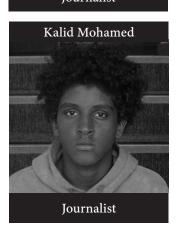
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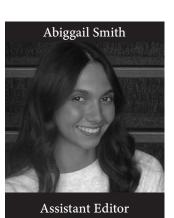
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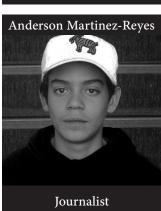
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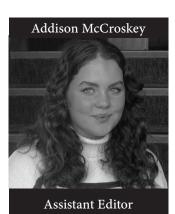






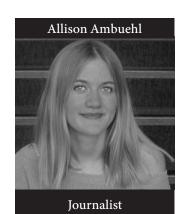
















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As this is my last issue with The Mustang Post I feel as though I need to spend this letter reflecting on my time here. For almost a quarter of my life I have been writing for The Mustang Post, during that time I wrote 17 articles, published 15 eMagazines, and recorded two podcasts. Among everything I have published, one piece stands out as my favorite, Cooking Up Contention.

Cooking Up Contention was made by Roland, Chad, and me during the 23-24 school year. It was born out of our teachers' approvance with our petty squabbles, with him eventually telling us to "just record yourselves".

of our teachers' annoyance with our petty squabbles, with him eventually telling us to "just record yourselves arguing." Which is what we did. The three of us turned our dumb talks into a script, and we loved it because it was an expansion of something we had fun doing.

Ultimately, that podcast sums up why I enjoyed my time here so much, Mr. Lang, our teacher, made an environment where anything you love can be written about.



Thank you for reading and goodbye, From Logan Jacobs

THE TAKING OF DEBORAH LOGAN

By Addison McCroskey

Tenderhearted. Wise. Gentle. Sincere. These are adjectives that describe the elderly. The grandmas and grandpas who've blessed the world with their kindness since the dawn of time. Their witty and soft-hearted demeanor rarely falters. They could truly do no wrong ... right?

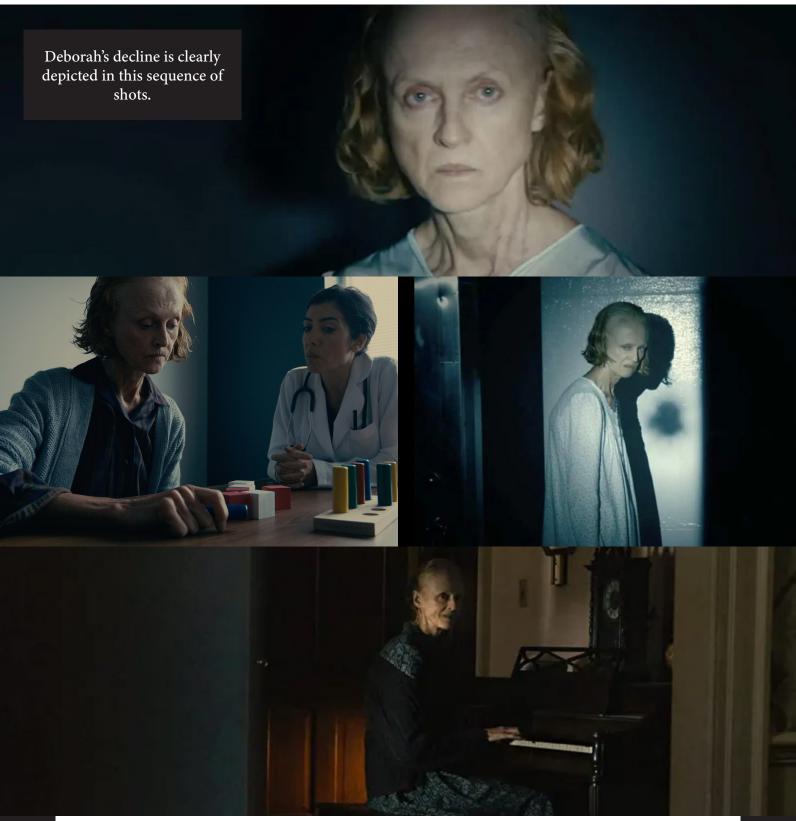
As a person ages, they may become more disgruntled or uncomfortable on a day-to-day basis. One factor that may affect an older person's well-being is Alzheimer's disease.

Alzheimer's is often diagnosed in individuals 70 or older, as it is very uncommon in younger ages. A few symptoms of this disease include cognitive difficulties, short and long-term memory loss, irritability, weight loss, insomnia, self-harm, hallucinations, and auditory hallucinations.

