

THE MUSTANG

P O S T




***Artist Spotlight:
Brianna Blixt***

SHEYENNE HIGH SCHOOL'S OFFICIAL NEWSPAPER - APRIL 2022

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General

Page 10-11

Sheyenne Celebrates Its Seniors

Pages 20-23

Women Who Rock Wall

Pages 32-35

Counselors Connect

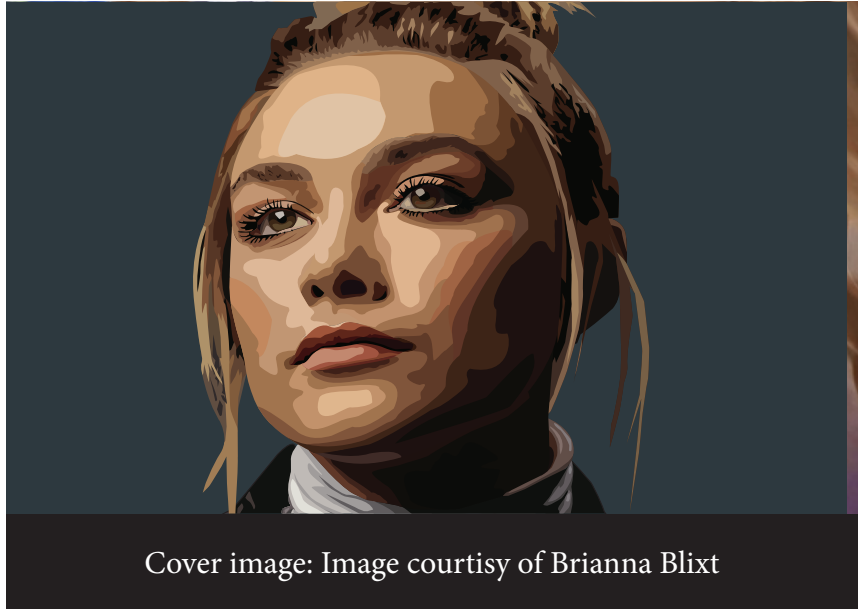
Sports

Page 38-39

North Dakota State Cheer Competition

Page 28-31

Growth of Lacrosse Continues into 2022 Season



Feature

Pages 4-9

Artists' Spotlight: Brianna Blixt

Each month the Mustang Post features a student artist who walks the halls of Sheyenne High School. This issue spotlights junior Brianna Blixt.

Pages 12-17

SHS Basketball Excels in 2021-2022

Jaxson Miller recounts the girls and boys basketball season.

Arts & Entertainment

Pages 18-19

Legacies: A New Generation Arises

Pages 24-27

Elden Ring Triumphs and Flaws

Pages 36-37

Silver Screen Attracts Summer Audiences

letter from the editor

Dear Mustang Readers,

As many of you are aware, the Mustang Post has gone through massive change this year. Along with factors mentioned below, we also have a new journalism instructor with several new students joining the program. However, despite the challenges that come with such a program refresh, our success has clearly outweighed the difficulties.

With the help of Mr. Lang, we have an all-new website with flexibility that allows us to make quick edits, transforming how quickly we can react for necessary changes to both the websites and articles. And the page looks great to boot!

Secondly, we have moved our focus to PDF digital prints. This gives the utmost professional feeling and experience to readers on any device with the continued option to read through the website directly. This flexibility has been fantastic for

our own editing and creativity alike and will continue to allow us to make the best content possible. In fact, our website has had amazing month-over-month growth, with over 500 unique visitors in March and 1,500 just this year.

Finally, we have monumental momentum in our social media, particularly our Instagram account, growing well over a thousand followers in just one school year. With the help of our student body, this is one of our most notable platforms, and certainly one I enjoy viewing.

Although we have had to adjust and adapt over this school year, the Mustang Post and its associate programs continue to thrive now more than ever.

Thank you for a fantastic school year and cannot wait to start producing video journalism content yet again!

With immeasurable thanks,

Jacob Fisher, editor at the Mustang Post



SCRUBS CAMP

Minnesota State University Moorhead

► June 27-30, 2022

Explore the growing healthcare industry through engaging, hands-on activities during Scrubs Camp — a three-day course for students entering grades 10-12 this fall. Learn about nursing, microbiology, athletic training, mental health, holistic medicine and more as you jumpstart a potential career in healthcare.



[MNSTATE.EDU/SCRUBS-CAMP](https://mnstate.edu/scrubs-camp)

ARTIST

Spotlight

Featuring Sheyenne High School's Student Artists



ABOUT THE ARTISTS & COMPETITIONS

My name is Brianna Blixt I'm a junior at Sheyenne High School.

I love to create digital art whether it be on the tablet or computer. I often use Adobe Illustrator and Fresco to create my art. I probably spend at least two hours a day on these apps.

This is my first year taking graphic design classes with Mrs. Baxter and because I've enjoyed it so much.

I plan to pursue a career in this field. I'd like to attend college in Florida because of the warm weather and my family is looking to relocate after retirement.

I would describe my art style as animated or cartoony.

Brianna Blixt



Florence Pugh
Digital Art, Adobe Illustrator



Typographic Art Project
Digital Art, Adobe Illustrator

Brianna Blixt



Mary Jones

Achievements

- Nicknamed Mother Jones
- She was a founder of the social Democratic Party of 1898
- She established the Industrial Workers of the World in 1905
- She was considered by authorities to be one of the most dangerous women in America for her labor activities and social reforms

“No matter what the fight, dont be ladylike! God almighty made women and the Rockefeller gang of thieves made the ladies.”
-Mother Jones

Women of History Poster
Digital Art, Adobe Illustrator



Graphic Phone Design
Digital Art, Adobe Illustrator

Brianna Blixt

SHEYENNE CELEBRATES ITS SENIORS



Sricharan Kotala

Sricharan Kotala is on the Sheyenne Speech Team, Sheyenne Student Council, National Honor Society, Sheyenne Debate, Student Congress, Swimming, Track, Cross Country, and the president of HOSA. After high school, Sricharan plans to attend the University of Minnesota Twin Cities to study Sports Medicine or Orthopedics. His favorite quote to live by is “Just Do It.”

There are many things to celebrate about our senior 2022 class at Sheyenne High School.

They have worked hard to become the people who they are today and will go into their future with lasting

By Brooke Markworth

memories from their time at Sheyenne.

