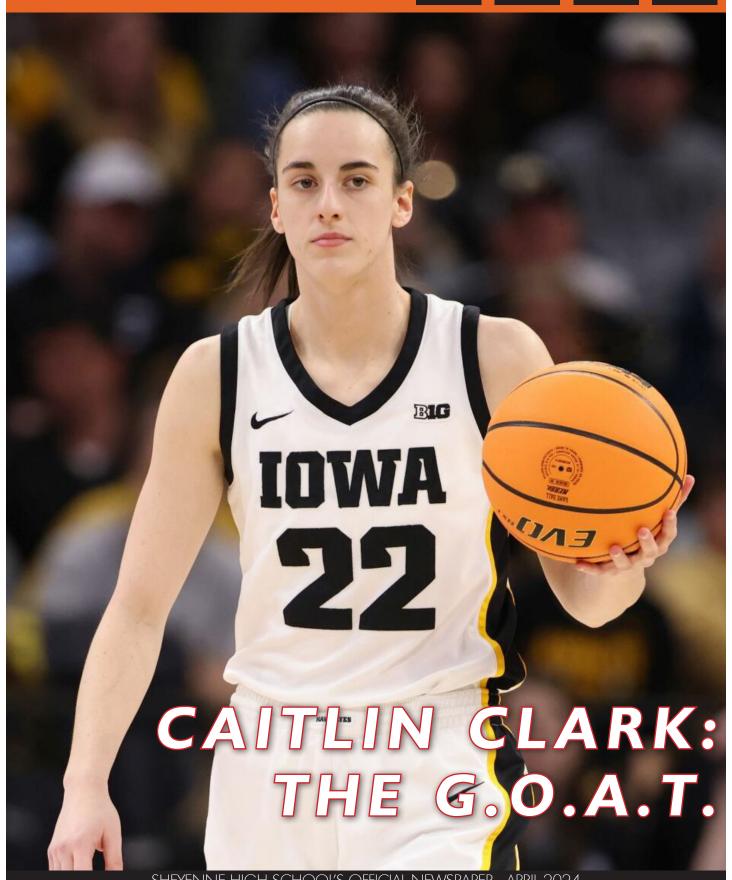
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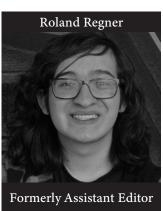


### THE MUSTANG POST

#### STAFF



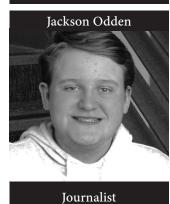






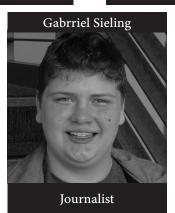
















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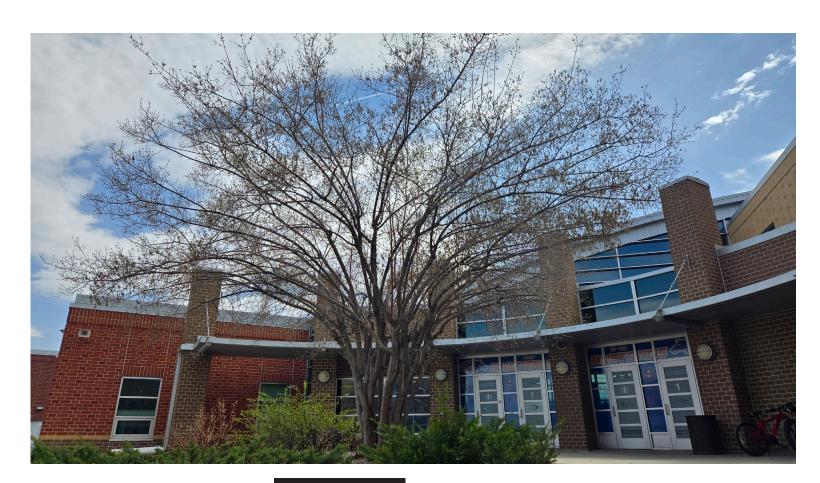
# letter from the editor

WOW! Another magazine realese! This hopefully won't be the last one before the end of the year but who knows!

I really have no ideas for what to type here so I'll write about how cooking up contention got scrapped! It did.

Thank you for reading,

-Logan Jacobs



Thank you,

Logan Jacobs

## MENTAL HEALTH OVERLOAD: THE HUMAN MIND IN SPORTS

By Jackson Odden

America. Think about those nail-biting moments during the Super Bowl, the World Series, NBA finals or Olympics they bring the whole country together.

