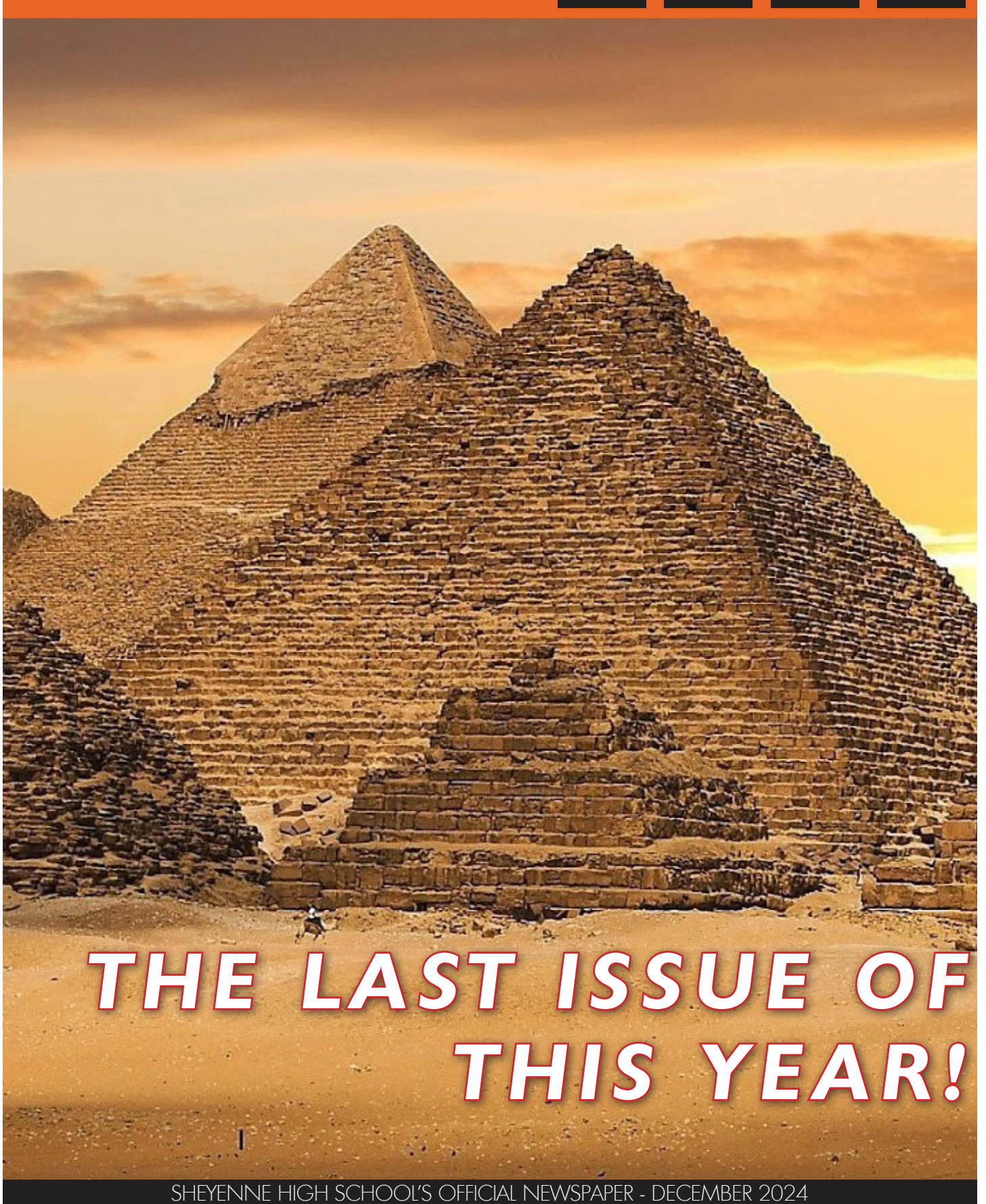


THE MUSTANG P O S T



***THE LAST ISSUE OF
THIS YEAR!***

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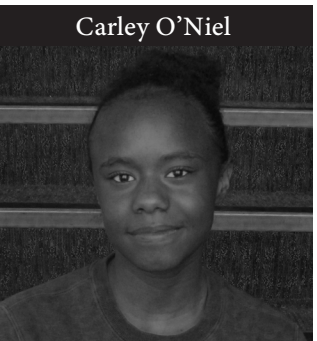
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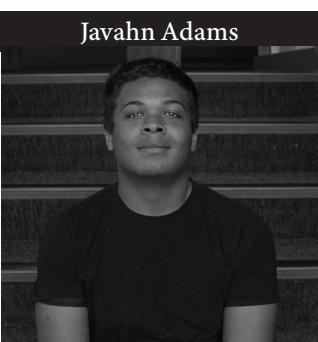
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letter from the editor

Season's greetings!!

As the winter's cold months approach us, our journalists have been working hard to get their first articles of the new school year published.

As the first few months of school are concentrated on refining punctuation and grammar, we intend on beefing up our future issues as the year goes on.

While December is the most wonderful time of the year, it is also the busiest time of the year. So, with that in mind, thank you for taking the time to enjoy our newest set of articles, and a warm welcome to any new viewers, as your support allows us to continue releasing new issues in the future months.

Thank you for reading and best wishes,

From Addison McCroskey and the entire Editor Team



REVAMPING VCT

By Logan Jacobs

Valorant, as mentioned in a previous article, is a 5v5 tactical shooter most similar to a blend of Counter-Strike and Overwatch gameplay. Valorant is balanced around precise gunplay and strategic decisions such as characters and map picks.

Valorant is ever growing, every few weeks a new patch is released with varying degrees of changes, these changes can range from minor bug fixes to adding new characters or maps.

Starting in early January, a Valorant Championship Tour, or VCT, starts. This tour involves four regional tournaments and three international tournaments all culminating in a final championship event in early fall.

Currently, 48 teams compete in VCT with 40 of them being franchised from the start. The other eight teams earned their spot to compete in the league through Challengers. Challengers is a league that runs parallel to VCT with a spot for franchising on the line, each major region runs their own individual leagues with no international tournament at the end.

