Echo

Monday, November 4, 2019 Volume 93 Issue 3 St. Louis Park High School 6425 W. 33rd Street St. Louis Park, MN 55426 SLPECHO.COM



Theater rehearses for 'Legally Blonde'
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Pickup soccer games begin
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Photo Carissa Prestholdt

On air: *Two Trump supporters get interviewed prior to entering Trump's campaign event, which started 7 p.m. Oct. 10 in Minneapolis.*



Photo Carissa Prestholdt

In the streets: *Protesters rally against President Trump outside the Target Center Oct. 10. Minnesotans chanted and held up signs throughout Trump's speech.*

Trump comes to Minneapolis

Trump hopes to turn Minnesota red

Talia Lissauer
talialissauer@slpecho.com

Speaking to supporters at a rally Oct. 10 at Target Center, President Donald Trump began his speech by telling the crowd he will turn Minnesota red in 2020.

"For the next 13 months, we are going to fight with all of our heart and soul, and we are going to win the great state of Minnesota," Trump said.

According to sophomore Ben Olson, he had a great experience at the rally, despite getting there four hours before it began.

"I got there really early so it was kind of boring at first when I was waiting in line for a while, but once I got in it was actually really fun. Everyone was super nice. Everyone was just excited," Olson said. "The atmosphere was great and the people were great, too."

According to sophomore Sophie Chenvert, people need to focus more on Trump's policies than his personality. Chenvert said if she could vote in the upcoming election, she would vote for Trump.

"I would vote for Trump. I think he can be rude about some things, but I agree with some of his political views, but others I completely disagree with," Chenvert said. "They need to focus less on (his personality) and (more) on politics."

In an Instagram post Sept. 27, Minneapolis Mayor Jacob Frey said in most cases Minneapolis would welcome the

Trump hopes to turn Minnesota Red, continued on page 2

Campaign rally sparks protest

Ben Sanford & Toby Khabie
bensanford@slpecho.com
tobykhabie@slpecho.com

A number of Park students joined masses of protesters outside of Target Center, where President Donald Trump was holding a rally.

Senior Yoni Potter said he hoped to share his objections against Trump by attending the anti-Trump protest.

"His values conflict entirely with mine, and I wanted to share that," Potter said.

Potter said he supports protesting because it highlights controversy in the United States.

"There is a great value (in protesting) because it shows people that there is a lot of opposition (in our country)," Potter said.

Junior Xiomara Leon said it is crucial to speak out against representatives that individuals don't agree with.

"It's really important (to protest Trump), because a lot of people don't really like him," Leon said.

Leon said while protesting is important, it's also necessary for Democrats and Republicans to communicate with each other instead of fighting.

"(Both parties) have to find better ways to communicate," Leon said. "Trump supporters were coming out and a lot of us were (cursing) and hitting them."

According to Potter, the right to protest is a key part in political advocacy.

"It's super important to use our rights and to show our values and beliefs," Potter said.

New turf to be placed inside track field

Track field to be renovated over the summer

Tenzin Gyaldatsang
tenzingyaldatsang@slpecho.com

After playing on the grass field inside of the track, sophomore football player John Swindlehurst said many injuries were sustained due to the worn-down field.

"Over the summer, we had a lot of injuries because there were a bunch of potholes and the grass got too long. Turf would prevent it," Swindlehurst said.

According to athletic director Andrew Ewald, because of the damage, the track field isn't suitable to play on.

"(The field is) worn-down, it's lost its crown," Ewald said. "Most grass fields have a crown in the middle so that when it rains, the water runs off."

Sophomore Adam Gips said future turf installations will negatively affect the track team.

"If you're warming up on the turf and you get these black pellets from the turf on your spikes, you'll run slower and it hurts," Gips said.

Ewald said turf considers atheletes' safety.

"It would be a safer field to play on because the surface will be consistent, and if it's raining, it won't affect whether you can use the field," Ewald said.

Junior Danny Walsh said the new turf will reduce accidents while training.

"The grass won't have divets to roll an ankle on," Walsh said. "Although it's pretty expensive to install, I think there's nothing but advantages."

The turf will be installed during summer break, according to Ewald.



Photo Lucy zumBrunnen

Run down: *Senior Aaron Elllingson reads the defensive formation during the Homecoming game Sept. 20 at the Stadium. The turf renovations will provide additional practice space for sports.*

> (Students in politics) is pretty cool. Youth getting involved in politics is something that should be actively encouraged.
>
> **Jack Westrup,** sophomore



WEB PREVIEW



Photo Maddie Schutte

Intersectional Feminism Club talks vocabulary

After discussing the sexist connotations behind profanity in the Intersectional Feminism Club meeting Oct. 24, freshman Laniyah Thornton said she wants to become more aware of her vocabulary.

"I never thought about insults being gender-based because when I use them I don't think it's offensive," Thornton said.

Sofia Seewald & Emma Leff
sofiaseewald@slpecho.com
emmaleff@slpecho.com



Photo Ben Sanford

SLP Seeds organizes community event

Junior SLP Seeds intern Thor Anderson said SLP Seeds creates change by advocating for local food growth and events.

"SLP Seeds is an organization dedicated to promoting both urban agriculture and food equity within the city," Anderson said. "We campaign for food action plans and for local and larger governments and individual people to help take steps to reduce the amount of food insecurity."

Ben Sanford
bensanford@slpecho.com



Fair use from Atlantic Records

Concert leaves fans 100 percent inspired

In her return to Minneapolis, Lizzo sold out The Armory not once, but twice. Performing for approximately 8,000 in the audience both nights, she did not disappoint.

Sophia Eris, Lizzo's DJ, set the mood for the night with a mix of '90s and modern R&B. Eris got the crowd excited for the main performer before welcoming opening act Ari Lennox keeping her set more laidback.

Izzy Kanne
izzykanne@slpecho.com

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Trump hopes to turn Minnesota red, continued from page 1

President of the United States, but Trump is not welcomed in Minneapolis.

"On October 10, our entire city will stand not behind the president, but behind the communities and people who continue to make our city — and this country — great," Frey said.

According to Olson, he wanted to hear Trump speak directly instead of through the media.

"The reason I went (was) I wanted to (hear) what he had to say because he always talks about media and how it's fake and twists his words. I wanted to hear (his words) straight from him," Olson said.

Olson added he was surprised by the lack of diversity in age and race.

"There weren't a ton of young people there, it was mostly old people. I would say it was split down the middle of men and women, but race-wise, it was very white," Olson said.

At the rally, Vice President Mike Pence said during the last three years, the Trump Administration has accomplished a lot.

"What began four years ago has grown into a movement, a movement of everyday Americans from every walk of life," Pence said. "Three years of action, three years of results, three years of promises made and promises kept, but we are just getting started."