We idolize athletes like Stephen Curry, Patrick Mahomes, Shohei Ohtani , and Sidney Crosby, as fans we look up to them as heroes. But there's a side to sports that isn't talked about as much, the mental health of the players.

Imagine you're out there, thousands of eyes watching your every move. The pressure to perform perfectly every time can be crushing. It's not just about the game anymore; it's about meeting every- eryone involved in sports from leagues one's expectations fans, coaches, sponsors, and the media. All that pressure

Sports have always been a big deal in can really mess with your head, leading to anxiety and even depression.

> And then there's sports betting. It's everywhere, especially in the four big major sports. Fans love to bet on games, but for players, it adds a whole new level of stress. Knowing that your performance could affect someone's money can mess with your head. It's like having an extra weight on your shoulders when you're already trying to give your all on the field. Plus, there's the temptation to get involved in gambling yourself, which can lead to some serious problems.

That's why it's so important for evto teams to players to take mental health seriously. Players need support and

resources to deal with the pressure and stress that comes with the game. And we need to talk openly about mental health to break the stigma surrounding it.

We also need to do something about sports betting. It's fine for fans to enjoy a friendly wager, but when it starts affecting players' mental health, it's a problem. We need rules and education to promote responsible gambling and protect players from getting caught up

In the end, sports should be about fun and teamwork, not stress and anxiety. By taking care of players' mental health and addressing the impact of sports betting, we can make sure that the game stays true to its spirit, bringing

people together and inspiring us all.

But what are teams and businesses doing to support players in these positions? Are there support systems for players' mental health? What about the controversies surrounding gambling. In my next article, I'll address the questions in hopes of finding answers.





Simone Biles is one of the greatest gymnasts in history. However, at the Olympic Games in Tokyo, Biles canceled five of her six due to anxiety: "I believe mental wellness comes first. That's why it's okay to focus on yourself."

After the Olympic Games, Biles stated that "it was a great relief for me to get the psychotherapy I needed." Biles is now the Chief Impact Officer at the mental health app Cerebral.

Former Miami Dolphins running back Ricky Williams is a medicinal marijuana advocate who once remarked that his personal goal is to increase the credibility of cannabis as a medication.

Williams struggled with social anxiety, borderline personality disorder, and avoidant personality disorder during his football career. Williams had therapy and medicines to improve his mental health.

# CLARK'S INFLUENCE

#### By Abby Smith

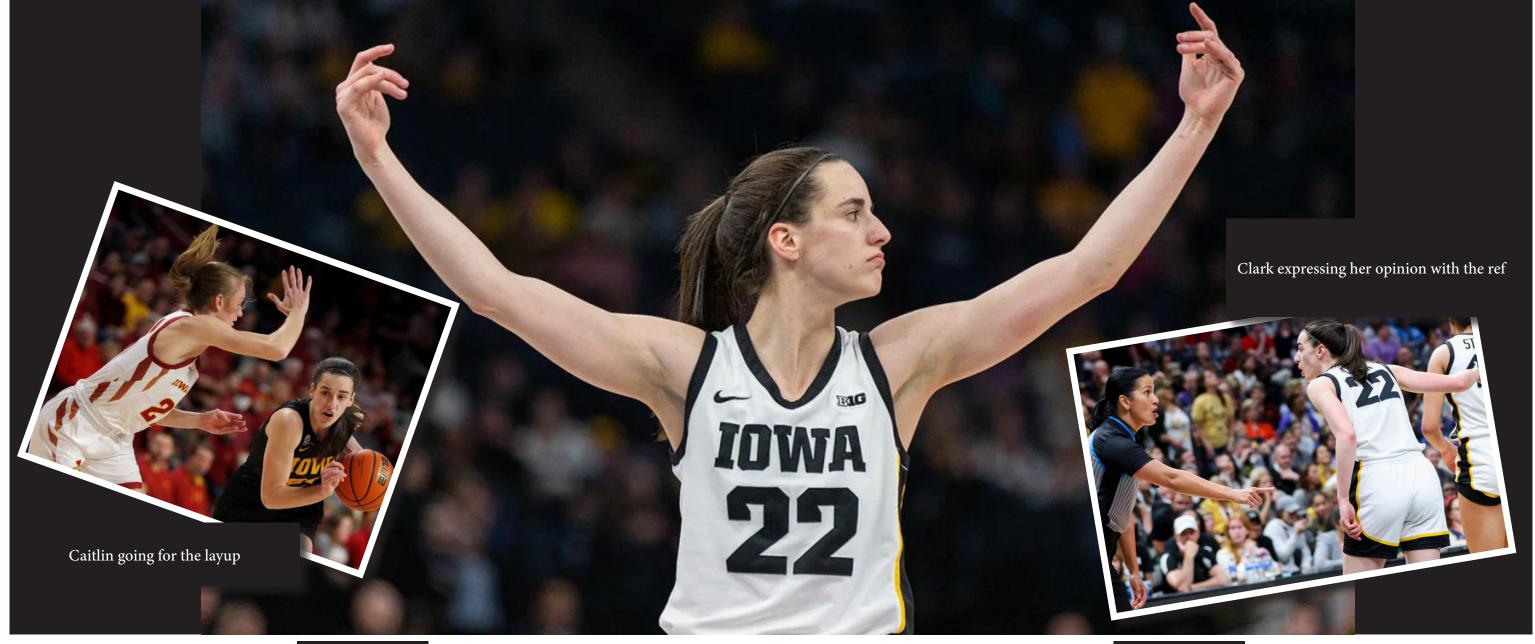
Lately, Iowa University's player, Caitlin Clark, has been one of the hot topics on the subject of women's college basketball. With March Madness happening things are starting to heat up. Competitors are getting more aggressive and ruthless. The March tournament is the most important time of their season, there is a championship on the line. This can bring the best and the worst out in players.