Alongside both Challengers and VCT is Game Changers, a league for marginalized genders, focusing on giving opportunities to those that may be discriminated against based on their gender. GC runs on an open qualifier system with the only requirement being that all players on a team must be of a marginalized gender.

Any GC team that qualifies for Champions will automatically be qualified for their local Challengers league, giving a direct pipeline from GC to VCT. This was one of the many changes announced by Riot Games during 2024 for the upcoming season.

The 2025 season also included an overhaul to the VCT schedule. The 2025 VCT season offers a denser schedule that places more importance on stage 2 compared to the 2024 season.

This season will also be longer, shortening the

off season and in turn the amount of time spent not playing Valorant. The last major changes for the 2025 season were made to the Challengers system. Alongside changes to the points system, Challengers has received an upheaval to its old systems.

Challengers in the 2025 season will have a changed schedule and different point system based on the feedback received during the 2024 season. More importantly, two new types of teams will be competing alongside the old teams in Challengers, Academy and Game Changers teams.

Academy teams is a system in which already franchised teams will create another team to foster new players in a competitive environment, the drawback of this system is that these teams, no matter how well they do, cannot qualify for ascension.

Despite the 2025 season not having started, a few predictions can be made. For example, the denser VCT schedule will lead to a more volatile state of Valorant that will cause domination to be even harder to achieve. Another prediction is that a wave of formerly Game Changer's players will come to the main VCT circuit after Florescent, the best Game Changer's player ever, made

the first leap during this off season.

The last major prediction is that the Academy team system will flop in Americas because despite the individual team's success, the players will not be able to advance to VCT because of the highly competitive nature of America's. However, Academy teams in APAC, EMEA, and China will flourish because of it will show off young talents that underperforming teams can pick up. Although none of these predictions could come true, the only way to find out is to watch.

OpTic Gaming, CC BY 3.0 <<https://creativecommons.org/licenses/by/3.0/>>, via Wikimedia Commons



Rick Riordan's Percy Jackson and Greek Mythology Inspiration

By Avayah Baxton

Rick Riordan's Percy Jackson and Greek Mythology Inspiration

Percy Jackson and his 8th grade history class take a field trip to The Metropolitan Museum of Art. Accompanied by Percy's math teacher Mrs. Dodds, the class tours through the Greek mythology exhibit. Later, while the class is having lunch, Mrs. Dodds takes Percy into a closed off area of the museum and begins to ask him where a mystery object is. Percy, confused, tells Mrs. Dodds that he doesn't know what she is talking about; this infuriates Mrs. Dodds, and she turns into a fury.

She continues to ask Percy where the object is while trying to attack him. Percy defeats her thanks to the help of his history teacher and Grover (his best friend). After that Percy discovers that he is the

son of Poseidon.

Rick Riordan was inspired by both his son's reluctance to read and wanted them to be encouraged to read more. He was also inspired by one of his son's reading difficulties, so he began to create stories about Percy Jackson, a young demigod who comes from a dysfunctional family. Rick chose to use mythology because his son found the subject enjoyable.

The main character Percy Jackson's full first name is Persius. In Greek mythology Persius is the legendary founder of the Perseid dynasty and is known to have cut off the head of Medusa. In Greek mythology Persius is the son of Zeus and Danae, but in the Percy Jackson series his parents are Poseidon and Sally Jackson (a normal person).



Percy Jackson Wallpaper



The Lightning Thief novel cover redesign.
Image courtesy Entertainment Weekly

In the novels Percy has a best friend named Grover. Though Percy doesn't know at first, it is later revealed that Grover is a satyr. In Greek mythology a satyr is a half man half goat like creature.

Throughout the story Percy Jackson faces many monsters; the first of these being a fury. In Greek mythology furies also known as Erinyes are female spirits of justice and vengeance, their job was to punish those who committed crimes against the physical and moral order of things.

After the fury Percy and his friend Grover faced a Minotaur. In Greek mythology the minotaur is a creature with the head and tail of a bull and the body of a man, the minotaur was the guardian of the labyrinth in Greek myth. In the novel the minotaur is sent to attack Percy after the truth about him being part go and part human (also referred to as half-blood) is revealed.

The third monster they encountered is Medusa. According to mythology Medusa was one of three gorgons. She was generally described as a woman

with snakes in place of hair and was so hideous that anyone who looked at her was turned to stone.

Medusa had not always been a monster though; in mythology she was known to be extraordinarily beautiful and attracted the attention of many (including Greek gods). Nevertheless, she was eventually turned into a hideous monster by the Greek god Athena as punishment for breaking her vow of celibacy. In Percy Jackson Athena punished Medusa for Poseidon's cruel ways.

Fourthly, Percy and his friends face Echidna-the mother of monsters. In mythology Echidna was a half woman, half snake, who lived alone in a cave. She was the mate of the fearsome monster typhon and was the mother of many of the most famous monsters in Greek mythology.

Though this might seem like Harry Potter goes to summer camp, Percy Jackson is a entertaining novel more based on Greek mythology.

The Seven Wonders Of The World

By Carley O'neil

“The world shall perish, not for lack of wonders, but for lack of wonder”.

– John B. S. Haldane.

Through out history, different groups have shown their brilliance through architecture and designs. In the Modern world, people still build unique buildings, temples and structures to show the greatest minds of humanity. Over the course of many years people have created a list of the 7 Wonders of the Ancient and Modern worlds.

Around 2,000 years ago, Hellenic Travelers traveled around the world to see many man-made structures. These adventures created a list of the 7 places they believed to be the most wondrous and marvelous.

Today, this list is The Seven Wonders of The Ancient World. Although many of the structures have been destroyed, the significance of these places has left historians wondering what they must have looked like in their prime.

Unfortunately, only one of these structures still standing: The Great Pyramids of Giza. The other six were destroyed by many natural disasters, such as earthquakes and hurricanes. Also, the structures were destroyed by many manmade conflicts.

