondary schools.

Currently, the elementary schools start around 8:40 a.m., and the high school and middle schools start at 7:40 a.m. and 7:50 a.m., respectively. With this change, the high schoolers would be let out an hour later than they do now, affecting the bulk of people in the district in their athletics, academics, jobs and most importantly their sleep and mental health.

Research on later start times shows that students benefit from beginning later in the day, but would only make students push their schedules later, not change them.

Teenagers spend a lot of time sleeping. Teens will always want more time to sleep, but will not take new action to change their behaviors.

School psychologist Jennifer Kern explained how teenagers stay up later and sleep in more due to their bodies releasing the sleep chemicals found in the brain (like Melatonin).

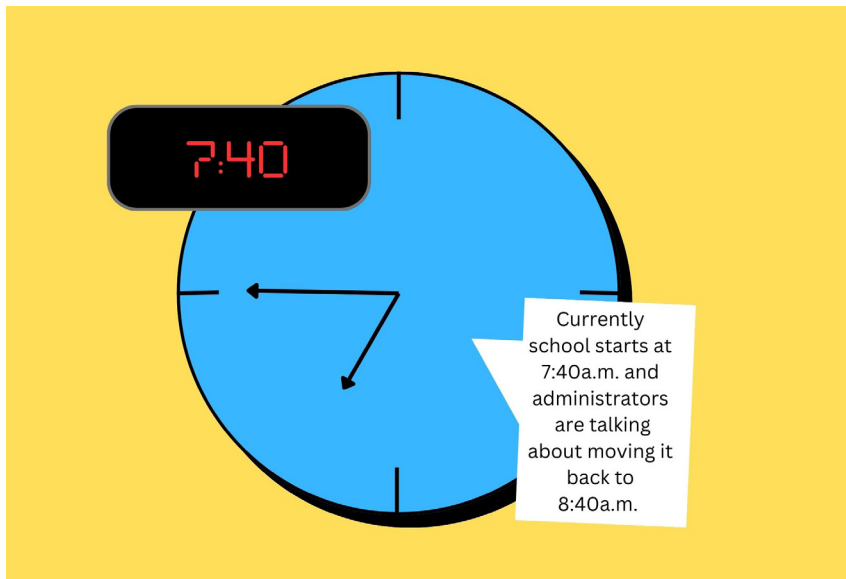
"Sometimes the [current] schedule is fighting against what's natural to the teenage brain," Kern added.

But if everything was based on what was natural to the teenager's brain, there would not be a school system at all.

Sleep does have a large influence on how some students perform during the day, but the key word there is "some".

"Good students are always going to be good students," Athletic Director Ricky Michel said.

No matter what time a student wakes up or gets to school, their



Graphic by Cole Nuss

school performance will always be grounded by their own actions, not solely based on the amount of sleep they get the night before.

"Students who struggle, they're going to struggle... Some may do better, and some will not," Michel added.

Junior Bodie Sheffer explained how changing these times would affect AP (Advanced Placement) students, most of whom are in a sport and/or another AP/advanced course, leaving their time to complete homework delayed even more than at the moment, especially for student-athletes who train for long hours every day.

A late start means a late end time as well (potentially at around 3:10 p.m. for the high school if we started at 8:40 a.m. instead), causing all after-school sports and activities to be moved back by an hour.

"I get up at 7 a.m. And then I go to [swim] practice and I get home at 6

p.m. So it is already an 11-hour day," Sheffer explained his opinion on the later times as a student-athlete.

The Centers for Disease Control (CDC) recommends that teens ideally get eight to 10 hours of sleep for "good health". Say a student-athlete gets home from practice at 6 p.m. After they take a shower and eat dinner it is around 8 a.m., but they still have their homework to do. In each class, they have anywhere from 10 minutes of homework to 60 minutes, but most have around 30 minutes. Multiply that by six classes every night and now it is 11 p.m. at night and they have to be up at 7 a.m. the next morning to get to school by 8:30 a.m. That is barely eight hours of sleep. That is assuming they only have 30 minutes of homework for some of their classes and are not in any advanced classes.

While having a later start time could positively impact academics, some downsides exist for students

who work outside of school to earn money for college or to support their families. If start times are moved an hour later, students could possibly lose up to five hours of work each work week. If an average student earns \$12-\$15 per hour, that is a loss of \$60-\$75 per month.

"I think it'll just allow people to probably have an excuse to stay out a little later to work a little bit longer at night with their jobs and those kinds of things," Michel said.

There are always students whose families rely on the income they earn from after-school jobs whether that be babysitting or retail. These jobs could fund potential colleges in the future. If not for further education, they could need the money for necessities, like food, electricity, clothing, bills, gas, etc. That \$60 per month could greatly impact a family's budget and livelihood.

From experience attending school in this district for almost 11 school years, if the administrators institute these times, students will only stay up later and not try and use the extra hour for its intended use.

If young people would actually go to bed at a reasonable hour, then it could work, but the fact is, that's not going to happen Michel said.

Majorly pushing the start time seems like a good idea in theory, but its effects go deeper than most people's surface-level opinion. When discussing the topic with peers, most seemed in support of getting a little bit more shut-eye, but further into conversations, they really started to think about the things in their lives that would be impacted by this change.

Instead of trying to adapt the same schedule to fit ever-changing developing minds, the system should be examined on how to adapt to best-fit individuals, instead of half-fitting the mass majority.