During the first round of the NCAA tournament Caitlin Clark got an elbow to the face from a Holy-Cross player. However, the player did not get ejected, the refs gave Iowa two free throws and the ball. As the game went on though she showed Holy-Cross that she was not going to let that slide. Her competitive side took over her. Some people looked at her attitude and her fierceness during the rest of the game as a problem, even her dad wanted her taken out. Others though, looked at it as a drive of passion, she wanted to get

her team that win. Iowa University ended up taking the first round 91-65, with Caitlin scoring 27 of their points.

She shows athletes that the love for the sport and the drive that you get from playing will never be a problem. Wanting to win or wanting to do whatever you can for your team will always be a positive look on you. Showing coaches and showing your teammates that you are there to show up for them and be in the game no matter what. Until you hear that buzzer to

finish off the game, you give it your all. Get aggressive, get ruthless, get fierce. Caitlin shows that she comes to play basketball, she does not care about what the media, or the fans have to say, she is there to play. The sport of basketball is all that should be important to these young athletes, not the media behind it. This is what Caitlin is teaching them with her influence. This proves that Caitlin Clark is an enormous influence to all girls and women's basketball players. Caitlin is now the first pick in the WNBA draft.



## The 80s & 90s Legacy of Comfort

By Addison McCroskey

In a world primarily centered around business, money, peril, and war, it's magical to be able to confide in the comfort and fantasy that lies within films from the 80s and 90s. No matter what age you first see these movies, they will never fall short of their legacy.

There's a certain sweetness to seeing your favorite stars in their youth as well as in the prime of their careers. The ever-so-calm and simple graphics harness a child-like joy within the viewer. In a way, this adds to the significance of these movies.

Re-occurring tropes from my

favorite 80's and 90's movies are the characters against the world, pinned against a person that keeps them from their goals and dreams, or opposes their morals. This makes these types of movies uncomplicated to follow, making it simple to understand the characters further, rather than getting lost in the plot.

When questioning the likeability of these films, it is important to recall the idea of nostalgia and how a certain fragment of a movie can inspire endearing memories within an instant like sitting in front of a CRT television eating a bowl of Rice Krispies, watching Sesame Street a little too close to the TV. You remember how it felt to be young, carefree.

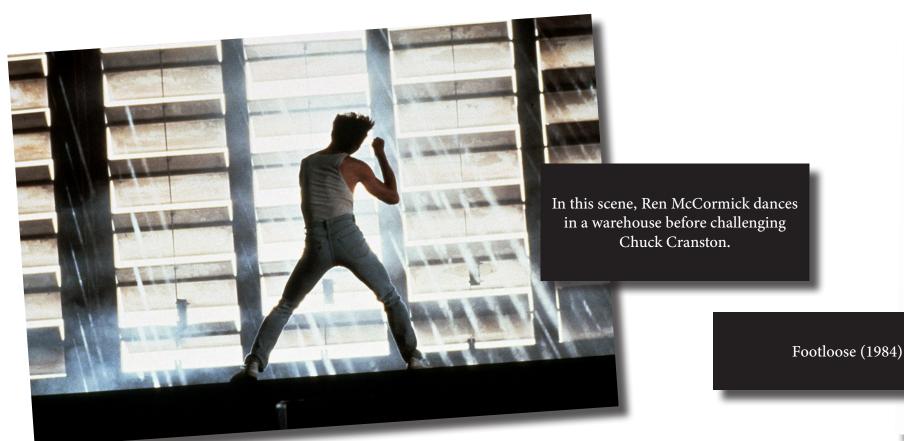
These movies connected to the kids who remember anticipating the upcoming release date and are the same ones re-watching these films with their children.

