**OWL switching to reusable breakfast bags**

Environmental Club pushes for less waste

Kate Moe Staff Writer

On February 10th, plastic breakfast bags will no longer be the way OWL students carry their breakfast. OWL’s Environmental Activism Committee has been advocating for reusable breakfast bags to try and reduce the amount of plastic OWL uses.

Every since breakfast was introduced at SPPS schools, students have been using plastic breakfast bags as a way to transport their breakfast from breakfast station, to class, to trash. Let’s paint a picture. What if just a third of OWL students used a plastic bag every day? Doesn’t sound like a lot, just 150 bags. That one bag kids take everyday, adds up to approximately 30,000 bags every year.

Every Monday, SPPS Nutrition Services will supply our school with roughly enough reusable bags for one week. Students will collect your breakfast in the bags as you did before, and when you’re done, you will place the bags into red collection bins located on every floor. These collection bins will only collect the bags. At the end of each week, Nutrition Services will come back to OWL to pick up the dirty bags. This will reduce OWL’s plastic use greatly, by just replacing one item.

“The breakfast bags are an opportunity for us all to think more deeply about what our collective impact on the ecosystem we rely on. It’s an opportunity to change our school community’s culture and I hope (if we leverage this right) make a larger impact in our district. This is an important beginning step in mitigating the big, sweeping changes that we need to address the climate crisis,” said 11th grade environmental club member Emma McCarthy.

Mathletes are the real deal

Eighth grader Violet Wright works a problem at practice. Cooper Peterson Arrin and Eddie Vang Staff Writers

Most students dread math homework, some don’t even do it, but a special few students stay after school to do more math! These people are called the math team.

OWL hasn’t always had a math team. It was was created in 2018 when math teacher Patty Hosfield introduced the idea because “participating in math team is an excellent way to learn new math skills, strengthen the skills you already have and math team is fun. It also looks impressive on a college application!“ This is Patti’s second year leading the OWL math team.

Math team currently consists of six mathletes, including fourth graders, one 7th grader, and one 6th grader. They have five meets during the year and they get together every Monday and Wednesday doing math problems that Patti assigns.

They compete in three rounds: two rounds of five math questions which are 10 minutes long each, worth 3 or 4 points each, and then the third section is a team section with 15 questions to answer and a time limit of 20 minutes. The team questions are worth 4 points each. There are topics for each meet which dictate...
q is the questions. For example, one question on a previous test was "what is the value of a/b if 2a + 3b equals 15." St. Paul Math Team is a city wide event that encompasses many schools. If a school in the district has a math team they can compete in the five meets for their divisions. Depending on where schools are located they get placed against other schools for the meets. After five meets there is a competition called Math-Counts. In Math-Counts many schools from the region come to compete in a mix of team and individual rounds. There is one round that is spoken and the first person to press a buzzer and answer the right question gets a point.

Eighth grader Violet Wright said that some of the reasons she enjoys math team are, "I enjoy winning, doing math, teaching math, and learning new math." At first Violet actually wasn’t interested in math team, but Pattis persuasive manner finally made her give it a try. She convinced her sister Hazel and they joined it together.

Violet says that some of the questions can get pretty challenging. "I remember one from the pre calculus level. Violet’s goal for this year: “I’d like to get the highest possible out of all the meets, at the end of the year you get like a first place medal, last year Hazel got that and I only got 2nd place so this year I’m hoping to get first place.”

Basketball, 5 week. "Being able to come to practice ready to work, (is a challenge) because we have very few practice sessions, were always going and running stairs and doing all these crazy exercises. So you have to be both physically fit and in a good mental space too,” said Tom. However, both Tom and Lili feel it’s worth it. “Even though I’m from OWL, it feels like I’m still part of the family. It’s nice to go there almost everyday and feel supported. Everybody wants to be there so it’s always a fun time,” said Lili.

Both teams have big goals for this season and are on track to complete them. “Every year when we start we go up to a board and list out what we want to do. One of ours was to lose only 5 games this year, out of our 25 games,” said Lili. They are in a position to do that, with only 3 losses so far. The boys team also has their sights set on a goal. “Coming into the season, we’re a really senior heavy team, so we knew that this had to be our year. We won the city championship our freshman year and we’re trying to do it again to close the circle senior year. We all came into the season with the mindset that we want to win, the conference we want to do well in sections and we want to go out with a bang,” said Tom.

Both teams are in the middle of their regular seasons and are looking forward to sections at the end of February.

Math, 1

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Winter: the worst season

It's garbage and should be cancelled.

What is your favorite class so far and why? Science because I'm really interested in physics.

Winter tends to be over, looked by people, after all, it is the season of snow days and holidays. But winter is dead and that is something that cannot be mistaken. While not as terrifying as a tornado, or as catastrophic as a tropical system, winter storms and ice aren’t things to be taken lightly. But seriously, who in their right mind likes winter, like it’s literally GARBAGE!