EIC COLUMN



Pony Clapback

Bailey Holmes

This past summer, a group of 16 youth environmental activists sued their home state of Montana in a landmark climate trial and won, but not just with scientific facts. They used the Constitution. This was a first-of-its-kind court case in the United States, but far from the last. Since then, there have been several big wins in the environmental community, and more specifically in Minnesota. The case, *Held v. Montana*, created a domino effect of positive change in caring about the climate, as well as youth voices, across the country and world.

This lineup of court trials began during a summer of record-high temperatures, flooding and natural disasters around the world. In Montana specifically, this presented itself with disasters caused by the 4000 oil wells, 5000 gas wells, four oil refineries and six coal mines that all contributed to wiping out forestry and opening up land to extreme mudslides. This directly caused rivers to be mucky dumping grounds for all sorts of natural and unnatural materials.

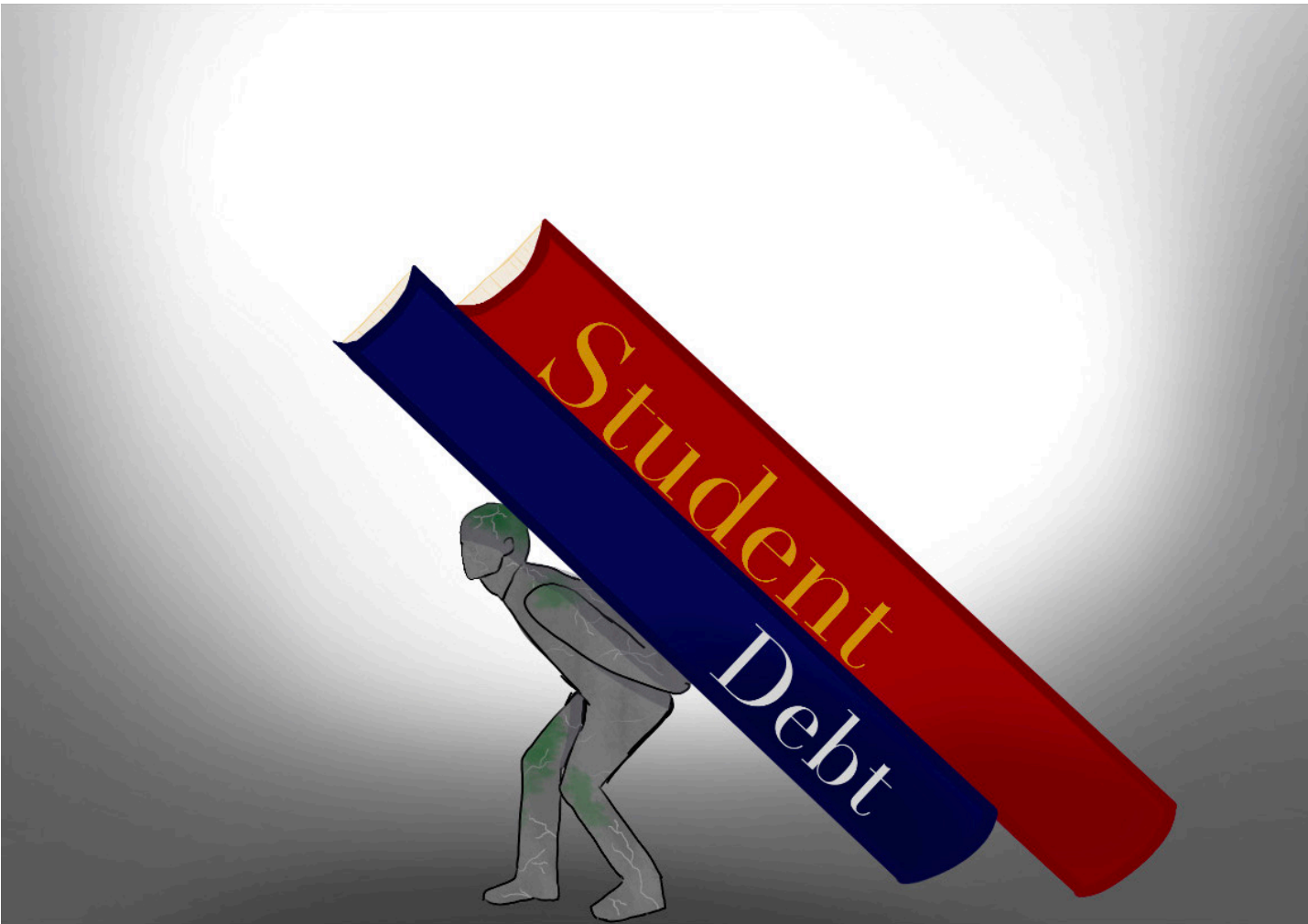
An article about the trial, written by David Gelles and Mike Baker from The New York Times, said the court found that when adding together all of the greenhouse gasses created by Montana alone, it is “responsible for as much carbon dioxide as produced by Argentina, the Netherlands or Pakistan.” Those are entire countries. Montana is a singular state.

Leading the fight against youth voices and scientific facts is the state’s attorney general, Austin Knudsen. He believes that there is no possible way that Montana alone is contributing to climate change on a larger scale, and what the thousands of oil and gas wells have done for the overall economy is more important.

In a statement for Gelles and Baker’s article in the Times, Knudsen’s spokeswoman said that the ruling was “absurd” and a “taxpayer-funded publicity stunt.” She added, “Montanans can not be blamed for changing the climate.”

But the truth is that the trial was not about just placing the blame on the state, it was about the fact that Montana fully broke their promise that all residents have a right to a “clean and healthful environment”, quoted directly from the state’s updated constitution created in 1972. Instead, Montana legislators have continued to make laws in favor of commercial oil and gas companies so they could get around the testing done by environmental and climate specialists when putting new projects into effect.

