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Editors NOTE



Photo: used with permission from Sheryl Schochet

Flowering times: Seniors Andrea Melear and Molly Schochet pose for photos before their junior Prom. Prom took place at the ROC May 14, 2021.

We are excited to present our second-to-last issue of the year, and we are proud of all the continuous hardwork our staff has put in. We are excited to announce our hardwork was acknowledged through several awards this year. In school history, it is the first time we have won all three biggest high school journalism awards, including: the National Scholastic Press Association Pacemaker Award and Online Pacemaker Award, and the Columbia Scholastic Press Association Hybrid Gold Crown Award.

We would not have been able to achieve these accomplishments without all the work from this year and last year's staffers despite the changes and uncertainties of the future. Being back in person for a year has made us appreciate the community we have in Echo and we are grateful for the support we have recieved.

In this issue, we talk about the national gas inflation and the effect on students. On page 6, we cover students' perspective and challenges on practicing Ramadan while also being in school. On pages 12-13, we began the coverage of our spring sports. And finally, we end our issue with a review of a new gluten-free bakery and new spring music.

As always, we would not be able to produce high-quality content without the help and support from those around us. We are grateful for all of our staffers' work and the support of our readers.

We hope you enjoy our eighth issue and can't wait for your continued support through our next, and last, issue.

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Photo by Ava Ashby

In the deep end: Junior Micah Davis defends Hopkins' handler junior Max Wolfe April 19. Park lost the home game 13-14. The team's next game is April 28 at home.

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“It’s harder for students to pay an increased price, because of their lower wages. This makes it difficult to get from place to place.”

Nora Jeftenic, senior

Gas prices soar to new heights

Some drivers react to abnormally high prices

Noah Leventhal

As gas prices skyrocket across the country, many have grown concerned about the price they are paying for gasoline. Stations across the country have raised their prices to abnormally high costs, which is causing unease for new drivers trying to pay the price. Students like sophomore Will Gohman have expressed concern for those who can’t keep up with increased prices.

“It’s especially bad for people who don’t have enough money for gas,” Gohman said. “If you need to get to work and you’re working a minimum wage job, and you’re spending a full day’s money on gas, it’s gonna be a big problem.”

The average gas price in Minnesota is around \$3.90, compared to a year ago when it was merely \$2.70. Other states such as California, Hawaii, and Nevada have prices as high as \$5. Gohman said due to the spike in gas prices, he believes driving is starting to become a commodity.

“Driving around is less something that I can just go out and do as much,” Gohman said. “Now it’s more of a luxury to go out and drive because it’s costing so much, like it can be \$60 to fill up the tank, which is an insane amount of money.”

Teenagers working low-paying jobs might not have the money to pay for gas. Some students might have to watch what they’re spending money on to keep up with the prices. Sophomore Noam Halpern mentioned the adjustment he made and how he’s more aware of what he’s buying.

“I have to be conscious of how much I’m spending so I can pay my share of gas, it was definitely an



Photo by Rachel Arkis

Pump it up: Sophomore Henry Salita pumps gas April 14. Gas prices have been rising due to the Russia-Ukraine conflict.

adjustment I had to make,” Halpern said.

Some students only have to pay a portion of the price, sharing the cost with their parents. For Halpern, although he splits the cost of gas with his parents, he makes sure to drive deliberately and with purpose.

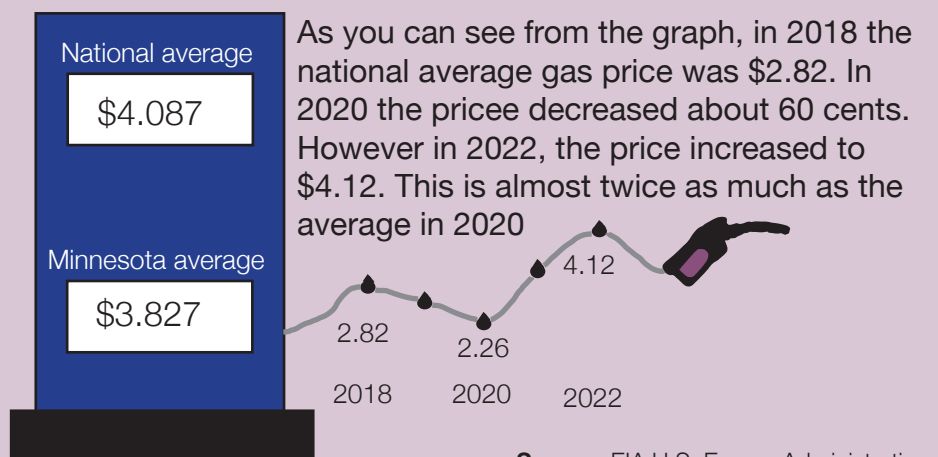
“I’m fortunate enough to split the gas prices with my parents, but I’m still very conscious of where I drive and how much because of how expensive it is,” Halpern said.

With the United States having a mostly car-based transportation system, it makes the situation even worse.

The public transport in Minnesota suburbs aren’t up-to-par with other states and countries, meaning a car is a necessity for commuting. Halpern mentions how this can affect new drivers.

“There’s lots of students who don’t have the time or money to save for gas when the prices are this high,” Halpern said.

Average national gas prices 2018-2022



As you can see from the graph, in 2018 the national average gas price was \$2.82. In 2020 the price decreased about 60 cents. However in 2022, the price increased to \$4.12. This is almost twice as much as the average in 2020

Source EIA U.S. Energy Administration
Infographic by Char Priadka, Mya Stanberry

Five reasons why prices are increasing

- Not enough oil reserves
- United Arab Emirates standoff with Biden
- Oil capacity at 20%
- Russia-Ukraine conflict
- Oil Tariffs

Infographic by Char Priadka
Source Energy Information Administration

DESIGN BY Mya Stanberry, Lily Nugteren



WEB PREVIEW



Photo by Ava Ashby

Track competes in first meet

Among a mass of people congregated around a small track, freshman Autumn Walberg said her first outdoor race was exciting because of the energy the crowd brought.

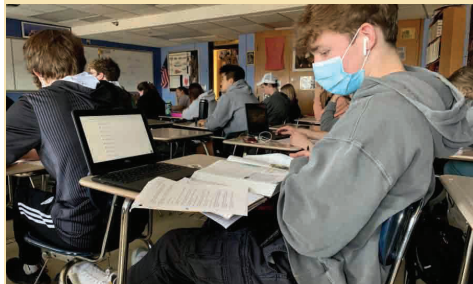


Photo by Zoe Ziessman

End of the year AP and IB tests begin Thursday

Advanced Placement (AP) classes are courses that offer college-level materials that entail an exam at the end of the year, certain scores on these exams can earn college credits.

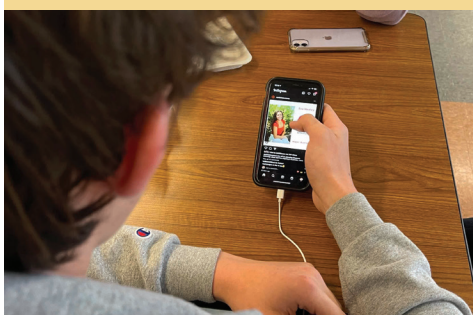


Photo by Henry Harper

Some struggle with habitual failure as year winds down

The definition of habit is a regular practice that is hard to give up. For students, these habits are coming through in incomplete assignments, skipping class and overall underperformance. According to math teacher Anson Opara, he has seen the most students struggle this year.



Photo by Jordyn Deschamps

Ukraine war rallies support

Students respond to international conflict

Sergei Bovee

As the situation continues, the Park community has various opinions of how we should deal with this Ukrainian Conflict and the thoughts of this war. Sophomore Dreyson Berg said that although he dislikes the events going on, he doesn't think it is a problem the United States should deal with.

“This is a horrible thing, but it isn't the U.S.'s responsibility,” Berg said. “Only when they attack a country that (is a) part of NATO shall we intervene.”