Grace Widjaja, Sricharan Kotala, and Sherry Yan are some of the outstanding seniors who have made a great impact at Sheyenne.



Sherry Yan

Sherry Yan is a member of the Sheyenne Speech Team, Student Congress, Student Council, Sheyenne Chamber Orchestra, and The National Honor Society Volunteering. Sherry also participates in Dance, Piano, Violin, Guitar, and takes Chinese lessons. After High School, she plans to attend a college in California to pursue a career in Computer Science (HCI) with a minor in liberal arts. Sherry’s favorite quote is “Be you. Do you. For you.”



Michael Nhial

Senior Michael Nhial is a leader and inspiration to many of his peers. He is on the National Honor Society and dominates on the court while playing basketball for Sheyenne. Mike was named “Senior Athlete of the Year” in the Eastern Dakota Conference (EDC). Once he graduates, Mike would like to attend college to play basketball. He would also like to be accepted into a pre-med program. Mike’s favorite quote to live by is “Be the best at everything you do.”

SHS BASKETBALL EXCELS IN 2021-2022 SEASON



Michael Nhial (left) pulls up for a jumper over Logan Conklin (right) during the first semifinal game of the North Dakota Class A Boys Basketball State Tournament, on Friday, March 11, at the Bismarck Event Center.

Photo courtesy Mustang Media.

By Jaxson Miller

The West Fargo Sheyenne boys' basketball program and girls' basketball program both wrapped up their eighth season as varsity programs.

The girls' team had a new coach this year, Kenyon Wingenbach.

Wingenbach was an assistant coach for the Bismarck Century boys' basketball program for five years and for the Bismarck Century girls' basketball program for eight years.

Kenyon Wingenbach succeeded Brent Hintz, who was the coach for the first seven years of the West Fargo Sheyenne girls' basketball program.

The girls' program had their best season in program history, by going 20-6 overall, and had a 16-game winning streak that spanned for a little over two months.

Kenyon Wingenbach was glad to be a part of such an amazing experience, "I'm looking forward to next season, but this team was very special. I've been a part of a lot of successful teams, but I've never been a part of something like this. It's a team I'll never forget for the rest of my life."

The boys team finished 20-7 overall with a fourth-place finish at the state tournament.

This was a team that graduated five seniors last year and lost 80 percent of their scoring, which came from Jacksen Moni and Jah'Heem Leake.

Both the girls' and boys' teams punched their tickets to the 2022 North Dakota High School Basketball Class A State Tournament, which was held at the Bismarck Event Center from Thursday, March 10, to Saturday, March 12.

Sheyenne's boys team punched their ticket by getting to the EDC (Eastern Dakota Conference) championship game for the third year in a row. Fargo Davies beat Sheyenne 66-60, to get the East number one seed in the state tournament. Sheyenne

beat Fargo Davies in the EDC championship last year, 92-55, and in 2020, 68-48.

Sheyenne's girls team punched their ticket to the state tournament for the first time since 2019, by beating the Shanley Deacons, 68-51, in a state qualifier match. They earned the East number three seed in the state tournament.

Head coach Kenyon Wingenbach talked about his team being underestimated going into the season and winning 20 games in his first year as head coach, "I thought it was possible next season, but we exceeded everybody's expectations this season. I thought we could make a run by tournament time and possibly upset a team or two to make it to state. Our main goal was to get acclimated to a new style of play, compete, improve, and form the foundation moving forward."

The 2022 Class A State Tournament featured many tight games and great matchups. In the boys' bracket, there was two games that went into overtime in the quarterfinal round.

Minot defeated Fargo North 73-72, thanks to Darik Dissette's game winning floater, after trailing 71-64 with 1:21 to go in overtime. Fargo Davies outlasted Bismarck Century in overtime, 84-72.

Sheyenne defeated Mandan in the quarterfinal round for the second straight year, 61-48. The Mustangs marched to their third straight semifinal appearance.

West Fargo Sheyenne took on Minot in the first boys semifinal game on the evening of Friday, March 11, 2022. The Mustangs were up 19-11 before the Magicians made a late first half comeback to go up by one at halftime, 24-23.

Both teams shot below 35 percent from the field. The second half was back and forth, and it was anyone's game.

The Magicians built a lead late in the second half before the Mustangs made a comeback of their own, thanks to another double-double performance from senior Michael Nhial, who had 24 points and



Kaleb Larson pulls up for a jumper over Mandan's Nathan Gerding. Photo courtesy Mustang Media.

a stop. Then, the Magicians' junior guard, Jaeger Gunville, hit one of the most improbable shots of the entire tournament—from NBA range, to take the lead 62-61.

The Magicians forced another stop and hit two free throws to go up by three. The Mustangs had one more chance to send the game to a third overtime.

Unfortunately for the Mustangs, Sheyenne senior forward, Zander Newton, was blocked in the corner and the Minot Magicians survived. This win punched their ticket to the Class A title game for the second straight year.

“This group was one play away from being the favorite in the championship. It takes a lot of hard work and effort to get to state and once you make it, you must find another level. The 2022 team had it and the 2020 team never got a chance to complete their season,” Tom Kirchoffner said.

Kirchoffner completed his eight season as head coach for the boys' basketball program at Sheyenne.

The Magicians would get revenge on the West Fargo Packers in a rematch from last year's state title game, with a 73-62 victory, to win their first title since 2017, and 19th in school history.

The boys' team did prove tons of people wrong, and this is a program that should not be overlooked.

Head coach Tom Kirchoffner felt the same way: “We will always have that internal drive to do well. We want our players to do their best on and off the court. The challenge with this team was that we lost all of our starters from the previous year. It was a great challenge for this group of seniors, and they exceeded everyone's expectations this year. I'm really proud of them.”

The Mustang girls' basketball squad did not



Maya Metcalf tries to win the tip-off against Minot's Leelee Bell in their quarterfinal game. Photo courtesy Mustang Media.

Brenna Dick attempts a contested layup over Bismarck Legacy's Breena Sand. Photo courtesy Mustang Media.



have the brightest finish to the best season in their program's history. They lost both of their games at state. However, they kept it close in both of their games.

In the Mustangs' quarterfinal game against Minot, who went on to win the Class A girls basketball state title, they were behind by as much as 20 points in the first half and made a huge comeback.

The Mustangs were able to get the lead down to single digits late in the first half and were able to keep it that way throughout the second half.