Photo Marta Hill

Maximum capacity: *Hopeful Trump attendees wait in line to get into the Trump rally Oct. 12. The rally was closed because the capacity of Target Center was reached. Doors were opened at 4 p.m., and supporters lined up hours prior to the event.*

City election provides opportunity



Photo Anna Benishek

Write on: *Senior Maddie Lind writes postcards to St. Louis Park residents informing them about the upcoming election. Lind is campaigning for Larry Kraft along with several other students.*

Youths contribute voice to politics

Sofia Seewald
sofiaseewald@slpecho.com

Seeing the upcoming election as an opportunity to advocate for social issues he is passionate about, junior Thor Anderson said he is helping Larry Kraft campaign for City Council At Large A Seat.

"I first met (Kraft) working through Roots and Shoots. I got to know him more as I became more interested (in climate change) and joined the Environmental Sustainability Commission," Anderson said.

With a similar goal to contribute to the city election process, junior Maya Halpern said she decided to apply to the Student Election Judge Program — a program created by the city to help students learn about city elections and play an active role in election day as well.

"I wanted to be civically engaged. Even though I can't vote, I wanted to participate in elections," Halpern said.

Student election judge and junior Dahlia Krebs said because of the new voting system this year, it is even more crucial for youth to follow local elections.

"Especially because this is the first year doing ranked-choice voting, it is important for students to learn and understand how (local elections) work," Krebs said.

According to Kraft, junior Gabriel Kaplan has been running his campaign, along with the help of several other student volunteers.

"(Kaplan) is my campaign manager, so he's figuring out where we need to door knock and he puts assignments together. He's controlling the flow of the campaign," Kraft said. "The other folks involved are doing a mix of door knocking, post card writing, texting and doing a lot of voter outreach."

According to Halpern, civic involvement will help prepare students to vote in elections.

"I think it's really important for everyone to be involved in their communities and in politics, even from a young age," Halpern said. "We're the future and this is one way for students to that."

Election day is Nov. 5. Polling locations are posted on the city website.

How to register to vote on election day

Register with an ID

Bring either a valid photo ID or an expired ID along with proper documentation of your current address.

Examples of a photo ID

- *United States passport*
- *High school ID*
- *College ID*
- *Driver's license*

Go with a registered voter

If you do not have a photo ID go with a registered voter who can verify your address.

Infographic Talia Lissauer & Noah Orloff
Source City of St. Louis Park



> It's actually pretty cool that our school is noticing stuff like (stress), and it's cool that they are actually taking that into consideration.
>
> **De'Quay Koumalasy-Dent,** sophomore

Mindfulness activities de-stress

Natural Helpers participate in Change to Chill program

Maria Perez-Barriga
mariaperezbarriga@slpecho.com

Aware of the importance of self-care, junior Natural Helper Josie Briant said the Change to Chill program provides an outlet for students to decompress.

The school received the Change to Chill grant, which allowed for the implementation of Chill Week Oct. 7-11 as well as other aspects of the program.

"(For) Change to Chill we did a stress-relieving day where we made stress balls. We had a day called 'Workout Wednesday,'" Briant said. "It's important for your health to get some energy out of your body and workout, so we had yoga."

Natural Helpers adviser Allison Luskey said the Change to Chill grant allowed two interns, senior Morgan Graves and junior Filsan Omar, to be a part of the program and implement various mindfulness activities.

"(The Change to Chill) grant has enabled us to have two student interns," Luskey said. "(They) did work this summer to incorporate (Change to Chill) into our school (to) raise awareness for our mental health and how we can build healthy coping skills."

According to Omar, being a part of the program has helped her become aware of the creation of the chill zone for students and new ways students can relieve their stress.

"It was honestly eye-opening because we learn a lot about mindfulness and different ways you can de-stress," Omar said. "Throughout the internship, we were working on making a budget for the chill zone, building the chill zone and bringing new things to the school."

According to Omar, the chill zone was an idea proposed by the Change to Chill program to provide a place for students to de-stress.

"Part of the internship was they gave (us a) grant for the chill zone," Omar said. "We chose to make a chill room because it's another place students can go, other than the health office or the counseling office."

According to Luskey, the program was planned for the start of the school year to expand students' knowledge on techniques for mindfulness before upcoming assignments and exams.

"We are about a month into the school year, where tests and projects and stress may really start to be creeping up into students' lives, at least in the academic aspect," Luskey said. "We had a full week of themes everyday for students to be able to raise awareness, and for it to continue to be in the daily lives of students."

Luskey said practicing mindfulness activities is an essential habit to develop for handling stress.

"I think (mindfulness activities are) important because (stress) is really something everyone of us deals with and it's a way for us to connect," Luskey said.

Briant said mental health is a concern in people's lives and the resources offered at school could be a helpful guide in coping with stress and anxiety.

"Right now mental health is a really big issue and it's important, especially in school," Briant said. "It's good to have resources around the school to help with mental health, because not every day is a good day. Sometimes you just need that extra support."

According to Luskey, the chill zone is located in the counseling office for students to use.

Four easy ways to cope with school stress

- Take chill breaks
- Relax and meditate
- Talk to a Natural Helper
- Go to chill zone in the counseling office

Infographic Ayelet Prottas & Emmy Pearson
Source Change to Chill & Allison Luskey

Art Maggie Klaers

WHAT'S THE POINT

Local action counteracts division



Gabriel Kaplan
gabrielkaplan@slpecho.com

It is no secret the modern political world is more polarized than ever, but by coming together locally, we can break through the divisiveness.

Over the past two months, I've had the opportunity to manage Larry Kraft's campaign for the At-Large A seat on City Council. Each Sunday, Monday and Thursday, we get together to door knock, text and call our neighbors.

As the weeks went by, I learned to look forward to each of our outings and the opportunity to get to know a new part of the city.

Every knocked door offers a new story and the opportunity to learn more about the diverse and incredibly interesting people that call St. Louis Park home.

In many ways, local politics are the not-so-sexy remedy to the dividing effects of national news. Although everyone has a different take on gun control or what to do about impeachment, each person I've talked to over the campaign agrees on improving our schools and building a safer community.

Especially in a city like St. Louis Park, where our differences hold us together, local politics are a key mechanism in creating a tight-knit community throughout the city.

In addition to holding St. Louis Park together, I've found local politics to be an outlet for political angst.

Even though electing Kraft would only be a small step toward fighting climate change, it would still have an impact.

Take a look at the climate action plan that the city council passed in 2018. Even though we are only a small suburb, our policy had a ripple effect nationwide, leading to the creation of climate action plans in scores of other cities. This goes to show our local politics really do matter.

If you are frustrated with what's happening on the national stage, I encourage you to get involved here at home. Knock on some doors, volunteer with a favorite candidate of yours, call your neighbors. Whatever you do will certainly be more productive than worrying at home, and it has the chance to make a real impact.

What's the POINT?