Other students have the same opinion, but for another reason. For sophomore Abdulkadir Abdulkadir, the best way for us to deal with this solution is to put sanctions on Russia.

“We should help Ukraine while treading carefully so it doesn't become a war between Russia and the U.S. directly. We should continue introducing sanctions on Russia and supporting the people in Ukraine,” Abdulkadir said.

According to history teacher Carley Kregness this conflict is a significant influence on the world. She said that the

How to stand with Ukraine:

April 27
UVB benefit for Ukraine
7:30–10 p.m. at Schooner Tavern

May 1
St. Constantine's fundraising event 11 a.m. – 2 p.m. at St. Constantine's UCC

May 6
Musicians for Ukraine
6 p.m. – 7 p.m. at Dakota in Target Plaza south

May 8
Band Aid for Ukraine
3:30 - 9:30 p.m. at Minnesota Music Cafe

Donate at Stand with Ukraine MN or Ukrainian American Community Center

Source by Stand with Ukraine MN

“Continuing the conversation and staying informed is really important. We can also support them monetarily by donating. We just got to keep spreading information.”



Mathea Bruns, senior

Infographic by Char Priadka

Artistic activism: Outside the Ukrainian-American Community Center stands a board with pro-Ukraine artwork April 22.

general community seems to be supportive of Ukraine, but she thinks the future will be grim if Putin succeeds.

“This is going to affect the balance of power in the world as a ton of people are dying and Putin, if he wins he will continue conquering,” Kregness said.

Numerous people have been killed or internationally displaced – according to CNN it is estimated that 20,000 people have died in Mariupol alone. Junior Bryce Martin said he was disheartened by the crimes and death occurring because of Russia.

“It is terrible how Russia commits all of these war crimes and all of the deaths that happen there,” Martin said.

Some students don't know what is going on in Ukraine and sophomore Jack Kottle believes the best way to help Ukraine is to ensure we don't spread misinformation.

“I believe the best way to help this situation is to educate people, not many people know what they are talking about,” Kottle said.

Stand With Ukraine MN works to give resources directly to Ukrainian citizens and UNICEF, which works with Ukrainian citizens to ensure they are safe.

As of now there are various events hosted by Stand With Ukraine MN. For more details, refer to Stand With Ukraine MN's website.



“ Instead of just taking the phone away, teachers should note that they’ve been on their phone and then if their grade reflects that, then that’s the student’s fault. And that should be the punishment instead of sending their phone down to the office.”

Daniel Lainsbury, senior

Doubling down on cell phone usage in class

Cell Phone Policy revisited, reinforced

Johanna Kaplan

Out of all the distractions during the school day, cell phones have to be the most tempting, according to French teacher Kyle Sweeney.

“There are a lot of distractions other than cell phones, but if we can eliminate one that’s always on the minds of everyone (then we should make that a priority),” Sweeney said. “The more focused you can be on something, the more likely you are to retain that information.”

In the 6425 Newsletter April 17, the Student Cell Phone Policy was outlined for students and parents alike. The policy bans the use of cell phones during class without prior permission from a teacher — limiting screen time to lunch and passing periods. To rid the distraction completely, administration recommends keeping cell phones at home. According to assistant principal Jessica Busse, this message was sent out as a reminder, which felt crucial to release following parent inquiries.

“There were actually some complaints about it from parents after conferences, because a lot of students were given the feedback that cell phones are an issue and are distracting for students in the classroom,” Busse said. “So parents were asking: what is the cell phone policy? That’s why we shared that.”

Calling attention to rules and guidelines surrounding cell phones fits into a larger picture, according to Sweeney.

“We’re reteaching the cell phone policy to try to create that as school culture — for the end of this year, but then also for future years. So that becomes part of the understanding between administration, teachers (and) students,” Sweeney said.

Though the policy may look good on paper, carrying it out is a different story, according to junior Miles Nordling.

“I don’t think it’s effective at all. I don’t have any issues with the policy myself, but I know a lot of people don’t pay attention to the policy, and I don’t think it’s enforced across the board,” Nordling said.



Photo by Jordyn Deschamps

What to know to keep your phone

- Get prior permission from your teacher
- Don’t use your phone while class is being conducted — this includes texting
- Even if on silent mode, if a notification is received, phone can be confiscated.
- The use of cell phones is restricted to outside the classroom, during lunch or between classes

Photo by Lily Nugteren

Power down: Junior Nora Hall uses her cell phone during class April 21. Efforts to enforce the Student Cell Phone Policy are now being further prioritized.

Not only does the policy fall short in its execution, it is not combating the real problems at hand, according to senior Martha Macharia. In her experience, separating students from their cell phones is a losing game.

“If anybody has their phone out, it’s probably because they’re bored in class. (But) whether they’re on their phone or not, they’re probably still distracted, so it doesn’t matter,” Macharia said.

History teacher Jill Merkle sees cell phone use as a signal to check in with her students and adjust her teaching accordingly.

“If I see a lot of cell phones out while I’m talking, then I know I need to do something else, or maybe I’m talking too much, or (I think) what’s something that could be more hands-on and engaging. So I try to think creatively through that and have those conversations with students,” Merkle said.

Important upcoming dates:

April 28-May 20

IB and AP testing

For specific IB and AP testing, see the complete list on slpecho.com

April 28

Holocaust survivor visits school

May 4

Senior meeting about Graduation information

May 14

Prom at Union Depot

214 4th Street East, St. Paul MN 55101

\$30 per ticket until May 2

May 24- June 7

Chromebook return dates

Devices returnable at the Media Center

June 7

Graduation

IN THE SPOTLIGHT

Sophomore releases new single 'Vertigo'



Willis Gohman
Sophomore

What is your background as a musician?

My dad is a producer, so I have a bunch of instruments around my house. I started playing drums when I was 3. And then I got into guitar a few years ago, songwriting and piano lessons for a few years. I play all the instruments on the song, but my background is just mostly the drums.

What has been the inspiration behind your first single "Vertigo?"

I wanted to post more things on Spotify. I posted one in 2020, but that was on a different account and I was also a middle schooler, so it sounded very different. But, I wanted to come back to a fresh, new start with it since I have a bunch of songs archived that I already recorded. "Vertigo" is just one that I thought would be a good first song — I'm planning on making it an album. The lyrics in the song are about the constant struggle of circular motion in my life, getting up and then falling down over and over again.

How does your songwriting process usually go?

I have a notebook where I write all my lyrics, just endless notes of different little things throughout the day. If I know I'm not going to remember something, then I record it into the Voice Memos app. Otherwise, I have all these ideas and then when I need to make it, I just piece them together like a puzzle and find the lyrics and riffs that go together. I wrote ("Vertigo") when I was lying in bed really late at night, and I already had the guitar and the bass line down. I had some lyrics that go with that, so I just wrote that down. This is my passion — I've got to show that to the world and to the people.

Who has helped you throughout this process?

My brother produces for me afterward, so I record everything and then he mixes and masters it, which means you adjust the volume levels of each track. He gives me creative feedback because he's also probably even better than me. I have a bunch of stuff recorded, and I'm trying to get more artwork from the guy that did the cover — my friend Hawkins Moore is really good at art and has this whole view on how to make it look, and I'm excited about that.

Elena Ortiz

Ezra Hudson recognized for Princeton Prize in Race Relations

Senior receives certificate of acknowledgement

Alicia Mainjeni

After making a difference with his activism, senior Ezra Hudson was recently recognized for the Princeton Prize in Race Relations.

The Princeton Prize in Race Relations is granted to more than 1,800 high school students each year. It honors high school students who, through their community contributions, have impacted, advocated for and advanced racial equity.

While Hudson did not win the award, he said he was granted a certificate acknowledging his work and achievement.

"(Princeton) chooses a couple students across the nation to award the scholarship prize. Students who don't get the prize get the certificate that I did," Hudson said. "It says that I've been putting in work in different ways to help better race relations in America."