It is extremely heartbreaking to watch a loved one lose a battle to Alzheimer's. *The Taking of Deborah Logan* is an astounding film centered around a woman losing herself to the severity of this disease.

Deborah Logan is an older woman who shows early signs of Alzheimer's. Her daughter, Sarah Logan, has called upon a film crew to document her mother's strange patterns. The crew promptly sets up numerous cameras around the house to make sure they capture everything. Mia, a young girl who leads the camera crew, is set on understanding the root of Deborah's strange acts. Deborah's strange acts vary from unusual sleeping patterns, to extreme violence. For example, creating eerie paintings, vomiting dirt, and speaking fluent french out of nowhere.

Deborah's internal battle with this disease starts mellow until something sinister is introduced. Deborah begins the movie by experiencing memory loss and wandering at night, while the 24/7 camera crew struggles to keep up. These symptoms



slowly gravitate to more violent in nature as the crew begins to encounter malicious acts they never anticipated. We then grasp that Deborah is not hallucinating everything, and that she may be the direct source of evil.

The film crew reviews the footage to find that deborah has been leaving her bed late at night to dig in the garden. Deborah would scrape through pounds of dirt until she was submerged in filth. Even with her nails covered in dirt and blood, Deborah denies it all.

Additionally, the crew discovers that at night Deborah would randomly appear in odd locations when she'd been in her bed seconds prior. These paranormal discoveries further their suspicions of possesion.

Sarah admits that when she was little her mom had an answering service on a switchboard in the attic. This is a key detail, as Deborah is found in the attic not soon after, trying to use the switchboard. When the crew found her, she was naked, deranged, and mumbling in French. Deborah flailed her arms around, sticking a cable in the same line over and over. The crew suspected she was trying to get ahold of something sinister.

Some point out that the switchboard symbolizes Deborah's constant switch between stability and possession, like switching lines of the switchboard itself. Deborah's capabilities become more daunting as her disease progresses.

Sarah tries to get through to her mother, asking her what had happened the night prior, but the malevolent force dementing her is too persistent to be questioned.

As a result of the disease and posession Deborah suffers from rapid physical changes such as hair loss, weight loss, deep eye bags, and bruises that cover her entire body.



After one of Deborah's violent episodes, she is brought to the emergency care unit where they assess her injuries. Shortly after, she is brought to a neurologist who explains that self-harm within Alzheimer's patients isn't uncommon—although it is rarely as barbaric as Deborah's' seems to be. She explains that Deborah's condition is degenerating alarmingly fast.

As Deborah continues displaying erratic behavior and self-injury, she is admitted to the hospital once more. But this time, Deborah has a bigger motive than healing.

Just hours after being admitted again, Logan abducts 9-year-old Cara Minetti, a young cancer patient. Deborah injures whoever stands in her way out of the hospital and will stop at nothing until her sacrifice is done.

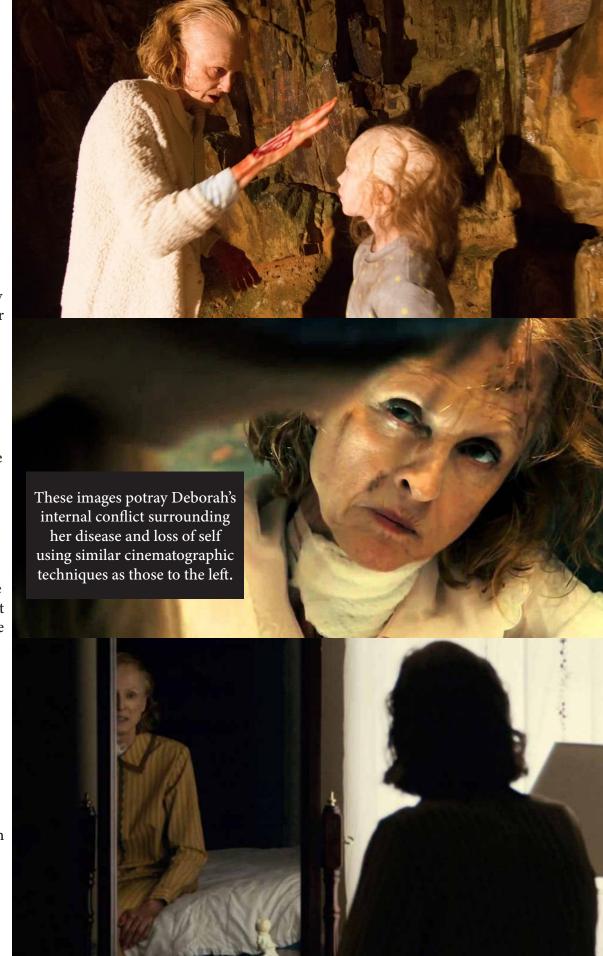
The police follow any lead they are given, and eventually surround Cara and Deborah in the woods. Knowing how powerful Deborah is, they keep their distance and carefully attempt to lure Cara away from Deborah. Feverishly determined, Deborah opens her mouth and shoots venom at the cops, singeing their eyes and blinding them.