Bernard Eber, a Swiss-born, Canadian Film-maker created a new list he titled, The New 7 Wonders Foundation. In 2021, voters were able to act in what they believed to be the new wonders. Months later, a new list was created.

Many civilizations have shown their love for their culture, religion, and country. As a result of this many people can visit to see the brilliant minds of people who came before them.



Seven Wonders of The Ancient World



The Great Pyramids of Giza

The pyramids were built by Khufu, during the 4th dynasty. While construction started during this time it was completed till the early century BCE. Due to eosion the structure is only 449ft.

2700 BC - 2500 BC (Construction)



The Hanging Gardens of Babylon

The Hanging Gardens of Babylon have been mentioned by many authors during the time of when it was built. It is set to have been near the Royal Palace of Babylon. Other researchers belove it to be inside the place rather than outside. Today the location of the gardens has yet to be discovered.

600 BC



Statue of Zeus At Olympia

A Greek sculptor, Phidias, took almost 8 years to craft the Statue of Zeus that was placed in the Temple of Zues in western Greece. In his hands, the statue holds the goddess Nike of Victory and an eagle. It was destroyed in 426 CE.

5th Century BC

Seven Modren Wonders of The World

Petra

Petra is an ancient city in Jordan. The city is built in between the Valley of Moses. Enclosed by sandstone cliffs the Petra is considered a “Rose-red city half as old as Time” by John William Burgon.

UNKNOWN



The Colosseum of Rome

In Italy, The Colosseum of Rome, is the world's largest amphitheater. Many plays, animal hunts, gladiatorial games, and executions have all taken place in the Colosseum.

1st Century



Chichén Itzá

The Chichén Itzá is a ancient and ruined Maya city. Found in Yucatán, Mexico, the city used to hold religious, military, commercial, and political power. It is thought have hold 35,000 people in the city.

9th and 10th Centuieres





The Temple Of Artemis

Located in western Turkey, a temple built by King Croesus of Lydia in 550 BCE, the Artemesium laid. The Temple was famous for its size (110 by 55 meters) and its wonderful artwork. The temple has been rebuilt before after being burned down, but after an invasion by the Goths in 262 BCE it was never rebuilt.

550 BC-350 BC

The Great Wall of China

The Great Wall of China is 13,171 miles long. It falls along China's old northern border. This wall took the Chinese a millennium to build.

220 BC to 1644



Mausoleum of Maussollos at Halicarnassus

In Bodrum, Turkey, a tomb for the Ruler of Caria, Mausolus, lay. It was built between 353 and 351 BCE by his wife and sister. The tomb was designed by Pythias, a Greek architect. Remnant of the structure has been preserved in the British Museum, the Mausoleum was mostly destroyed by an earthquake around the 13th century.

335 BC

Taj Mahal

In India, the Taj Mahal is a mausoleum made of only white marble. In Persian the name means Crown of Places. This project took 22 years to complete. It was built as a tomb for Mumtaz Mahal, she was the wife to the Mughal emperor Shah Jahan.

1613-1658



Colossus Of Rhodes

The Greek god Helios stands next to the Mandrákion harbor as a symbol of relief after the Long Siege of Rhodes. Many believe the sculpted to have been straddling the harbor's entrance.

3rd Century BC

Machu Picchu

Ancient Inca Ruins located in the Andes mountains of Cuzco, Peru make up the Machu Picchu or "Old Peak" It is one of the few pre-Columbian ruins that are still intact.

1613-1658



Light House of Alezandria

In 280 BCE the Light House of Alezandria was built by Sostartus Cnidus. It is about 350 feet. After multiple earthquakes it is no longer standing.

280 BC

Christ The Redeemer

On top of Mount Corcovado is a public artwork. Christ The Redeemer stands at about 98 feet tall. It was built in Brazil after the WWI.

1962





By Savannah Swanson

“I don’t know how to function without music,” Eilish says as she reflects on her career. “When I’m not making it, I’m listening to it. It gives me courage and takes care of my mind.” And it’s the drive and obsession with music that has made her a nine-time grammy winner at the age of 22.

From a young age, Eilish was inspired by her parents Maggie Baird and Patrick O’Connell to explore passions outside the traditional education system. At the age of eight, Eilish began to explore the singing industry and joined the Los Angeles Children’s Chorus. In this competitive honor choir Eilish was always in tune and sang beautifully. Branching off from this choir, she goes on to sing the cover of the song “The 1975” titled “Sex”, at the age of thirteen; however, this song did not lead her to fame and popularity.

Her first hit in 2015, being at the age of 13 “Ocean Eyes,” was filmed and produced with her brother Finneas an American singer-song writer and record producer. Finneas persuaded her to sing “Ocean eyes” which he had writ-

ten and produced with his band “The Slightys”. The song today has 6.3 billion streams, it reached number 84 on US Billboard’s Hot 100 and was in the top 60 for many other countries.

In March of 2018, Eilish was interviewed by the Los Angeles Times and said “In the public eye, girls and women with strong perspectives are hated. If you’re a girl with an opinion, people just hate you. There are still people who are afraid of successful women, and that’s so lame.”

Furthermore, Eilish brings inspiration to many people across the world by how she isn’t afraid to express her emotions and beliefs to the public. Eilish has inspired or even helped people through their struggles in many ways.

Her supporters say it is a source of guidance and solace, and her songs resonate with people of all ages and backgrounds. Eilish takes part in the community by being a political activist who focuses on climate change, women’s reproductive rights, gender equality, and animal rights.

To sum up her recent endeavors, she released the album “WHEN WE FALL ASLEEP, WHERE DO WE GO?” which rapidly gained popularity. Eilish is the 6th youngest person to win a grammy, getting her first one at the age of 18. In 2020, she was invited to the 62nd Annual Grammy Awards where she won her first five Grammys. Additionally, she was awarded one in 2021, one in 2023, and her last two in 2024. As of right now she is playing live in multiple cities, on her “Hit Me Hard and Soft” tour that lasts till the end of July 2025.