That One Little Kid

Arlo Northrop-Kiel

Many years have you been at OWL? I’ve been here since 6th grade, so this is my seventh.

What are your plans for next year? College.

What's been your favorite season in high school? Probably newspaper, but I also really liked APES and AP Bio.

What extracurriculars are you involved in? I was on the swim team, newspaper, and Outward Bound.

Favorite field work trip and why? Du Nord for 11th grade fall fieldwork, because we had a lot of freedom to have fun, and the sauna experience was great.

Fav book, movie or TV show? There are too many to choose from, but some highlights are Harry Potter, Orvus and Olive, Stranger Things, and any BBC murder mystery.

How tall are you? 5'10.

What's the weirdest thing about OWL? A and B days.

What's your favorite school lunch? I don't get school lunch.

What's your favorite book, movie, TV show or video game? The Office.

Winter

“Winter: the worst season

“It's garbage and should be cancelled.”

Mercutio Takle Staff Writer

I hate to be the bearer of bad news for you people, but sadly we are getting snow, and lots of it. Towards the end of November, a massive winter storm slammed the Twin Cities, dumping 7 inches of snow on us. Snow in late November is common in Minnesota, it’s not unusual to get snow pre-Thanksgiving here, most winters unofficially begin around this time anyways. Unfortunately, this means that we will be hovering in temperatures of -1°C (30°F) to -19°C (-2°F) for the next month or so. Which can only mean one thing, the worst season is here. Now, as a self-proclaimed aspiring meteorologist, I can give my professional opinion regarding any and all weather.

Meteorology in winter is bad. Look, we people aren’t ones for sniping, but the general consensus between us is, that Winter sucks. First of all, there’s Ice, Nature’s slip and slide. There are many kinds of ice, including ice that you can’t even see properly! Ice ruins a lot. In early January 2020, there was a massive ice storm that hit the Twin Cities that wreaked havoc on post-holiday travel. In 2018 there were 160,000 reported ice-related injuries in the United States. Ice also decimates road infrastructure, causing potholes that need to be repaired. Potholes ruin cars and other motor vehicles, causing even more costs in repairs. Ice can also build up on airplanes, causing them to be less aerodynamic, hindering their ability to take off properly. The abundance of ice also forces people to use de-icing salt, which in turn kills the water integrity of nearby water bodies. While people could be using a sand-based alternative, they don’t. And the worst thing about ice is that it isn’t even the most fun thing about winter. That of course being snow.

Snow is the most unfortunate thing to ever exist.

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Snow is the most unfortunate thing to ever exist. Winter storms, one of the several bane of my existence, are the most deadly type of weather phenomena out there. Aside from freezing temperatures, snow and wind together create hazardous road conditions, typically halting traffic and causing more accidents than ice. These blizzards should be taken seriously, as typically power loss is associated with these storms. Also, cold winds that follow these storms damage hydraulic systems like plumbing and heating. Energy sources are also limited, usually eliminating any chance for solar panels, wind turbines, and dams to operate correctly, if at all. Snowfall patterns have stayed rather consistent in Minnesota since the mid-1950s, with December and early March being the most heavy in terms of total snowfall. Minnesota has had several deadly winter storms; the 1991 “Halloween Blizzard” dumped an average of 28 inches across the Twin Cities, breaking the metrodome stadium roof. Then in 2018, a massive winter storm ravaged the upper midwest, dropping an average of 17.1 inches around the Twin Cities, and again, breaking the metrodome stadium roof. While the snowfall we’ve received isn’t nearly as heavy as it has been in the past, any snow total over 5 inches in a short timespan is enough to cause havoc.

Winter tends to be looked over by people, after all, it is the season of snow days and holidays. But winter is dead and that is something that cannot be mistaken. While not as terrifying as a tornado, or as catastrophic as a tropical system, winter storms and ice aren’t things to be taken lightly. But seriously, who in their right mind likes winter, like it’s literally GARBAGE!

and this year is so big that it’s become hard to find tournaments that can accommodate them. “It is getting harder to get the kids into tournaments because our team keeps getting bigger and bigger and the number of opportunities to shoot in our region isn’t getting bigger,” said coach Tom Totushek.

This year the team is strong, led by Captains Ale Castorjon, Zoe Campion, Jacob Rohde and Hebe Byrning McDonough. “As a captain, I usually help lead warm ups and help younger archers improve. My favorite part is watching other archers and helping them get better,” said Zoe.

When asked about goals for this year Tom said, “archery is done this the last three years and we have a chance to do it again this year.” Tom is excited about the potential of the freshman class and thinks that senior, Jack Goodrich has a good shot at medaling this year after starting the year very strong. In their first meet the Faribault Falcon Classic, he ended 1st out of the seniors shooting and 2nd overall.