SOAR adviser, Dr. Lee-Ann Stephens, said she has high hopes for Hudson and thinks highly of his accomplishments.

"I'm so impressed with his courage and at such a young age how important racial

It's good that (he has been) recognized so that other people can be inspired by his work to keep fighting for change. (The prize) is well-deserved for the hard work that he's put in for it."

Christian Arteaga, senior

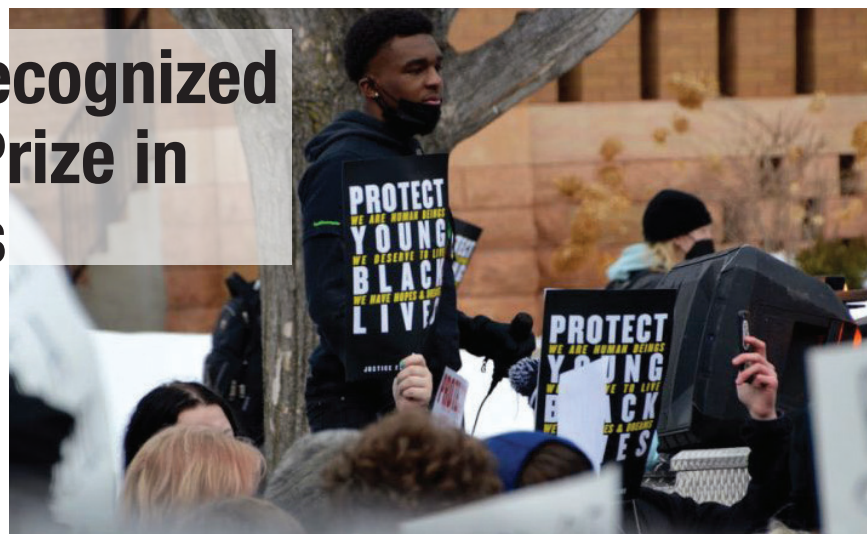


Photo by Tobias Khabie

Recognition: Senior Ezra Hudson stands on a platform during a statewide walkout to protest the murder of Amir Locke Feb. 8. Hudson was awarded the Princeton Prize in Race Relations for his participation in activism.

justice is to him. I admire and cannot imagine what he's going to do," Stephens said.

According to Hudson, joining SOAR and co-founding his organization was what set in motion his work as a leader.

"The first time I got into activism was joining SOAR and finding my own voice and my own way to create change," Hudson said. "Co-founding my organization, Minnesota Teen Activists, also really launched my activism forward and got me into the work."

Stephens said she was able to speak with directly and aid Hudson in the process of applying for the award.

"I wrote a letter of reference, and I was also able to speak with one of the people who decides who gets the award to get more information on why I wrote the letter

of reference," Stephens said.

Hudson said acknowledgment for activism in general is not the most important part of advocating for racial equity, but it does allow for the work of students to be more appreciated.

"I don't think recognition is the biggest thing in doing race relations, but I do think it is part of it. It motivates people to keep doing it, and it also shows and showcases their work and puts them on display," Hudson said.

Stephens said Hudson has had a large influence on SOAR, bringing more attention to the group and the cause.

"The numbers that we have in SOAR are a big part of tribute to him bringing people in," Stephens said. "Our numbers have grown significantly and I attribute a lot of that to the example that he has set"

Echo receives 2022 NSPA Pacemaker

Student newspaper awarded for outstanding performance

Aiden Shafton

After Echo recently became a three-time (National Scholastic Press Association) NSPA Online Pacemaker Award recipient and 10-time finalist, Echo adviser Lori Keekley said she applauds the students for persevering

despite the pandemic effects.

"I'm very proud of the fact that the students are continuing this tradition of good work during a time that's pretty hard, especially since we've had all this time away because of COVID-19," Keekley said. "Now we're trying to get back into some of the habits that have really worked for us previously"

According to senior and managing editor Tobias Khabie, receiving this award is an encouraging sign that all of Echo's work is paying off.

"Getting the award just goes to show that we all work very hard and apply ourselves every day," Khabie said. "We don't do it for the awards, but it's a nice reminder of the value of the work we do."

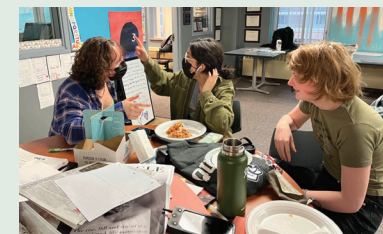


Photo by Abby Keller

Recognition: Echo juniors Cece Jensen Elena Ortiz and Char Priadka eat pizza on production night April 25. The Echo was awarded an NSPA Online Pacemaker Award for its website. It also won a National Print Pacemaker and Hybrid CSPA Gold Crown. This is the first time Echo has swept these three awards.

DESIGN BY Maren Wilsey



“I’m looking forward to seeing the set fully developed and having all the great actors and actresses show how well they’ve been working and how well they can act.”

Aiden Jones, junior



Sisterly love: Embracing on stage, freshman Sela Myers and senior Caroline Butler rehearse a scene April 20. Their scene, “Coming Home,” is set in 1968.

WHAT'S THE POINT? Coachella 2022 is extremely fun, eventful



Modesty Manion

I recently went to the Coachella music festival with two of my cousins. On Friday, we saw a few artists, including Harry Styles, who brought Shania Twain out as a special guest. He also debuted two new songs off his upcoming album, Harry’s House. It was definitely worth staying the whole time, but the shuttle line afterward was incredibly long. We got to the festival grounds around noon the first day, and didn’t get home until 3 a.m.

On Saturday, we saw Brockhampton, which was really fun seeing as its two Coachella shows are to be the group’s last. I was also very excited to see Megan Thee Stallion and Stromae. The headliner for Saturday was Billie Eilish, who we stayed for a few songs of. Because we didn’t stay

the whole time, we saw a vast difference in the wait time for the shuttles home.

On Sunday, we saw Maggie Rogers, who had an incredible set, as she always does. Karol G brought out Becky G, which was definitely a pleasant

surprise. Joji played a few songs, then walked off stage for around 15 minutes. When he returned and continued his set without explanation, we were very confused.

Many fans were mad at the Coachella franchise for having Joji perform when it was known that he might have issues while performing. Doja Cat was probably one of my favorite acts. At Coachella, she incorporated wild drum solos and heavy metal-sounding guitar into her normal rap and pop songs to create a very cool sound.

Originally, Kanye West was supposed to headline on Sunday. Instead, he was replaced by Swedish House Mafia and The Weeknd. We thought that because there were two headliners, they would somehow combine the music of both artists for the final show.

However, it started with only Swedish House Mafia, 45 minutes after it was supposed to. Surprisingly, for a Coachella headlining act, their music was not especially amazing. The Weeknd came on after we left, but he wasn’t on for very long.

Overall, my first Coachella was definitely a learning experience, but it was also a fun and freeing weekend. Between once-in-a-lifetime concerts, overpriced food, beautiful sights and long lines, Coachella is something I will never forget.

WHAT'S THE POINT?

My experience at weekend one

Theater prepares for destruction

‘Mutually Assured Destruction’ to show comedic sibling stories

Danny Shope
Leo Justesen

According to theater director Jodi Schifsky, this year’s spring show “Mutually Assured Destruction” will comedically showcase tense sibling relationships throughout 10 different decades. Schifsky said this format allows the inclusion of many actors, and may remind the audience of interactions with their own siblings.

“We have 20 students performing in the show, and 10 different stories,” Schifsky said. “It’s a way to feature those tensions between brothers and sisters or sisters and sisters, and highlight things that are familiar to us, but in a collective, collaborative way.”

Junior costume designer Charlie Kroells said in addition to the actors, the crew has been working behind the scenes to design a strong set of costumes.

“We do a bunch of research on what

would be appropriate for each scene or each character,” Kroells said. “We have a bunch of clothes in the costume shop, so we go through all of them and see if we have anything. Otherwise, we go to Goodwill and buy stuff.”