Unity starts on a local level

IN THE SPOTLIGHT

Senior uses music to influence kids

Ethan Deetz hopes to turn his talent into a lifelong hobby



Ethan Deetz, senior



Photo Rodolfo Zarate

Music for all: *Senior Ethan Deetz works to produce music at his studio in Minneapolis. Deetz also teaches kids how to make music by a program funded by Prince.*

How did you start producing music?
(My brother and I) recorded ourselves and messed with the software in the basement, making music in our free time. I play the drums and my brother plays the bass guitar, among other things.

Why is this something you're passionate about?
I'm passionate about (music) because being able to control others' emotional experiences is a good bonding experience with others. It really brings everyone closer together, and is really fun.

What was the main reason you wanted to teach kids how to produce music?
I've been doing freelance music production and running my own business (because) I wanted to give back. I know a lot of the kids I teach come from lower-income areas and don't have good role models or good equipment to get started. I wanted to give them an opportunity to learn creative expression.

At what age did you start producing music?
I started recording in Ableton Live, which is the software I used to make music when I was around 13 and 14. I started taking it seriously doing freelance work and looking at (music) as a possible career opportunity toward the end of sophomore year. I've been working on that non-stop up until now.

How did you get to work with the foundation Prince funded to teach music?
It all started when I was at the May Day Parade. I really liked the idea of having a Park program that would provide not just musical education, but also classes in branding, business and artistic education. It's a great job, I love the kids I work with and it's a great experience.

How has producing music made an impact on you and what do you hope to achieve through music?
I would say first and foremost, it's given voice to my creative expression. Secondly, it's given me a community to bond with. It's kind of hard to describe, but when you work with people in music, everyone gets invested in the project. My job is to make everyone's life a little better by making tunes (they) can listen to.

What are some of your memorable moments while producing music?
Just the fact that my music has resonated with a half a million people or has been streamed to half a million times over the different artists that I work with is crazy. (Teaching) is really the most satisfying just because the kids that I work with give me flashbacks to when I started, and that natural curiosity gives me energy. I've fortunately been able to have a lot of cool opportunities with a lot of cool people.

Nebyu Bekele
nebyubekele@slpecho.com

> "I definitely think it is good (Ethan Deetz is teaching kids how to produce music) because not a lot of kids can afford to learn how to do that.
>
> **Emily Keith,** senior



Junior's photography displayed at local business

Sota Clothing hosts photo competition

Marta Hill
martahill@slpecho.com

Junior Erin Brousseau said the opportunity for local photographers to display their work at Sota Clothing is a good way to create a close-knit community.

"It is a cool way for the community to come together, because there are a lot of local photographers and you can meet new people. It is just a cool way to show off the city," Brousseau said.

According to McKenzie Johnson, warehouse and customer service manager for Sota Clothing, the photo contest is a way to interact with the community.

"We're trying to give (photographers) a platform to spread the inspiration that they get from their work and give them an opportunity to share it with everyone else," Johnson said.

Johnson said the contest was run through Sota Clothing's social media and they will be hosting another competition in the spring.



Used with permission by Erin Brousseau

"It was put out (on) a social media post to photographers, asking them to send in a submission of a Minnesota Landscape piece. Hundreds of people submitted and we chose our favorite 50," Johnson said.

According to Brousseau, her photograph of the ferris wheel at Betty Danger's was for sale the first week it was displayed.

"(The photo) will be there for a whole year, but they (sold) them for just the first week. Some people have bought my photo I don't know who yet, but I know it has been purchased," Brousseau said.

Brousseau's photograph is still on display at the Sota Clothing retail location in St. Louis Park.



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> "It's pretty cool (they are doing Legally Blonde). I'm looking forward to seeing friends in it and seeing how they choose to take on their (roles).
>
> **Molly Horstman-Olson,** freshman



Theater rehearses dance numbers for 'Legally Blonde'

Cast, ensemble prepare for opening night

Emily Ziessman & Maggie Klaers
emilyziessman@slpecho.com
maggieklaers@slpecho.com

Dance captain and senior Ruby Stillman said the musical uses dances to relay the message of the story.

"Dance numbers are important, because they're really entertaining and they're really difficult, but they tell a big piece of the story," Stillman said.

> The excitement of the kids is what keeps me going. They are so eager and ready.
>
> **Julianne Mundale,** choreographer

Stillman said preparing the fall musical requires collaboration between the directors and cast members.

"Preparing dance numbers is a really intense, meticulous process. It includes a lot of communication to figure out who can go where and what the set looks like during those numbers," Stillman said.

Choreographer Julianne Mundale said she hopes all the dancers will be proud of the hard work they have put in prior to the performances, which begin Nov. 15.

"At the end of the show, I want (the dancers) to feel good about what they've accomplished, what they've learned and that they're doing at ease now, as opposed to having to think about it so much," Mundale said.

According to Stillman, Mundale prepares the numbers and helps the dancers perfect them.

"The choreographer interprets the show and teaches us the dance and then we learn, practice, tweak and finalize," Stillman said.

Mundale said the dance captains work with the cast to prepare the dances.

"I couldn't do it without (my dance captains), because I'm only here twice a week, so when I'm not here they are drilling and drilling," Mundale said.

According to Stillman, the dancers' dedication and practice is yielding good results.

"I have seen the dances recently and they're outstanding," Stillman said. "(Mundale) always says, 'it's not hard, it's just new.' I think that really is true for this show, because (the numbers are) really fast, so it's really just practicing a lot with the new stuff."

Mundale said she is motivated by all the kids' enthusiasm.

"The excitement of the kids is what keeps me going. They are so eager and ready," Mundale said.



Photo Maggie Klaers

Fond of Blonde: *Choreographer Julianne Mundale, junior Lilly Strathman, sophomore Dayanara Mora Zengel and freshmen Haley Nielson and Gwendolyn Rockler-Gladen rehearse the opening number of "Legally Blonde." The show opens Nov. 15.*

Legally Blonde showtimes:

- 7 p.m. Nov. 15, 16, 22 & 23
- 2 p.m. Nov. 17 & 24
- All shows are in the Auditorium

Infographic Kaia Myers
Source eventbrite.com

Birdfeeder expands impact on Park

Clothing Closet offers students clothing, personal care items

Isra Mohamed & Molly Schochet
isramohamed@slpecho.com
mollyschochet@slpecho.com

In order to prevent worry about access to basic necessities such as food, Birdfeeder supervisor Sophia Ross said the Birdfeeder works to relieve students of this stress.

"Our school is either at 34% or 35% free or reduced lunch. When I'm hungry, I can't get my mind off food until I get it, so that's why it's so important for the (Birdfeeder) service to be offered to our students and families," Ross said. "They're ready to come to school to learn, not think about food or their next meal."

What is the Clothing Closet?