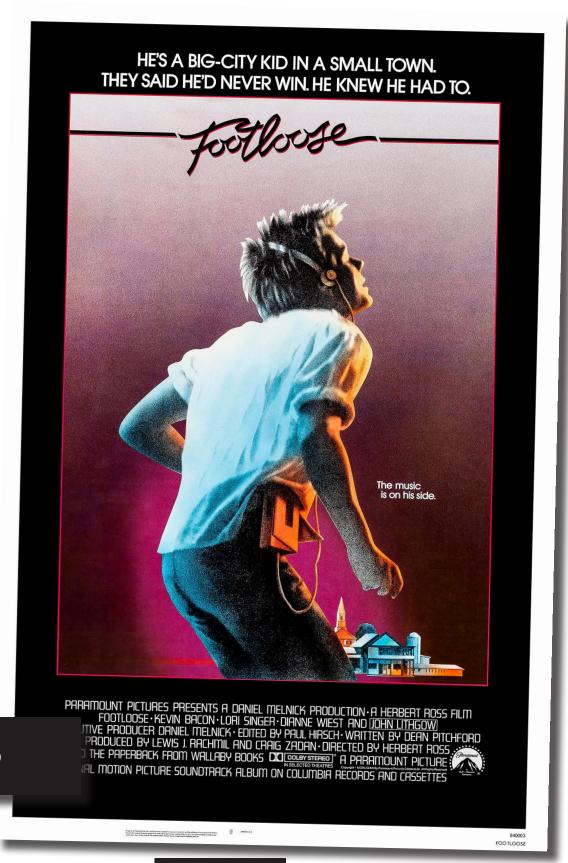
Once we take into consideration the fond memories tied to these films, we can dive into their originality and simplicity of production. Although these movies are iconic, tasteful, and written in *their* time, the advancements of dialogue, storytelling, and writing

were simple.

Most films got the point across right away, without any underlying twists. The beauty of 80's nad 90's movies is so much of what moral comes from it, rather than the action within the film.

Along with the visual demeanor of these movies, the colors were bright and airy: a broad pallet of yellows, blues, oranges, and reds. These complimenting colors mixed with the low-resolution quality create a unique palate on the screen.





On the topic of uniqueness, the hair of the 80's90's was nothing less than perfect. Get this... the most perfect part about it is that it wasn't perfect! Blown out, tied up, permed, or buzzed: it was bold. The elegant yet adventurous illustration of these films trademark the generational uniqueness of the 80's and 90's.

The 80's and 90's featured hundreds of different pictures, developed with passion and creativity. There are minute details that make up a copious number of perfect films. Personally, I've seen a plethora of said movies, and have pinpointed my Favorite ones.

Some of my personal favorites are; Pretty Woman (1990), Goonies (1985), Dirty Dancing (1987), Footloose (1984), Stand by Me, (1986), Princess Bride (1987), Mrs. Doubtfire (1993), and Willow (1988), to name a few. These movies shed light on overcoming obstacles, love reigning triumphant, and good V.S evil.

These movies are utterly unique, but all seem to tie together somehow. For example, in *Footloose*; Shaw Moore prohibits dancing in Bomont. With no exceptions. Ironically, his daughter, Ariel, lives to be free, dance, and sing. When the troublesome Ren Mccormick moves to town, Shaw is wary of Ariel seeing him. Nonetheless, *together* they dance like nobody's watching.

Meanwhile, in the 1985's hit *Goonies*, a band of kids took part in a crazy adventure to find the fortune of One-Eyed Willy, to save the main characters home from being turned into a country club. As they venture

into the dark cavern of three aggravated criminals, they realize this adventure might be easier said than done.

*Goonies* is a truly captivating film that encourages adventure, friendship, perseverance, and lifetime bonds.

Both movies include a person fighting for what they deem as right, in a world where many are afraid to stand up for their beliefs.

These movies did nothing less than shape the film industry for the better, and even with the uprising of technology, blew away audiences across America.

The actors featured in these prodigious films should sleep comfortably knowing how they've truly impacted the filmmaking industry in a beautiful way.



**Goonies** (1985)

In this iconic scene, the Goonies watch as One-Eyed Willy's ship makes its way into Bodega bay.

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# Is Cites: Skylines 2 still a disaster?

#### **By Chad Neumann**

Whether you like it or hate it, Cites: Skylines (CS) has been one of the most successful city builders right behind *SimCity* years ever since the game came out back in March of 2015.

