

THE MUSTANG

P O S T



***THE FIRST ISSUE OF
THE SCHOOL YEAR!***

SHEYENNE HIGH SCHOOL'S OFFICIAL NEWSPAPER - OCTOBER 2024

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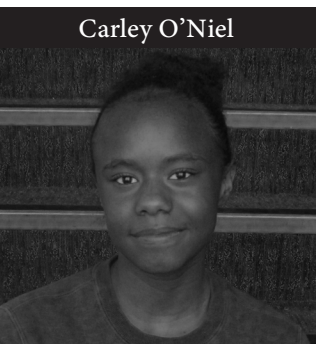
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letter from the editor

To our dear readers,

Welcome back! The Mustang Post has survived another year of the long harsh winter known as Summer. Now a new spring is blooming in the Fall, new articles, new students, and even more editing for myself.

Throughout this year we hope to have a steady flow of articles releasing periodically, unlike last year. We also hope to have a bigger focus on the release of individual articles instead of the eMagazine focused format that we went with last year.

Besides the changes mentioned above, no other sweeping changes have been made. Two thirds of our editorial team has departed over the long winter, but with that comes new editors joining the team. Abby Smith will be joining as an Assistant Editor focusing on podcasts and sports. Addison McCrosky will also be joining as an Assistant Editor with a more general focus.

Thank you for reading and best wishes,
From Logan Jacobs and the entire Editor Team



Molly and Music make perfect harmony



By Addison McCroskey

That laugh. That red hair. Those wrist flicks. Those “obscene fingers gestures from such a pristine girl.” Molly Ringwald was an icon and remains an icon for new generations who starred in pivotal 80’s flicks that added significance to the age of rom-coms and comedy-dramas. However, her impact may never have been what it is now without the help of music within the film.

Ringwald fascinated many. Audiences liked her predictable yet endearing characters. Her persona is often lighthearted yet challenged when contradicted by others. Her exceptional performances are believable even while typecast as an opinionated teen girl.

Ringwald’s roles, namely teenagers, face a world of extremes. Complicated love triangles and the altogether awkwardness that comes with adolescence.

One of the most compelling aspects of her movies are the soundtracks. Not only does this result in smaller artists getting a chance to shine due to its place in the movie but it adds to the overall quality of the movie.

Many of these songs are notorious for being included in the films. The most notable being “Don’t you (forget about me)” as heard in *The Breakfast Club* starring Judd Nelson, Allison Sheedy, Anthony Michael Hall, Emilio Estevez, and of course Ringwald.

In *The Breakfast Club*, an unlikely group of teenagers in detention are convinced they have nothing in common. As the kids are required to write an essay on “who they think they are,” after hours of bonding and laughter, the group finds they might not be so different after all.

This movie is a perfect example of how American teenagers struggle with identity in a world with stereotypes, labels, and pressure. One example of a simple addition of music completing a moment is where the kids sneak out of their confinement to grab a peer’s stash.

THE BREAKFAST CLUB

While attempting to get back to the classroom, the kids nearly get caught by the principal.

During this montage, Fire in the Twilight, by Wang Chung can be heard in the background, increasing the hilarity of the scene. This small addition has truly made The Breakfast Club what it is today.

On the topic of hilarity, the movie Sixteen Candles has tons of it. This impeccable film stars actors such as Molly Ringwald, Michael Schoeffling, Anthony Michael Hall, and many others.

Sixteen Candles follows the life of angst-filled

16-year-old Samantha, who celebrates her 16th birthday a day before her sister's wedding. Blinded by the rush of preparation or forgetfulness, Samantha's parents completely forget her birthday.

Meanwhile, Samantha turns her eyes towards an older boy Jake, while constantly denying the affection from Ted, a nerdy freshman who sadly, seems to be the only boy interested in her—or so we think. This movie follows the adventures of Samantha, Todd, Jake, and his girlfriend Caroline.

Most viewers find themselves bewildered by some of the innuendo and humor within the movie, and right-

fully so.

The song popularized from this movie is, "If you were here." This perfect song featured synth, electric keyboard, tambourine, and tremendous vocals was the perfect fit for the end of this movie: relationships solved, lovers finally together, typical happy ending.