She successfully leads Cara into an abandoned mine where previous demonic sacrifices have been executed.

Sarah and Mia, hot on their trail, contemplate how to stop whatever is controlling Deborah before she kills anyone else. Once the two enter the mine it is a fight to sedate Deborah before she can complete the sacrifice. The end of the cave scene features an extremely disturbing image, that makes the rest of the gore within the movie seem childlike.

The final scene ends with a flawlessly written cliffhanger that leaves audiences appalled.

This eerie movie perfectly depicts Alzheimer's and the slow yet horrifying decline of Deborah's condition. The most sickening part of this film is that the story could very well have been real. In retospect, this movie is a chilling mockumentary with unnaturally convincing acting and a skin-crawling atmosphere.



RISE OF GIGI PEREZ

By Savannah Swanson

Gigi Perez is known as an American singer and songwriter who has over 905.8 million streams and 118,697 new monthly listeners on Spotify at the age of 25.

Gigi Perez first gained recognition in early 2021 after her songs "Celene" and "Sometimes (Backwood)" went viral on TikTok. This led to her having a record deal with Interscope Records.

Her hit that made her popular was "Sailor Song" that was released in July 2024 which became a popular sensation and number 1 on the UK charts. "Sailor Song" has about over 600 million streams on Spotify and nearly half a billion on other platforms. The song is about forbidden love, self-discovery, and the struggle for acceptance in a world that often pressures individuals to conform.

The other song that made her known was the song "Sometimes (Backwood)". Which has heart connecting lyrics and meanings that unfortunately many people can relate to. The meaning behind this song is the complexities of a troubled relationship, specifically focusing on the themes of possessiveness, past hurt, and the internal struggle of letting go.

Gigi is loved for her music by the meanings and powerful lyrics behind each song. People feel like she has a powerful impact on others who didn't have a voice and Gigi is providing that voice for them.

Gigi Perez raises awareness against the hate towards the LGBTQ community and the difficulties of relationships. In her song, "Please Be Rude" which has over 37 million of streams on Spotify, Gigi expresses how hard vulnerability or opening yourself up to someone again after being hurt by a past partner. The repeating lyrics "please be rude" express how they want the new person to be rude, so they don't get attached to this new partner.

Overall, Gigi Perez has released 14 songs in total and has over 118,867 listeners on Spotify. She is also popular on TikTok, with 1.3 followers including Instagram with 317,825 followers. Gigi Perez recently released an album called "At The Beach, In Every Life".



EMILIA CLARKE: "THE QUEEN OF DRAGONS"

By Avayah Baxton

Emilia Clarke has earned the title of "The Queen of Dragons" after starring as Daenerys Targaryen in the Game of Thrones tv series.

Game of Thrones is an American fantasy drama TV series. It is an adaptation of George R. R. Martin's series of fantasy novels; "A Song of Ice and Fire".

Game of Thrones premiered in 2011 and concluded in 2019 after eight seasons (73 episodes). It follows 9 noble houses as they compete for the Iron Throne of Westeros.

Among political finesse and warfare, the show introduces magical elements like White Walkers and

dragons. Some key plotlines are the Stark family's struggles, the impending threat of the undead army from the north, and Daenerys Targaryen's quest to reclaim her birthright.

At the start of the show Daenerys (played by Emilia Clarke) is a timid young girl under the con-

trol of her older brother, Viserys: who trades her to Drogo, the leader of the Dothraki, for the use of his army. This first introduction into her character is reflected by Daenerys initial outfit.

The first few times she is shown on screen, Daenerys is wearing lightweight, flowing silks in





pale purples that highlight her Targaryen heritage, vulnerability, and perceived weakness. However, the early episodes plant the seeds of strength that would later embody her character.

