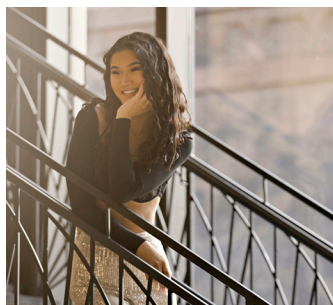


EIC COLUMN



Pony Clapback

Maya Disher

The push for more mental health resources within schools has been an ongoing battle for students in Minnesota. Students have been pioneering this battle by coming up with mental health initiatives and solutions to this mental health crisis among teens today.

A report that came out in 2016 by the Center of Advanced Studies in Child Welfare, stated that Minnesota has the worst student-to-counselor ratio, 1:743, which is far off from the recommended 1:250. It is the law that schools must have at least one counselor on hand at all times. Since that report, for the past 6 years, that ratio has not moved. As of February 2022, reports have shown that current ratios stand at 1:734.

“I’m not quite surprised, honestly,” junior Avery Adams said. “Having friends from a lot of schools around here. I hear a lot about it and how they don’t feel supported within their school. But I just feel sad because that’s not how it should be.”

Adams is a student leader in the mental health initiative she started, Bring Change to Mind, along with initiatives she is an active member of, such as the Mental Health Coalition, Peer Helpers and Mental Health Forum.

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

Staff Editorial: Phones cause addictions in teens

PONY EXPRESS STAFF

Smartphones prove to be addicting for many people. Phones and social media strip people away from reality, keeping them out of touch with the world around them. In addition, addictions to smartphones have caused an increased risk of mental health issues, especially in young generations today.

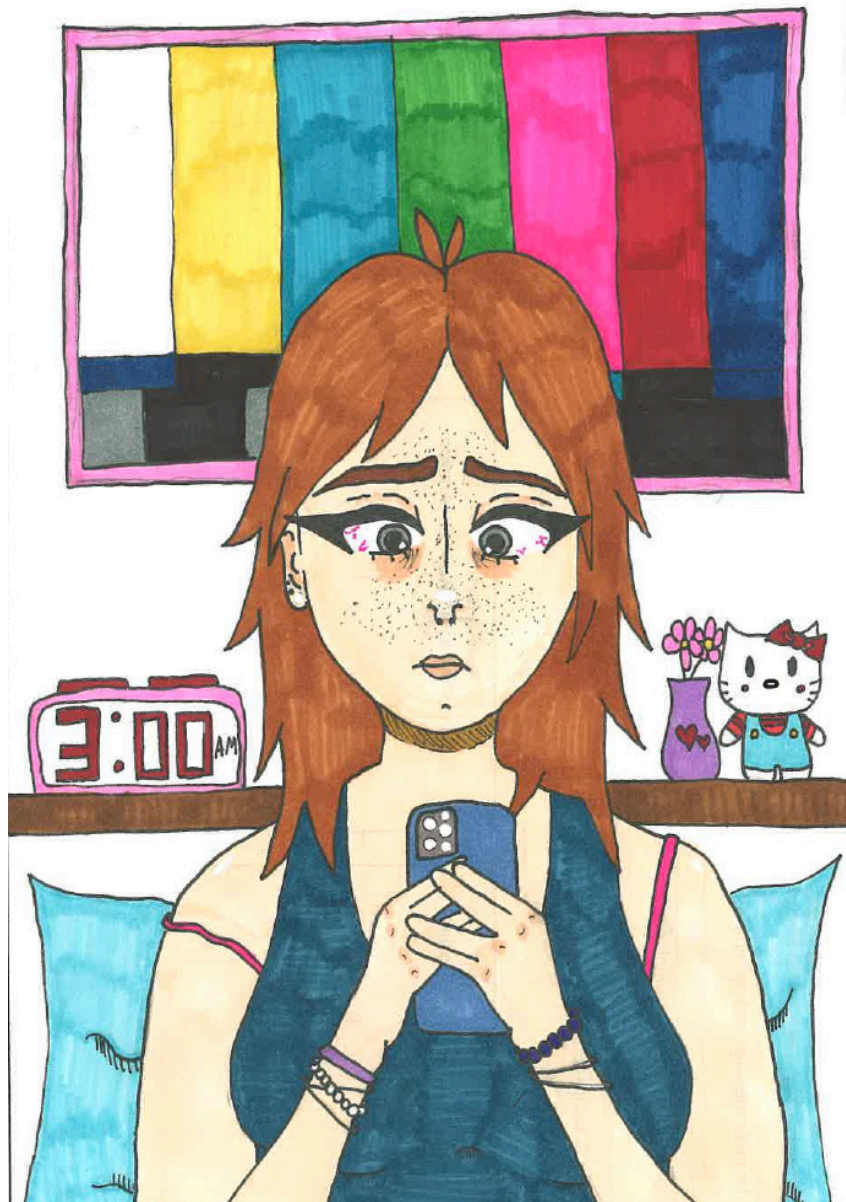
Smartphones suck people in with a constant bright screen, fun colors and new things happening every second. There is always something new to look at and engage with on smartphones. As a result, people stay glued to their phones all day. This increases people’s screen time, an average of eight to nine hours a day, not allowing time to focus on essential things. As a result, productivity has become immensely low, and laziness has taken over.