The song's happy-go-skippy movement perfectly captures the joy and satisfaction of the characters at the end of the movie, and how everything ends up perfectly.

This is a prime example of how a great soundtrack can affect the mood of each part of the movie.

Another film with a show-stopping soundtrack is the 1986 classic, Pretty in Pink. It stars Molly Ringwald, Jon Cryer, Andrew McCarthy, James Spader, Annie Potts, and many others.

The romantic comedy-drama revolves around Molly Ringwald's character Andie Walsh. She is known as an outcast in her Chicago high school, with a love for music and a job at a new-age music store.

Andie's best friend Duckie, unpopular like Andie, secretly has feelings for her. Andie is approached at work by Blaine. A kind jock who takes a liking to her. They become close extremely fast. The pair eventually ends



Judd Nelson, Emilio Estevez, Ally Sheedy, Anthony Michael hall, and Molly Ringwald.



Anthony Michael Hall, Molly Ringwald, and Micheal Schoeffling as Ted, Samantha, and jake. (Left-Right)

16 CANDLES

up asking each other to prom.

Although things go off the rails when Steff McKee, Blaine's friend, discourages Blaine from being associated with Andie. Blaine is soon pressured by him, and ghosts Andie in turn.

This movie touches on accepting your differences and how love isn't bound to social class, or any other sociodemographic.

Another scene containing a memorable song must be, Duckies passionate lament in the music shop. Duckie spins a record featuring the song, "Try a Little Tenderness." He then makes a point to serenade Andie after the news of Blaine blowing her off.

He dances around the store, pouring his heart into the song, trying to cheer Andie up. He succeeds although Andie's heart is still set on Blaine, whether she wants to admit it or not.

These revelational flicks not only contribute to the plethora of phenomenal 80's movies starring Molly Ringwald but create a standard for soundtracks that set the bar high. The emotion portrayed by the music within these films truly contributes to its likability and relevance within the lives of people.



Andrew McCarthy, Molly Ringwald, and Jon Cryer as Blaine, Andie, and Duckie. (Left -Right)

THE WORK IT TAKES TO PLAY PRO

By Ethan Laabs

Professional tennis players often shine under the spotlight during Grand Slam tournaments, but behind all this often lies a person who works as hard as they can, 3 to 4 hours a day to reach the pinnacle of success.

Watching a pro tennis match can inspire many young children to strive to be as good as the players that they are watching. However, they didn't just magically get there; they most likely started at a local facility as a child.

In Fargo, there are numerous opportunities to get better and put in the work to become a pro tennis player. For example, the exceptional Courts Plus facility is a great place to go because they have 8 courts

that can be played on during all 4 seasons because they are inside where private lessons are offered.

North Dakota high school players also have a great opportunity to play tennis as every big school in Fargo, Bismarck, and Grand Forks has a tennis program. The best programs in the state are Sheyenne, Grand Forks Red River and Grand Forks Central that are coached extremely well and push their players to be successful.

Tennis is a very solitary sport and that requires the drive to work and improve. There's no leaning on teammates on a bad day and as some coaches say, "You get out of it what you put into it".



This is retired professional tennis player Roger Federer he has won 20 major titles. He had won 5 US Opens titles, 8 Wimbledon titles, 6 Australian Opens, and 1 French Open title.

This is professional tennis player Novak Djokovic he has won 24 major titles. Hes has won 4 US opens, 7 wimbeldon titles, 3 frech opens, and 10 autallian open.



This is profesional tennis player Rafa Nadal he has 22 major titles. He has won 4 US Open titles, 2 Australian Open titles, 2 Wimbledon titles, and 14 French Open titles.



Deep Diving into Gilmore Girls

By Avayah Baxton

In seasons 1 and 2, Gilmore Girls produced by CW is a homey yet problematic series that follows the lives of a mother and daughter as they work through the problems of their small-town, controlling grandparents and, absent father.

With an recurring cast, both mother and daughter alike, help each other as well as their friends through social and emotional struggles. This dual perspective helps the story stay new and original while still sticking to the problematic yet comfy and easy-going storyline.