[read more at  
sahsponyexpress.com](#)



EDITORIAL CARTOON BY GABBI CHAU

Staff Editorial:  
College should be accessible for all

PONY EXPRESS STAFF

Every year, high school seniors face the choice of what to do after high school, and consider if they are willing to take on the burden of student debt to attend higher education. Student debt has more than doubled over the last two decades. This did not deter 7,057,980 kids from applying for college last year alone. That was a 30% increase from the 2019-2020 school year. Even with the rising college tuition cost, students still believe, finding and hoping for success by taking the route of a four-year college.

Starting in 1965, the government organization known as Federal Student Aid or FSA for short, is an organization that provides financial aid for qualified students who chose to attend a FSA accredited school. FSA provided an average of \$10,950 in financial aid per student, after 2011 which was a 110% increase from 2001-2010. Students use FSA to pay for college to relieve some of the debt from rising tuition costs, and the expenses of attending college.

“Depending on where they go, for example if tuition cost 30k to attend, students should get at least 20k because they still have to pay when you’re there. You still have to pay for food if you are going anywhere and also paying for where you are staying to attend school,” junior Mady Richert said.

The average bachelor’s degree holders salary in the U.S. is \$36,000 a year. This is 84% higher than those whose highest degree of education is a high school diploma. As a result bachelor degree holders earn \$1 million more in there lifetime of work, in whatever field they choose post col-

lege. This proves the positive impact of choosing higher education.

Junior Netta Hillegass shared her thoughts about the advantages that college can bring to the real world, and just how powerful the experience can be to your future.

“Usually even some of the simpler jobs require a four year education now so it’ll give more opportunities. Instead of a lower level job that might not pay as much, you will be more certified and prepared for your field of work,” Hillegass said.

“Depending on where they go, for example if tuition cost 30k to attend, students should get at least 20k because they still have to pay when you’re there. You still have to pay for food if you are going anywhere and also paying for where you are staying to attend school,”

-Mady Richert

The average student loan debt after college is \$37,388 per borrower for a four year public degree holder. It is \$54,121 for a four year private tuition bachelor’s degree, in post-collapse student loan debt. Straight out of college, the average student takes 21 years to pay off this debt. As rising tuition costs do not help this amount of time it takes to pay off debt either. This excludes your technical colleges or trade schools as their average tuition cost is \$10,000 a year.

Senior Paige Van Duyne explained

how she has first hand seen the impacts of college as it has reflected on her mom’s job. Just last year, Van Duyne’s mom went back and finished college online for 2 years and later received a higher college degree, now she earns significantly more money then she did with a lower level of education.

Since 1963, the average college inflation rate at a public institution is an 8% increase each year from 1963 to now in 2023. Compared to a private school tuition that is just about the same rate at 9% a year for most of your institutions, where the average price of college was \$4,300 a year in 1963 and in 2023 the average was \$39,400 a year. This data shows just the impact over time of the cost of a higher education. In addition, it presents how much value that a college can hold even since 1963 as college tuition has more than tripled. As people still strive for greatness, by going through a public or private institution of higher education, in hope of finding that successful career path.

The majority of students believe that college is still a great path to go down if it is right for them, meaning that it will be beneficial for their future education journey and take another step in finding their future career pathways. Students still value the post education route, but believe that tuition prices need to lower to be more affordable and accessible to everyone. Regardless of the financial situation.

The U.S. Department of Education and the local governing bodies around the country need to put the future first. By lowering college debt and joining the 11 states that have passed policies to freeze and cap college tuition at four year colleges.

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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.







# MORE THAN JUST A GAME

## The emotions beyond the sidelines



PHOTOS BY JACK HIGGINS

The boys football team play their game against Lakeville North on Sept. 5. The team won 35-14 and proceeded to have a successful season with a

## Superfans set team excitement

RIO ATKINSON  
*Graphics Editor*

Superfans help organize everyone together by bringing excitement and support for not only the fans but the sports teams as well. They contribute a lot of time into making the games enjoyable for everyone with custom cheers, themes and school spirit. Fans will not miss them dressed up in eye-catching outfits to match the themes, nor miss their loud voices leading the fans at the front of the stands.

New superfans are chosen every year and they change the game for the school. No group of superfans is the same, but they all have the same goal. To make the games fun for spectators and players.

Senior superfan Elsa Swenson explained the process of becoming

a superfan, "our student Co-president, Jenna Phelps, picked all the superfans this year."

Swenson also expressed that her choice for being a superfan was because she has always loved going to the games and it was just more of a reason to be there.

Many might wonder what head coach Beau LaBore thinks of the super fans. LaBore has been a coach for 23 years. This is his 19th year as a head coach and 13th in Stillwater. He is also a history teacher, so he has seen a lot. LaBore explained what he thought of the superfans and how they affected his team and the fans around them.

"Friday nights would not be the same without the superfans, and spectators. So the more fans that come and the more spirited those fans are, the better the experience

for everyone in the stadium," LaBore said.

Not only do superfans impact the fans, but their efforts also impact the players as well. Our fans have a big impact on the games, even though the players are the ones doing the work. The higher the energy in the stands the better they play.

"I feel like players feed off the fans' energy and it contributes to our play," junior football player, Joe Fredkove said. "I play harder when there's more people that are watching and it makes me motivated to play better." Fredkove explained about how it affected his play personally.

Homecoming tends to be the most memorable game of the season because of the abundance of fans and cheering for schools. Last year, a record-breaking number of fans showed up to watch the

Ponies on this special and thrilling night.