Every three years the team raises money to go to Ken- tucky for nationals, but are on track for this to be their year! They are also excited for their Regional competition on March 21st and the State competition on March 28th. “We’re super hyped and excited!” said Alex.
When I was diagnosed with depression, it’s something my therapist brought up a lot. ‘Self-Care’ I was 14, and I had no idea what taking care of myself really meant. So, obvi- ously, I googled it. ‘Self-Care.’ Immediately, I was met with article after ar- ticle filled with avocado mask recipes and Bath and Body Works discount codes. Frank- ly, it was overwhelming! How was I - an emotionally unstable teenager - supposed to know what would make me feel bet- ter? I couldn’t really process how some biodegradable goo in a jar was going to motivate me to get out of bed. Or do my homework. Or anything. So, I didn’t explore it anymore. I fig- ured ‘Self-Care’ just wasn’t my thing. Everyone in the 21st Centu- ry has probably heard the term ‘Self-Care.’ It’s become a buzz- word with no clear meaning. For the sake of this piece, let’s say that ‘Self-Care’ is any act that I spend upwards of 2.5 hours per day doing. I recently took a day doing. I recently took a day doing. I recently took a day trying to write something about what makes me feel bet- ter. (That’s why I’m writing this, to tell you that even though ‘Self-Care’ in its corpo- rate definition means random yogs subscriptions and hair care vitamins, it’s not what ‘Self-Care’ needs to be for you. So, if ‘Self-Care’ isn’t buy- ing the best face mask money can buy, what is it? Well, if it could be, it would be things that you want it to be. The whole point of Self-Care is to do something for you, that makes you happy. The real challenge in this, at least for me, was fine tuning things that make you happy. We can all picture what makes you happy in a broad sense, but what about the little things? What are the small, everyday rituals you can do to make life a little better? That’s where I started.

Unfortunately, ‘Self-Care’ has become less of a call to action concerning mental health and personal wellness, and more of a marketing term. Companies big and small have begun selling gimmicky self- care products ranging from bath-bombs to glittery water bottles. It was exactly the sheer quantity of items and ac- tivities being shoved in the face of the name of Self-Care - that overwhelmed 14-year- old Eponine and made me feel like self-care was a hopeless cause.

In reality, these companies aren’t marketing their prod- ucts to you because they care about you. They’re doing it for the same reason they do anything - their bottom line. Do it wrong, it’s exciting! It creates conversations about mental health on such a glo- bal scale! Now more than ever, people have access to endless ‘Self-Care’ possibilities. But it took me a long time to realize that what ‘Self-Care’ is, is not defined or can’t be possibly defined by LUSH or Target, because the face masks they’re peddling are for a very broad market - the entire U.S. population. Based on that, what’s really going on here? Writing this, to tell you that even though ‘Self-Care’ in its corpo- rate definition means random yogs subscriptions and hair care vitamins, it’s not what ‘Self-Care’ needs to be for you. So, if ‘Self-Care’ isn’t buy- ing the best face mask money can buy, what is it? Well, if it could be, it would be things that you want it to be. The whole point of Self-Care is to do something for you, that makes you happy. The real challenge in this, at least for me, was fine tuning things that make you happy. We can all picture what makes you happy in a broad sense, but what about the little things? What are the small, everyday rituals you can do to make life a little better? That’s where I started.

Lily’s guide to social media
The best choices for teens and what’s best left to those over 30

Lily Hennese
Staff Writer
Picture this: It’s 6:30 in the morning, and your alarm goes off. For many of us, one of the first things we do in the mor- ning is check social media. Of- ten, many of us lay in bed on Snapchat for like 15 minutes before we even get out of bed. In fact, it’s something that we spend a good chunk of our day doing. Recently, I took a peek at my screen time analyt- ics and was shocked to learn that I spend upwards of 2.5 hours per day on social media. It was even worse during the summer, with my total time on social media being around 4 hours per day. My point being, social media has pretty much taken over the way we live. I figured, what better thing to review than different social media apps, the things I (sad- ly) spend the most time on?

First up: Facebook. I know it’s almost pointless to review since almost no people under the age of 30 have a Facebook. Now I’ll admit, I do have a Facebook, but only because my mom made me get one so that she could tag me in pho- tos. However, I’m not proud of having a Facebook account, and I rarely check it. Now may- be you’re thinking, “Lily, how can you give a fair and accu- rate review of Facebook if you never even use it?” Well, the truth is that you don’t actually have to go on Facebook very many times to really figure out what it’s all about. I’ve quickly realized that Facebook is a place for weird and usually irritating memes that aren’t funny, or it’s a place for families to publicize their political opinions. Now maybe I just haven’t found the ‘good’ part of Facebook (does that exist?), but from what I’ve gathered, I can tell that I hate it and that I will only go on it when I’m procrastinating and have checked every other app on my phone, even the stocks app.