The Majettes were able to hold on for the win by a score of 71-63. They went on to defeat Fargo Davies 64-57 in the semifinals, and snap Bismarck Century's 50 game winning streak in the state championship, with a stunning 75-68 win.

This was just the second time the Minot girls' basketball team won the state title. The first came in 1978.

The Mustangs lost to Bismarck Legacy 61-58 in the consolation semifinal round and the season came to end.

The Sheyenne girls' basketball program is going to lose two seniors Alivia Manson and Lauren Fagerland for the 2022-2023 season. They contributed as deadly shooters from beyond the arc and were significant role models for the rest of the team.

The boys' team is graduating a staggering nine players. These players are Michael Nhial, Kaleb Larson, Dominic Dosmann, Zander Newton, James Hagen, Trent Freih, Matthew Gooselaw, Kellen Entz, and Derrick Lobbo.

Nhial, Larson, Gooselaw, and Dosmann have interest to play at the next level.

Matthew Gooselaw is committed to go play for the Spartans at Minnesota State Community and Technical College in Fergus Falls. Kaleb Larson just recently committed to NDSCS in Wahpeton.

Dominic Dosmann has growing interest from Concordia College in Moorhead. Michael Nhial committed to Northern State University in Aberdeen, South Dakota.

Nhial will team up with former Sheyenne Mustang Jackson Moni next year along with Fargo Davies guard, Ian Motschenbacher, who committed to Northern State back in October.

Both Wingenbach and Kirchoffner will continue to have optimistic expectations for their teams.

"The expectations are high for next year, but almost every team that finished in the top seven this year has everyone back," head coach Kenyon Wingenbach said. "It's going to be a very competitive league, but we will continue to set and adjust our standards of excellence to pursue. We will need to continue to emphasize the little things, start from zero, and embrace new roles with the departure of our seniors."

Kirchoffner had similar comments, "Expectations are the same - to work hard every day, have a great attitude, and be a good teammate."

The girls' team will bring back a ton of varsity experience and will have a large senior class next season. The boys' team on the other hand will bring a group of players who have not had experience at the varsity level.

Kenyon Wingenbach is excited for the years to come, and Sheyenne is grateful to have him as head coach for the girls' basketball program.

Wingenbach had great advice and lessons to give to players that participate in high school sports, "The ups and downs of any given season are an extreme version of real life. Basketball can be used as a vehicle for a higher purpose," Wingenbach stated.

"I think everyone in our program learned a lot about themselves throughout our journey. The collective confidence we had as a team allowed all our members to feel more comfortable with who they truly are. Ultimately that's the biggest takeaway from this season. Each season is different. Each group is different."

As for Tom Kirchoffner, he emphasizes the importance of a great attitude.

"Attitude is everything. I learned that at a young age when I would go to my dad's basketball camps as that is what we had on the back of the camp t-shirts," Kirchoffner said. "Also, you need to work hard to have success. Good things come to those who work hard."

The Mustang faithful can be sure that both programs will continue to make remarkable things happen in the years to come.

LEGACIES: A NEW GENERATION RISES

By Catlyn Anderson

Legacies is about Hope Mikaelson, who is a student at the Salvatore Boarding School for the Young and the Gifted.

The headmaster is Professor Alaric Saltzman. Alaric started the school because he wanted his daughters who are witches, to have a safe space to learn how to use their abilities.

Supernatural beings of all types are welcome at the school. Hope became a student at the school

when she was seven years old, because she is a tribrid.

Hope and several of her friends help protect the school from monster threats. They call themselves the “Super Squad”.

At the end of the first season of Legacies, the Super Squad saved the school from Triad. Triad is the company that wants all supernatural beings gone from Earth.

Legacies is currently airing season four. Legacies is on the CW on Thursdays at eight pm. You can catch up on the first three seasons on Netflix, and you can catch up on season four on the CW app.



The Lead Cast

Danielle Rore Russell as Hope Mikaelson, Matt Davis as Alaric Saltzman, Kaylee Bryant as Josie Saltzman, Jenny Boyd as Lizzie Saltzman, Aria Shahghasemi as Landon Kirby, Peyton Alex Smith as Rafael Waithe, and Quincy Fouse as MG.



Reagan Koppelman's creative design focusing on Catherine the Great.

TEACHERS AND STAFF COLLAB ON WOMEN WHO ROCK WALL

By Brooke Markworth and Keona Munowenyu

Near the end of women's history month, the graphic design and history classes here at Sheyenne have collaborated to create a wall of "Women Who Rock!" to highlight the amazing accomplishments women have done throughout history. In a time where things are still not equal for both men and women in America, as well as in other parts of the world, it is important to take the time to acknowledge women who have taken a stand to make the world a more equitable and fair place.

The classes and teachers involved in this group project are Photography and Graphic Design teacher Mrs. Baxter and AP Euro and US History teacher Ms. Ott.

Ms. Ott, as a teacher involved in this project, said that "Women Who Rock!" was important to her because she "wanted to include more diverse representation in [her] classroom." Before Ms. Ott reached out to Ms. Baxter "the wall started out as black and white basic pictures of these women in American and European history" the content to which she teaches. To include a bit more "jazz" to the wall Mrs. Ott thought it would be a

great idea to reach out to Ms. Baxter and her Graphic design class for assistance.

Ms. Ott notes in her interview that "Ms. Baxter and her students were the ones who did all the great work" as she continued to go on about the creative liberty they took with this project.

Ms. Baxter, Sheyenne's graphic design teacher, states, "The focus on the project is to design historical posters about women who have made significant impacts on society" and this project was largely focused on being "informative [and] capture the viewer's attention for a short amount of time." In addition, beyond the research involved in the project students also relied on "using Adobe InDesign, [and] their past knowledge and skills of Illustrator and Photoshop." Therefore, this project, while collaborative between departments, was also a reflection of the students' acquired skills throughout their time in Ms. Baxter's class where they developed their page layout and technological skills while achieving substantiated research.

Regarding the collaboration with Ms. Ott, Ms. Baxter states, "The process of working with Ms. Ott went smoothly and well." Ms. Baxter hopes to "collaborate with another class or teacher [to] give my all my students as much real-life experience as possible." Those real-life experiences for the Graphics 1 students focus on "working with a client" which is "es-

pecially important in the graphic design and photography field since the norm is being in frequent communication with a customer."