The monumental moment of Daenerys arising from Drogo's funeral pyre with three newly hatched dragons marks the first major evolution in her character. This change is also reflected in Deanerys wardrobe shift to leather-detailed Dothraki riding gear, this symbolizes her integration with the khalasar and rising confidence as a leader.

Through her campaign across Essos to liberate Slaver's Bay, Daenerys acquires a distinct leadership style that combines a strong sense of justice with fierce determination. Her tactical brilliance first appears in Astapor, where Daenerys outmaneuvers the slave masters in one of the series' most memorable sequences.

During this era within her story, Daenerys costume design evolves to include dragon-scale textures and stronger silhouettes, reflecting her growing power.

Daenerys arrival in Westeros marks another monumental evolution in her character. Her wardrobe adapts to include traditional Targaryen colors of black and red, while maintaining the military precision of her previous outfits.

Throughout the series Daenerys almost always has a dragon by her side. Within the series Daenerys is referred to as, "The Mother of Dragons" and "The Queen of Dragons". These titles, specifically the later one are also used in real life when referring to Emilia Clarke, the actress who stars as Deanerys in Game of Thrones.

In addition to the nickname, many critics and reporters have said that Emilia was relatively unknown before her role in the game of Thrones.

While presenting Emilia with the Britannia Awards for British artist of the year, D. B. Weiss and David

Benioff (showrunners on HBO's The Game of Thrones) decided to recollect her audition.

Despite showing executives the pilot, Emilia had to audition for HBO's President. The audition was held at HBO's corporate theater, a large, dimly lit place. The only people who were around during the audition were the President, Weiss, Benioff, and Emilia herself.

The audition environment was "least inviting" due to the Presidents unsmiling demeanor. Emilia was so unfazed by the serious mood of the audition space that when the president remained somber, she asked if there was something she could do to lighten the mood. When she was asked to dance, Emilia didn't skip a beat and immediately did the robot dance.

Her impromptu and sporting nature won the presidents smile and approval. "10 seconds" later Emilia got the part. As soon as she got the job, Weiss and Benioff rushed to give her the good news as they didn't want Emilia to have to take an 11-hour flight home, not knowing she got the part. Emilia is still appreciative of the two too this day for giving her the part.

Emilia Clarkes performance in the first season received praise as it shows Daenerys's arc from a frightened girl to an empowered woman. Gilbert stated: "Clarke doesn't have a lot of emotional variety to work with as Daenerys, aside from fierce determination, and yet she is riveting." Throughout the series Emilia has continued to receive praise for her amazing performances.

To this day Daenerys is seen as a strong empowering character. She has become one of the most discussed characters on tv and is known for not only her leadership but also her decision to turn from hero to villain in the later seasons. Emilia Clarke is still receiving praise for her iconic role as Daenerys and is often referred to as The Queen of Dragons and The Mother of Dragons as that is what her character is in the Game of Thrones.





lily of the Valley

Toxicity: Contains several compounds that can bring harm to the heart (Saponins & 30 cardiac glycosides, including convallotoxin).

Symptoms in Humans: Fainting, irregular breathing, slow heartbeat, diarrhea, bladder problems, nausea, stomach pain, vomiting, confusion, drowsiness, headache, overall weakness, blurred vision, bumps, itching rash, swelling.

Symptoms in Animals: Vomiting, change in heartbeat, low blood pressure, confusion, coma, seizure, organ failure.

Symptoms of Overdose: Depression, loss of appetite, halo in vision.

Found In: Cool shady environments in Eurasia and North America.

Treatment: Activated charcoal, medication, IV fluids, counteractive medication.



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Lily of the Valley

Image courtesy of PNGtree and Gallery Yopriceville

IF YOU OR SOMEONE ELSE EVER CONSUME LILY OF THE VALLEY CALL 800-222-1222

TELL THEM THE POISONED PERSONS AGE, WEIGHT, WHAT PART OF THE PLANT THAT WAS EATEN, HOW MUCH WAS CONSUMED, AND WHAT TIME THEY ATE THE POISON.



Elderberries

Toxicity: Contains several cyanogenic glycosides . 2-4 in lethalness.

Symptoms in Humans: Fainting, diarrhea, nausea, vomiting, confusion, drowsiness, headache, overall weakness, rash, coma

How to Eat: Boil or simmer for 30 minutes, remove all seeds and stems.

Found In: North/South America, Eurasia, and the South Pacific

Treatment: Drink water or milk to ensure fluid if vomiting/diarrhea occurs.