Senior Jasmine Alison, social media EIC, said that people “have a 12-plus hour screen time” but complain there is not enough time in a day.

People feel a sense of security with their smartphones. They have become society’s safety blanket. Losing a personal smartphone can feel like the end of the world to some, if not most. Most things people do these days revolve around a smartphone, especially posting on social media to show people how good one’s life is. Without that factor, people have no interest in doing things that may seem boring to society. The decrease in seeing people playing outside, reading a book, or simply enjoying the moment is saddening.

Staff agree that when they lose their phone, they get a sense of panic. They agreed they want their phones on them at all times.

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



Editorial cartoon by Aubree Bigger

Pony Express Staff

Stillwater Area High School 5701 Stillwater Blvd N, Oak Park Heights, MN 55082

Print Editors-in-Chief

Sydney Rodd
Allie Schlagel

Layout Editors

Elizabeth Gardner
Alison Keeler
Belle Lapos
Nick Mankowski
Stella McHugh
Maggie O’Brien
Fen Parham

Social Media Editor-in-Chief

Jasmine Allison

Social Media Editors

Reece Bastyr
Leo Dowling
Oren Hamilton
Carson Peterson
Soel Riser
Lavender Schleder

Photography Editor-in-Chief

Maya Disher

Photography Editors

Lucas Avila
Ella Belland
Ava Biederman
Jackson Bonneson
Grace Cheney
Cathleen Costello
Camryn Handberg
Jack Higgins
Bailey Holmes
Nuria Landaverde
Sully Schultz
PJ Smith

Broadcast Editor-in-Chief

Sara Norton

Video Editors

Glenn Blazier
Jacob Mueller
George Palm

Camera Editors

Donovan Rosckes
Paige Van Duyn
Wyatt Vraa

Field Reporters

Sonja Anderson
Peter Banister
Coral Lariviere
Bryce Roswicz
Gigi Zawislak

Business Editors

Aydin Brennan
Audrey Cosgrove
Delaney Johnson
Angela Taylor

Editorial Cartoonist Editors

Aubree Bigger
William Cadenhead

Digital Graphics Editors

Michael Fredericks
Kaylee Kellogg
Grace Schwoch

Online Design Editors

Ella Belland
Sadie Bettendorf
Thomas Cass
David Caldron
Kylie Grobe

Copy Editors

Olivia Braun
AJ Osher-Strub
Esmeralda Palma Andrade
Caroline Peleske

Podcast Reporters

Jade Axel
David Calderone
Thomas Cass
Ellie Dahlstrom
Brooke Dubiel
Kallie Fahs
Cooper Howe
Will Kane
Brock Lynskey
Landon Narveson
Maycie Neubauer
Annaliese North
Daniel Ortiz
Aidan Pimeau
Alex Reedy
Kaylyn Richert
Parker Ringold
Milena Sandstrom
Kyle Seebeck
Garin Warner
Leo Whitley
Kennedy Williams
Olivia Williams

Assistant Advisor

Alex Steil

Advisor

Rachel Steil, MJE

Printer

Sauk Centre

Print and Online Content Policy

The *Pony Express* is a publication of Stillwater Area High School. This paper is an open forum for the community and students’ views. Letters to the Editor are encouraged. The Editorial Board reserves the right to publish and edit letters: correction will be made in order to correct content, spelling, grammar and length. Letters and comments may be submitted to rooms D220.

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

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