"Last year was a game that came down to the final seconds and we were able to hold on for a win against White Bear Lake who we played more than any other team in history. It basically decided the sub-district championship, and it was done so in front of a school record 6300 fans," LaBore expressed about last year's homecoming game.

The superfans contribute to both the excitement of the fans and the performance of the players by bringing school spirit and a sense of togetherness to the stands at each game.

Superfans continue to support the teams through all sports seasons during the school year.

## Athletes feel performance stress

JAYDA BOUTCHEE  
*Copy Editor*

Football athletes are consumed by pressure from many different angles around games such as homecoming. This causes stress and anxiety, resulting in negative performances in their sports and academics.

Understanding the feelings of players when they practice, leading up to the game, the nerves and pressure that surrounds them when it comes to game night and the bleachers are packed with eager fans ready to watch their team win.

The players stress multiple things approaching an important game, which causes a lot of self-pressure up to 66.6 percent and a fear of failure up to 64 percent overall. This puts a strain on their mental health, which leads to common diagnoses such as anxiety and depression.

Junior football player, Siwon Youn understands that the mental side of the game is just as important as the physical side. Many athletes keep their feel-

ings and stress bottled up, which negatively affects their mental health, performances and academics causing athletes grades to drop. If they focus too much on their performance, their academics are affected and vice versa.

"You devote a lot of your time and effort and life into it and it effects a lot of aspects of your life like school and social"  
-Frankie Kubitschek

"You devote a lot of your time and effort and life into it and it affects a lot of aspects of your life like school and social," senior football player, Frankie Kubitschek said. Football can feel like more of a job because of the dedication and time they put into the practices, the rugged workouts and the outside training that needs to be done. The amount of time a sport can take up along with school on top of that it is crucial that they get into a type of balance.

For example, Kubitschek can "definitely appreciate the time away to focus on other aspects" as if he doesn't have a lot of time for

himself or for academics which can make it difficult to find footing when making the decision to do a sport.

Playing an intense sport such as football commonly leads to major and minor injuries and burnout. Many young athletes can be turned off by this kind of stress. This leads them to not perform well in all aspects such as academics, sports and even their social life. They can become too drained to put any effort into anything.

"The pleasure and satisfaction of being a part of a team and contributing to something bigger than yourself is hopefully something that negates any of the constraints or challenges that come with it," head football coach Beau LaBore explained.

Participating in team sports can also reduce anxiety, depression and attention problems not just cause it. Many athletes find football as a release for their feelings and they also feel a community within their team,

which helps them feel a sense of security which is vital in a tough period such as high school.

"We perform for each other. It's like one person can't make a team, but one person can definitely break it," Youn said.



PHOTOS BY JACK HIGGINS

The boys football team play their away game at Forest Lake on Sept. 29. They celebrate together after a successful run that sets them ahead. The team goes home with a win against the Forest Lake Rangers.

**64%**  
OF HIGH SCHOOL  
ATHLETES STRESS IS  
CAUSED BY FEAR OF  
FAILURE

**57%**  
OF HIGH SCHOOL  
STUDENTS PARTICIPATE  
IN A SPORT

**91%**  
OF HIGH SCHOOL  
ATHLETES HAVE  
EXPERIENCED  
SPORT-RELATED STRESS

**55%**  
OF HIGH SCHOOL  
ATHLETES SAID EXERCISE  
HELPED WITH STRESS

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*What do you do to combat stress in activity?*

"I combat stress with swim by having a phenomenal community of people around me and also listening to music but if it's super bad I just try and take space or just fake having it together"  
-Ash Sutterfield

"I usually sleep and take mental rests so that when it's time to focus on football I can get the job done"  
- Micheal Fredricks

"I take a moment to ground myself and focus on the next point"  
-Evie Vacek



# Powderpuff seniors keep win streak

ALISON KEELER  
*Layout Editor-in-Chief*

Photos by Jack Higgins and Bailey Holmes

Powderpuff is a girl’s chance to play football. It is an annual tradition during homecoming week where junior and senior girls compete against each other in a game of flag football.

The game took place on Sept. 27 at 6 p.m. at the Pony Stadium. The tradition of powderpuff dates back to the 1940s, when men were away at war and women filled in during football games. After generations, Powderpuff has become a high school homecoming week tradition where girls get a chance to play football.

Approximately 30 seniors and 30 juniors participated in the game that evening. Fans filled the stands wearing black in support, of the juniors and pink in support of the seniors. Last season, this years seniors lost so they hoped to make a comeback.

Senior Grayson Zurn, varsity football captain and Powderpuff coach, said the seniors last year) already played the game so they knew what they were doing. He thinks [this year’s seniors] definitely have a lot more aggression and they are realizing more about tackling.

To participate in Powderpuff, there was a first come first serve ticket sale in the cafeteria. Bright and early around 6 a.m., the doors of the school were flooded. With money in hand, girls rushed to buy a ticket to be able to play in the game. The large amounts of pushing and shoving led to hurt feelings and many girls were not able to sign up. All of this happened in a matter of ten minutes.

“I got [to school] at I want to say 6:15 a.m. and we were waiting outside in the cold,” senior Cayman Pagel said. “The sprinklers were going off. So many people were waiting in line. I was super worried I was at

Senior students cheer after winning the Powderpuff football game 14-6 against the juniors. Powderpuff is an anual tradition that allows girls to play football, and fundraise money for Tackle Cancer. The seniors have won the game consistently over the past few years.



the end of the line. A lot of drama surrounded and people were creating walls to prevent people from going to the front of the line. It was very intense at six in the morning.”