Even though people have enjoyed the city builder since, many have always wondered if Colossal Order (the developinstallment. Well, In October of came out after the game was 2023, Colossal Order answered those thoughts with the release of Cites: Skylines 2.

When CS2 was released, people initially criticized the game for its stability and its terrible FPS and a slew of bugs that for many made the game unplayable.

After a substantial of user refunded, Colossal Order immediately started fixing these bugs, but at the rate they were losing players, it seemed futile. However, others, especially Youtubers, seemed positive the game would get better with each patch release. And things did start to get slightly better, but the game still did not have mod support. Ultimately, this led to its ratings dropping from *mixed* to mostly negative on Steam.

And then CO announced a

new DLC called "Beach Properties" that would drop on March 25th for \$10 dollars. Users were obviously not happy because and people have enjoyed CS for what they thought was a broken game should not get DLC.

Users have been calling the DLC "trash" and "a joke." The lackluster DLC has some summer and tropical themes with palms trees and a few buildings. ers) would ever make a second Most feel CS's DLC should have fixed.

> On April 18th 2024, CO refunded everybody who had purchased the DLC and made the DLC free for everyone due to the poor ratings it got.

So far, CO has been sluggish to fix the bugs and performance issues that plague the game and unfortunately that does not seem like it's going to change at least anytime soon.

So, is Cites: Skylines 2 still a disaster? Well as of right now, the game still contains a load of bugs and the performance is still not the best especially if you have a weaker graphics card. So, yes, the game is still a disaster, but if CO keeps up or even speeds up their game patches, then maybe Cites: Skylines 2 can become a great game eventually but hopefully soon.





#### By Aiden Johnson angs varsity boys bask

The Mustangs varsity boys basketball team came in the season with high expectations. Their main goal was to bring a state title back home.

Heading into the season, the Mustangs had a lot of experience with the same players returning to the roster: six seniors and the rest being juniors.

To start the season the Mustangs went 2-2 in their first four games with wins over Bismark and West Fargo. The next five games saw no losses and midway through the season the Mustangs were sitting at a 7-2 record overall with 4-1 in EDC play.

Midway through the season, they went 1-2 in their first three games. After their third game, the Mustangs were sitting at 8-4 overall and 5-2 in EDC play.

The season heated up when they went on a sixgame winning streak and all six of those wins were in the EDC. After that winning streak, everything looked amazing for the Mustangs with a 14-4 overall and 11-2 in EDC.

They went 1-2 overall in their last three games of the regular season and headed into the EDC tournament as the number two seed where they finished the regular season with a 15-6 record and 12-4 record within the EDC.

Really, it was the Mustang's junior and senior efficient scoring that led to the end of a great season and a focus on the playoffs with a chance to do something that they have never done before in school history: winning state.

The Mustangs opened the EDC playoffs by winning their EDC quarterfinals game vs. Shanley. The Mustangs lost their EDC semifinals game then had to play Fargo South in the state qualifier game. The Mustangs beat Fargo South 68-52 and headed to Bismark for a chance to win a state title.

The Mustangs opened their state title run with a 75-70 win over Bismark High and had to win one more game to go to the state title game. It was another meeting of the top teams in the EDC as Fargo Davies and the Mustangs played for a spot in the state title.

The Mustangs ended up winning 64-59 and they would face Fargo North, a rematch of the EDC semifinals in the state title game. Fargo North and Sheyenne exchanged buckets the first half.

Fargo North came out of the second half strong with momentum then the Mustangs picked it up midway through the second half as they tightened up their defense and dominated on the offensive side of the ball. The Mustangs ended up beating Fargo North 78-62 and the Mustangs brought home the title.

# MENTAL HEALTH OVERRUNS PLAYER PERFORMANCE

By Jackson Odden

Mental health is a key factor in performance and trust in sports. According to Phyisopedia Mental health in athletics is defined as "a state of successful performance or mental function that results in productive activities, fulfilling relationships with others, and the ability to adapt to change and cope with adversity" (Wylleman et al 6).

Mental health is a valuable resource on the field. A positive state of mind enables for better decision making and overall performance. However, having a negative mental state might contribute to slow and sluggish play. Pressure's negative influence begins with slight unhappiness and a minor decline in a person's ability to perform. When they are under too much strain, they can feel stressed, anxious, and unhappy.

Mental responses such as worry, anxiety, loss of confidence, denial of injury, leading to irrational fear of re-injury, and a setback in performance can all have an impact on the rehabilitation process of an injury. The challenge of keeping it out of your mind. Remaining upbeat, taking advantage of the setback as a chance to grow, and remain loyal to your goals and self. Furthermore, the ability to shatter the stigma lets a great athlete be authentic and divert failure from their path.