Junior Gwendolyn Rockler-Gladen said the play is thought provoking — showing the similarity of human interactions throughout different time periods.

“I really like interacting with the other scenes and seeing how they’re different,” Rockler-Gladen said. “(I like seeing) how things are connected through different decades even if they’re completely different people in different situations.”

Students should see the show, according to Kroells, because it’s an entertaining and amusing take on issues faced by siblings.

“Each of the scenes is about siblings who are trying to solve a problem or have a problem,” Kroells said. “It’s definitely relatable, and it is very funny.”

With many people coming together from the cast and crew to make this show happen, Schifsky said she is happy that students are able to have this opportunity to show off their work.

“I love tapping into something that’s always been a passion of mine and I can connect with students over,” Schifsky said. “(I like) letting kids find their potential because there’s so many ways for students to shine even if they don’t want to be up on stage.”



Photos by Grace Stillman

Let’s dance: Juniors Sophia Earle and Gwendolyn Rockler-Gladen dance across the stage at rehearsals April 20. Their scene, “A Star is Almost Born,” is set in 1936.

Show information

Ticket prices:

Adults - \$7
Seniors - \$5
Students free with student ID

Showtimes:

April 29, 30 - 7 p.m.
May 1 - 2 p.m.

Source Park Theater Instagram
Infographic by Maren Wilsey

“ Earth day is important because we live on such a beautiful planet, and it’s good to remind people that it’s fragile.”



Nina Havekost, senior

Eco-anxiety looms over

Holiday sheds light on the impacts of eco-anxiety among adolescents

Grace Stillman
Sophia Curran-Moore
Modesty Manion

Earth Day, celebrated April 22, is a global recognition of the planet. Although this is often portrayed as a joyful holiday, for many people it sparks concern for the state of the Earth. Mental health and the current environmental crisis are becoming increasingly linked. This phenomenon is called eco-anxiety.

Learning how to manage anxiety and channel it into motivation to invest in the planet is on some students’ minds this Earth Day.

Understanding eco-anxiety

Eco-anxiety often feels isolating. Junior Gretchen Huebsch said she feels like the weight of the planet rests on her shoulders.

“I’m one person up against this huge situation, and it’s scary,” Huebsch said. “(I feel) a lot of nervous energy and anxiety.”

Susan Clayton, a psychologist specializing in eco-anxiety, said although eco-anxiety is not an official disorder, it has profound impacts on the lives of many people.

“Eco-anxiety is not a formal diagnosis. It is a term that is used to describe a constellation of negative emotions, but primarily anxiety, associated with a perception that the environment is changing and becoming degraded,” Clayton said. “It becomes a problem (when it) starts to take over someone’s life.”

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“I recycle most things, and if I can't recycle something then I try to reuse it.”

Avery Noren, freshman

er Earth Day

Rodney, Climate Generation's youth coordinator, said to him, "It entails a constant worry about Earth's future. (Anxiety is) anxiety that's rooted in the increasing chaos and harm of climate change and the other harm we're doing to our planet," Rodney said. "More Jersey Miller said she has feelings of impending doom when it comes to the climate crisis, and the urgency she feels to make a change. "Usually, it's that feeling of helplessness as you're watching the world," Rodney said. "It's like watching the countdown of time you have to reverse climate change, especially since if we don't make that (change) then we're the ones we have to live with that."

Rodney said Park should be more accurately informed about climate change in order to reduce eco-anxiety. "Education is the reason there is eco-anxiety in the first place," Huebsch said. "If people are properly educated, then they know everything they need to know, and it's harder to go into the spiral of anxiety. Misinformation is a big part of a lot of people anxious."

Eco-anxiety affects Park

Eco-anxiety affects many people, whether it's consciously or subconsciously. It can be found affecting students at Park and their mindset toward the future of Earth. "Grace Fahey said the way in which climate change is discussed has a big impact on her outlook of the future of our planet. "Discussions are pretty sad, and that it's kind of hopeless considering the state of the Earth right now," Fahey said. "They're really dark because it makes anyone truly feels like there can be a huge difference in the next few years on how we can reverse climate change." Rodney said the anxiety she feels is deeply rooted in her mind and can often be overwhelming, and believes many of her peers have expressed similar feelings. "That in the back of your mind, it feels like it can only get worse and

knowing that if we don't do something, that it will get worse," Miller said. "A lot of times people like to joke about climate change, but then in a more serious setting I see a lot of those people also talk about real concerns they have."

Eco-anxiety can be exacerbated by hearing statistics from experts or seeing posts online.

Huebsch said social media fuels the eco-anxiety to a large extent, however, she recognizes it is a difficult balancing act to create a clear message that causes people to care without scaring them into hopelessness.

"Because of all the things I see on social media about climate change, (I'm) feeling anxious all day about it — kind of getting tunnel vision around it," Huebsch said. "It's tricky to figure it out because you need people to care, but you also don't want to stress people out to the point where they think they can't do anything about it."

How to find hope

The prevalent message that it's too late to take action makes it difficult to feel optimistic about the future, according to Huebsch.

"When (discussions around climate change) are so grim, it makes people think they can't do anything about it when that's not true at all," Huebsch said. "This is scary, but there are things you can do and there's still time to change."

Clayton said there are many options for people suffering from eco-anxiety to seek help, such as therapy, community and coping techniques.

"Finding a group of people who share your concerns can be reassuring and also empowering, especially if the group decides on some collective action to take," Clayton said.

Huebsch said simplifying the climate crisis and finding facets of the problem an individual is passionate about can help relieve eco-anxiety.

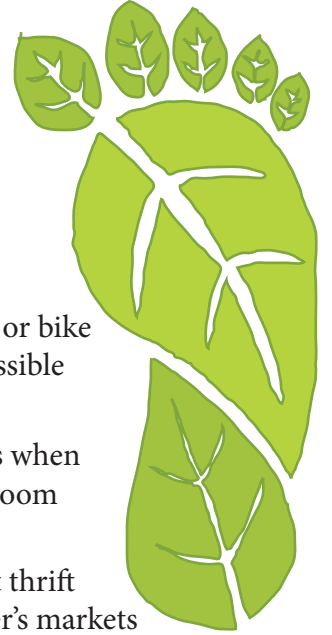
"For the people who are already nervous, breaking it down and making it more simple is a really good way to start getting people actively involved," Huebsch said. "Once they're involved, they can take it into their own hands and focus on things they're really passionate about."

Rodney said spending time with nature and acting alongside others gives him hope for the future.