“My situation was a little bit different since I’m on student council, I didn’t have to wait in line. But I did have a lot of friends [that had to wait] really early that morning. I want to try to improve how waiting is next year because it’s so chilly and it’s not very fun to do,” junior Maysen Puhmann added.

Preparation for the game involved four days of practice after school. The girls learned new skills like flag pulling, tackling tactics and game plays.

“From what I’ve been seeing and hearing, especially in our first practice, we feel like we got so much done and accomplished that I think the game will be good,” Puhmann said.

Powderpuff at the high school level is coached by students rather than teachers or coaches. Student football players, like Zurn, got to have a chance at a larger leadership role and be involved in Powderpuff.

Zurn said you have to be able to corral the girls because they “obviously are very excited about the experience and sometimes their excitement gets too high.” He added that having a commanding voice will get them to all listen at one time.

Last year, the girls from the class of 2024 lost to last year’s seniors 2023. They hoped to make a comeback this year because they are more experienced.

“We were going up against a team that had played a year before. It was a lot of just figuring things out. Now,

we get to come into it this year with a little bit more experience,” Pagel said.

For fans who went to the game, there was no need to buy tickets. However, donations were encouraged. All of the funds from the players ticket purchases and the donations went to Tackle Cancer. This organization raises money for cancer research and for the Randy Schafer fund. Tackle Cancer is promoted

“Stillwater definitely takes really great pride in Tackle Cancer and we continue to keep beating our goal from the previous year. We got over \$25,000 I think last year.”

-Grayson Zurn

by the Minnesota Football Coaches Association and this year the high school is still continuing to raise well over their new goal of \$30,000.

“Stillwater definitely takes really great pride in tackle cancer and we continue to keep beating our goal from the previous year. We got over \$25,000 I think last year,” Zurn said.

On the night of the game, Pagel made the first touchdown and had three carry attempts in the first half. Elise Dieterle scored the first touchdown for the juniors and the score was 8-6 at half time.

Puhmann said she has heard both ways, like the seniors are going to dominate the juniors or the juniors are going to dominate the seniors. She thinks that it is going to be a very close game.

In the final quarter, Maya Krueger made a touchdown for the seniors, leading them to a final game win of 14-6. With many attempts from the juniors, they just could not manage to keep up with the seniors.

Zurn gave a prediction before the game, “I’m expecting a win. I think we learned a lot from last year and our team’s looking really good. I’ll give a score prediction too. I’ll say 14-7 seniors.”

The players got to learn a lot of valuable skills from this experience. Powderpuff is known for this and will continue to be a homecoming tradition for years to come.

“Working with a bunch of different types of people with different levels of experience and adapting to a sport that [I’m] not necessarily used to [was a big adjustment],” Pagel said.

“One thing I’ve learned is just how to communicate with your team. I am a swimmer and I do track and field so I’ve been apart of two more individual sport. So being on this little football team has brought back memories from playing basketball and having these good communication skills of having to work on a team,” Puhmann added.



Photos by Bailey Holmes

Junior and senior teams participate in Powderpuff. The Powderpuff game showcased the skills and cooperation that the girls on both teams learned.

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# Lake Elmo brings life to downtown

AVA BIEDERMAN  
*Photography Editor-In-Chief*

Downtown Lake Elmo is a historic town that is finally being brought back to life due to the strong community and small businesses. Sunshine Coffee Company, Thrive HQ, La Vie Est Belle and Be The Light Hair Studio are all businesses that have a high impact in this small town.

Thrive HQ is a Physical Therapy clinic that offers many kinds of wellness opportunities. Clients can get a new approach to physical therapy, yoga and working out. Their main mission is to get the body moving. Sunshine Coffee Company is a coffee shop that uses precise weights to craft coffee or other beverages. They use special ingredients like local honey or maple syrup to make the drinks unique. Be The Light Hair Studio creates an intimate luxury experience that ensures to keep the style you want in mind. They have a mission of making clients feel beautiful inside and out while also bringing light to the world. La Vie Est Belle is a gift shop that donates part of the proceeds towards children mental health organizations.

Downtown Lake Elmo has created such a powerful community. Many people meet through these businesses and become friends. These places give people an opportunity to meet neighbors they have never seen before.

“There’s a retired couple and a woman that’s in her 90s, who live very close to one another. They could probably see each other’s house, but it is kind of the back of the houses so they had never met. And we introduced them because we know where they both lived. And they sat and talked for probably an hour,” Erica Madsen, Sunshine Coffee House owner, said.

Community is so incredibly important to this small town. The town relies on the community to stay in business. The strong, supportive community in downtown Lake Elmo allows businesses to thrive.



Photo by Ava Biederman

Lake Elmo is full of small businesses, including Thrive. Thrive is a gym and one of the owners of Thrive, Doctor Matt Hirn, creates many fun workouts. For example, Thrive worked with the Lake Elmo Fire Department and created a workout which included moving a hose from one place to another.

“I believe in this community. I think it is unique and special. Lake Elmo is one of the fastest growing cities in Minnesota,” Kristin Rehkamp, La vie Est Belle owner, explained. Lake Elmo has become a strong community that has been growing larger.

Downtown Lake Elmo businesses have made connections all over the surrounding cities. This allows small businesses to create a larger community. The larger the community a business has, the more successful they can become.

Greg Bailen, physical therapist and owner of Thrive HQ, talked about how relationships with busi-

nesses around the Twin Cities have helped him create a “bigger impact in the community.”

He has worked with many local gyms like Up Lift, Spenga, CrossFit and Orange Theory. He has also made connections with the surrounding neighboring businesses that are in downtown Lake Elmo.