The first season focuses on the strained relationship between Lorelia Gilmore (Lauren Graham) and her parents, Emily Gilmore (Kelly Bishop) and Richard Gilmore (Edward Hermann).

Lorelia's daughter Rory Gilmore (Alexis Bedel) is accepted into the prestige's private school known as Chilton. Finding the inability to pay for Rory's tuition by herself, Lorelia is forced to seek the help of her overbearing and controlling parents.

Lorelia's parents, Emily and Richard agree to help under one condition, Lorelia and Rory must attend dinner at Richard and Emily's house every Friday until Rory's tuition is fully paid back.

Though Rory wanted to attend Chilton, she began to have second thoughts after meeting the new boy, Dean Forester (Jared Padalecki) while leaving her old school. Rory's second guessing causes a fight between Rory and Lorelia, but at the end of the day Rory decides attending Chilton will be best.

While attending Chilton, Rory faces many challenges of her own. Rory is transferred to Chilton at the beginning of her sophomore year and is forced to leave her best friend, Lane Kim (Keiko Agena) behind. Not knowing anyone at her new school Rory often sits alone and rarely talks to her peers.

A few days in Rory meets Paris Geller (Liza Weil), and even though they share many classes Rory and Paris live mostly all their sophomore year

Image courtesy of Saeed Adyani and Netflix



as enemies.

Towards the middle of the season Rory ends up dating Dean, after running into him multiple times both at the grocery store and the local coffee shop Rory and her mother religiously attend.

Lorelia also finds herself in a relationship halfway through season one. Lorelia ends up dating Rory's English teacher, Max Madina (Scott Cohen) after going on several dates and having several encounters during Rory's school events.

In the season finally Max proposed to Lorelia, she later says yes in the first episode of season two.

During the second season many things are like the first. However, a handful of new developments occur.

At the very beginning of the season Lorelai calls off her engagement to max after realizing, she does not gen-

uinely love him.

While at Lukes Dinner; Lorelia, and Rory's favorite place to get coffee. The girls discover Luke Danes (Scott Patterson) nephew Jeess Mariano (Milo Ventimiglia) a bad boy from New York, is coming to live with Luke.

In the weeks following Jesses arrival, Rory seems to be the only person that Jess will say more than three words to. He also gets into several fights outside of the local high school. These view examples help represent just how much of a loner Jess is.

A few weeks into Jess being in Stars Hollow the audience discovers that he is failing his classes and might not graduate. Luke becomes overly concerned after this discovery and asks Rory to help tutor Jess at least until his grades go up. Though Lorelia dislikes Jess she agrees to let Rory tutor Jess.

During Jesses first tutoring session he convinces Rory

to take a break from studying and get ice cream. On their way back to the dinner after getting the ice cream, they decide to go around the block once more before continuing to study. Rory and Dean crash into a bench resulting in Rory fracturing her wrist and Jess being unharmed.

After the accident Jess decides to go back to New York. The towns people only blame Jess for the accident since he was driving; though Rory insists that it was also her fault since she was the one that wanted to go around the block again.

The liking that Jess has taken to Rory causes a lot of tension in Rory's relationship. Dean, Rory's boyfriend takes a strong disliking to Jess but is still friendly.

As the season progresses the tension grows in Rory and Deans relationship, causing several fights and disagreements. This eventually leads to them breaking up in the season two finale.

SHORT HISTORY OF GYMNASTICS

By Carley O'Neil

Gymnastics has been a popular sport since the ancient Athens Olympics where men would compete in vaulting, rope climbing, and tumbling. Today the sport has many different styles, Artistic, Rhythmic (RG), Trampoline (TRG), Power Tumbling, and Acrobatics. Artistic Gymnastics competed in the first Modern Olympics, 1896 Athens Greece. Through the years the sport has changed and developed to the memorable activity we know today.

Artistic Gymnastics is the most popular style of gymnastics. Artistic gymnastics allow both men and women compete, but in slightly different events. Both men and women compete vault and floor, although only men compete on Pommel Horse, Parallel bars, Still Rings, and Horizontal Bar. Women only events include Uneven Bars and the Balance Beam.