POLARIZING ATHLETES



By Kalid Mohamed

As an athlete, it isn't just your skill that is show-cased, it is your entire life. Everything from your views to your ethics will be for the world to see. You are either loved or hated but these athletes are loved and hated alike.

Allen Iverson: Flashy yet Defiant

Allen Iverson was born and raised in Hampton, Virginia with a struggling mother and no father. Despite these circumstances he became pro and was quite skilled.

Growing up Iverson was a two sport phenomenon leading both his school basketball and football team to state championships.

At the age of 17, Iverson had dealt with an altercation and due to his status as an athlete and him being known in the community he was singled out. This resulted in him being arrested and sentenced to 15 years.

He was eventually pardoned and returned to basketball and played for Georgetown University. He later went on to join the NBA and was drafted 1st overall and became a sensation.

With his play style and his fashion Iverson let the world know who he was, and he quickly rose to stardom. Iverson's fashion clashed with the casual and business casual attire of the NBA and his habit of skipping team practice made him hated by many.

His ability to score and impact the game at his size as an undersized guard was unheard of and it paved the road for smaller guards. His skill was undeniable and so was his influence on culture, with his flashy handles and shots it earned him the name "The Answer."

Antonio Brown: Unstable yet Skilled

Antonio Tavaris Brown is one of the best wide receivers in the history of the National Football league. His route running mixed with his explosiveness made him near undefendable.

Antonio's success is not without controversy.

Brown has been involved in numerous legal troubles one of which involved his former trainer who filed a lawsuit in 2019 for sexual assault.

Another case in which he was involved in litigations was in a case of battery in which caused a payment dispute. He also dealt with millions of dollars in unpaid debt.

Brown has been on X ranting, posting obscene things, and make inappropriate and racist comments. Brown wasn't always this unstable. Brown was once a young receiver on the Pittsburgh Steelers, living his dream happy to play.

In the 2016 playoffs in a game against the Cincinnati Bengals, Brown made helmet to helmet contact with linebacker Vontaze Burfict after he attempted to catch a ball which resulted in brown suffering from a concussion.

Fans and even the NFL speculate the Brown is suffering from CTE or Chronic traumatic encephalopathy which can cause erratic and unpredictable behavior as a result of this hit.

Before Brown got hit and had believed to gotten CTE he had been dominant and led the steelers to a Super Bowl and established himself to be a top tier receiver. Brown continues to make comments on X and is still liked by many.

As a final point, Antonio Brown is one prime example of someone either loved or hated and is also many believed to be and example of lost potential.



Jon Jones: Despicable yet Dominant

Jon "Bones" Jones is a mixed martial arts fighter who is one of the most skilled yet polarizing athletes ever. Aside from fighting Jon Jones has done disturbing and questionable things that make you doubt his mental sanity.

In April 2015 Jon had crashed into the car of a pregnant women which resulted in her having a broken arm. He fled the scene and was later identified and pleaded guilty in court. Another instance in which Jon had reportedly been with a woman at a hotel in Las Vegas and had gotten into an altercation and had been arrested by the police.

Reportedly, Jon became irate, and police bodycam showed him hitting his head on the hood of a police car causing a dent. He was later charged with domestic battery and tampering with a vehicle.

Moreover, Jon has been openly admitted taking drugs like cocaine and even tested positive for anabolic steroids. His thought process and thinking are quite erratic and unpredictable and unbecoming of a pro athlete.

As an athlete Jon Jones is unquestionably great and has dominated two weight classes. His skill along side his length and ability to cause his opponent pain is unmatched.

Though he is skilled it does not take away from the fact that Jon has done despicable things and has more to work on in terms of being professional. In some cases, Jon is glorified for his actions and other cases made out to be a villain.

In short, Jon jones is on of few perfect examples of a polarizing yet skilled athlete.



Kyrie Irving: Versatile yet Selfish

Kyrie Irving has been and will continues to be one of the most talented basketball player, but not without controversy. Irving is who many believe to be the most skilled player in all of NBA history.

With his versatility and unparalleled ball handling the title is warranted. Though he is skilled, many sports analysts criticize Kyrie for heavily relying on other players and teams and some believe him to be a system player.

Kyrie has also been accused of being antisemitic. Irving had tweeted a link to a film containing anti-Semitic material.

Following this Nike cut ties with Irving almost immediately and Irving's tweet had NBA fans shocked. Kyrie has betrayed fans time and time again from leaving teams he promised he would stay on to posting racist documentaries.