Concerning her individual involvement in the project, Ms. Baxter states, "[she] was the middle woman" and "chose [her] Graphics 1 class as the students to create these posters." During this process the students were allowed a lot of creative freedom "The facts about these women could be designed however the student wished". Even with this freedom Ms. Baxter maintained that their goal "was to communicate information, but also [create] something that would grab the viewer's attention to make them pause and really observe it." This is why Ms. Baxter required that the students "needed to include a photo of the person, their birth and death lifespan, as well as 3-5 facts about them that changed or impacted society.

Overall, the collaborative effort between these two departments at Sheyenne certainly worked well. Not only did this project provide a great learning opportunity for the Graphic Design students who were involved. but now every student and staff member can acknowledge the significant work of these accomplished women. Sheyenne should be proud to have teachers such as Ms. Baxter and Ms. Ott, who are determined to shine a light on the underrepresented sex in this country.

Mrs. F. Kelley Wischnewetzky

Florence Kelley



MADE UNDER
CLEAN AND HEALTHFUL
CONDITIONS

OFFICIAL LABEL
NATIONAL CONSUMERS LEAGUE
REGISTERED NOV 17 1899
NO. 0

USE OF LABEL
AUTHORIZED
AFTER
INVESTIGATION

LICENSE


- Born on September 12, 1859 in Philadelphia
- Earned a law degree at Northwestern School of Law (1894)
- Became a member of the Intercollegiate Socialist Society
- Translated "The Condition of the Working Class" into English
- Lived at the Hull House and was appointed Chief Factory Inspector for the state of Illinois
- Was a founding member of the National Association for the Advancement of Colored People
- Was General Secretary at the National Consumer's League
- Fought against sweatshops and advocated for eight-hour work days

Publications:

- The responsibility of the consumer. New York City: National Child Labor Committee, 1908.
- The Present Status of Minimum Wage Legislation. New York City: National Consumers' League, 1913.
- Modern Industry: in relation to the family, health, education, morality. New York: Longmans, Green 1914.
- Notes of Sixty Years: The Autobiography of Florence Kelley. Chicago: C.H. Kerr Pub. Co., 1936.
- The Need of Theoretical Preparation for Philanthropic Work. 1887.

Katrina Ustanko's inspiring take on Florence Kelley.

Susan B. Anthony



1869:
National Women Suffrage Association founded with Elizabeth Cady Stanton to instigate for a 16th amendment

1872:
Susan B. Anthony was arrested for voting in the front parlor of 7 Madison

1920:
19th Amendment was passed, allowing women the right to vote

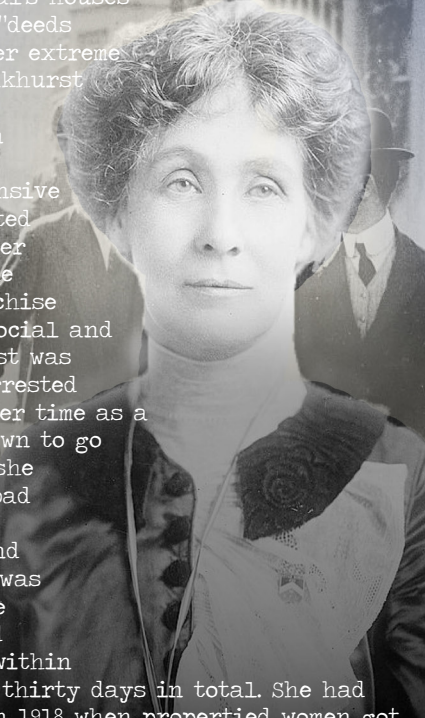
1870:
15th Amendment outlawing disfranchisement was ratified

1905:
Susan B. Anthony meets with Theodore Roosevelt about submitting the suffrage amendment to congress

Tyler Field's iconographic design on Susan B. Anthony.

Katie Kiefert's dramatic design on Emmeline Pankhurst.

Emmeline Pankhurst was a Suffragette in Britain, best known for her more extreme methods of trying to get the vote, such as destroying mailboxes and windows or setting government officials' houses on fire with her motto of "deeds not words." Because of her extreme measures they called Pankhurst and her followers Suffragettes, rather than suffragists as they were called before, as an offensive term, but Pankhurst adopted and called herself and her followers by the name. She founded the Women's Franchise League and the Womens Social and Political Union. Pankhurst was jailed three times and arrested seven times throughout her time as a suffragette. She was known to go on hunger strikes as so she could either expose the bad treatment by the British prisons or be released and reincarcerated when she was in better health, one time having been released and recaptured twelve times within a year, serving roughly thirty days in total. She had the first major victory in 1918 when propertied women got the vote and saw her second major victory in her death year of 1928 when men and women had equal suffrage.



Emmeline Pankhurst
English Suffragette

ELDEN RING TRIUMPHS AND FLAWS

By Logan Jacobs

When I think about hard games the first franchise that comes to mind is darksouls with its unforgiving bosses and unique story telling it has become one of most popular franchises of all time but does its newest sequel hold up the standard the other games have set up? Yes. Elden Ring is one of the most anticipated games of all time with it selling over 10 million copies on pc alone, but sales won't make a game good, most of the time it needs to have at least one reason for people to play it, story, difficulty, gameplay, all reasons to play a game and Elden Ring has all three in droves. A story crafted by George RR Martin author of critically acclaimed series A Song of Fire and Ice, a difficulty standard that holds up the Darksouls legacy, and gameplay refined by all past Souls games.

Elden ring also opts for a new style of gameplay, instead of past games where you would go from one boss to another in a very linear order, Elden Ring lets you avoid certain bosses until you are confident enough to beat them. This new style is best shown off with the second boss you encounter, the Tree Sentinel, he's first seen when taking your first steps into Elden Ring's world. Most players will try and

fight this boss thinking it to be the first boss you are meant to fight but most players are wrong. The Tree Sentinel is there to teach you that it's ok to avoid the fight.

Not everything about Elden Ring is amazing though. Because of the nonlinear nature of the game, it's very easy to miss very important parts of the game including the tutorial, which is just a hole in the ground.

One of my biggest criticisms of Elden Ring is the fact that I had to look up so much of the game like, what to do with the dragon heart, where the tutorial

is, how does the magic system work. Telling a player everything about a game can ruin the quality of the experience by giving way too much information to a player at once but

that problem is instantly fixed if you don't tell the player anything, just expecting the player to figure such integral things is lazy and can ruin the game just as much as telling the player

everything.