Men competed in the first modern day Olympics, 1896 Athens, Greece, it wasn't till later that woman competed having to wait over thirty years before 1928, Amsterdam. Today, this style of gymnastics is the most watched Olympic sport in the 2024 Paris Olympics.

The International Federation of Gymnastics was founded in 1881. The sports popularity adds extra pressure on men and women. The extra pressure and the sports growing popularity is leading kids to start trying as young as four.

When someone thinks of gymnastics, Artistic gymnastics is the first to come in mind for many individuals as the sport continues to grow.

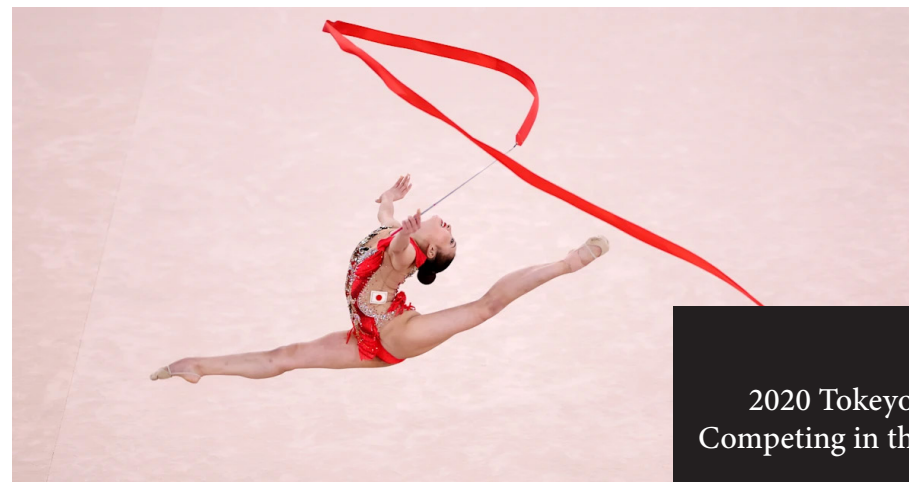
Rhythmic Gymnastics is the second most popular Gymnastic style, leaning into a more ballet and softer alternative to Artistic Gymnastics. Rhythmic Gymnastics was added into the Olympics in 1984 as Artistic Gymnastics' more feminine sister.



Chris Brooks competing for Team USA at the Artistic Gymnastics competition in the 2016 Olympics Rio



The 2016 Rio Olympics, competing in artistic gymnastics the Russian Gymnast Seda Tutkhalyan



2020 Tokyo Olympics Chinese Olympian Son Yeo Competing in the Ribbon event in Rhythmic Gymnastics Competition

In this event, athletes compete on the floor showing skills using clubs, balls, ribbons, hoops, and rope, which was later removed in 2013 during the Rhythmic World Championship for being less visual appealing compared to the other events.

Rhythmic gymnastics was invented by Per Henrik Ling in Sweden, 1814. The sport was created for women, not allowing men to compete. The first male rhythmic gymnastics organized in 1946 Japan, today only a few countries allow men to compete and in no international competitions.

In 1962, the International Federation of Gymnastics recognized Rhythmic gymnastics as another form of gymnastics. The first Rhythmic Gymnastics World Champions were from the Soviet Union competing in Budapest, Hungary.

The 1962 Worlds had countries mainly from Eastern Europe, where the sport originated. It wasn't till later that western countries started competing. United States of America sending their first team to compete in 1973.

Los Angeles, California was the first Olympic games where this sub-genre of gymnastics was completed. During this competition, Romania took home the all-around gold.

In the Paris Olympics, 2024, China won the all-around competition for the first time in Olympic history. China won the gold medal for group competition. During her Olympic debut, Darja Varfolomeev became the individual all-around gold winner for her country, Germany.

The sport of gymnastics has changed dramatically from climbing a rope in Greece, 776 BC, to world renowned gymnastics Simone Biles jumping 12 feet high, despite being 4'8 in the Paris 2024 Olympics. Gymnastics is an ever-evolving sport that continues to grow and change. Keep a look out for all styles and sub-genre of gymnastics as the new competition season starts to roll around.