Eilish’s album cover “dont smile at me” which features her song “Ocean eyes”

Image courtesy of Spotify

THE MAGIC IN MOVIE SCORES

By Keegan Johnson

Today the average person consumes immeasurable amounts of entertainment. Most take little to no time to really understand what they're reading, watching, listening, and yet they throw judgment almost immediately. People hear what other opinions are from movie critics and their friends then spit that same knowledge without really understanding why that is. Music plays a huge factor in that process of judgement, filling the empty space in a movie's story with sound.

An example can ironically be found in the movie *All Quiet on the Western Front* where the viewer is grabbed in the very beginning and held awkwardly by a piercing quiet. Throughout the entire movie the only sounds heard are the sounds of war, save for three blaring notes played at seemingly random intervals. This soundtrack of 24 songs was awarded the Academy Award for Best Original Score with its extremely unconventional use of minimalism. It left the viewer's sense of sound empty so you could feel on edge, waiting in anticipation.

This kind of manipulation is always happening throughout movies, though you may not notice it. Sometimes it's clear when the music is trying to convey something to you similar to words. Take Disney movies for example, where the target demographic is typically young. The emotion of the characters is clearly conveyed through lyrics.

Screenshot of the opening sequence of *All Quiet on the Western Front* portraying the brutality of the first World War.



Look at the popular Disney movie Frozen. It starts with the song “Frozen Heart” taking a low choral approach to the viewer’s attention. There is a darker feeling not just from the dim night in the picture but from these low, angry tones. The next song is completely different with an exciting beginning. Do You Want to Build a Snowman? follows Ana trying to convince her sister to play with her but quickly spirals as she grows older. Throughout the movie the music becomes its own character, it displays emotion in its own unique way. Without this music, the film becomes incomplete, flat, emotionless.

Image courtesy of <https://abcnews.go.com/Entertainment/video/build-snowman-cut-frozen-25130640>

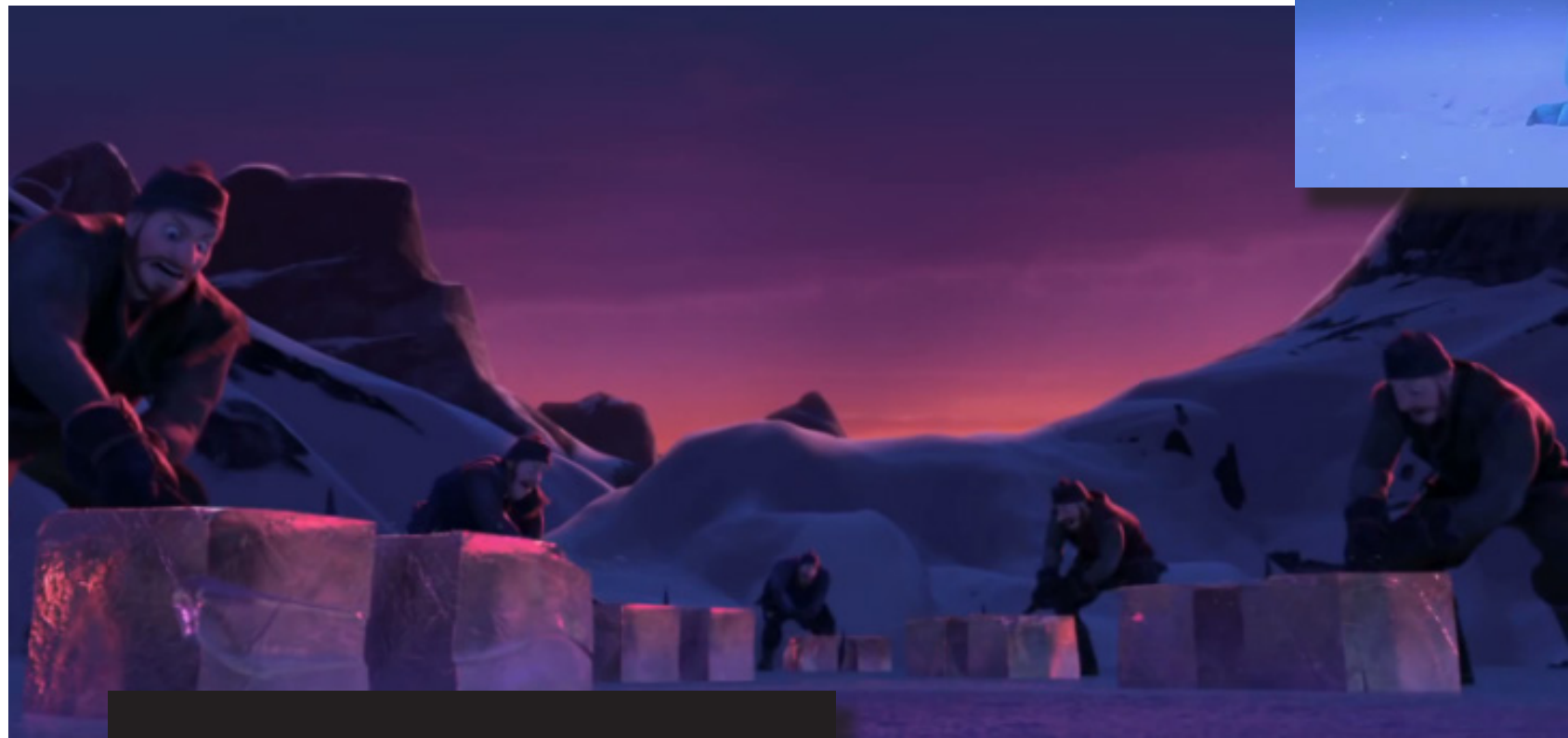


Image courtesy of https://disney.fandom.com/wiki/Frozen_Heart

Music manipulates. It controls people down to the molecular level, sparking thoughts and feelings simultaneously. Music completes. It finishes the story with lyrics and fills in the empty space. Music evolves. It adds depth and alters a movie with its elasticity and dynamic character.