Exploration is one of the hardest things to do right in a game, Elden Ring does it well enough to warrant an open world style. The main reason

that I explored Elden Ring was to try and find bosses because so many bosses are just missed completely if you don't explore the world. Those bosses that you find through exploring are



Elden Ring's UI explained



Miriel, Pastor of Vows, an unkillable and loveable turtle

the most fun, you don't just go through a yellow fog and fight a boss but instead you enter an area like a lake, or a bridge and a boss fight just starts. My biggest criticism of the exploration is the lack of unique items, I have not changed any equipment since the start of the game because I haven't found any that

fit me. I have found many sets of armor too, but none fit my build of dexterity and strength instead most being heavily magic based.

That brings me to what I love the most about Elden Ring: the bosses. All that I've fought have been a fun triumph to beat but never too difficult, but some have been too easy. I beat Ren-

nala Queen of the Full Moon on the second try, it was harder to beat the two bosses needed to get to her. This problem is not shared with many bosses, but I still feel as though it's worth it to mention because of how great Elden Ring's bosses are. No boss in Elden Ring has felt unfair, every time I died, I knew it was



Screenshot of Elden Ring from

happening two seconds in advance because they put so much effort into showing the player when and where a boss would attack. Because of the time they put into telegraphing attacks, it not only feels fair when you die but it also feels amazing when you manage to dodge it for the first time. The same thing happens when you beat a boss for

the first time.

As of writing this article I am 25 hours into Elden Ring, I have beaten 10 bosses and two "dungeons" and I don't know if I could give this game a fair rating, but I can say with 100% certainty that this game is worth buying and playing. Whether or not you look up guides, farm

levels, or spend 15 hours on one boss, enjoy this game the way you want to because this game is meant to be enjoyed by as many people as possible.



Rennala, Queen of the Full Moon



Attackmen maneuvers through defensemen looking for an opportunity to move the ball

GROWTH OF LACROSSE CONTINUES INTO 2022 SEASON

By Logan Staska

Lacrosse was born in 1100 A.D, being played by Native American tribes such as Haudenosaunee or Iroquois people. Years later lacrosse is still being played making lacrosse America's most antique sport.

There are many different levels of lacrosse from youth leagues to college to professional.

More and more athletes are becoming apart of a lacrosse roster. Lacrosse is one of Americas most rapid growing sport with men's lacrosse growing by 61 percent in a 15-year period placing 380 teams on a field according to InsideLacrosse.com.

Lacrosse is played with one goalie, three defenseman, three midfielder, and three attackmen.

Attackmen only play on the offensive side and

play no defense while defensemen will usually never touch the offensive side, unless a midfielder stays behind the half-line in place of him if the defensemen has a breakout.

Midfielders play on both sides of the field, playing offense and defense.

Everyone but defensemen and the goalie have the same stick. Defensemen have way longer sticks then the rest to help with defense, poking the ball out of the head, and intercepting a pass or scooping a groundball.

The goalie's stick is the same length as mid-fielders and attackmen, but their heads on the stick are much wider and have a larger circumference then the other players sticks.

This helps with blocking shots from invading the net. A typical lacrosse game starts with a faceoff.



Midfielders dive at each other during faceoff attempting to achieve the ball

Both teams three midfielders will line up in the middle of the field: one in the middle, one on the right wing, one on the left wing.

The referee will place the ball in between the two midfielders in the middle. The players will start on their hands and knees in a pouncing position.

As soon as the ref blows the whistle, the two midfielders will battle for the ball trying to shoot it back into open field.

The 4 players on the right will rush towards them. They are not allowed to intervene until the ball is out.

When the ball is in open space both teams will fight for the ground ball. When a team picks up the ball, they will have possession of the ball and have a certain amount of time to get it to the other team's side by crossing the mid-field line.

If the team doesn't get it out of the midfield within the time limit, they will turn it over. Faceoffs will happen at the beginning of the game, and after each goal.

A popular tactic for winning faceoffs is placing a long-stick-midfielder (LSM) on the wing so they can scoop the ball faster.

Each team can have four long poles on the field at once, so when the offense turns the ball over, while in substitution a long pole will come on for a short, poled midfielder.

The clock doesn't stop unless a goal is scored, or the ref orders a stoppage.

Just like any other sport there are penalties. Lacrosse has technical fouls and personal fouls.

Technical fouls consist of stepping in the goalie's crease, offsides, holding, and warding.

Personal fouls are illegal cross checking (pushing someone over with the stick instead of the hands), slashing (swinging the stick to violently and contacting an opponent's legs, back, or head), pushing (when you push a player over from behind), and illegal body check (when you check a player from behind).

Technical fouls are a change of possession and personal fouls send the player

Cut-out of Jared Bernhardt, an attackman for Maryland



who's guilty to the penalty box.

The sport represents a lot of sports with having the same goals and penalties as hockey and having the same positions as soccer.

College lacrosse is one of the more dominant lacrosse leagues.

The teams on the higher end of talent include UNC (University of North Carolina), Duke, Maryland, Georgetown, Denver, Notre Dame, and the 2021's lacrosse champions Virginia.

Virginia battled it out with Maryland to win 17-16.

Connor Shellenberger, a midfielder for Virginia, led the team to victory with 4 goals and 2 assists. Matt Moore also had four goals and two assists.

The goalie Alex Rode saved 12 shots during the game. For Maryland the leading scorer was Logan Wisnaukas getting 5 goals and 1 assist.

Goalie Logan Mcnaney was also a major factor in the game saving 11 shots.

For the 2022 season in Division 1 college lacrosse this year attackman Josh Zawada has been leading Michigan to an amazing 7-1 record leading in both the Big Ten and all of Division 1 lacrosse with having the most points and goals in college lacrosse, there are one-point shots and two-point shots, and both are considered a goal.

Right now, he has 30 goals and 54 points. He's leading his team in assists with 24 assists, but the leader of this important category is Asher Nolting from High Point.

However, Zawada is near the top in assists trailing behind Nolting.

Mike Adler, goalie for Duke University, is miles ahead of the other goalies having 118 saves. In second Mac Gates who's at 88 saves.

The Premiere Lacrosse League will be starting on June fourth.

The PLL was founded in 2018 by brothers Mike and Paul Rabil.

Paul Rabil is also a player in the PLL who started playing with the Atlas but later switched to the Cannons.

PLL teams include the Waterdogs, Cannons, Whipsnakes, Atlas, Archers, Chaos, Chrome, and Redwoods.

Last year the championship was stolen by the Chaos from the Whipsnakes with a 14-9 win.