The Human Obsession with Horror

By Savannah Swanson

Tis the season of horror. And with that season comes a fascination and enjoyment in horror movies. Enjoyment in the terrifying, gruesome, or simply disturbing seems unreasonable. And yet, that fascination in the morbid comes from a more scientific origin surrounding the mental and physical effects on the human body.

Associate Professor Haiyang Yang, a behavioral scientist at Johns Hopkins Carey Business School stated, "Horror movies satisfy a curiosity about the dark side of humanity storylines and characters facing the darkest parts of the human

condition."

In 1896, the first ever horror film, *The House of the Devil* also known as *The Haunted Castle*, was released. Directed by Georges Meslies, the black and white film features cauldrons, animated skeletons, ghosts, transforming bats, and an impersonation of the Devil. After this short film was made, it sparked an interest in many filmmakers due to how much action and horror this film had in three minutes.

In the 1920s and 30s horror movies began to take off not only because of advances in cinema

but because of how horror stimulates the fight or flight response.

The fight or flight response comes with a boost of adrenaline, endorphins, and dopamine. In addition, the aftereffects lead to motivation, pain relief, improved mood, and self-esteem which leads to increased productivity.

Improved mood and self-esteem can lead to a reduction in stress, anxiety and depression. These effects may be why people find horror movies so fascinating and continue to watch them to this day.

Even though adrenaline can lead to restlessness in the body, it has been proven to wear off twenty minutes to an hour after horror movies so many people do not recommend watching them before bed.

American Author Stephen King says, "And when you finish, you close the book and you've had a place to put your fears for a little while." Perhaps that's truly what horror movie watchers are looking to find: a safe place to experience terrors beyond real life in a safe place.

The Devils assistant uses a cauldron to conjure a women who turns out to be a withered witch.



16



A skeleton appears and the knight gets ready to take out his sword to attack.

A knight grabs a cross off the wall and spooks the Devil to jump off the balcony.



17

SHEYENNE ON A ROLL

By Mack Beschorner

Coming into the football season, Sheyenne is the two-seed team with high expectations, like in past years.

In 2021 Sheyenne brought home its first ever state championship but hasn't achieved that title since. However, that doesn't mean this year's team doesn't show promise.

Last year in the semifinal, Sheyenne was shocked by Minot that left a bitter taste in the Mustangs' mouth mainly due to the expectations the Mustangs had.

This year, starting quarterback, Kaden Olson, is leading the Mustangs to victory. In what was a great win for the Mustangs during the first Friday night lights of the season, the Mustangs matched up against Williston and dominated them with scores from Cooper Bryant, Caleb Haas, and more.