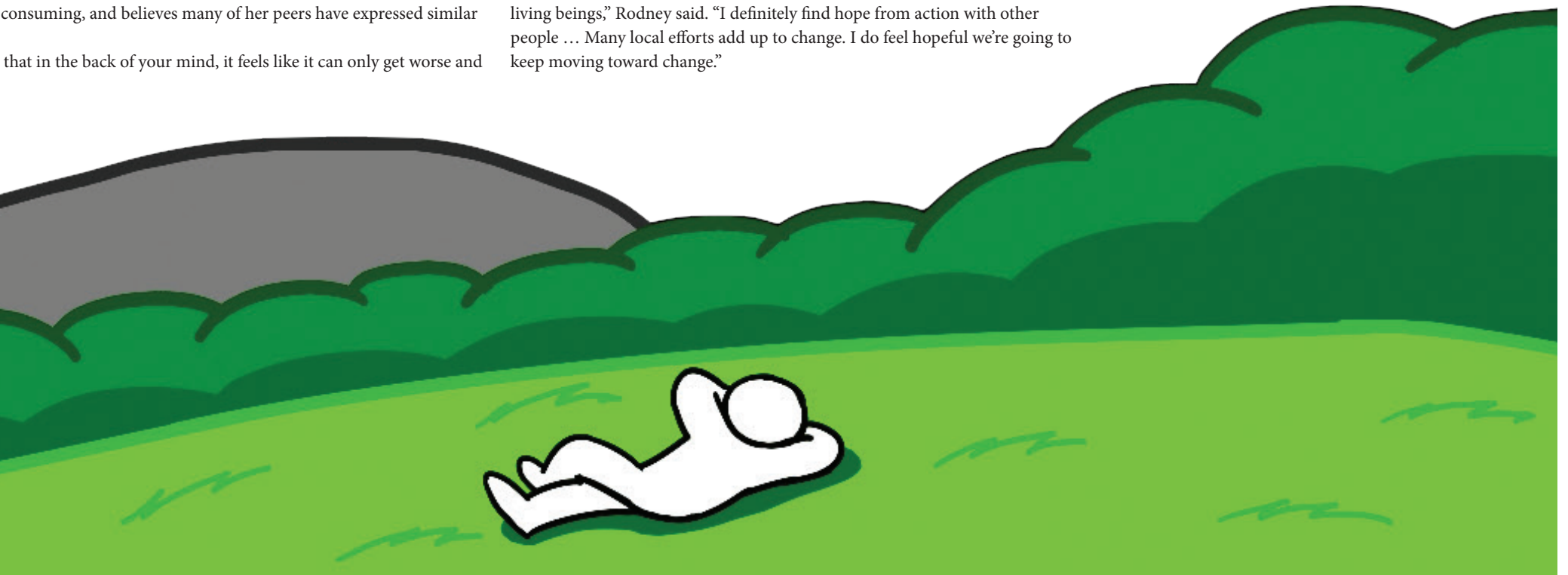
"I find hope by re-grounding in my relationship with the Earth and other living beings," Rodney said. "I definitely find hope from action with other people ... Many local efforts add up to change. I do feel hopeful we're going to keep moving toward change."

Five ways to reduce your carbon footprint

- 1 Reduce your water use
- 2 Recycle and compost what you can
- 3 Carpool, walk or bike as much as possible
- 4 Turn off lights when you leave the room
- 5 Shop locally at thrift shops & farmer's markets



Infographic by Lily Nugteren
Source New York Times



“(Concerts are) probably not safe. There’s a lot of people there, and it’s probably not safe.”



Wren Hallin, freshman

WHAT'S THE POINT

Ketanji Brown Jackson recently appointed Supreme Court Justice



Cianny Belen

There is a lot of buzz surrounding Ketanji Brown Jackson’s nomination and election for U.S. Supreme Court justice. As a person who’s never followed up with Supreme Court justice selections, I was wondering what the big deal was.

This nomination is important because for over a century, African Americans have been denied permission to join such high authority legislation.

Being the first Black, female Supreme Court justice sets a new hope for American minorities, and places a new standard and pressure to not disappoint an opportunity that wasn’t easily passed over.

What's the POINT?

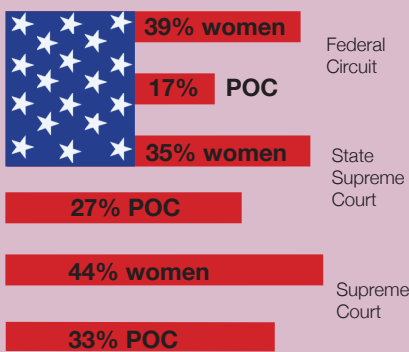
Nomination leaves monumental impact

Ketanji is offering more than a new voice. She is offering younger generations the chance to speak up against what they see in this corrupt system, and what changes they think would help

in freeing the white hold on leading judicial legislation.

The Supreme Court knows teens aren’t afraid to stand up for what’s right, just like they know people from all ethnic backgrounds will not sit and continue to be treated like trash. Their defense was to put labels on us saying we are “too young to understand” or “too angry to be seen as human.” But, we understand so well, that we are able to develop more reasonable and just solutions they couldn’t even dream of — or solutions they don’t want to use in fear of losing their own power they kept for too many long years.

Demographics of state, federal, Supreme Court judges



Source Brennan Center For Justice
Infographic by Abby Keller

How to stay safe at a concert



If able to, get vaccinated



Mask up, follow the venues COVID-19 protocols

TEST

Test before and after event, monitor symptoms

Source CNN
Infographic by Elena Ortiz

POINT COUNTERPOINT

The consensus on concert-going — is it worth the risk?

Concerts pose COVID-19 risk — proceed with caution, understanding



Cece Jensen

With COVID-19 cases lowering, concerts have become more popular. Considering the emergence of the newest strain of COVID-19 named “XE,” precautions still need to be taken in order to ensure public safety.

This new strain is stronger and more contagious than previous strains which makes super-spreader events like concerts, unsafe.

When attending a concert, you are forced to stand very close to countless people. Being unmasked on top of that, ensures that illnesses spread throughout the crowd at a very fast rate.

Some concerts have COVID-19 safety procedures, such as requiring masks or showing proof of vaccination.

However, once concerts start, caution is thrown to the wind and people generally forget about COVID-19 safety.

Finally, physical safety needs to be taken into consideration.

For example, at the Astrofest concert held by Travis Scott in 2021, there was a large, prolonged, crowd surge that resulted in the death of nine people. Countless others sustained serious injuries and were trampled by the aggressive crowd. This has not been the only concert containing dangerous moshing that injured the fans.

Considering the fact that concerts are inevitable, the best and safest option is to have an outdoor venue and require masks.

STUDENT VOICES

Are concerts safe to go to right now?

“The mandates have been lifted and at this point, I feel like it should be safe.”



Vas Gaponenko, sophomore

“The cases are going down, I think it’s safe enough for everyone to have some type of fun.”



Martha Lawrence, sophomore

“I don’t think it’s safe because that’s a lot of people in one space. You don’t know who’s vaccinated or who’s unvaccinated.”



Yonathan Getachew, senior

Concert attendance long-awaited, safe with appropriate precautions



Modesty Manion

Because I love concerts so much, when all of the live shows I had lined up to see in 2020 got canceled, I was devastated. With these various complications, I didn’t start going to concerts again until October of last year. I was hesitant at first, but then I realized a few major points that eased my nerves.

The main fear I had was that the venues at which I was seeing artists wouldn’t have proper COVID-19 regulations. But then I realized that, by law, the venue management had to follow CDC and governmental restrictions. Because the CDC has the best interest of U.S. citizens and their health, they would not be lenient on COVID-19 guidelines if it would put concert-goers in a vulnerable position.

With more and more people having access to the vaccine and booster shots, cases are going down and our anxiety should do the same.

For concerns that don’t involve COVID-19, every concert is going to have some aspect of risk. The Travis Scott concert at Astrofest last year in which nine people died is not a representation of concerts as a whole. Although concerts are not inherently dangerous, every show is going to have some risk factor — as would a party, sports event or even going to school.

Before going to a concert, one should assess their current situation and decide on the path that best suits their needs. For those who have been fully vaccinated, stayed safe for the past two years and feel it is time to return to concerts, I’d say they should go for it.

PARK TRAIL | Matt Kanyinku





“ My dads complaining about rising gas prices, and we're losing money.”

Jacob Nelson, senior

STAFF ED

Gas prices add fuel to eco-friendly approaches

Raised prices show need for alternative sustainable solutions

As gas prices shoot up across the nation, many have begun to worry about how much they are paying.

Students should use this crisis as a wakeup call for a more sustainable lifestyle.

Various global crises have served as the root for the soaring gas prices students are grappling with today.

As Americans return to making more regular trips outside of their houses, the demand for gas is only increasing.

Additionally, the United States' ban on importing Russian oil has put a massive strain on the gas market, considering Russia's significant role in gas and oil production.

These combined factors have allowed for the national average of gas prices to hit as high as \$4.10 per gallon, according to AAA, nearly doubling last year's national average of \$2.87 per gallon. A difference of \$1.23 per gallon.



Photo Illustration by Abby Keller

Pushing E: At the Speedway gas station, sophomore Madeline Busse fills the gas tank in her car. While prices continue to rise, students look to other possible methods of travel to reduce expenses.