Dhane Smith scored six goals during the championship adding on to his playoff goals topping off with 18 at the end of the playoffs.

Chase Fraser had four goals, Josh Byrne and Chris Cloutier both had two goals and two assists. The PLL will begin again on June fourth with opening week being held in Albany, New York.

Defenseman makes a big hit on attackmen while the attackmen is in the middle of shot on goalie.



COUNSELORS

CONNECT

The counseling team provides a range of services and implements initiatives to meet the needs of an ever-broadening population at Sheyenne High School. Here's a look at their recent student-centered support and celebrations of success.

Counselors Guide

Last month we talked about scholarships, see the March issue for that information. This month we were talking about Transcript 101.

A transcript is an official summary of your academic performance and progress to date. It is a detailed record that lists every class you took, when you took them, and the grade you received in each class starting with your first high school class and it is updated each semester until you graduate. Every person enrolled in high school has a high school transcript. A transcript may be required by prospective employers or educational institutions to which you are applying.

A transcript is an official document that includes:

- Student name, state ID, grade, gender, date of birth, parent/guardian, and address
- The name of your school



The Counseling Team

Back Row, Left to Right

Penny Aipperspach, Erin Beck, Jess Steiner, Christiana Steffen, Laura Stenerson, and Kim Ziemer

Front Row, Left to Right

Krystal Haugen and Jessi Raile

- Graduation date/anticipated graduation date
- Civics Test Completion Date (ND state requirement typically completed in 12th grade)
- The course names and when you took them
- The number of credits earned, and grades earned for each course during each semester
- Cumulative GPA
- Class Rank
- Score on the ACT
- Total credit summary
- Student Immunization Records
- There are two types of high school transcripts, Official and Unofficial.

Official transcripts are either certified digitally or signed, embossed and mailed then sent directly

by the high school. Official transcripts are sent directly from the high schools, while unofficial transcripts can be given directly to students. Colleges, scholarships, internships, jobs, athletic or military recruiters and auto insurance companies for example may ask for a copy of your high school transcript. You'll most likely need an official transcript for college applications, but unofficial transcripts may be acceptable in other situations. Make sure you know what transcript is required.

- How to view your transcript.
- Students can view their transcript through PowerSchool.
- All students can request their transcript through the SHS website/PowerSchool.
- Go to the Sheyenne High School Home Page
- Programs -> Counseling -> Request a Transcript

Use PowerSchool and eTranscript to request your transcript is sent to your preferred institutions. "eTranscript Request Instructions". Colleges prefer to receive a transcript electronically. However, if the college/university is not listed in eTranscript, please use this form to request your high school transcript.

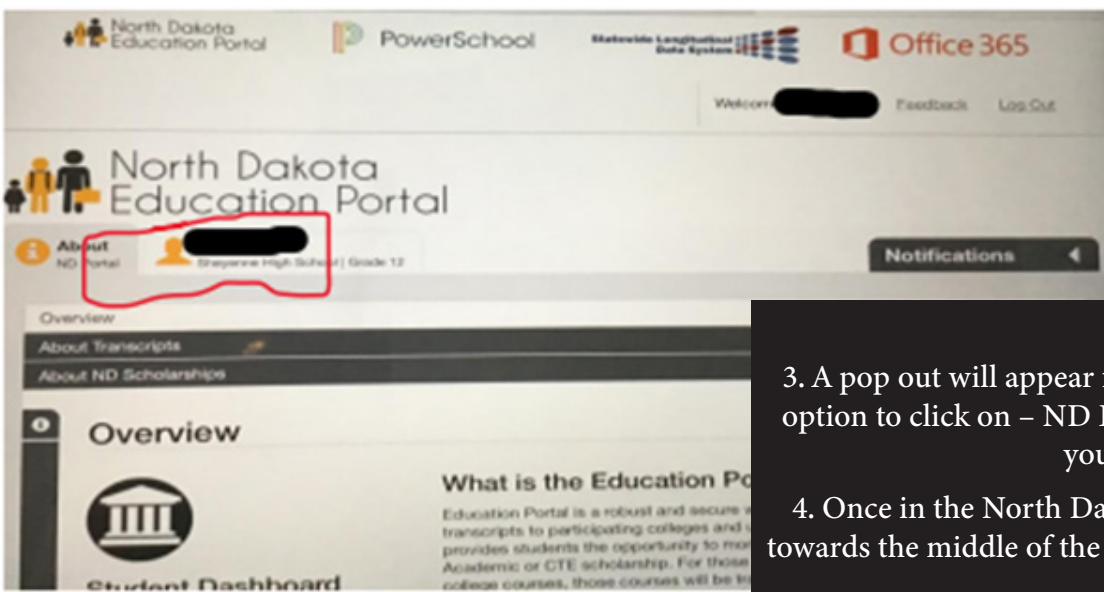
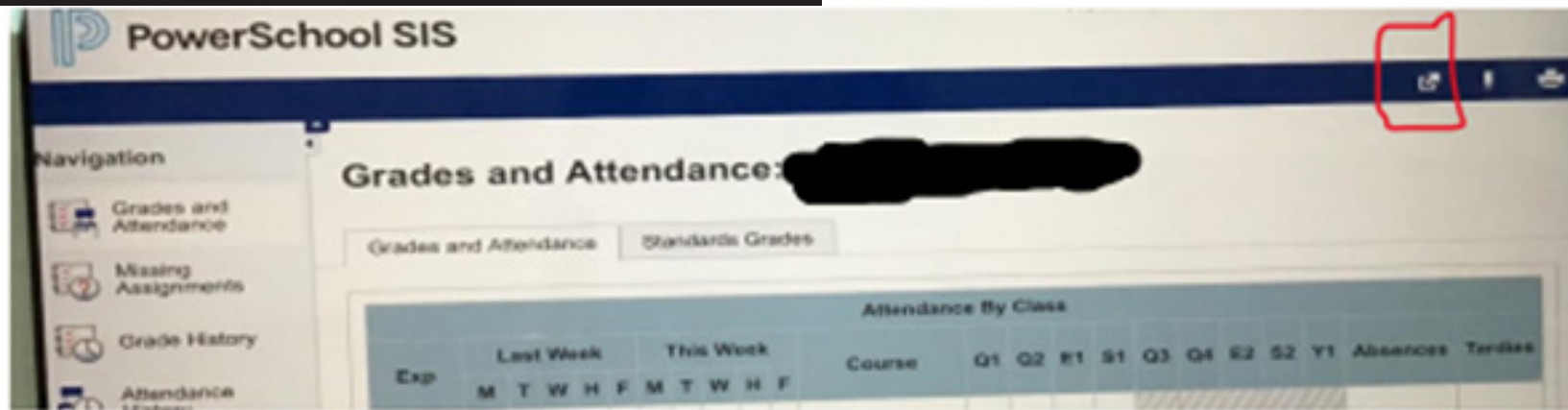
Transcript Tips

- Always submit your college applications before ordering a copy of your transcript.