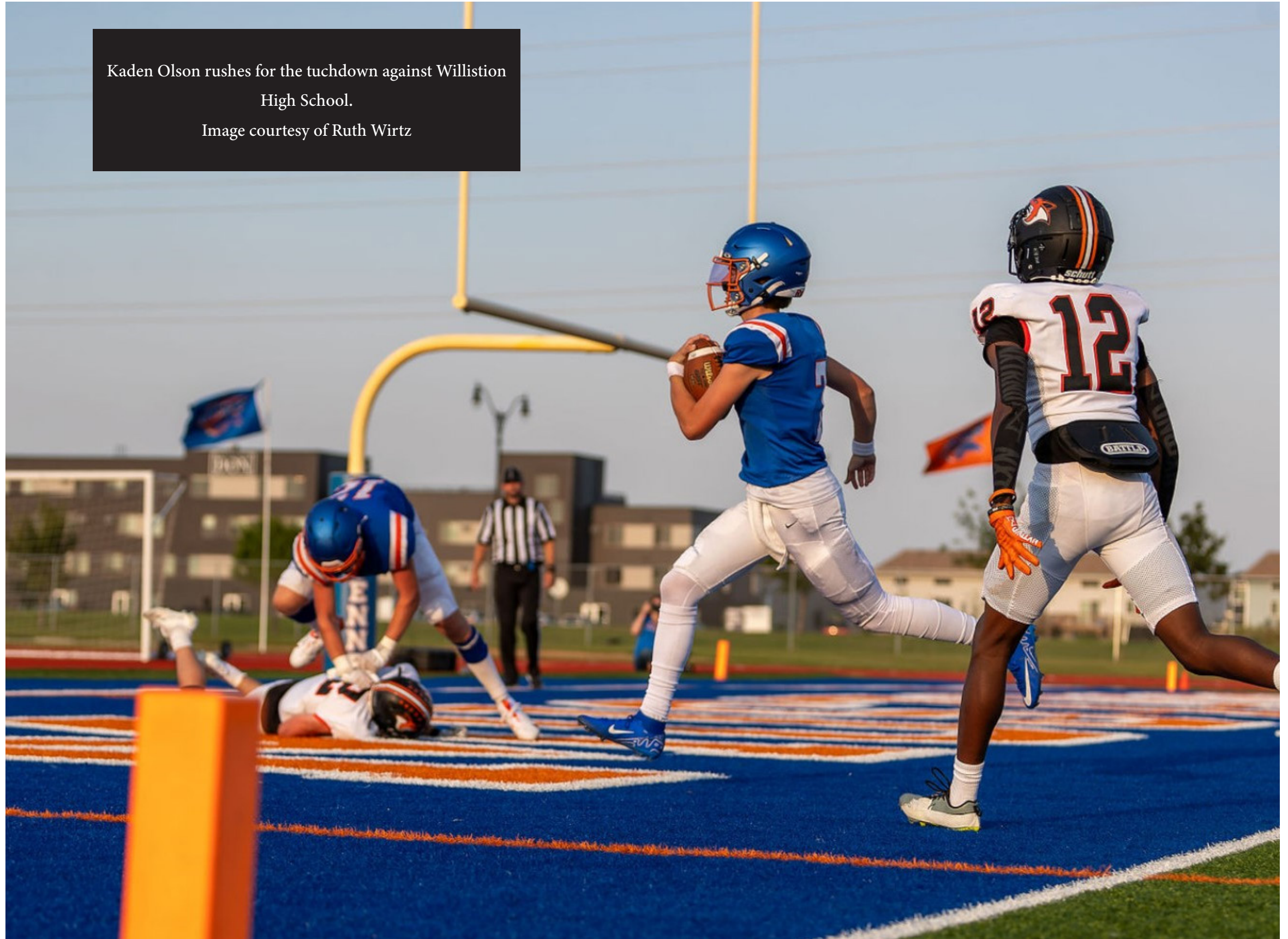
Following Williston, in a tough matchup with the number one team in the state, the Minot Magicians, the Mustangs' performance lead to a win with a forced fumble by Jameson Allen in the final seconds to seal the win.

With these consecutive victories in addition to the one achieved over the Mandan Braves added to the Mustang's tally, they became the number one team in North Dakota.

However, recent losses against Bismark Century and Bismark High have dwindled hope. On the other hand, they killed the Fargo North Spartans, trounced Shanley Decons, and were then faced with the daunting task of defeating Fargo Davies, the number one team in the state. They finished with a win.

Kaden Olson rushes for the tuchdown against Williston
High School.

Image courtesy of Ruth Wirtz



Titanic Tragedy Enthralls Generations

By Gemma Ludwig

Tragedy inspires curiosity. This is especially true for the Titanic. The claim this ship was unsinkable may be why its demise has inspired such wide-spread fascination. In addition, its sinking was a mystery which led to further probing.