Businesses that are in downtown Lake Elmo do as much as they can to give back to the communities that support them. Owners of these shops help host events like the Fourth of July parade and local food truck socials. They also help donate to organizations that are meaningful to them.

Rehkamp explained the mission and

journey for La Vie Est Belle started with her daughter’s anxiety and panic disorder. The journey involves advocating towards youth mental health. One thing they do is donate to a nonprofit called Acres for Life. They use horses in a pasture instead of a clinical office.

“We like to participate in the fitness events but then we also like to participate in holiday events,” Bailen said. Some of these events can include the Fourth of July parade, lighting of the Christmas tree and working with firefighters to create a fun workout.

Downtown Lake Elmo has made a strong community. The impact and connections that have been created are throughout the whole Twin Cities.

# Barbie takes a stand against expectations

GIGI ZAWISLAK  
*Broadcast Editor-In-Chief*

The world’s favorite plastic fashionista has hopped out of the box and onto the big screen in Greta Gerwig’s new kaleidoscopic wonderland, “Barbie.” On July 21, “Barbie” sales skyrocketed making \$400 million after months of giddy anticipation from fans. It has truly proven to be the film of the year with its philosophical undertones and relatable characters that hit home for many female viewers.

Thanks to Mattel’s partnership, Gerwig’s colorful imagination was limitless, and she took great advantage of it, even to the extent

of being responsible for a worldwide shortage of pink paint.

Barbie has always been “the perfect girl” in the eyes of society. She always has a smile, always says hi to everyone, always has on the most beautiful outfit, and all while carrying a million jobs and hobbies at the same time.

There’s never been a Barbie who cries every night or spends seven hours on her phone because she’s depressed. She would never wonder if everyone secretly hates her, never have a panic attack over public speaking, never have a bad hair day, never think about dying, and never obsess over her looks telling herself how ugly and stupid she is after comparing herself to other barbies. No, Barbie would never do that, because kids don’t play like that.

From plastic hairbrushes and dining wear to bulky roller blades and chunky accessories, it seems Gerwig might still be a child herself given the incredible nostalgic accuracy of Mattel’s products.

The film was directed specifically towards women who used to play with

Barbie dolls, but now due to the inescapable nature of aging and losing interest don’t. Without a doubt, women have always been under pressure to stay young and beautiful forever, even though it is quite impossible.

Barbie quickly learns in the “real world” that it can be more dehumanizing than welcoming toward women. After getting physically harassed by men and even more embarrassingly made fun of by middle schoolers, it proves life throws challenges at every stage of life.

As Gloria (America Ferrera) said, “You have to be thin, but not too thin. And you can never say you want to be thin... You have to never get old, never be rude, never fail, never show fear, never get out of line. And it turns out in fact that not only are you doing everything wrong, but also everything is your fault.”

Humans are always expected to be and do extraordinary things, but what takes true courage is to be ordinary. To live a normal life with seasons of trials and seasons of pure joy. To be okay with not being perfect mentally

and physically. Furthermore, worrying about the future and death won’t do people any good if they can’t be content where they are right now.

Society makes it so much more complicated than it needs to be to simply live life. Everyone has breaking points, let’s address it and respect it.

Above all, Barbie might have been created to be perfect, but humans definitely were not. So in the wise words of Ruth Handler (Rhea Perlman), “Take a deep breath, close your eyes, now feel.”

Although it was believed to be another shallow chick flick, “Barbie” has turned out to be a revolutionary eye-opening masterpiece that is a must-see for all ages.



Graphics by Maggie O’Brien

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# Girls soccer rebuilds after class of '22

ANNA AGNESSI  
Online Editor

Coaches Mike Huber and Dusty Dennis are rebuilding the varsity girls soccer team after graduating 11 seniors in the class of 2022. So far this season, they are third in conference and en route to go back to state.

With only three upperclassmen who start on the field, this year's young team is a talented group and can compete at a high level against D1 commits. The young team has neat footwork and they know how to maneuver the field.

"Most of our underclassmen are very skilled and have greatly improved. They know how to hold their own," senior Captain Grace Schwoch said.

Playing soccer year-round helps the players keep their skills and continue to grow. Minnesota Thunder Academy is an elite soccer club where some of the varsity players play.

"Playing varsity in the fall helps keep the growth I'm doing when not in the high school season I play for MTA," sophomore Alayna Muths said.

After girls soccer has gone State many years in a row, it makes them the top team to beat. The team needs to stay strong and humble to compete with the drive of other teams.

"Our program has been so strong so all the teams are looking at us for revenge," Schwoch said.

High school soccer is way more physical than club soccer. In club soccer, the team trains together as a team and practices using skills



PHOTOS BY AVA BIEDERMAN

Stillwater played White Bear Lake at home on Oct. 3. They had a tough loss with the final score 4-3.

to connect with each other. In high school soccer being physical is a skill.

Muths said doing extra work outside of team stuff helps a lot to prepare to be more physical against all the competition in high school.

"They are just going to get in your face and knock you on your rear end," Dennis added.

The girls team is en route to go to state again. They have a good team with only one loss so far this season and only losing about four seniors on the varsity roster from last year.

"I think it's going to be a harder battle than it was in the past based on experience," Dennis added.

Coaching a young team has its challenges there is such a wide skill level, especially for seniors and underclassmen. The younger girls on the team need to work harder to close that gap of skill

and age difference to prove themselves.

"They have to start to learn how to be rough mean and physical," Dennis explained.