Music affects movies and tv shows, it creates an environment that would otherwise be silent and pulls the audience in to truly feel like they are a part of the story. Such work should be noticed and praised for its difficulty.

TRANSITION FROM FOOTBALL

By Kalid Mohamed

In present day NFL injuries are plaguing the players even after retirement. These injuries are not just affecting their performance but their life outside of sports.

Injuries still affect football players on and off the field. Firstly, football players are at an extremely elevated risk of getting hurt due to the contact in their sport. Some players will retire early to prevent more injuries and others will continue playing and jeopardizing their long-term health.

In addition, there are number of examples of injuries forcing NFL players into retirement and affecting life after retirement. Andrew Luck was an NFL quarterback for the Indianapolis Colts who was forced to retire due to the number of injuries and wanted to prevent any further complication.

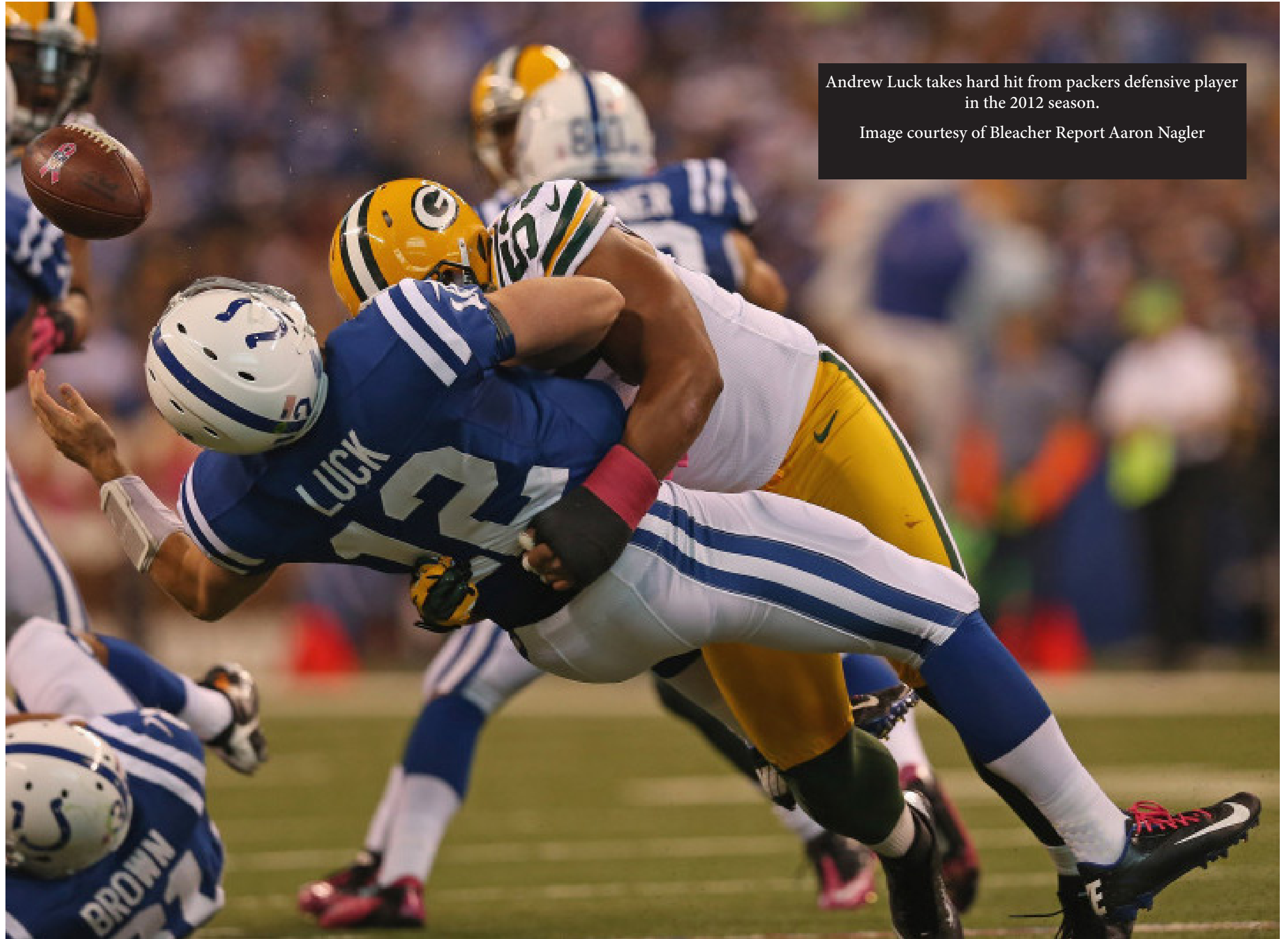
According to Bryan DeArdo NFL writer for CBS, “[Andrew] Luck attributed his decision [to retire] to the physical and mental toll of the injuries he had suffered in his career.” This is proof not only that injuries affect your body but are just very taxing and take mental and physical strength to recover from.

Another example of how an athlete’s life can be affected by repeated hits is Tim Green. Tim Green was an NFL Defensive end and defensive tackle for the Atlanta Falcons. He was drafted in 1986 and retired in 1993.

As a result of him playing football, he was diagnosed with a degenerative disease known as ALS, affecting his entire life.

Football is a sport with a higher risk of injury than most sports and advancements must be made to help prevent injury.

But what are those advancements? The next article will take a look at the new technology and regulations set in place to help alleviate injuries in this extremely physical sport.



Andrew Luck takes hard hit from packers defensive player in the 2012 season.

Image courtesy of Bleacher Report Aaron Nagler

Injury on Turf or Safety on Sod

By Kalid Mohamed

Turf fields are an injury risk to every player. NFL players are getting worse and worse injuries playing on turf compared to grass.

Turf is installed in up to 50% of the National Football League's stadiums, and the injuries in those stadiums occur far more often compared to stadiums with grass.

Injury risk on turf increases drastically with the number of plays. For example, in the 2023-2024 NFL season, over half of the 52 ACL tears happened on turf.