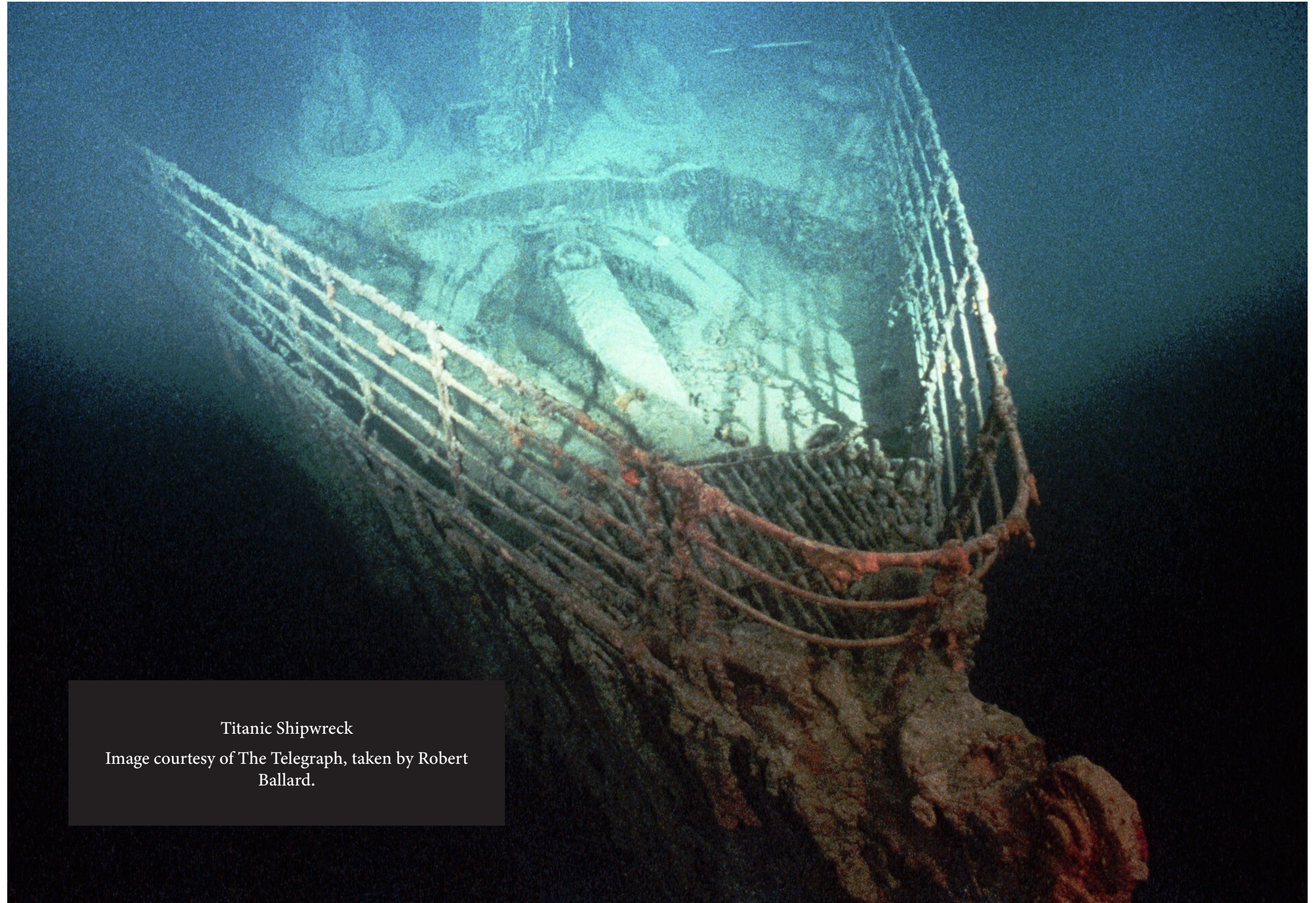
The Titanic was the largest ship in the world that sunk on April 15th, 1912 off the coast of Newfoundland in the North Atlantic due to collision with an iceberg.

According to Associated Press and GBH News journalists Edgar Herwick and Molly McCaul, “The sinking of the Titanic was also one of the first times in history a large maritime disaster was photographed.” This may be why people are so fascinated by the sinking of the Titanic. Hours of footage of the catastrophe was captured in the 1980s 74 years after the tragedy while newer footage in 8K was released by an OceanGate submarine in 2021.

Case Western Reserve University states, “We want to know where the potential dangers and threats are in our environment, and so our attention is drawn to problems and negative information”

Our human nature is to be empathetic. We feel sympathy for people involved in disaster. The number of deaths that were caused by the sinking of the Titanic is devastating. Because of that death toll, the Titanic is still remembered as a major tragedy.