Cultural and societal attitudes within sports often stigmatize mental health issues, hindering athletes from seeking help due to expectations of toughness and the perception of weakness associated with mental health struggles. Fear of judgment and career consequences can deter athletes from seeking mental health support, perpetuating silence and stigma in sports. Limited access to mental health resources further compounds the challenges athletes face in addressing their mental well-being, exacerbating the stigma and barriers to seeking help within the sports community.

In sports, fostering a mental health support system entail offering resources and counseling to enhance athletes' well-being and performance. Each participant plays a critical role in this battle, including coaches, mental health education, and access to services. For instance, in an article written by Gabe

Kapler he underscores the pivotal role of coaches, teammates, and support staff in addressing mental health issues in sports. Sharing that they should be a support system not a system where they are conditioned to appear bulletproof, and to suck it up (Paragraph 4).



After being divorced and dealing with adictions, Gabe Kapler returned to managing baseball, wrote a book on mental health in sports, and has regain success after receiving the support he needed to recover.

Kapler also emphasizes the significance of mental health education and training within the sports community to destigmatize mental health issues and provide effective support systems for athletes (Paragraph 9). Additionally, he advocates for the crucial access to professional counseling and therapy services for athletes and individuals facing mental health challenges, emphasizing the need for sports organizations to prioritize mental well-being (Paragraph 10). Mental health presents a significant concern within the realm of elite athletes, where the relentless pursuit of excellence often intersects with unique challenges and pressures.

For example, an article titled Every one Is Going Through Something by

NBA player Kevin Love highlights the distinct challenges faced by elite athletes, including societal expectations of toughness and masculinity, which can discourage them from seeking assistance for mental health issues, perpetuating stigma within the sports community (Paragraph 2).

Love's experience further underscores the delicate balance athletes must maintain between the demands of performance and the needs of their mental health. His panic attack during a game serves as a key reminder of the strain athletes encounter in navigating these competing priorities, emphasizing the crucial importance of prioritizing selfcare and seeking support when facing mental health challenges (Paragraph 4).

Additionally, Love's decision to seek therapy after his panic attack provides a notable example of successful management of mental health in sports, illustrating the significance of openness and professional help-seeking in addressing mental health concerns within the elite athlete community (Paragraph 11).

In conclusion, the significance of mental health in sports is undeniable. As athletes strive for excellence, they face unique challenges that can impact their mental well-being.

It is essential for athletic communities to prioritize mental health awareness and support, creating a culture where athletes feel empowered to prioritize self-care and seek help

when needed. By promoting mental health education, reducing stigma, and ensuring access to resources, athletic communities can foster environments where athletes can thrive both in their sport and in their personal





## BETTING'S IMPACT ON FANS AND ATHLETES

#### By Jackson Odden

Sports betting involves placing monetary wagers on the outcomes of sporting events, ranging from mainstream to niche competitions. Its rising popularity has made it a significant aspect of both fan engagement and player involvement in the world of sports.

Fan betting involves placing bets on sports events for entertainment, including friendly wagers, fantasy sports leagues, and online betting, driven by motivations like enhancing excitement and testing sports knowledge, yet it poses risks such as financial losses and gambling-related harm.

Player betting refers to the involvement of athletes or sports professionals in placing bets on sporting events, potentially including those in which they are directly participating. Some players sports bet even though they are playing. For example, in article written by ESPN it highlights Titans wide receiver Calvin alcohol that can end up leader to many Ridley who downloaded a gambling app, deposited \$1,500, and bet on NBA and NFL games, including betting on

his current team at the time the Falcons as a result he was called in front of NFL investigators to be questioned about the bets in November 2021 and ultimately suspended for the entire 2022 NFL season (DiRocco 3). And many people feel as a direct result of any decision like this a player lacks integrity and ethics for a game, they spend their entire life trying to make it too.

The legal status of sports betting varies across jurisdictions, with some countries permitting it under strict regulations, while others have banned or heavily restricted it. Regulatory measures typically include licensing requirements, age restrictions, and consumer protection measures, but their effectiveness can vary depending on enforcement and oversight mechanisms.