There are various cost effective and eco-friendly options available to students looking to lower the impact of gas prices on their daily lives.

By carpooling with friends, not only are all those involved lowering their carbon footprints by only taking one vehicle, the group saves money on gas.

Additionally, as the weather gets warmer, students can bike, scooter or walk.

Finally, various public transportation options are available to students in the Twin Cities, and more are being developed over the next couple of years.

For students who have no other option other than to drive, there are still

ways for them to be more conscious of their gasoline usage and driving habits, such as taking less frequent trips out of the house, especially those for leisure or “just to drive.”

Students should also strive to take the most direct route to whatever their destination may be, taking highways and freeways when possible.

Ultimately, the Echo Editorial Board recognizes that the spike in gas prices has served as a major issue for many students.

We encourage students to be aware of how this crisis may be affecting them and their families, and take steps accordingly to lower their gasoline usage by opting for eco-friendly approaches.

WHAT'S THE POINT

ACT held during Ramadan ignores students' needs



Najma Hussein

We all know standardized testing is very common around this time of year. Muslims at Park also celebrate the holiday of Ramadan during this time. For the first time since I've been at Park, the juniors took the ACTs during Ramadan. The Muslim students have been up late hours reconnecting with what we believe in, therefore leaving us feeling drained for the school day.

As a Muslim student who took the ACT last year, I would have been very tired and would not have been able to focus during the test. Last year when I took the exam, I had the option to take a break to drink water and replenish my

energy as the test went on. This year, juniors did not have that option and would have to pick between not fasting in order to focus or fasting and not being able to concentrate.

What's the POINT?

Administration continues to disregard voices

The district may have not considered this as a possible issue when scheduling. I feel like they did not take into account the Muslim population, which conflicts with holidays that might have affected the students performance levels. Considering that this might happen again next year, administration should be more considerate toward students and possible holidays since it can affect other Abrahamic holidays as well.

The administration has had a history of conflicting events with each other such as last year when Prom was scheduled on Shabbat. This event excluded many students due to the scheduling conflict. In 2019, Prom had been scheduled during Ramadan. The former Muslim students did not stay silent and expressed their concerns. Prom was eventually moved after students spoke up but the administration shouldn't wait until students have a problem with their scheduling, they should already know.

Since this has been an issue in the past, administration needs to recognize and listen to the students of Park and take them into consideration. As a Muslim student, I feel as though the administration does not think about students when making these decisions. I know that the Muslim juniors feel ignored and were not happy about taking the ACT during Ramadan. In the future, I hope that this issue is solved, as well as students are being seen and heard.

How far does \$20 get you in MN?



MEDIA POLICIES

The publications are designated public forums for student expression in which students make all decisions of content without prior review from school officials or the public. The adviser will not act as a censor. Students have the final decision on all content.

Prior review does not teach students how to produce higher quality journalism. The only way to teach students to take responsibility for their decisions is to empower them to make decisions freely.

Content represents views of students and not school officials. The publications will work to avoid bias and/or favoritism. In order to strive for objectivity, journalists should avoid covering stories of which they

are involved.

The publications will not shy away from covering newsworthy controversial issues of importance to students. We will make every effort to avoid printing libel, obscenities, innuendo or invasions of privacy.

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

News publication 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 staff or administration as a whole.

The publications welcome reader input. Letters

must be signed and should be no longer than 250 words and may be e-mailed to or submitted in room C275. Anonymous letters wherein the publication name does not know the identity of the writer will not be printed.

In the event of an error being reported by readers or noticed by staffers, students should first check to see if the information is erroneous. If students deem the material to be incorrect, they should alter any online content to reflect the correction and then print a correction in the next edition.

In regard to material appearing on the websites, nothing will be taken down unless it's proven factually false or legally deficient as of the time it was published.



OUT OF THE PARK

Tennis experience rewarding



Colin Canaday

Looking back on the four years I have played for the Park boys' tennis team, I can confidently say that I have made some of the greatest memories, met some of the best people and had some of the most rewarding experiences of my time in high school.

I started playing in my freshman year, alongside people I knew from my classes, but also many more that I had never met. Tennis provided an opportunity to connect with upperclassmen and other students I otherwise would have never had the opportunity to interact with. For that, I am forever grateful.

Starting on a new team, as a freshman no less, I remember it being daunting interacting with people who were older than me. As I, myself, have become the upperclassman, I now realize how misplaced this fear was. We are a team,

and we operate as a team; there is never any distinction of “they’re an underclassman, so they are less than” or “they’re an upperclassman, so they are greater than.” We thrive off of each other’s success and learn from our failures.

What’s the POINT?

Looking forward to final season

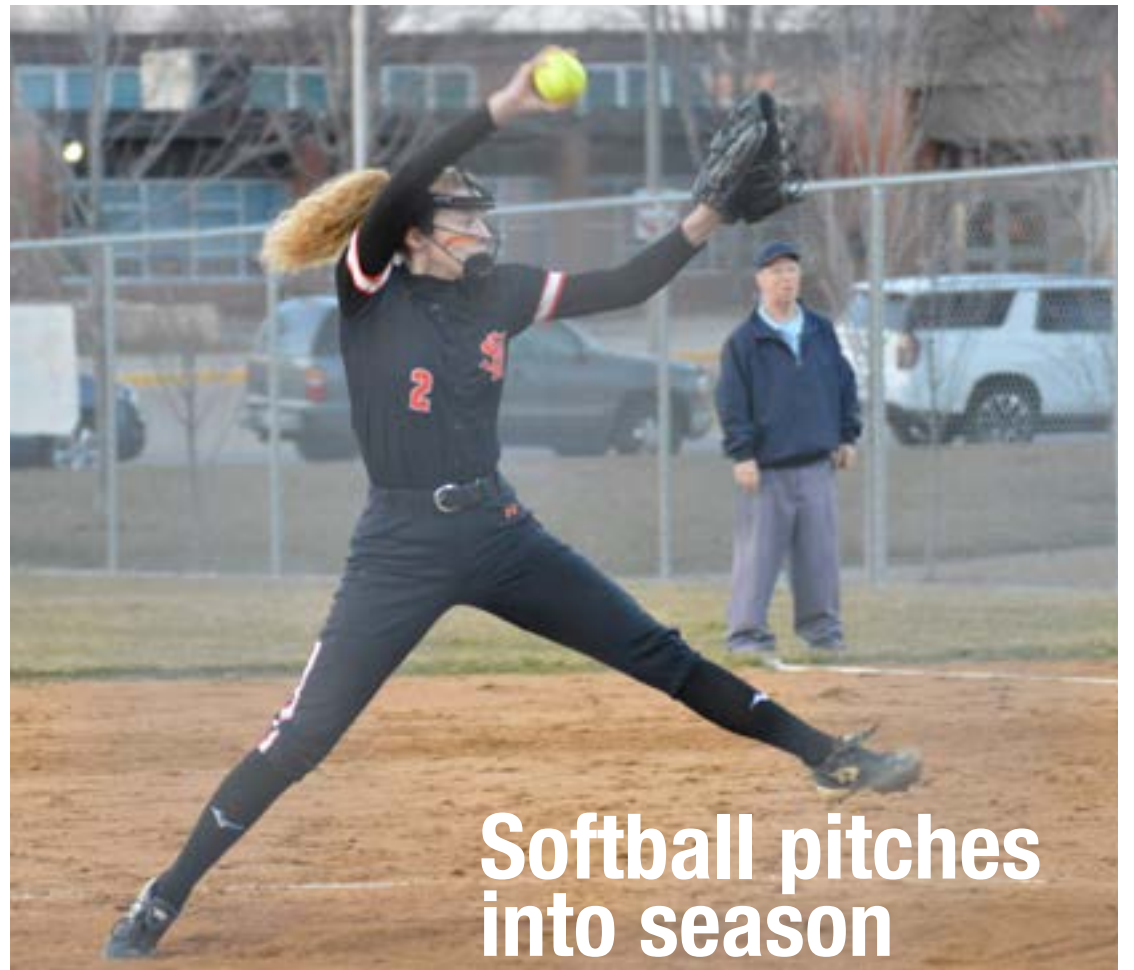
One of the most rewarding parts of my time on the team has been interacting with my teammates. Although not inherently a team sport like that of soccer or football, tennis at Park has always felt a lot like it — with people cheering on their teammates and doubles partners celebrating after each game won. Between the small talk at the beginning of practices and the often uncoordinated team chants at the end of each match and practice, there is a solidarity between the team.