The relationship between academics and athletics has changed a lot over the years and with such a young team some might struggle to balance the two.

Dennis explained academics are more important but athletics plays a great role in developing great experiences and friendships.

Last year, three seniors committed to play college-level soccer the young team is following in their footsteps. Muths is looking at D1 schools closer to home.

Dennis reflected on his core values as a coach with his hopes for the team and their upcoming battle to go to State "be able to grind when you're super tired."



# Chevals team lose 14 seniors from last season

KAYLEE LOWE  
Copy Editor

Despite the Stillwater Chevals Dance team losing 14 seniors from last year who made a very positive impact on the dance team, they know they are moving onward and still putting on performances. The graduates have now moved on to college.

The team definitely knew they were going to get smaller due to 14 seniors leaving the team. These were some of the original Chevals, lots of them played a huge role in getting people to join and got the team up to 40 people. Since they were the "original start to the team," it was especially hard to let them go but each year they gained new people and new freshmen and the Chevals gained a new group of girls this fall season.

"It's definitely shrunk quite a bit, but we also gained a lot more girls. So it has been fun to have new

people come in and join and learn the ropes(of the team)," senior Ella Milby said.

"I feel like the hype died down since losing the seniors. I also feel like a lot of connection with the students outside of Chevals kind of went down," junior Hollie Koller added.

Due to the number of people who have graduated and left the team, Head Coach Kenzie Coyle decided it would be easier to make the number of captains and leaders smaller. The captains this year also claim it is easier to have fewer captains on the team. It would also give the seniors this year an opportunity to show good leadership and be the captains.

"I think having three captains in addition to a senior leadership team has helped our team this year. I think providing leadership opportunities outside of captainship has been a better option than having a large group of captains," Coyle said.

Coyle decided to let juniors and seniors be a part of the "senior leadership team." Koller is their game-day adviser. She has a huge role to play during performance days.

It gives her a chance to show her leadership on the team as well as help out. She has only been a part of the team for two years.

"I am game day advisor, so I help out with Game days when we're performing at halftime. I help lead stretches and set formations on the field. I just kind of help out the coaches on those days. Because it can be



PHOTO BY JACK HIGGINS

The Chevals Dance Team poses at their annual senior night game. It is the last home football game of the season where they dance during halftime. The team will now move into their winter season.

really stressful. A captain's job is to assist the team every single day and they answer questions and they help teach the dances sometimes. Then on the leadership team we help out on specific things on specific days," Koller said.

Even though she had already graduated, last year's senior McKenna Hinck decided to come back and help coach. Hinck was on the team for four years and decided that she loved the team so much she would come back and coach her team. Coyle loves that she came back to help and claims that it is easier to coach when she has more help.

"I think McKenna brings a unique perspective having just graduated from being a part of the team. She

brings a lot of new ideas and is a great asset to our team," Coyle said.

The Chevals are also all close to one another. They consider the gym a "family" and the girls on the team are always welcoming to new girls joining and who want to join the Chevals. They compete in competitions and have three levels for the competition team. But the fall team is just for fun and they perform at halftime at the varsity football home games.

The Chevals have at least one more performance on Oct. 13 at the home football game, and if the football team goes into playoffs they will have more performances coming soon. But after those final performances, Chevals head into tryouts for the winter competition team.



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and classical  
music  
featuring  
Gao Hong

Trio of  
Minnesota  
Orchestra  
musicians  
(flute,  
bassoon, and  
oboe)

House  
concert  
featuring  
violinist  
Helen Chang  
Haertzen

TICKETS





TAVERN  
& GRILL

COZZIE'S



THE LUMBERJACK  
AXE THROWING BAR







MAD CAPPER  
EST. 1979



# Mountain bike want 6th state win

GIBBY STRUB  
*Layout Editor*

One of the biggest athletic teams in the school, all 95 riders have fun. The state championship is on Oct. 14-15. They have won all state championships from 2017-2022, excluding 2020 due to COVID and they have assembled a legacy for themselves. The mountain bike riders in grades six through 12 feel no stress through maintaining it because the coaches focus on having fun.

The sport is about having fun and building a solid community with each other. They have no pressure or stress to win state by coaches and are not expected to maintain the five-win streak. To the riders, it is about giving it their best shot and having a quality time. The coaches and captains are not concerned if they do good or not, they all just want everybody to do what their best is.

“Whether they perform and get first in the race or 100th I don’t care,” Head director Dan Ralston said. The team is self-motivated with the will to win.

Every practice, riders show up even if it is endurance work, which is everybody’s least favorite part, but makes them truly progress. They have a really good relationship they want to push each other to do better and it makes everyone hold each other accountable for how they perform.

“It happened truly organically by our riders putting in time, putting in work, and enjoying being on a bike.”

-Dan Ralston

There are five team captains, on the team to help lead the younger riders and to give support to the whole team.

One of them is a junior James Kalmon and it is his first year being a captain. It is a big responsibility to be captain having all the younger riders looking up to him and having



to do extra to help his team do better.

Kalmon is excited to be a team captain this year and is ready for all the challenges that are added to it.

He describes his duty as creating a great team atmosphere and getting everybody involved.

Even though the riders represent different teams and are opponents, they still share a love for the sport. During the race, they are competitors who are trying to do anything they can to get ahead. In other sports most of the time there is a rival team that they always try to beat and try to be better than, but not mountain biking.

After the race, it is a completely different story. “You’ll see all the kids from all the different teams giving each other high fives shaking each other’s hands, the girls and giving each other hugs. Dudes are two,” Ralston said.

Even though the team has won five times in a row does not mean that they are the only good team. There are good teams all across the state with exceptional programs.