Gambling can have the same effect on you as being addicted to drugs or bad habits. For example, an article written by the Mayo Clinic shows these potential problems "Gambling can

stimulate the brain's reward system you may continually chase bets that lead to losses, use up savings and create debt. You may hide your behavior and even turn to theft or fraud to support your addiction" (Compulsive gambling 2). Sports betting can have profound psychological effects on both fans and players, leading to heightened excitement, addictive behaviors, financial stress, ethical dilemmas, and potential damage to reputation. For many people betting is seen as just another form of entertainment but there is the problem. For example, an article titled social influences normalize gambling-related harm among higher risk gamblers highlights this "Social influences are key drivers of gambling and can begin in youth through parental modeling and facilitation. Over time, social influence from friends and colleagues also becomes important" (Russel et al 1).

Sports betting generates substantial revenue globally, contributing to the economic significance of the industry, while its impact on the sports industry

includes increased viewership, sponsorship opportunities, and investments in infrastructure and technology. Ethical considerations in sports betting prompt ongoing discussions on regulation and responsible gambling, while the future outlook involves balancing commercial interests with consumer protection and social responsibility amidst technological advancements.

In conclusion, Sports betting encompasses both fan and player involvement, with fans engaging for entertainment and players potentially facing ethical dilemmas. The legal landscape varies across jurisdictions, with regulatory measures aiming to mitigate risks, while the economic significance is underscored by substantial revenue and impacts on the sports industry

Calvin Ridley, suspended for the 2022 season for betting on sports.



#### EGGY PARTY BONDS CHINA AND THE WORLD







#### By Yichang Wei

Eggy party is one of the most popular games in China and is a popular pastime for many that choose to stay inside during their freetime when they aren't working.

The game initially gained popularity during the pandemic when the Chinese government had everyone quarantined. Now, many people play this game to make friends when they can't go out which makes the game special.

In gameplay, the excitement of working your way up through the story's segments is thrilling and helps players diverse from the real world.

In the real world, many people worry and fear that their behavior will make others feel uncomfortable, but in the game, everyone is a stranger; they don't need to be afraid of what people will think of them. They can be weird, and that's the privilege of being unfamiliar.

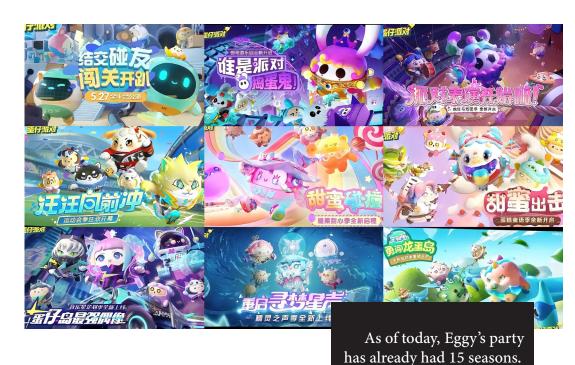
You can hang out in the lobby by yourself; although there will be plenty of other players that can show you every corner of the lobby as well as their own "secret base."

This virtual world is equally warm and comforting. We don't know each other, but we can dance and take pictures together in the game. We've never met, but that doesn't stop us from being friends.

Throughout the year Eggy Party introduces new limited time seasons that bring new content and stories.

There are many characters in the game, each with a story of their own. They can be anything from pixies trying to bring dreams to mankind that sow beautiful dreams to dolls who have been given life through love. Each character has different experiences in their stories but they help to redeem one another and work towards their dreams together.

There are no true bad guys and good guys in the world, everyone is simply trying to achieve their goals in their own way.







Players can do a lion dance to celebrate New Year. This lets players understand China's intangible cultural heritage.

In the game world, Eggy Party connects players in new ways such as adding Chinese heritage of the Dragon Dance of the Chinese New Year. This gives young children the opportunity to learn about Chinese folk-art performances.

There are a lot of Chinese traditions in China that are about to disappear, and there are a lot of things that have only been seen by people a few decades ago, but this game adds them in to give more people a chance to learn about them.

Regarding player interaction, everyone in the game can choose their favorite action: they can sit down, dance, or hug others and so on.

In some activities, you will be given instruments that can be played like real instruments. Many music-loving players can also borrow instruments to create their own music or make secondary compositions.

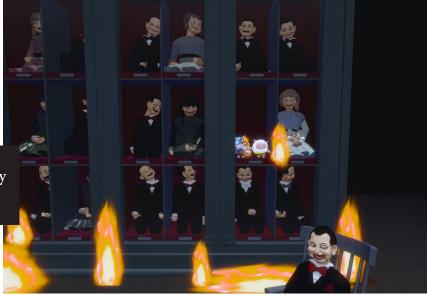
The game's characters can jump, lunge forward, pick up others. For example, many will pick

up others and walk them to other places, allowing for more interaction between players. This is the kind of interaction that turns Eggy Party into a real social game.

The company of this game has a music app where players can choose and listen to their favorite music in the game.