- The Clothing Closet is a place to receive free clothing and personal care items.
- The closet is open to anyone during third hour in room B220.

Infographic Tamar Gewirtz
Source Sophia Ross

Birdfeeder is expanding to include a place for students to access clothes and personal care items called the Clothing Closet. According to junior Hope Kihanya, a manager of the Clothing Closet, many different people can donate.

"We have people donate that go to the school (and people) come in and just bring random items," Kihanya said.

According to Ross, the Clothing Closet is basically a thrift store on Park Campus.

"(The Clothing Closet is) a free store for students to come in and shop at, like a Goodwill, inside our school. Students are setting it up in B220 and it will be open during third hour, (and) possibly on Tuesday and Thursday mornings before class starts," Ross said. "What we need is other teenagers to bring clothes that no longer fit them."

Kihanya said the Clothing Closet is a necessity for students who don't have access to necessary items.

"The Clothing Closet is a place where people without resources can come and get personal care items for themselves," Kihanya said.

Senior Hayden Hasse, who is another manager of the Clothing Closet, said it benefits and doesn't embarrass students who are in need.

"I like it, because it's an anonymous way for students to pick up clothes for free," Hasse said.



Photo Emily Zeissman

Miles of different styles: *Senior and Clothing Closet manager Hayden Hasse hangs a dress Oct. 28 in the recently opened Clothing Closet. Students can come in during third hour to pick out clothes for free.*

ACTIVITIES & AWARDS

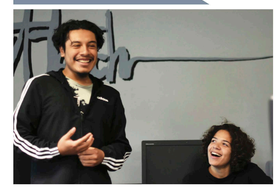


Photo Noah Orloff

(ACE)ing the game: *Senior and project manager Christian Vega speaks during Architecture Construction Engineering's first meeting Oct. 24.*

ACE seeks new members

At his first Architecture Construction Engineering meeting, freshman Asher Shertok said he hopes to develop relationships with his fellow team members and mentors.

"I think the small group could be good," Shertok said. "You get good one-on-one attention from the mentors and the teachers."

DECA heads to Timberwolves field trip

Business teacher and co-adviser of DECA, Abigail Lugo, said the club is taking students to a Minnesota Timberwolves game to look at the business aspect of a sports team.

"We are going to go see what it is like to run the Timberwolves games, but on the business side of it, so (students) will get an in-depth look."

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(Teens) don't have a lot of freedom and we have a lot of opinions. Not a lot of adults let us show our opinions (so voting) helps us feel like we're heard.

Kim Parkinson, sophomore



If high schoolers start voting now then they'll vote continuously until they die. We will get a higher voter turnout, which give a more accurate representation of our nation's opinion.

Thomas Hanson, sophomore

The 2019 city election unraveled

Candidate's roles broken down

City Council decides how the city government operates

Mayor is similar to City Council but with additional duties, leads meetings

School Board oversees the district's functions

All positions serve four-year terms

Infographic Maddie Schutte & Gabriel Kaplan
Source Michael Sund

Neighbors become candidates

City elections focus on local problems

Gabriel Kaplan, Toby Khabie, Noah Orloff & Maddie Schutte
gabrielkaplan@slpecho.com
tobykhabie@slpecho.com
noahorloff@slpecho.com
maddieschutte@slpecho.com

Senior Isaac Wahl, who plans on voting in the upcoming election, said he believes it is essential for young people to vote in order to make their voices known.

"It's important for high schoolers to vote because we're very conscious of what's going on in the world today," Wahl said. "We're affected by a lot of the world's problems directly because we're a large group of students. We are exposed to a lot of different types of people, situations and opinions."

Lukas Wrede, a 2018 Park alum, said he plans to come back in town and vote despite currently living in Alaska, and urges high school students to vote.

"(Local elections) can be you making your own decision based on meeting and getting to know the candidates in person," Wrede said. "That's something super valuable that we don't get to experience in any other kind of election."

According to election specialist for voter education and outreach Michael Sund, this year's city elections will take place Nov. 5 — with early voting beginning in September — and will utilize ranked choice voting for the first time.

"In terms of how you vote on the ballot, you can rank up to three choices, so a first choice, a second choice and a third choice," Sund said.

Wrede said local candidates are immersed in the community and have a stronger connection to voters.

"Local elections are important because the people you elect are your neighbors. They are people that are genuinely invested in every decision that is made in the community," Wrede said. "They are just as invested as you are, so it's important to get the right people in office."

Wahl said students should take advantage of their right to vote and voice their opinions through the ballot box.

"We have the freedom and privilege to vote," Wahl said. "So it's really important to do your own research and take the responsibility to go out and vote."

Meet the candidates

★ Mayor ★



Yvette Baudelaire

Baudelaire worked as a family and civil law mediator and a translator for 15 years. She said she feels passionately about reforming tax policies in St. Louis Park in order to ensure residents' money is spent appropriately.



Jake Spano

Spano, who is running for his second term, said he is most proud of passing the Southwest Light Rail project and hopes to focus on climate action and racial equity if re-elected. Spano also works as the Deputy Secretary of State.

Infographic Noah Orloff & Maddie Schutte
Source Mayor candidates

★ Council Member at Large ★

A



Deb Brinkman

Brinkman said she wants to focus on redevelopment efforts surrounding the implementation of the light rail as well as working to maintain the affordable housing stock in St. Louis Park. Brinkman was the president of the League of Women's Voters for six years.



Steve Hallfin

Hallfin aims to focus on the five strategic priorities of the City Council, which are environmental stewardship, racial equity and inclusion, transportation, affordable housing, and building social capital. He is currently serving his second term on the council.



Larry Kraft

After serving as the national director for a climate change non-profit organization, Kraft said his main focus will be climate action as well as increasing youth involvement in government. Kraft also has 25 years of experience in the technology industry.

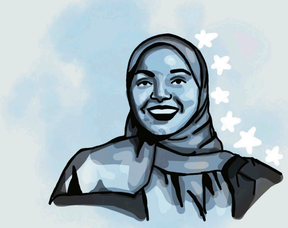
Infographic Toby Khabie & Noah Orloff
Source At Large A candidates

B



Joseph Israel

As a former engineer, Israel said he will bring a critical voice to the Council and will help question the way in which the city runs things — especially its taxes, which he believes to be too high.



Nadia Mohamed

Mohamed said she hopes to bring a new perspective to the City Council as a woman of color, and will work on improving affordable housing options within St. Louis Park if elected.

Infographic Gabriel Kaplan & Maddie Schutte
Source At Large B candidates

★ School Board ★



Jim Beneke

Beneke said he hopes to increase support for mental health through additional funding for programs and education if elected for a



C. Colin Cox

Cox said he feels passionately about addressing the achievement gap and improving mental health resources if elected to the school board.



Jessica Janoski

Janoski said she wants to work to build a safe environment for students and will bring skills from her experience in business and human resources.