PHOTOS BY CODY RASCH

The sixth mountain bike race on Oct. 8 in River Falls Wisconsin. Riders racing down a forest dirt path who try to get past each other.

A big challenger in the state for this year is “Duluth,” freshman Emmett Valley said, last year’s first place champion for his race division.

“If we don’t win a sixth time, it’s not going to be a loss at all,” Ralston said.

# Varsity players juggle two sports this season

LAVENDER SCHLEDER  
*Social Media Editor*

Two varsity athletes have to play double time this season, participating in the soccer team while also kicking for the football team.

These players have been pulled from the soccer team their freshman and sophomore years to join football. The three main jobs as a placekicker are scoring extra points, kicking field goals and doing kickoffs.

When choosing athletes for this position, coaches are looking for certain criteria and levels of mastery. Matt Hemenway, kicker and sophomore football coach, is usually the one who goes out to find and train these athletes.

“It’s somebody that’s had soccer experience that knows how to kick the ball already, and then I can mold them into what they need to be in terms of a football kicker,” Hemenway explained.

Senior Shawn Stephens and Junior Landon Huber have been playing soccer for many years, perfecting their athletics skills throughout that time. This has made them excellent additions to the football team as placekickers. Since Huber is a soccer goalie and Stephens is a defender, they both have to be able to “kick a soccer ball pretty far” in order to excel at their soccer positions.

Being on both sports teams means a lot of time commitment for the athletes. Football practice starts around 2:30 p.m. every afternoon and goes until 4 p.m. Then soccer starts up at 5 p.m. and goes to 7 p.m. later that evening. They do this Monday through Thursday, with the games being on Fridays. These busy days do not leave very much room for anything else besides sports, so they have to find ways to make the best use of their free time.

With the players having to split their time between both sports, it makes it much more challenging to participate or completely integrate into both communities. That does not mean that the teams are not supportive towards them though.

“When I first came in, I thought I was going to be the weird guy because I’m just a kicker, but they were very welcoming,” Huber said.

As the season has progressed, they have continued to improve their kicking skills. With so much practice time and technical leg work, many of the coaches can see improvement in just a couple of weeks.

“They have been great, especially with the distance they’re getting on their kickoffs and field goals, which is really good,” Hemenway said.

“They are building up strength.” Even with the complications of be-



PHOTO BY LAVENDER SCHLEDER

Senior Shawn Stephens and junior Landon Huber practice their kicks for an upcoming game later in the week. It is anticipated that they will be successful with their contribution to the team.

ing a multi-sport athlete, it can be very fun and rewarding, especially with the support from the coaches and players. It creates a welcoming environment that helps the athletes continue to grow on and off the field.

“Playing both sports has developed me as a person and I have learned so much from both communities,” Stephens said.

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developed me as a person and I have learned so much from both communities.”Stephens said. As the players continue to improve this season, they hope to gain more recognition for their small, and yet very important role on the team.

Whatever arises, they believe that they will “be prepared for anything” and they will keep on improving for both future sports games.



# Angela bakes for her small business

**BINIAM TSEGAI**  
*Social Media Editor*

When senior Angela Taylor leaves school every day, she has a few things on her mind. Maybe her homework, maybe her sports, but one thing she has on her mind is baking.

During the day she always tries to spend some amount of time collecting orders and selling her product, but when she goes home it is straight back to work.

Some days it is the first thing she does when she goes home, “baking is like therapy for me,” Taylor said.

She said that she treats baking as a form of relaxing, and a break for her because “it just makes me happy and gives me the freedom to express myself however I want.”

Taylor is 17-years-old and runs her own baking business from within this building. Baking is her happiness.

Taylor purchases all of her own ingredients at high quality through the sales of cookies and cupcakes she bakes. This means that she puts her money back into serving the community before profit and these are just parts of the reason that her high quality baked goods have risen popularity due to the fact that “no one would want to buy something garbage,” Assistant Principal Matt Kraft said.

Taylor is said to have great service and this can only be due to her positive attitude and drive to complete the task at hand.

“Once I reached out on a late afternoon and asked if she could make cupcakes for a meeting the next morning. I never really expected her to have enough time to complete it but by the next morning they were ready,” said Kraft who is



PHOTO BY AVA BIEDERMAN

Angie Cakes is run by senior Angela Taylor’s kitchen. She makes all of her sweet treats from scratch making sure they are all perfect. Her business involves a lot of planning and materials.

a common customer of Taylor’s.

Kraft and many other teachers and students have nothing but positives to relay about her.

Inside school, Taylor reaches every class she has and yet she still makes time to go and make some money. She sells her cookies and cupcakes based on what she brings.

“If you order something ahead of time she will bring it to you,” Kraft said.

After spending a day with Taylor, it can be said that this is truly a long and tiring experience that produces such a flavorful result.

One day she was “watching a movie about Selena” and she was “inspired to make some cupcakes.”

This one day began a casual hobby of hers where she makes cupcakes for free and this hobby became her business. On a day of baking, she offered some to

her father and he said she should “sell these because they are really good” and from that day on angiecakes. came to life.

Taylor wishes to continue to follow this career she has created for herself by going to college in Boston. She plans to earn a degree in marketing and advertising and minor in finance or journalism and cannot wait for the future of her company and education.



PHOTOS BY AVA BIEDERMAN

One of Taylor’s most popular items on her menu is her double chocolate chip raspberry cookies, selling for three dollars a piece. Taylor puts each ball of cookie dough on the scale to weigh it. She makes sure they are all between three point eight to four ounces.