The risk for minor non-contact injuries (injuries not from another player) increases 28% on turf compared to grass with a 32% increase in non-contact knee injuries coupled with a 69% increase in foot-ankle injuries.

Turf has a higher injury risk because grass has more to give, and turf is composed of layers of hard material. Ground absorbs most of the contact but on turf the player's body absorbs most of the force causing increased risk of ankle injury.

The increase in overall injury is more than 800% accounting for contact injuries. The percentage increase hints at a direct correlation between injuries on turf.

And yet, turf has seen an increase of use due to what seems to be cost. Less maintenance means less money. Turf is also durable and resilient and can recover from tears and many other things unlike actual grass. It is a consistent material which is again very durable and less susceptible to wear and damage.

Ultimately, this may be a false economy. While turf may be less expensive to maintain, the maintenance of players' bodies through trainers and medical assistance increases.



Pass reception is a high injury risk on turf.
Image courtesy of Jason Kirkeby smugmug.com

The Evolution of Film

By Gemma Ludwig

Since its inception, film has seen drastic changes from year to year, decade to decade, and generation to generation. Starting as quick recordings of just a few seconds to three-hour epics like *Oppenheimer*, movies have evolved to become a multi-billion-dollar industry today. But where did it all start? And how has it gotten to be where it is now?

Film throughout the years has changed greatly. On June 19th, 1878, the first movie ever made was released, called *The Horse in Motion*. This film is an 11-frame clip shot illustrated by Eadweard Muybridge of a man riding a horse on Palo Alto Stock Farm.

Up until the 1920's films were rarely spoken about, it was during the early 1930's that film started to gain its popularity. This popularity was largely connected to film productions' lengths.

In the article "The Evolution of Film Over Time — A Brief History" the New York Film Academy states that during an interview with "Wired", Cutting said "The average length of a shot in 1930 was 12 seconds. Today, the average length is only 2.5 seconds." The reason behind this substantial change was the rise of *Star Wars* movies which were created and produced by George Lucas.

Star Wars was shot with clips as short as 1 second, this influenced other movie producers to film the way Lucas does. *Star Wars* makes a difference in films today and is partially the reason why movies have evolved a great deal. Another reason for the rapid evolution of film was the invention of Blu-ray discs.



In summer of 2006, Blu-ray discs were invented, this was a common way for the public to watch movies. In addition, people went to Imax theaters to watch newly released productions. Today, Imax theaters are still a widespread entertainment for the public. There are around 1,300 Imax theaters worldwide which are located in 75 different countries.

There are now several ways to watch movies. Most popular movies today are on platforms such as Netflix which are available to stream on smartphones, tablets, and computers.

A few of the most popular movies from the 1900's were *A Trip to the Moon* (1902), *The Great Train Robbery* (1903), and *True History of*

the Kelly Gang (1906). These productions gained popularity because of pure cinematic image, special effects, and "true history". Some popular movies as of late are *Harry Potter* (2001), *Scream 5* (2022), and *Barbie* (2023).

Similarl to the 1900's movies, today's productions are popular due to

special effects. Ever since the 1950's, producers have used computer generated imagery (CGI) when creating their movies. CGI's animation and high-quality graphics is what drew people in. Films have enhanced their quality and production over the years.

ROAD TO GREATNESS

By Mack Beschorner

Bo Nix was born on February 25th, 2000. He plays professional football for the Denver Broncos. Coming out of high school in Alabama he was a 4 star recruit at Scottsboro High School.

He committed to playing football for the Auburn Tigers, just like his father who is a Auburn legend. In his first start he defeated one of the best teams in the country, Oregon ducks. This made later expectations very high. In his games fans called him a turnover machine and not a good fit. Bo finished his first season with the Tigers with 16 touchdowns and 6 interceptions finishing with a 9-4.

His second year was drastically worse, and fans and critics quickly questioned him in the starting role as a quarterback. Auburn finished 6-5, a horrible year that quickly hurt the confidence of the whole team. Bo was not satisfied with the way he had been playing. Bo would go into the 2021 season ready to play. They would go onto 6-7 not great but, it gave Bo a spark of hope in another school. For Bo Auburn did not fit.

Bo entered the transfer portal, the best decision he had ever made. Bo's landing spot was the missing piece to the puzzle, Oregon Ducks. Bo found his confidence once again. With Dan Lanning the coach for the ducks he gave him hope, what he had been striving for at Auburn.

In 2022 Bo threw 29 touchdowns and 7 interceptions, going into his last year Bo felt a type of way. It was his time to prove a point. The Oregon Ducks finished the year 10-3 just missing the college football playoffs.

In 2023 it was Bo Nix's best season yet his final chapter of college. He went on to throw for 45 touchdowns and 3 int the Ducks fell short of the playoffs but had their best season in years and Bo Nix was a Heisman finalist but did not win.



Bo nix throws tuchdown pass.
Image coursty of vikings wire.



DRUG ADDICTION'S DOWNWARD SPIRAL

By Allison Ambuehl

In the past year, approximately 48.5 million Americans that are above the age of 12 have battled substance abuse disorder (American Addiction Centers). But how do people get addicted to drugs and how does it affect their lives?

The healthy brain works in specific and organized ways. Drugs, interrupt those ways by interfering with things like neurons and the way they send, receive, and process signals. Some drugs interrupt the way the brain works by activating neurons when there not supposed to be.

The euphoria from drugs is caused by the over activation of the brain's pleasure pathways simultaneously producing dopamine which promotes addiction and a reliance on drugs to make their brain work normally (National institute on drug abuse).

Although drug addiction can happen to anyone, genetics and environment play 40% - 60% of a role in a person's risk factor (American Addiction Centers). Getting addicted to drugs is easier than someone may think, but dealing with addiction is not.

Drug addiction can cause a variety of seri-

ous health problems including but not limited to liver damage, brain damage, strokes, memory, attention, and decision-making problems (gatewayfoundation). Even though a lot of these troubles won't happen right away, once they do it's either irreversible or very difficult to recover from.