Jim Leuthner

Leuthner said he wants to get more kids into trade jobs, as well as create a greater awareness of racial equity and environmental friendliness.



Laura McClendon

McClendon said she wants to focus on inclusion of all races and ethnicities and wants to make sure St. Louis Park schools serve all students.



Ken Morrison

Morrison said he is running for re-election and believes disparities within discipline are an important and ongoing issue in the school district.



Kari Ross

Ross said she feels strongly about working toward creating a safe and successful learning environment for students. Ross currently coaches principals.



Heather Wilsey

Wilsey, who served in the Peace Corps and taught elementary school, said she believes the achievement gap is the most important issue.

Infographic Gabriel Kaplan, Toby Khabie, Noah Orloff & Maddie Schutte
Source St. Louis Park School Board candidates
Art Maggie Klaers & Sophie Livingston



"I enjoyed (pickup) because the captains put it together and it's fun. It's a good challange playing with the boys because they were really good.

Olivia Brown, sophomore

OUT OF THE PARK

New sport drives hope for growth



Ryan Barnett
ryanbarnett@slpecho.com

During my seventh grade gym class, I discovered my love for volleyball.

Despite this, I didn't start playing competitively until the summer before 10th grade.

I attended a few camps at the University of Minnesota and local volleyball clubs.

In September 2018, I joined MN Select, a competitive volleyball club in Maple Grove that helps develop the skills of boys' volleyball players.

Playing at Select gave me so many opportunities, such as travelling to attend tournaments and making a lot of new friends from all over Minnesota. After club season ended, I started thinking about high school season.

Park does not have a boys' volleyball team, so I played for Minnetonka High School during the spring season of 2019. Playing with a group was enjoyable, and I met many new people and coaches. It felt great to finally play on a high school team instead of watching from the bleachers.

What's the POINT?

Make the most of opportunities given to you

Although Park doesn't have a team I can play on, I have the privilege of managing the girls' varsity team. It's a great experience and helps me stay involved with the sport at Park.

I've learned a lot from the coaches and players, and I'm really grateful.

Boys' volleyball has been a hot topic in the Minnesota State High School League, as it was only recently introduced in 2017. Since then, it has received rapidly growing support, but hasn't been sanctioned.

It's an incredible opportunity for me to watch the sport grow. To know that I'm a pioneer of a sport that will hopefully become huge is a crazy feeling.

Starting a sport so late has been a challenge, as many other players have been playing since middle school.

Even so, my goal is to play volleyball in college, at any division or level. I want to see how far I can improve in the sport and see how far it takes me in life.

Senior creates local pickup soccer league

Students' desire to play continues post season

Adin Zweigbaum
adinzweigbaum@slpecho.com



Photo Megan Hoenie

Ankle breaker: *Senior Mohamed Mohamed dribbles past seniors Sammy Ruff and Aaron Ellingson Oct. 24. For more information visit @slppickup on Instagram.*

Senior Nick Riley said he was upset after the end of his high school soccer career so, while sitting at home bored, Riley came up with the idea to create a freeplay soccer league, using Instagram.

"I just made an Instagram account, because I had an idea and I got a few people to follow it," Riley said.

> "It just takes one person to get it started (and) to take the initiative."
>
> **Nick Riley,** senior

Senior Mohamed Mohamed, Riley's former teammate, said unlike a varsity sport, the pickup games are open to everybody — even those without previous experience.

"Pickup is for everyone, whether you play soccer or not," Mohamed said. "We have a couple people from football. Some people who don't even play football or soccer have been there."

Junior Dare Kroeten said, the laid-back nature of the pickup league has not taken away from the competitiveness.

"It wasn't as serious as a practice, but it was just competitive enough," Kroeten said. "We were all having fun and playing soccer."

According to Riley, the pickup league is keeping the community together, even after the early ending to both teams' seasons.

"(Boys' and girls' soccer) got knocked out in Sections pretty early, but we all want to keep playing together," Riley said.

Kroeten said the league is doing better than others may have imagined, in terms of how many people are participating in the games.

"Ten (people) is already a pretty good number for pickup," Kroeten said. "I heard the other day though, they had enough people to play 11 vs. 11."

As a senior, Riley will no longer be leading the pickup league after this year, but his message still stands that a one person can start something that many others can enjoy.

"There's people who want to play soccer even if they are not soccer players. It just takes one person to get it started (and) to take the initiative," Riley said.

To find more on when the league will next take place, SLP pickup can be followed on Instagram @slppickup.

Mixed gender ultimate brings teams together

Win against Bloomington Jefferson fosters growth

Grace Schultz
graceschultz@slpecho.com



Photo Anna Bennishek

Catch that: *Sophomore Danny Shope intercepts the disc from Bloomington Jefferson Oct. 26. At time of print, Crush's record is 4-1.*

Coach Spencer Hagen said he is proud of how the team worked together during its recent 11-3 win against Bloomington Jefferson.

"The team has been playing really well and having a lot of fun," Hagen said."Everyone is getting involved and having a good time."

Senior Amelia Ryan said she appreciates the sense of community the team brings.

"A lot of different people play ultimate, so it brings us all together. Our numbers are growing a ton and people are seeing how beneficial ultimate is for them as an athlete and as a person," Ryan said.

Hagen said he believes the new and returning players worked well together.

"The newer players played really well. The people who have been playing for a while did a nice job at working together. It was a nice cohesive win," Hagen said.

Although in the typical spring season, teams are separated, sophomore captain Danny Shope said he enjoyed the new dynamic of the mixed gender team.

"This year we have a (mixed) team, which has really brought us together," Shope said.

According to Shope, he has developed close relationships with different players on the team, which makes the game more enjoyable for everyone playing.

"It's really cool that the two (competing) teams get to be friendly with each other," Shope said.

For future games, Hagen said he wants to improve trust among players and increase mobility on the field.

"We need to have better movement, more consistency, and (move) the disk quicker," Hagen said. "(We need to ensure) we're hitting every player that's open, not just the person you trust to catch it."

According to Ryan, new players positively influenced the team's effort and the outcome of the game. She believed each player competed, even without previous experience.

"Every individual was pushing themself,"Ryan said. "Even new players really gave it their all."

Ultimate fall season results

Sept. 7 vs. Washburn **13-1 (W)**
Sept. 14 vs. Washburn **13-0 (W)**
Sept. 21 vs. Cooper **8-13 (L)**
Sept. 28 vs. White Bear Lake **8-5 (W)**
Oct. 26 vs. Bloomington **11-3 (W)**

Infographic Sadie Yarosh
Source Minnesota Ultimate



"I think (traveling) would be super fun and it can bind the team even better and you get to share that experience.