Next: Instagram! Out of all the different forms of social media out there, Instagram is by far one of the most com- monly used. I mean, if you look up someone’s name on Instagram, there’s a pretty good chance you’ll find them. Personally, I think Instagram is a pretty good app. You can share photos from your life, and see highlights of others’ lives too, which is always in- teresting. However, I think Instagram is one of the most...
The Mandalorian review

Alex Cowles
Staff Writer

The Mandalorian tells the story of an armored bounty hunter taking care of an adorable alien child. It reuses western and pulp styling while exploring many deep themes.

The Mandalorian is a space western tv series created by Jon Favreau and directed by Dave Filoni and Dave Burdett. The first episode follows this character on his mission to acquire a special bounty. On the way, he and his allies encounter various alien species, including an even vapor farmer played by Nick Nolte and a Jawas played by Taika Waititi (Director and star of Thor Ragnarok and Jojo Rabbit).

After the Mandalorian discovers a 50-year-old infant on a remote planet, he faces the moral dilemma of doing his duty as a bounty hunter by either taking the child to his superiors or protecting the child.

The best part of The Mandalorian is obviously Baby Yoda. However, there are many other reasons The Mandalorian works. For one, the music composed by Ludwig Göransson (Black Mirror and The Crown) is incredible. The set design is great and there are enough small Star Wars Easter eggs peppered here and there to keep the die-hard fans interested.

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The best part of The Mandalorian is obviously Baby Yoda. However, there are man...
Charlie stays to direct his play. Marriage Story is an accurate portrayal of an experience about what I already knew I things. Cooking, cuz I really each morning. It seemed silly, of Zelda: Breath of the Wild is essentially composer beginning. As it happens, there familiar to a lot of you, but I ta. It's probably not incredibly name of an instrument: cele Little-known instruments starting. Before I get off on a tangent, I know the instrument but are knowable. Any time you've a fan science or movie or fire or a Renaissance Festival, and heard a flute that wasn't the kind found in a typical orchestra, chances are it was either the more recognizable pan flute, or a recorder. That much, I can tell you that used by many a composer, like the group "Two Steps From Hel, who used it to give the opening of "Flight of the Redl" its whimsical beauty, Nyro Nagamatsu, who used it in the Sheikah's Song for being used as a bit of color or embellishment. It's sound can being used as a melodic voice or harmonic voice, instead just a sort of clave-like sound when struck together. Tabular Bells: Out of all the instruments on the list, I think this, although most likely to be known, it was relatively recently that I heard about it, which is kind of embarrassing seeing as how tabular bells are pretty much standard equipment in any self-respecting orchestra. In music, it's generally used as an instrument for Christmas or just winter general. It's melancholy and sonorous, sort of like a deeper version of the erhu, and just feels Vi- king-y. Perhaps unsurprising, it can therefore be heard in "Twilight of the Gods" from Marvel's Thor: Ragnarok, for an appropriately solemn tone for the scene of Odin's passing. So that's a short list of some instruments that you are like the erhu be familiar with in some way, but know practically nothing about. Not that I've gone with the out of the way, next from whichever onwards, I will be getting into the actually interesting analytical stuff. You see then!

First, I started incorporating self-care into my life by making myself a cup of tea each morning. It was so soothing, but it was something I was able to look forward to. After a habit of that, I remembered to live with herself while middle school. So, I bought some paints and brushes and started painting. After that, I just started picking up random things. Cooking, cuz I really liked food. Painting, cuz I really liked theatre. I thought about what I already knew enjoyed and just kept connecting it to other things. And it didn't cost me a lot, at all. Hon- estly, it felt good to learn how to "Self-Care" without the help of a huge company. That take capitalism! hahahHAH! That being said, I can't tell you how to take care of your self. I have no list of recom- mendations, no products to review. It's easy to get frustrat- ed, especially when trying new things, but the truth is that you can't get frustrated, you can't get discouraged, you can't get frustrated, you can't get discouraged. It can only be done by yourself. It can only be your body. Put into practice for yourself is just another life skill we all have to develop. "Mike, it can only be you the first try, but the jour- ney can there actually be tons of joy in this New Year, practice the same 'Self-Care' and focus on your own good vibes. No face mask required.

I enjoyed the trio dynamics, and I think they all work well together as a group, but their isolated arcs were a bit disappointing in my opinion. I don't think the characters had been enough things I disliked, and a lot of questions that go unanswered. In my opinion though, the good outweighs the bad, and this is one of the most solid view of the movie. The end- ing and a few other concepts I don't like, and I think, if they had been changed or removed, it would be a solid movie in my eyes. Should you see it? I'd say just to see some of the most talented actors in movies get a 6.5/10 from me. 

charlie. After Charlie visits Nicole they