Overdose is also a consequence of drug addiction that can be fatal. Drug addiction not only affects one person's life but also their loved ones and their lives. Because of the change in the brain that happens when a person takes drugs, it can change the way a person would act or react

to events in their lives. This can cause fights, distance and disrupt a once peaceful household during active addiction. A person may self-sabotage their relationships due to these personality changes.

Drug abuse disorder is a mental illness just like any other and can be changed and worked through with resources like rehab, therapy, and support. Reach out to helplines like 988 if you or someone you know is struggling with substance abuse disorder.

How Technology Impacts Sports

By Ethan Laabs

Technology in sports has been changing rapidly over the years. In the past few years, the development of technology in sports has really changed the games and how they are played. This updated technology does not just affect the sports fan, but it also changes the way the rules are enforced.

According to Telefronica “Technology also plays a crucial role in injury prevention. From motion tracking devices to biomechanical analysis systems, athletes can identify problematic movement patterns that could lead to injury. In addition, virtual reality has been used to simulate game situations and practice injury-free movements.”

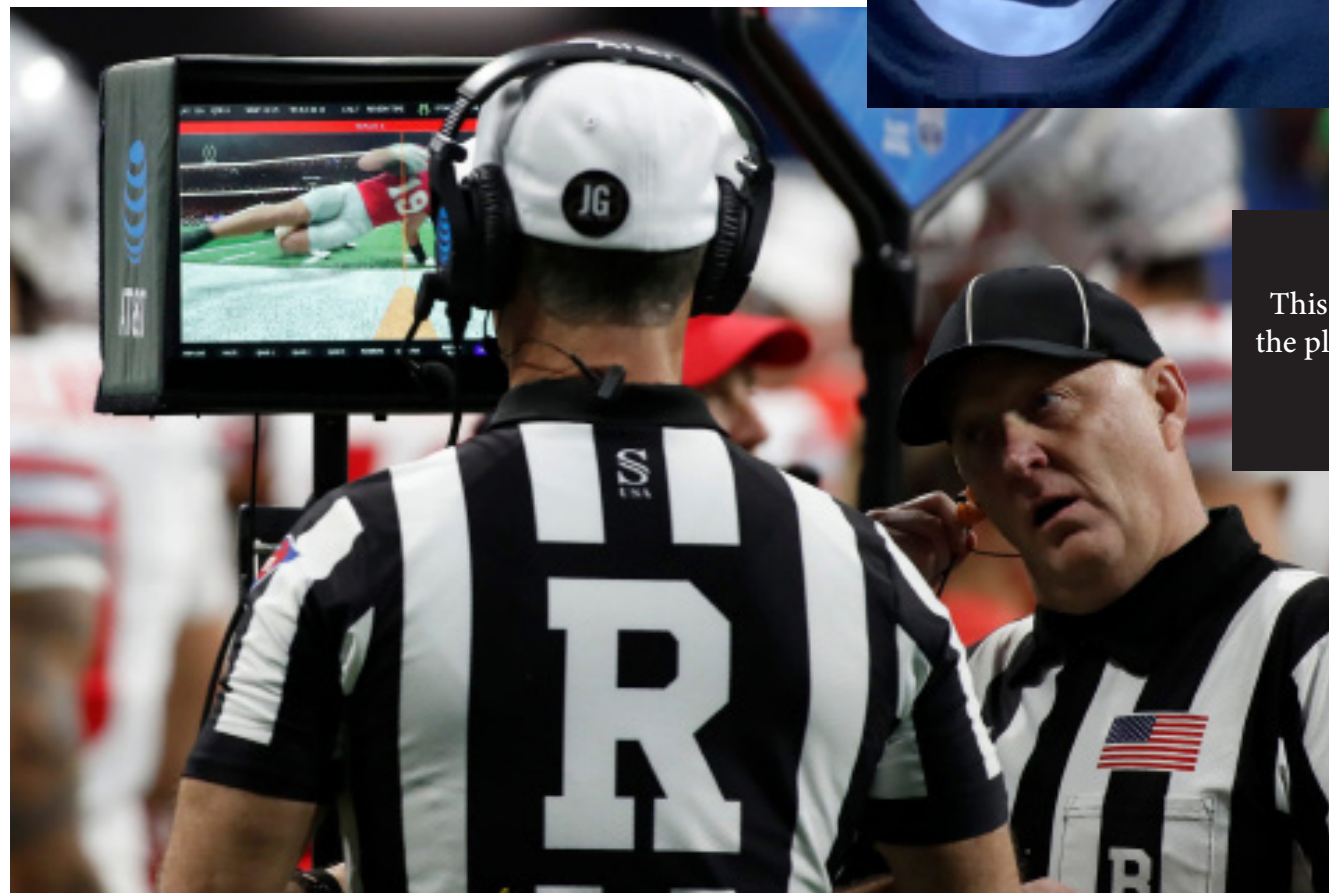
Technology has also changed the way fans experience sports. “High-definition broadcasts, augmented reality and virtual reality have taken the viewing experience to new levels. Fans can now enjoy instant replays, multiple camera angles and real-time stats during sporting events.”

Technology has also made it easier for referees to make the right calls and keep the game as fair as possible. If there is a close play, the referees can go to a monitor that has different camera angles of the same play to determine the actual outcome of the play, for example if a player caught the ball or didn't catch the ball they can use the technology to see if the ball hit the ground or not or if the player got his hands under it.

They have this kind of ability in every sport, not just football. This is great for sports because we are making sure that we get things right and it keeps the games moving smoothly and limits the disagreements between coaches and referees and between players and referees.

Technology can also help the way a team approaches another team, they can watch film on themselves and see what they need to work on to get better. “Sports teams use advanced data analytics to evaluate player performance, identify patterns of play and develop competitive strategies. This has levelled the playing field and allowed even the smallest teams to compete with the giants of sport.”

This coach is watching a play and breaking it down for his player to help him see what to do better next time.



This is a college referee reviewing a play to see if the player got past the first down marker before he went out of bounds.