Sydney Schultz, freshman



Photo Ava Ashby

Crush it: *Senior and captain Makaila Winward sets the ball to a hitter during the match Oct.29 against Benilde-St. Margaret's at St. Louis Park High School. Park won the match in the first three sets, sending them onto the section championships.*

Volleyball moves onto Section finals

Park defeats Benilde-St. Margaret's 3-0 to advance onto next match

Colin Canaday & Harris Keekley
colincanaday@slpecho.com
harriskeekley@slpecho.com

As senior and captain Makaila Winward realized her team had won the semifinals game against Benilde-St. Margaret's, putting the team's record at 23-0-6, she said she was ecstatic.

"I am super happy about the outcome," Winward said. "I think I personally did really well. I've been focusing extra hard in games."

Although the team had a rough start, coach Whitney Meierotto-Simon said it was able to find its footing and take the lead.

"I'm really proud of how we were able to handle the match in three sets," Meierotto-Simon said. "We started a little nervous but by the time we got to the third set we were comfortable."

Junior Hannah Howell said as the players relaxed, their performance improved.

"We started off tight but that's just nerves," Howell said. "We really warmed up through every set and played good."

According to Meierotto-Simon, she hopes to see the team continue to be composed on the court.

"What I would like to see us control better is our nerves," Meierotto-Simon said. "I think our nerves in the first set got the better of us. I'd really love to see us get mentally stronger."

The team will play in the Section final match noon Nov. 2 against Bloomington Jefferson at Bloomington Jefferson High School.

As of press time, the team had not yet played the Nov. 2 match.

For more content go to **slpecho.com**

Cross country team participates in Nike Cross Regionals race

Team heads to Sioux Falls

Tobias Khabie & Ayelet Prottas
tobiaskhabie@slpecho.com
ayeletprottas@slpecho.com

The boys' and girls' cross country teams will travel to Sioux Falls to take part in the Nike Cross Regionals, an annual gathering of high school cross country runners from all over the Heartland region.

Senior captains Carissa Prestholdt and Kaia Myers have organized the team every year for the past three years. Prestholdt said that it would be a great way to get fellow runners together.

"Kaia and I started planning (Park students' involvment in the meet) three years ago and we heard about it from other runners. It seemed like a fun opportunity," Prestholdt said.

Sophomore Kate Holden said at the first meet, there were only a couple of girls, but that group has grown to both the boys' and girls' teams over the past few years.

"The first year, there were six girls (from Park), then last year a few more people came. This year, a lot (more) people are coming, even the ones not on Varsity," Holden said. "It's fun to see how we made this a tradition. The first year was just a thing some of us were doing, and now the whole team is doing it."

Holden said the meet is different than a regular season meet, as there are no coaches.

"(The meet is) a lot more laid back, there's no coaches there so we're just pretty much running by ourselves," Holden said. "There's no pressure on (the runner) either."

Prestholdt said there are many races throughout the weekend runners can race in.

"(Sunday) there are a bunch of races. They have a community race, a more elite race and a standard race," Prestholdt said.

Holden said the weekend is filled with other events besides the races.

"The night before(the races), there's a pasta party and there's a speaker who tells us about their running experience," Holden said.

The Nike Cross Regionals will mark the end of the season.

The meet will take place Nov. 9-10 at Yankton Trail Park.



Photo Megan Hoenie

Slow down: *Junior Jackson Thoe, sophomore Henry Nelson and freshman Denly Lindeman prepare Oct. 30 at Louisiana Oaks for Nike Cross Regionals. Some of Park's cross country runners will travel to Sioux Falls Nov. 9-10 to compete.*

NXR weekend highlights

Day 1
- Pasta party
- Preview of course
- Nike speaker

Day 2
- 5 kilometer race
- Pictures

Infographic Sadie Yarosh
Source Carissa Prestholdt

MEET THE ATHLETE



Who Mohamed Mohamed
Grade Senior
Sport Soccer

What do you like about playing soccer?
(I like) the feeling you get when you win, and the energy that you get toward your teammates.

When did you start playing soccer?
(I've played) soccer since I was 5 with my dad. I loved the sport (then).

What position do you usually play?
I play attacking midfielder.

What would you say was the biggest highlight of the season?
I would say my goal against Hopkins the first game of (this) season. It was my first high school goal so it was pretty great.

Who is your role model in your soccer career and why?
I would say Cristiano Ronaldo or my dad, because I just get a different feeling watching them play than any other feeling I have ever got.

What do you think you would need to improve on to get better?
I would say get a little bit stronger because there have been a couple of times where (being) physical has been a challenge for me.

What has been the hardest part of this season?
The hardest part of the season I would say (is) when the team's spirit gets down and when everyone gets mad at each other on the field. We (are) working on that, and it's going great.

Do you have a favorite memory while playing soccer?
This summer I was playing in the USA CUP and we won. We played against a lot of teams from Jamaica and Panama.

How was your season?
The season went great. We won our first Section game (Oct. 10) 6-1 against Cooper. We have lost one game against Washburn and tied one game against Benilde. It's a great feeling to win.

Maria Perez-Barriga
marriaperezbarriga@slpecho.com



"I don't know why they're adding the turf honestly. I did track last year. The grass was fine, so why would you put turf in?
Paris Lim, sophomore

Echo

Editors-in-chief: Marta Hill* & Isabel Kjaer*
Managing editors: Gabriel Kaplan, Kaia Myers*, Noah Orloff, Carissa Prestholdt* & Sofia Seewald
Photo editor: Emily Ziessman
Assistant photo editor: Anna Benishek
Design editors: Maggie Klaers, Sophie Livingston, Lucy zumBrunnen
Copy editors: Emma Leff, Ruth Posada* & Sofie Geretz
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Sports editor: Sadie Yarosh
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Principal: Scott Meyers
Printer: North Star Media
Adviser: Lori Keekley
*Denotes editorial board member

MEDIA POLICIES

The Echo is the official student-produced newspaper of St. Louis Park High School. It is published triweekly for the school's students, staff and community.

The Echo is a designated forum for student expression in which students make all decisions of content without prior review from school officials. The adviser will not act as a censor, but will advise students. Students have the final decision on all content.

The Echo will work to avoid bias and/or favoritism. We will strive to make our coverage and content meaningful and interesting to all our readers.

We will make every effort to avoid printing libel, obscenities, innuendo and material that threatens to disrupt the learning process or is an invasion of privacy.

We will avoid electronic manipulation that alters the truth of a photograph unless clearly labeled as a photo illustration.

Staff editorials represent the opinion of the editorial board arrived at by discussion and will not be bylined. Bylined articles are the opinion of the individual writers and do not necessarily reflect the views of the Echo staff or administration as a whole.

The Echo welcomes reader input. Letters to the editor and suggestions must be signed and should be no longer than 250 words and may be emailed to slpecho@gmail.com or submitted in room C275.

Emailed letters must be verified prior to publication. We will not necessarily publish all letters received and reserve the right to ask the writer to edit for length and clarity.