With that togetherness, we drive each other to do our best every day. In practices, you see teammates and coaches cheering every player on to push themselves — to treat every game as though it is the last of the match and to work hard to improve their shots.

Going into my final season, I could not be more proud of the effort I have seen put into the team, and I am happy that I’ve been able to be a part of it over the years.

With the players, teamwork and determination I’ve seen this year, I have no doubt this is going to be an excellent season and that we will have success for years to come. I look forward to seeing how far this team can go.

Strikeout:
Junior Katie Crocker winds up to pitch during a game against Southwest April 21. Park won the game 15-3.



Softball pitches into season



Up to the plate:
Freshman Eva Taybior drops the bat as she runs toward first base. Park won its first game of the season 15-3.

Outfield:
Senior Georgia Charpentier readies to throw in hopes of getting an out. Softball will have its next game April 27 against Orono.



Photos by: Halima Bigirindavyi

Team victorious in home opener

Halima Bigirindavyi
Najma Hussein

As softball started its first game on the dirt, the team celebrated its first victory of the season with a score of 15-3. Senior Georgia Charpentier said the game was a good start to the season.

“It went really well,” Charpentier said. “It went a lot better than our games last year.”

The team played against Southwest High School at Aquila Park and coach Chris Gabler said he felt the team had a strong start.

“I thought it was awesome. They were focused, and they were ready to play,” Gabler said. “(We) couldn’t have started it any better.”

Charpentier said she tried to impact the team by supporting her teammates and staying positive.

“I tried really hard to keep up the energy in the dugout and on the field, making sure we’re all high energy and talking the whole time instead of being quiet,” Charpentier said.

As weather has been an issue for the team, sophomore Olivia Grefe said she was proud of the effort displayed.

“We did good for our first game back, it was our first time playing on the dirt this season,” Grefe said. “I’m happy to be cheering everyone on and supporting everyone.”

Gabler said he hopes to be a support for the players as the season continues.

“I always think players win the game. My real impact would be just to keep the girls focused,” Gabler said. “They go out and they get to play.”



“Our Orange Crush did a good job, and it was an exciting game to watch for sure.”

Mason Boesche, senior



In the air: Junior Jack Mintz sends the Frisbee to a teammate down the field against Hopkins April 19. Park plays Apple Valley April 28.

Crush one upped by Hopkins

Team optimistic for season despite close loss

Harris Keekley

In a back and forth match between two of the best teams in the state, Crush ultimately lost 13-14 to Hopkins April 19.

According to coach Spencer Hagen, Hopkins was a tough opponent and Crush had to come into the game ready to play hard from start to finish.

“They’re one of the best teams in the state and one of the best teams in the country, so I knew that we had to come out playing hard and with intensity,” Hagen said. “We started off very strong and I knew they’d claw their way back into the game, which they did.”

Senior Beau Finley said he believed Crush went into the game with hesitance and in future games, the team needs to focus on coming into the game with a better mentality.

“Hopkins is one of the best teams in the state, so we definitely came in very apprehensive,” Finley said. “That’s something we need to work on, going into our

Ultimate in action

Madison Mudbath Tournament

Both boys’ and girls’ team attending

April 29- Team leaving for Madison

Games scheduled April 30 and 31, opponents and time TBD

May 1- Team arrives back home

Source: slp-ultimate.com
Infographic by: Sergei Bovee

games without any preconceived ideas of the other team and to go in strong and play hard until the game is over.”

According to senior Luke Walsh, Crush came out strong, but slowly lost its lead and had to pick it up in the second half.

“We were off to a really good start, but then we began to let off our game, so during halftime we focused on getting back in the flow of things and tried to keep working hard,” Walsh said.

Finley said the team lost momentum in the middle of the game but after halftime, Crush slowly inched back into it.

“We came out really strong, but towards the middle we got too comfortable and they took advantage of that, but we definitely brought it back at the end and came back,” Finley said.

According to Hagen, during halftime, the team focused on playing on its own terms rather than how Hopkins does.

“During halftime, we focused on talking about strategic things, stopping them from going upline and taking deep looks, but the biggest thing for me was to continue to play our game and not try to beat them in their game,” Hagen said.

According to Finley, creating momentum to try and spark energy was a priority to create a comeback in the second half.

“Morale was one thing we were focusing on so we needed to keep playing hard, even if we were up, we needed to keep giving our all,” Finley said. “Micah (Davis) and I came out with a bunch of layouts in the second half to keep everyone hyped so we could sway momentum to our side and get our heads back in the game.”

The next ultimate game is at 6 p.m. April 28 at home against Apple Valley.

MEET THE ATHLETE



Eva Taybior
Freshman, softball

When did you start being interested in softball?

I started playing softball in about fourth grade, but then I got more serious toward seventh grade.

Why did you choose to do softball?

I started off playing because my friends played it, so I just wanted to hang out with them over the summers.

How has your softball experience been at Park?

It’s been really great. All the coaches are amazing. From what I have seen, of the coaches that I’ve met, they’ve been amazing. The overall program is really welcoming and friendly for all different levels of experience. It’s just a great environment.

What are your goals for this season?

I want to be a varsity starter. I made the varsity team, but I would like to start in games. There’s nine people who can bat at the game, so I would like to be a part of that nine. And I just want my stats to be good this season.

How are you preparing yourself for games?

It’s all about mentality – so I just need to go into the game knowing that I’ve put in the work and that I’ve practiced, and I just need to stick to what I know.

Who are you most excited to play against this season?

Chanhassen, they have a really good softball program, but so do we. It’ll be just cool to see how much we’ve improved after we played them last season and it was a blowout. So if this season we can show improvement, that’d be great to see.

How does it to be a freshman on varsity?

It feels really awesome. I just really want to keep working hard and just prove that I deserve that spot.

Who is a softball player that you look up for inspiration?

Jocelyn Alo is a really big softball player and I see the hard work that she’s put in and if I could be half as great as her, that would be amazing.

Halima Bigirindavyi

“ I joined to be able to run in the meets and the weather has had a big impact on that since so many meets have been cancelled.”



Anna Healey, freshman



Weather freezes spring sports

Photo by Ava Ashby

Competitions, practices impacted by conditions

Tobias Khobie

While Minnesota weather normally forces spring sports to delay its seasons or move indoors, athletic director Andy Ewald said this year's conditions have had an unprecedented impact.

“In the past, we might have had the first week or so (delayed) for a couple of days, but (as of April 19) we haven't played a softball game, we've played one baseball game, we haven't played a lacrosse game,” Ewald said.

Besides synchronized swimming, every team has felt the impact of the adverse weather conditions. According to senior Carlitos Anguita-Smith, the track team had to move indoors to practice, making runners practice in a smaller area.

“It's very difficult to get outside when it's really cold and track is much better outside because doing it in inside spaces is difficult,” Anguita-Smith said.

For many teams, moving indoors is the

Canceled or postponed events

- April 6- Track
- April 8- Baseball
- April 11- Golf, baseball
- April 13- Baseball
- April 14- Lacrosse, tennis
- April 16- Baseball
- April 18- Softball, tennis

Source: gopark.com
Infographic by: Katie Nelson

“ It's very difficult to get outside when it's really cold and track is much better outside because doing it in inside spaces is difficult.”



Carlitos Anguita-Smith, senior

Ready, set, go: Sophomore Embriah Iyamba and the rest of the track team focus on a workout during practice March 14. The team has had two competitions canceled due to inclement weather and has been holding practices inside some days.

only option, which Ewald said can be difficult due to lack of available space.