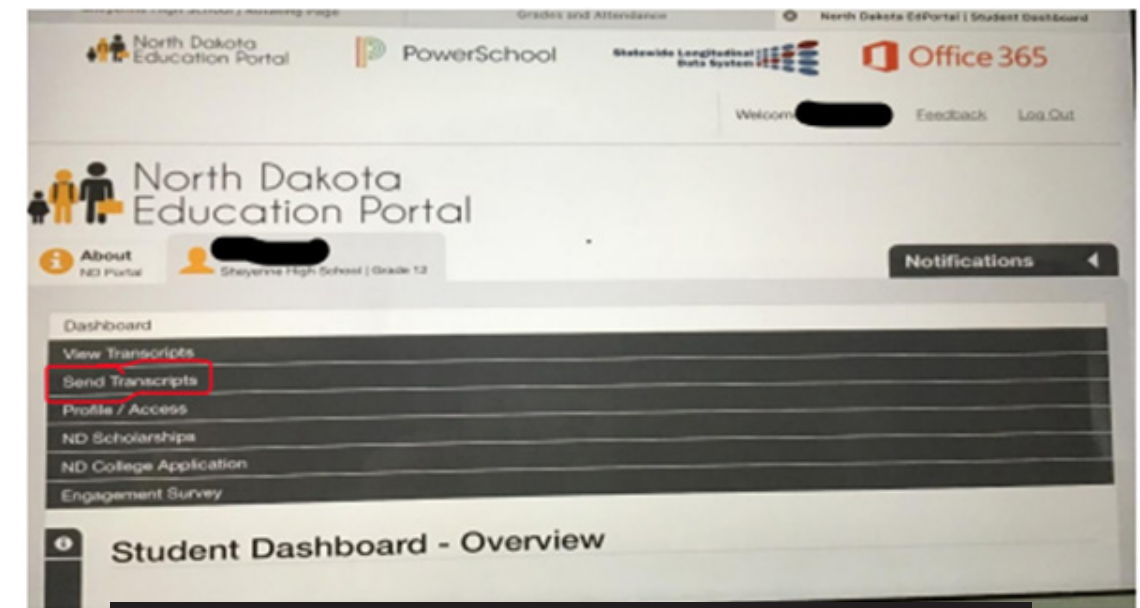
- Check your transcript for accuracy.
- Check to make sure your ACT, SAT, and AP test scores are listed on your transcript.
- Allow two school days for transcript requests to be processed.

If you have questions or need assistance, please visit the counseling office.

1. Log into PowerSchool using the web browser, not the app.
2. Click on the applications icon. (small box with an arrow)



3. A pop out will appear from the right side of your screen with an option to click on – ND Education Portal – click on that link to go your Education Portal.
4. Once in the North Dakota Education Portal, you will see a tab towards the middle of the screen with your name on it. Click on that tab.



5. This will bring you to a new screen with an option to view your transcript. From here you can see all your courses you have completed as well as what's in progress. Check your transcript for accuracy.

SILVER SCREEN ATTRACTS SUMMER AUDEINCES

By Carter Phillips

The eve of summer is nearing, giving way to longer workdays and relaxation. What better way to take a break from the crushing world of education than to go to your local cinema and watch some of the latest movies.

Doctor Strange in the Multiverse of Madness and other blockbusters

Yet another MCU movie is coming out, and this one is a sequel to the 2016 hit Doctor Strange, both starring benedict Cumberbatch as the titular character.

The mystic superhero began in the comics, dating all the way back to the year 1963.

Nowadays, Doctor Strange is one of the frequent recurring characters of the MCU having appeared in the massive and sprawling Avengers Infinity War and Endgame mini-duology as well as nostalgia extravaganza Spider-Man Far from Home.

Each film leads to the next until the ticket sales run out. It's half soap opera like how Dark Shadows merged horror and melodrama, each episode ending with a cliff hanger, begging the viewers to tune in next week.

Killers of the Flower Noon and other productions from the greats

Now onto some prestige. Many of the old auteurs have been working on upcoming films or film-related projects: Dario Argento (Dark Glasses), Francis Ford Coppola (Megalopolis), and David Lynch (Wisteria) some of which are coming out this year.

Scorsese is returning to the screens since 2019, his last being The Irishman. Even this far into his career, his films are still popular with critics and audiences alike.

Superhero fans tend to boycott him, which I

find incredibly ironic because they turn around and praise Joker which was so heavily inspired by his movies that it barely does anything new. He was even involved with the project for a short time.

Being one of the major directors of the 1970's onward, he has directed some of the most important films of modern Hollywood, but you probably already know that and have already seen some of his films.

Killers of the Flower Noon is a western crime-drama, which is noteworthy. This is his first western. Directors, like actors, can be typecast. As Hitchcock once said, "If I made Cinderella, people would immediately be looking for the body in the

coach."

He's talked extensively on the genre before, often while giving recommendations so if anybody should do a western, he would be the one.

The genre is slowly coming back, which to me, is worthy of celebration. So far, I haven't seen any masterpieces to top the great spaghetti westerns (or they're prestigious classic Hollywood counterparts) but this film, coming from a talented filmmaker who has spent decades evolving his style and who knows cinema in and out, has plenty of potential.

Nope, directed by Jordan Peele

Horror filmmaker Jordan Peele is one of the few filmmakers that can get funding for an original story in the contemporary era.

Although the title suggests a comedy opposed to horror, the film is promising, considering the rapidly growing hits adding to his reputation.

Peele's first hit Get Out in 2017 made him a household name. He followed it up with 2019's Us and also hosted the Twilight Zone remake show.

Much of the plot is kept secret but seems to use supernatural intrigue and desolate country life.



NORTH DAKOTA STATE CHEER COMPETITION



By Brooke Markworth

“We got this ladies, this is our moment,” said senior Paige Harry before going out on the competition mat. She looks around at her team, anxiously waiting for their time to perform.