Anonymous letters will not be printed.

Advertisements will be sought from local businesses and school clubs and sports. We maintain the right to reject any ads we believe to be false, misleading, inappropriate or harmful. The Echo does not necessarily endorse the products or services offered in these advertisements.

NSPA All-American and Hall of Fame member; 2011, 2016, 2017 NSPA Print Pacemaker Finalist; 2013, 2014, 2015 National Print Pacemaker Award Recipient; 2014, 2015, 2017 National Online Pacemaker Finalist; 2018, 2019 National Online Pacemaker Award Recipient; CSPA Gold Medalist; 2017 CSPA Hybrid Crown Finalist; 2013 CSPA Gold Crown; 2015 CSPA Hybrid Gold Crown; 2012, 2014, 2016, 2017, 2018, 2019 CSPA Silver Crown; JEM All-State.

OUR PERSPECTIVE

New turf prompts further fiscal questions

The School Board recently decided to place turf on the track infield, making it the one of Park's upcoming changes.

This change will take place over summer break, and isn't supposed to affect any sports teams, according to athletic director, Andrew Ewald.

In a 7-2 vote, the Echo Editorial Board decided we agree this change will benefit many students, from track and field athletes to football players.

It provides another turf field, resolving the dispute over which team gets to use the stadium field.

Until the change is made, the stadium field is the only turf field teams can access.

However, we question whether or not this is the best way to spend the school's money.

Putting turf on the field is not a cheap project, and we believe the money could have been used in a more productive fashion.

Park has been spending a significant amount of money on athletics, including new locker rooms, trainer's facility, and a new weight room.

While these changes are beneficial, other departments such as academic clubs, the arts and technology seem to be lacking adequate funding from the school.

Some classrooms even have exposed insulation and holes in the wall.

The administration should make more of an effort to sufficiently fund needed building improvements.

We agree this would be a great resource for athletes, but we wonder if this is the best allocation of funds.

The administration should notify students before a major change is being made, as many students are not aware of the upcoming project.

The administration should take into consideration students' thoughts and opinions when dealing with big modifications, such as the new turf.

This could be possible with regular open forums between the administration and students.



Photo Sadie Yarosh

Turf's up: *Senior Nick Riley steals the ball from a Blake player at the "Oriole" Stadium Sept. 17. This will be the second turf field available for Park athletes to use once the track infield turf construction is complete.*

'Joker' message causes backlash

Glorification of violence ignites discussion, debate

Harris Keekley
harriskeekley@slpecho.com

With the release of "Joker" in theaters came a backlash from the public for its brutal message, inspiring people to do the same actions as the Joker did in the movie.

Throughout the movie, there are scenes of a disenfranchised man killing the rich in gruesome ways. The filmmakers made it seem as if the main character was a hero for doing these deeds.

In the movie, the main character, Arthur Fleck (Joaquin Phoenix), is a street clown who just wants to make ends meet. His job prevents him from living a normal life as he is constantly shunned by those wealthier and more socially respected.

After the Joker was causing chaos throughout Gotham, others began to protest the privileges of the wealthy by dressing up in "Joker" masks and imitating his evil deeds.

The movie is constantly showing Fleck being violently subjugated, and this can make the viewer sympathize for Fleck and ultimately justify his actions, even though they were gruesome.



Fair use from Warner Bros.

This movie has caused chaos in real life. As it was released, it inspired others to take extreme actions such as threatening a mass shooting at a screening.

"Joker" is all too real for some, especially when shooting are all too common. The Joker talks about how criminally insane people, like himself, are constantly put down by society.

This movie shows an extreme example of a nobody in society getting revenge on those that previously disrespected him.

What makes this movie so disturbing is that it has the ability to make audiences easily sympathize with the Joker, despite his gory actions.

Joker shooting threats

- Officials warned of several credible shooting threats
- Some theaters barring costumes and face paint, mandatory bag checks
- Reminiscent of 2012 theater shooting at a showing of the "Dark Night" which starred Joker

Infographic Gabe Kaplan & Kaia Myers
Source ABC News

ORIOLE droppings

Art Maggie Klaers



To Superdogs: It's a bird. It's a frog. No, it's super dog.



To Mindfulness: Mindful? More like timeful.



To ultimate: I was wondering why a disc looks bigger the closer it gets? Then it hit me.

G.S., L.S., G.S.



"(Trump) is mad, because he is getting an impeachment (inquiry). I can't believe how he didn't see this coming. (He) thinks (he's) bigger than crime.
Quaron Johnson, senior

White extremists target teens

Social media recruits white males

Colin Canaday
colincanaday@slpecho.com

Mother and writer Joanna Schroeder issued a warning over Twitter Aug. 12 to parents of white teenage sons. She warned about white supremacists recruiting white teens through social media using 15 tweets in the span of almost an hour. The issue with Schroeder's warnings is that they don't paint the full picture.

Throughout her tweets, Schroeder shares her view "that social media and vloggers are actively laying groundwork in white teen (males) to turn them into alt-right white supremacists."

The boys consume media with inappropriate themes, and end up getting called out for their views. They then turn to media conveying themes of "people being too sensitive." The teens empathize with this as they are no longer able to criticize groups such as women, feminists, liberals, people of color or LGBTQ people.



Art Maggie Klaers

Schroeder brings valid concerns to light, which we need to actively take into consideration when making decisions about the media youth should be viewing.

I believe Schroeder hyperbolizes what is actually going on within youth social systems today. Ignoring the fact not all white male teens experience this recruiting overemphasizes the situation. While the worst-case scenario is important to focus on, it doesn't represent, and shouldn't define, teenage culture today.

POINT COUNTERPOINT

Supreme court reviews LGBTQ discrimination

The court is judging two cases regarding LGBTQ rights in the workplace, according to the National Public Radio.



Discrimination does not justify government intervention

Business will regulate itself

Adin Zweigbaum
adinzweigbaum@slpecho.com

The Civl Rights Act only protects from discrimination based on sex, race, color, national origin or religion, therefore sexual orientation is not protected.

Considering there is a difference between biological sex and sexual orientation, the Act's mention of sex does not protect LGBTQ individuals in hiring practices.

Ethically, it's immoral to discriminate for any reason — everyone should have the same amount of respect no matter how they identify.

However, as a capitalist society, the government does not have a say in who a business can or cannot hire.

Giving businesses freedom over who they hire while still allowing an open forum for critics is an important aspect to a free market.

Freedom is one of the pillars of this country, and the more control the government has over our economy the less freedom Americans have.

By no means is it ethical for a person to discriminate, but the recent Supreme Court hearing has shone light on the amount of government interference in the economy.

In a truly free market, there should be no place for government involvement.



Constitutional rights should be inferred using morals

'Sex' is up for interpretation

Isabel Kjaer
isabelkjaer@slpecho.com

I see how some are confused as to whether the group's rights are represented in the Constitution.