“We sit down and schedule practices and try to make it as equitable as possible. We're realizing what teams are bigger, what teams are smaller,” Ewald said. “Everybody's pretty understanding. Everybody is tired of being inside and wants to get outside.”

Baseball coach Brian Kelly said he's tried to keep spirits up due to indoor practices, as well as ensuring the team can work out as much as possible.

“It's tough, we do a lot of indoor stuff and using the gym and everything like that. We just stay mentally ready and balanced and have fun,” Kelly said.

While many teams are forced to stay indoors, senior and girls' lacrosse captain Ryan Rasmussen said the team has practiced outdoors and made adjustments due to the weather.

“It's been really cold, and when it's been windy out, it's hard to have control of what you're doing and where the ball is going,” Rasmussen said. “We've had to shorten our practices by 30 minutes almost every other

day just so we can stay warm.”

As for competitions, Ewald said teams will likely have to make up postponed games by using more days for competition.

“It's going to cram everything into the month of May,” Ewald said. “We're going to have four to five weeks where it's going to be match or game, and we're not going to get a ton of practice.”

Rasmussen said in order for teams to be able to compete in a condensed manner, players have to take advantage of any practice they have, no matter the conditions.

“We have to work as hard as we can during practice, and get as much done as possible and just push,” Rasmussen said.

Despite the negative implications the weather has brought, Ewald said there is a silver lining in the teams being able to adjust to the adverse conditions.

“Practice is valuable, you practice for a reason. This forces our coaches and our kids and our programs to be resilient,” Ewald said. “But anytime you have a chance to grow as a person and to be resilient, it's a good thing for everything in your life.”



“ I really like the sound and energy they have. They’ve come out with a lot of good things.”

Ashaar Ali, junior

REVIEW



‘Further Joy’ in rose-tinted glasses

The Regrettes’ album portrays love, insecurity, intimacy

Elena Ortiz



When life is unfair and it feels like things are going nowhere, Lydia Night’s vocals are the only consolation.

Following its hit 2019 album “How Do You Love?,” The Regrettes finally released its third studio album. Progressing from a punk rock, alternative style, the band explored a more pop flair in “Further Joy.”

Though I was initially hesitant about this new look, it emerged just in time to encapsulate the budding, exuberant feeling spring always brings. This album commemorates a new period in my life — the start of my hot girl era.

Night, the lead singer of The Regrettes, has officially done it again. Delivered in the same in-your-face, unapologetic way as always, the album boasts 13 songs glowing with sparkling, captivating melodies.

Although disguised under catchy riffs and dancing-pop ballads, this album is brutal in its honesty.

The band has always made me feel heard, shouting the thoughts I keep to myself loudly, and layering a smooth tune over it.

Covering every topic imaginable — from homesickness to sexuality to infatuation to the sick feeling of being unwanted — this album is unstoppable.

Vulnerability is engrained in every note, and obvious traces of their past punk style remain, like gum stuck between your teeth. This can be seen in songs such as “Barely On My Mind,” which employs similarly powerful riffs and lyrics.

Rolling down the windows on my metaphorical pink Cadillac, this song was empowering and endless in its intensity

“Nowhere” is a song for those who feel uninspired and constantly running out of time — hurting and healing in every breath.

Though these feelings may persist, I know the four talented artists that make up The Regrettes have my back.

Other notable tracks are “Subtleties (Never Giving Up on You),” reminding me that love is, in fact, real. Backed with twittering birds, the song feels like being bathed in sunlight, laid bare under the scrutiny of those around you. Next is “Better Now,” explaining the feeling of being outside of your skin, in painstaking honesty.

“Rosy” is the most indicative of the spirit portrayed throughout the album. It eulogizes a relationship seen through rose-tinted glasses, thus exposing the deluge we often find ourselves inundated in.

When chasing joy and perfection, it’s easy to get trapped in a loop of self-doubt, and the persistent feeling of never being good enough.

Beaming and bright, I’ve never been more proud of an album. Riding on the curtains of “Further Joy,” I feel inspired and buoyant — joy doesn’t have to be a far-off, unattainable dream.

Other new music of note:



Phoebe Bridgers - ‘Sidelines’

Phoebe Bridgers has been on my radar since her first album in 2018. “Sidelines” doesn’t stray from Bridgers’ usual melancholic lyrics and wistful melody. “Sidelines” is a track that resonates in the heart of every young adult.



Between friends - ‘Orange Juice’

As April continues, “Orange Juice” is this week’s most springy song. The twinkly melody and layered voices adds a soft, fairy-like feel to the single. This single adds a splash of summer into the mix as it illustrates an afternoon with a lover.



Conan Gray - ‘Memories’

After his performance in Minneapolis, Conan Gray released the single “Memories.” This single has themes of heartbreak and yearning. The lyrics look back on the painful memories.

Char Priadka



If (people with gluten allergy) can't eat that stuff that they're allergic to. It's important to have (gluten-free bakeries)."



Fares Hendy, freshman

REVIEW



Gluten unfriendly: *Hold The Wheat bakery opened March 26. The bakery offers gluten-free pastries and baked goods. The shop offers a welcoming interior, with pops of pink and green. The bakery also offers branded hats and aprons.*



Photos by Abby Bartelson

Hold the wheat for new sweet treat

Gluten-free bakery worth every penny

Molly Schochet ★★★★★

Right on Excelsior and Brookside Avenue, Hold The Wheat is the best new bakery in town, and the fact that it is gluten-free is only a plus.

As someone with Celiac disease, I struggle to find fresh baked goods so I was excited to hear about Hold The Wheat and its commitment to high quality, delicious, gluten-free treats.

The mixed berry pie exceeded my expectations. While I often find that gluten-free pastry crust ends up being dry and crumbly, Hold The Wheat has mastered the perfect flakey, buttery gluten-free crust.

The crust melted in my mouth



Hours

- Tuesdays-Fridays: 7 a.m.-2 p.m.
- Saturdays-Sundays: 8 a.m.- 2 p.m.
- Closed Mondays

Location

4050 Brookside Ave., St. Louis Park MN

and the berry compote inside had the perfect level of sweetness with a hint of citrus to balance it out.

The texture allowed for it to melt with the pastry crust when I ate it without falling out of the crust.

The spices in the coffee cake made me feel as if I should be eating it with apple cider on a chilly fall day.

The only complaint I have about it is that it is rather one dimensional, it could have used a crumble to add more flavor and texture.

Although it sadly was not cream filled, the chocolate spencer cake is the best gluten-free alternative to a Hostess cupcake I have ever tried. I could actually taste the chocolate in the cake as it was not overwhelmed by sugar.

The frosting was perfect, it acted

as a nice crunch to bit into to but then melted into my mouth.

While the prices at the bakery may seem expensive, they are in line with prices at other similar bakeries I have been to.

The aesthetic of bright colors was also vibrant. The cute pink chairs and flower wall make it the perfect spot to take photos.

Although limited seating is available indoors, more seating is added outdoors on nice days.

The bakery is open until 2 p.m. but it is important to get there as early as possible as they sell out fast.

I highly recommend Hold The Wheat to anyone gluten free or not as a delicious way to support a St. Louis Park small business.

METRO AT A GLANCE

Johanna Kaplan

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May 6

"Doctor Strange in the Multiverse of Madness" is the long awaited sequel to 2016's "Doctor Strange." Starring Benedict Cumberbatch, the film hits theaters May 6.



May 13

Florence + The Machine's latest album, "Dance Fever," will be released May 13. The famed British band is known for their eclectic indie-rock sound.



May 20

Two and a half years after his last album, Harry Styles will make his comeback with "Harry's House." Styles has left fans with teases and Easter eggs for this upcoming work.



May 20-22

Art-A-Whirl is the largest open studio tour in the country. The 27th annual art-showcase will be throughout Northeast Minneapolis.