Their coaches Jennifer and Trent Larriou give them words of encouragement before going on the mat in hopes of bringing home the State Title to Sheyenne High School.

Throughout the years, especially the last three months, the Sheyenne Cheer Team prepared for the moment they would compete to bring home the “North Dakota Cheer State Title.”

They’ve been on a strict practice schedule that consisted of three-hour practices four days a week. During practice, the cheerleaders worked on kicks, jumps, stunts, tumbling, and cheers.

During the competition, held in Minot, the Sheyenne Cheer Team participated in events called “Game Day” and “Cheer Dance.”

The “Cheer Dance” routine is a two-minute

and thirty-second performance. Throughout the routine, the cheerleaders must memorize five formations, two dances, three stunt sequences, and a pyramid at the end. Every part of the routine must be perfectly timed.

While competing, the team is scored on Cheerleading Fundamentals and Choreography. The Fundamentals category is judged on Motion Technique, Stunts/Pyramid, Dance, Jumps, Tumbling, and Vocal Expressions. However, choreography is based on Spacing, Formations, Transition, Flow, Crowd Appeal, and Overall Performance. The cheer team can earn up to 100 total points.

The team also competed in the “Game Day” event, which consists of an offensive or defensive cheer, as well as performing their school song or a dance. The performance has a time limit of two minutes.

“Game Day” is judged on a sideline chant and a sideline dance/school song. Some things the judges look for in the routine are Crowd Effectiveness, Motion Technique, Execution of Skills, Overall Impression, and Synchronization.

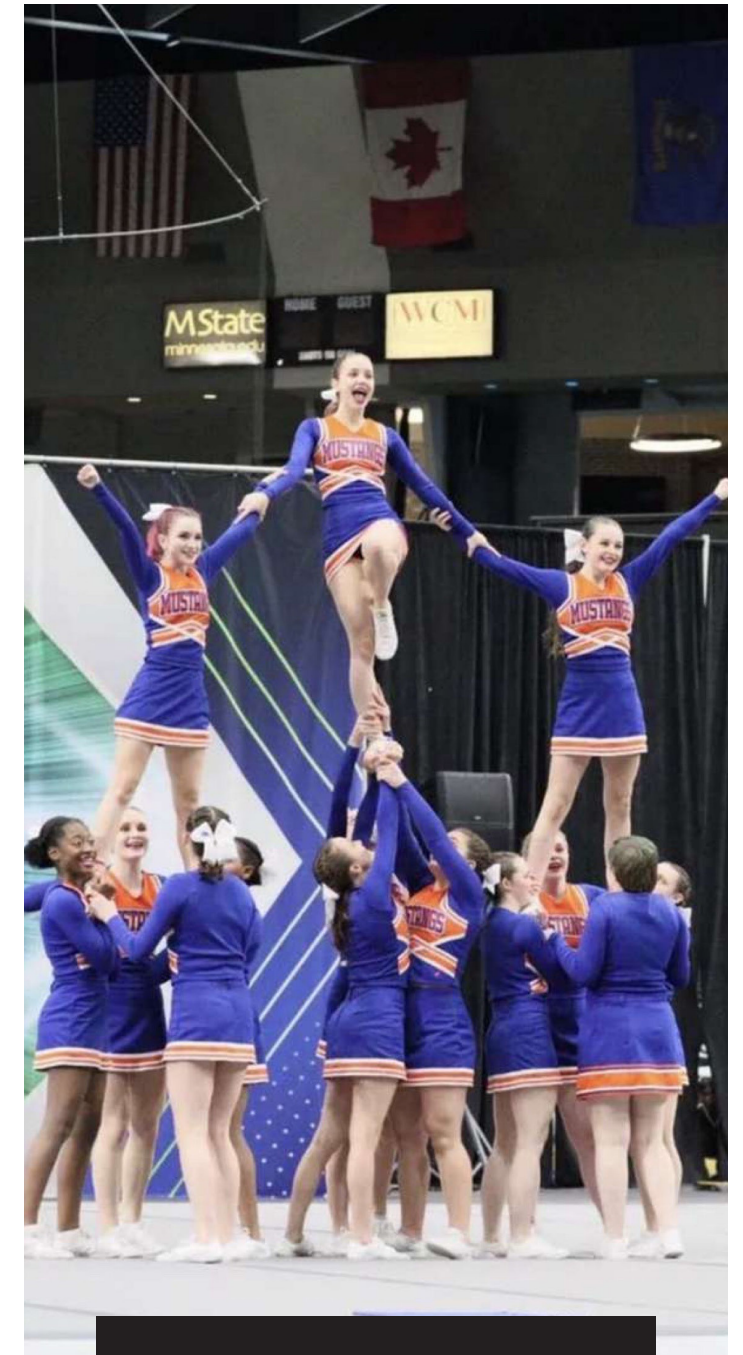
Senior Paige Harry participated in her own “All Around Cheerleader Challenge,” which involved a tumbling pass of the cheerleader’s choice and an independent cheer for crowd involvement. They are judged on Tumbling, Motion Technique, Jumps, Voice/Facial Expressions, and Overall Impression. A cheerleader can earn up to 40 points in total.

Claire Upton and Paige Harry were involved in “Jump Off.” Each team was allowed two cheerleaders to participate in this event. Cheerleaders from all around North Dakota go against two other cheerleaders to show off their best jumping skills. In the first round, the cheerleaders have to perform a toe touch jump. If they continue on, the cheerleader must do a toe touch and jump of choice. A jump of choice could include a pike jump, right hurdler, left hurdler, right herkey, or left herkey. Although the girls didn’t win, they both made it into the final round.

The competition team has fourteen members. However, only eleven of them actually competed. The cheerleaders range from 8th-12th graders.

The student managers are senior Haley Delagaza and junior Claire Upton. The captains on the team are senior Paige Harry and junior Brooke Markworth. Every member on the team makes a huge impact including Ceres Lee, Larissa Reynolds, Alyssa Hongerholt, Loghan Messmer, Mickey Richter, Abbie Chesser, Angella Clark, Mia Wenzel, Ali Spray, and Akeelah Wetty.

Overall, the team placed sixth in both events for the North Dakota State Cheer Competition. The team is looking forward to another eventful competition season!



Sheyenne Cheer Team performing at their first cheer competition “Best of the Midwest.”

THE MUSTANG

P O S T



***SHS Basketball
Excels in 2021-2022***