ARTISTS *spotlight*

Featuring Sheyenne High School's Student Artists



ABOUT THE ARTIST

My name is Brynn Gjovig, I'm 17 years old, currently a senior, and I've been drawing since I was 9.

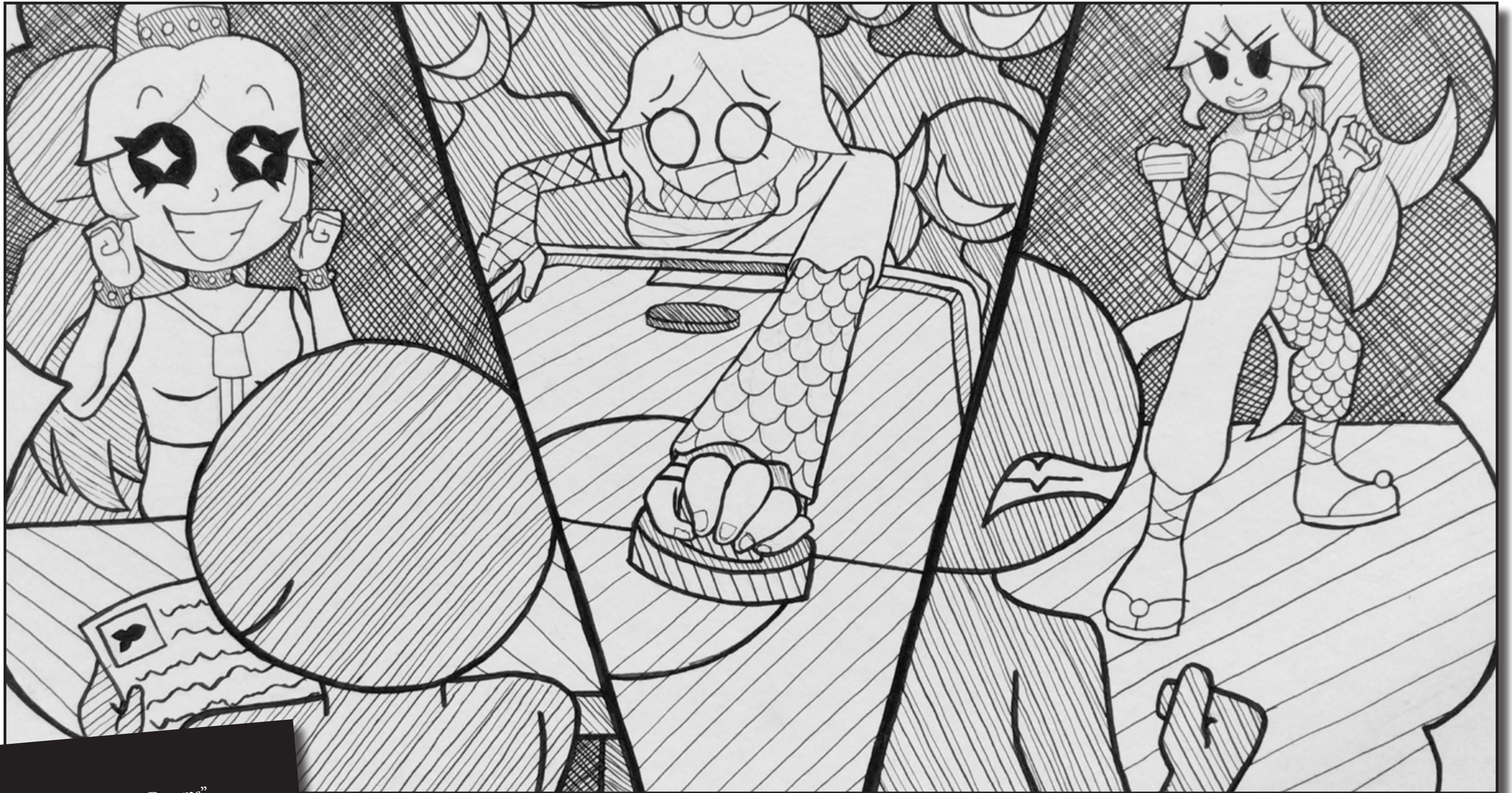
I would describe my current art style as having realistic proportions while keeping a sort of cartoony feel to it, and though my art style is inspired by anime, I wouldn't personally call it anime because it still has some personality to it (that personality being my personality).

I usually like working on digital, but I would say my favorite traditional form of media is graphite and alcohol markers.

Brynn Gjovig

“Eyes of the Underworld”
Printmaking, Ink and paper





“Teenage Dreams”
Ink and paper media

Brynn Gjovig

Understanding Nostalgia

By Abby Smith

Growing up is hard. Life can go many ways. When you are growing up you talk about what you dream to be or what you dream to do. Life doesn't always go the way we want it to, but sometimes if you're lucky it does.

When you look back at an old picture or an old video and see your younger self, there is so much that kid doesn't know yet. Sometimes you wish you can go back and warn them about what's to come or tell them not to make the mistakes you once did, but

you just can't.

Being a firm believer in "everything happens for a reason" is great way to go about life. Nothing is that embarrassing or heartbreaking that you won't get up the next day and go about life as you were.

Yes, you wish you could go back to that picture or that video when life was simpler. Those memories will always be with you, but it's up to you to make new memories that you can look back on.

What people don't realize is that with the memories made comes a feeling of nostalgia. When we reminisce on those memories you can relive deep down the feelings you had at that time, happy or sad. This is why people get nostalgic when they look back on their memories because they can sense that wistful affection for the past.

So next time you're looking at your old baby photos or old pictures in your camera roll, realize you might be dwelling on the past. It is important to

make memories that you can look back on but also recognize that you will be making more memories in the future. Those new memories might even be better.

Coming to terms with your past can be hard. Growing up and moving on from the past can be difficult. When you look back on the past, don't disregard the fact that you have an amazing future ahead of you.



Lori Loughlin, one of the original *Full House* moms, Becky



Candace Bure, one of the sisters from the original *Full House*, DJ



Jodie Sweetin, the middle child from the original *Full House*, Stephanie

FULL HOUSE

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P O S T



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