The Titanic has inspired countless books, movies, and articles. This tragedy will be discussed for many years to come on account of curiosity.



Titanic Shipwreck
Image courtesy of The Telegraph, taken by Robert Ballard.

Allergy Death Leads to Disney Litigation Controversy

By Amer Bior

When a woman dies due to a nut allergy at Disney Springs' Raglan Road Irish Pub marketed as allergy friendly, Disney refutes her surviving husband's suit due to a clause in their Disney+ account. Of course, things are much deeper than that.

Jeffery Piccolo and his wife, Kanokporn Tangsuan, informed restaurant staff repeatedly that she had a nut allergy but despite all those warnings served her food that resulted in her death at the age of 42 on October 5th, 2023

As a result of her death Piccolo filed a nineteen-page wrongful death lawsuit against Disney for \$50,000 who argued a Disney+ clause negated their claim: "Any dispute between you and us, except for small claims, is subject to a class-action waiver and must be resolved by individual binding arbitration."

This trial has caused a debate with Ernest Aduwa, an unaffiliated lawyer, telling the [BBC](#) that this attempt at a claim was "pushing the envelope of contract law."

Disney explained, "We are merely defending ourselves against the plaintiff's attorney's attempt to include us in their lawsuit against the restaurant" with the intent for this dispute to be reconciled outside of court.

Piccolo's lawyer says that Disney's argument is "Preposterous [and] insane" and that their claim is "based on the incredible argument that any person who signs up for a Disney+ account, even free trials that are not extended beyond the trial period, will have forever waived the right to a jury trial."

Raglan Road Irish restaurant in Disney Springs, Florida where customer had deadly reaction to food served.

Many noticed how Piccolo's lawyer furthermore pointed out holes in Disney's claim in that their terms side step the seventh amendment, which allows everyone the right to a trial leading into the argument that rarely do users read the terms and conditions presented by companies.

Not the only one with this perspective, Jibreel Tramboo human rights barrister at Church Court Chambers, London, said, the clause in the ticket purchase from 2023 would likely be a much better defense, "as there is a similar arbitration clause that may permit Disney to stay the case for arbitration, although there are many other threads that may prevent them going to arbitration given the delicate circumstances in this case."

Piccolo's attorney, Brian Denney has told Forbes that his client will, "continue to pursue justice on behalf of his beloved wife at the trial court level."

Josh D'Amaro, chairman of Disney Experiences, has said "At Disney, we strive to put humanity above all other considerations. With such unique circumstances as the ones in this case, we believe this situation warrants a sensitive approach to expedite a resolution for the family who have experienced such a painful loss."

Arbitration has yet to conclude with expected conclusion later in 2024.



TRUE CRIME IN MEDIA

By Allison Ambuehl

According to Harold Schechter from HuamnitiesNY.or, true crime has been around since even before the Renaissance era in the 1400s plays were made and stories were told.

Because of its rising popularity, true crime has become sensatiuonalized and dehumanizing through podcasts, TV shows, movies, and social media. That itself is not necessarily a problem, it's just the way media presents it.

Popular venues twist the stories and add or disclose details to make it more interesting for the viewers. This happens all the time in the media, but when it comes to true crime, it may border on insensitive and cruel.

People often detach themselves from the victim's perspective and focus on the criminal instead because they are more interested in understanding the criminal's motive. This leads to the sometimes-inhumane obsession and even glorification of serial killers and true crime.

Although true crime series can be informative and make people more cautious of their surroundings, it can also be harsh and even triggering to the victims and their loved ones. This fascination oftren leads to exploitation of victims' real-life stories which leads to profit.

Granted, most audiences recognize that these are awful things that are happening, and their interest may be passive, but the large abundance of true crime content may lead to misinformation within an unregulated genre.

Overall, engaging in a healthy amount of true crime content is not a problem, but when producers interject their opinions or release personal information, the lack of veracity and reliability leads to a lack of sensitivity and victimization.



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