Finally, players can create their own maps by writing simple code, and it gives players a lot of room for their own creations. This kind of game is full of freedom which attracts more players.

Maps created by players inspired by movies.



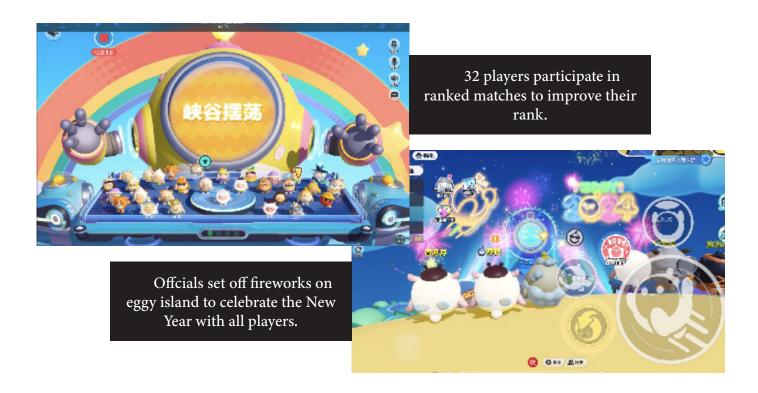
There are many props available in the game. In the lobby, there are speed up props that allow you to explore the lobby faster.

In Ranked there's a 32-player race to see who runs faster or who survives longer. You can help others or mess up the race so that other players are eliminated before you.

The last 8 people go to the finals, where each person can find props like bombs, mines and salted fish (the fish acts as a knife alluding to a classic Chinese movie that has influenced all walks of Chinese life).

In many places, as well as the finals, players can choose your skills; they can help you a lot. You can turn players into critters to slow them down. You can grow bigger than others. You can hook and pull players and so on.

Players can use props and skills to defeat other players and become the last survivor and the winner of the game. A lot of players enjoy playing in ranked games. It may also be a way to relax even if you are nervous in the game because when you win, you will gain more happiness.



Every holiday, many players make their own maps which can be used to take photos or play parkour with friends.

On New Year's Day, ten minutes before midnight. the game's officials prepared a fireworks show in the lobby, and many players get together to celebrate where there was a holographic projection to add to the celebration.

A lot of players came to the highest point of the hall at the zero hour, paying New Year's greetings, and a screen shows blessing from strangers all over the world.

I think it's all the people who don't have the means to go out

or have absent friends that allow us meet to in-game.

Life is not only a process, but some moments also make life more exciting.

International service is also coming soon allowing more people to join this colorful community.

 $\sim$  25

This game is different from many American games because it adds a lot of Chinese elements and works with Chinese software, video software, and other games to develop new ways to play.

China has a long history with many dynasties, each with its own characteristics such as

ancient Chinese phoenix crowns and capes, official robes, Tang three-color, glazed ceramics and murals are all incorporated into the game.

Many games in the US have a coherent story, but this game is divided into many different stories. Eggy Party emphasizes teamwork more and teaming up

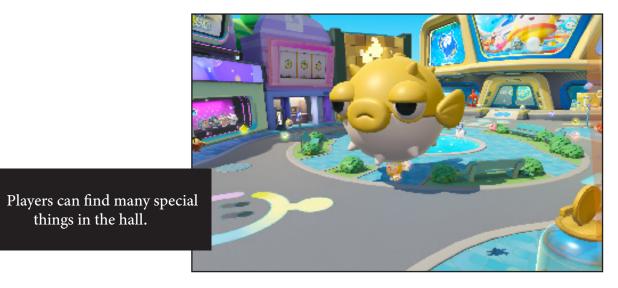
to complete missions and will provide more creative space for players to make some of their own storylines, allowing for more freedom of expression.

In contrast, some games in the US focus more on individual expression, with in-game missions and goals.



things in the hall.

Activities about China's intangible cultural heritage.



common with some of the American ones as well. This game is for kids so it can be used to teach little kids some lessons. such as the importance of teamwork because it is much harder for one person to play ranked than two or four, and one person gets much less chance than several.

There are also smaller games such as making food and trans-

I think Eggy Party has a lot in porting food that can exercise small children's minds and teach them how to divide their time and work. This kind of game is very suitable for young children for example, it can teach them some small truths, exercise their mental qualities, help them to be brave in the face of difficulties, let them happily accept victory and calmly face failure without lacking the courage to try again.

This game brings a lot to the table. We made a lot of good friends, made our own maps, and had a great time. This game gives the player plenty of freedom and maneuverability, and you can use your imagination to make lots of things!





Cute style for little kids.

THE MUSTANG POST