While I don't see the entire community as falling under the definition of "sex," there are definitely members of the community who identify with an LGBTQ sex.

In my opinion, gender is a term for those identifying as transgender or non-binary, in addition to binary genders.

There should be space for each individual to define the term they fall under.

The Constitution should be a document that represents what it means to live in America and what rights are provided, not an exact document warranting what can be done and what can't.

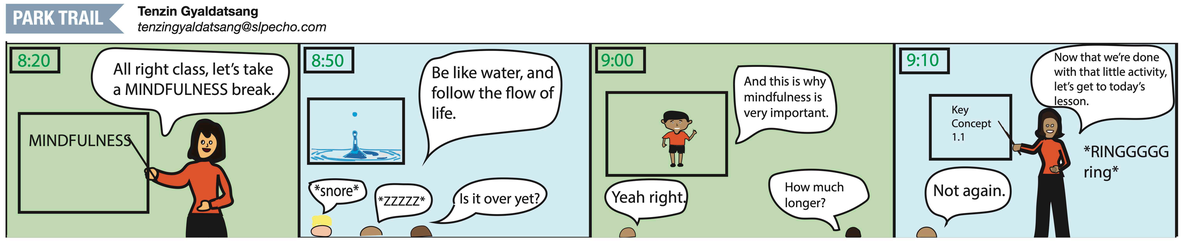
It is unethical for anyone, including businesses, to discriminate against members of the LGBTQ community.

I understand some may see it as an issue of free market, but at some point, the government should be able to intervene when businesses are practicing inhumane protocols.

Even though LGBTQ equality isn't directly sighted in the fine print of a centuries-old document doesn't mean it should be barred.

PARK TRAIL

Tenzin Gyaldatsang
tenzingyaldatsang@slpecho.com



WHAT'S THE POINT

Trump rally and protest prompt waves of mixed emotions

Split-second hate doesn't help anyone



Marta Hill
martahill@slpecho.com

The hate I felt directed toward me while trying to enter the Trump rally for Echo coverage is incomparable. The hate directed at me was based on nothing more than the fact that I was standing in a line with Trump supporters. I wish that level of hate on no one.

The Trump rally Oct. 12 drew massive crowds, both in support and opposition. When two sides so entrenched in their disgust for the opposition come in contact, it truly is a powder keg.

What alarmed me most about the experience was the dramatic change in treatment I felt when I crossed the line from protesters to Trump supporters. Within the protest crowd I did not feel threatened, but when attempting to enter the rally to cover it, the hate I felt from protestors was intense.

When I left the calm group of people expressing their First Amendment rights and entered the Trump line, some protesters quickly became angry participants set on scaring me, or worse. The shouts of "shame" and "you aren't welcome here" are cemented in my memory.

The split second it took me to join a line of Trump supporters was all people needed to decide they hated me. The fact that opinions can change so quickly is terrifying. I found solace in the humanity of some of the trump supporters, specifically those who attempted to protect me from the heated crowd.

Admittedly, I did not feel very comfortable in the line of people trying to get into the rally, because parts of Trumps' base are anti-women and anti-reporter, two of my defining characteristics. But the hostility I felt from the protestors was unmatched.

I implore everyone to not make quick judgments of those surrounding you. Take a minute, explore why you jumped to that conclusion, evaluate if it is accurate, learn more and then decide. You never know what someone has gone through, or why they think what they do from just looking at them. To understand their motivations you need to learn more.

“(A documentary about dogs) could be good if you are training to be a police officer or something like that.”
Ari Braverman, junior





Superpowers aren’t just for Marvel heroes

All photos fair use from Cosmic Pictures













REVIEW

‘Superpower Dogs,’ a treat for animal enthusiasts

Adin Zweigbaum
adinzweigbaum@slpecho.com

★★★★☆

Since the birth of the internet, people have been captivated by animal videos. However, Daniel Ferguson’s “Superpower Dogs” finds a way to combine cool with cute in an exciting 47-minute documentary about dogs with “superpowers.”

Chris Evans, who plays Captain America in the Marvel Cinematic Universe, narrates the documentary. The Minnesota Science Museum’s newly renovated Omnitheater is showing the documentary through Jan. 5.

Although the movie covers six dogs it centers around one dog named Halo, a Dutch shepherd. The movie first follows Halo as she learns to become a search and rescue dog. As the runt of her litter, Halo is already the underdog, no pun intended. This made the movie more relatable, and seeing Halo learn to save people’s lives after disasters and helping clear them from ruble was inspiring.

The movie then travels to Italy to find Reef, a Newfoundland lifeguard dog undergoing training. As the audience watches, he saves two people to the iconic song “The Ecstacy of Gold,” by Ennio Morricone.

This song, aided by the speakers of the Omnitheater, not only creates a sense of suspense, but it also provides an almost western thriller experience.

Similar to Halo, another search and rescue dog Henry helps save victims from avalanches and is reminiscent of movies like “Point Break.” This thrill-seeking border collie hangs out of a helicopter, flying to save people.

Ricochet, a golden retriever whose role is almost polar opposite to Henry, is a therapy dog for soldiers and special needs children. Ricochet sheds light on much sadder issues that dogs can help alleviate.

This switch in tones between dogs gives a realistic feel to the movie, bringing it back down to earth.

Tipper and Tony, the final two dogs are bloodhounds found in Kenya. Their job is to use their advanced sense of smell to help protect endangered species by finding poachers and thieves.

By using actors such as Evans for the narration, and adding special effects to highlight these dogs’ abilities, this movie felt like a superhero movie. Although merely about dogs, it was a cute and exciting film.

METRO AT A GLANCE

Ben Sanford
bensanford@slpecho.com

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Nov. 6

“American Horror Story: 1994” wraps up its ninth season following teenage camp counselors experiencing paranormal activity.



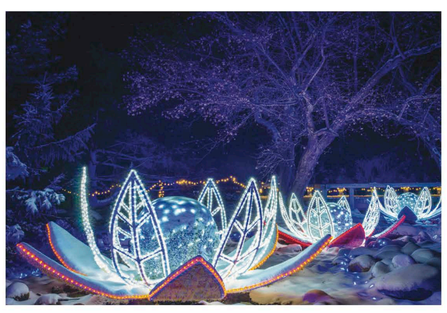
Nov. 9-Dec. 8

“Sensory Friendly Sundays” is an event at the Walker geared toward people of all ages with different processing differences and developmental disabilities.



Nov. 22

Six years after the release of the first installment in the “Frozen” franchise, its sequel “Frozen 2” will delve deeper into the folklore of the original.



Nov. 22-Jan 5

Walk-through gardens to find bright lights, warm drinks, s’more kits and other festivities available at the Arboretum to bring the Minnesota community together.