Irving has tried to replace all the negativity of the message he once posted for the world to see. He has been on record openly talking about his mental health and has advocated fixing your mental health.

Kyrie has tried to show the world he is not anti-Semitic and takes steps to earn his fans admiration back and some will never forgive him.

To sum it up, Kyrie is a great example of Polarizing because of hi past mistakes and how he is trying to fix them

#uscspeakyourmindchallenge COMES TO WEST FARGO

By Carley O'Neil

The Ice Bucket Challenge has been around for many years and was created to spread awarnes for may different reasons.

Starting in 2014, to bring awareness for Amyotrophic lateral sclerosis it is now back, in 2025, at full force but for a diffrent and new meaning.

The amyotrophic lateral sclerosis or ALS, Ice Bucket Challenge, started in the summer of 2014. It was created to spread awareness of ALS through social media where someone challenges another to dump water over their head for awareness to ALS.

Anthony Senerchia started the challenge in 2014 after being diagnosed with

ALS nine years prior, in 2003, when his cousin, a famous golfer, dared his wife to pour a bucket of ice water over his head in the name of ALS.

The challenge quickly spread throughout social media and the globe with people all over the world dumping freezing water over their friends, family, and themselves.

Millions participated in this challenge including Oprah Winfrey, George W. Bush, and Bill Clinton. After a few months the trend died down, but now, in 2025, is back in full force.

University of South Carolina's Mental Illness Needs Discussion (MIND) posted

a video creating the SpeakYourMIND Ice Bucket challenge. Wade Jefferson, founder of the club, created the challenge when two of his close friends committed suicide.

While it was created to spread awareness and fundraise 500 dollars, the SpeakYourMIND Challenge has already raised well pass \$190,000!

Rules are simple, when someone nominates you, take 24 hours and dump ice cold water over your head tagging 3 people in the video with the #SpeakYour-MIND in the video to spread awareness to mental health struggles.

#uscspeakyourmindchallenge thanks to @ellenk_insta nominees @sarea.gu09 **@lydiaewinglee** @gabriellahanson08 also @angela_belle_26) you got 24 hours 🎉

Freashmen Zeah Park doing the SpeakYourMIND Ice Bucket Challenge on her Instagram



By Kalid Mohamed

Tom Brady, from the backup on a winless junior varsity team to the NFL, has cemented himself as the greatest quarterback in NFL history to the national football.

Brady was drafted number 199th by the New England Patriots and in his first season he had only played one game.

The following season, Brady proved doubters wrong by winning the Super Bowl and two more with the Patriots to begin a dynasty including a rare, perfect regular-season record.

Along with that he won the regular season's most valuable player award but lost the Super Bowl to the New York Giants.

Versus the Falcons, Brady led his team from a twenty-five point deficit in the third quarter to beat

the Falcons in overtime. This proved Brady could lead a comeback and helped solidify him as the greatest to eventually win six Super Bowls wit the Patriots.

Ultimately, in a move that shocked the league, Tom Brady was traded before the 2020 NFL season had started to the Tampa Bay Buccaneers. His first season playing for the Buccaneers he went on to win the Super Bowl making that his seventh. Tom has won these Super Bowls with a multitude of players and proved he could win despite his teammates. Adam Schein a sports media personality with a background in sports talk said, "Tom Brady is the GOAT of all GOATs"

Tom proved doubters wrong since the day he was drafted and from the day he retired and will be forever recognized for his skill and success in the NFL.

OBESITY RISING IN AMERICA

By Allison Ambuehl

The rising obesity rates of Americans has been a concern for decades, but now with about 42% of American adults being obese, its relevant more than ever.

To put this large (no pun intended) percentage into an even more concerning perspective, that is about 2 in 5 adults being obese.

The general definition of obesity is excessive accumulation of fat. Most people think it's caused by simply eating too much and exercising too little. While yes, that is true, the reason why people fall into it is usually much more complicated.

Unfortunately, there is no one cause that we can target to bring these numbers down. There are many factors like genetics, certain medications, the convenience and price of processed calorie-dense foods, medical conditions, and even mental illness.

Some people are obese because of their own choices, but for some it's a lot more challenging or even impossible for them to get healthy.

For example, if a child has 1 or more obese parents, they could get that parents' genes and cause child obesity or obesity later in life.

Also, children's environment is a huge factor because if their guardians are buying a bunch of junk food, the kids probably not going to understand why it's unhealthy and ultimately choose whatever tastes best.

Obesity as a child can cause an increased risk for heart disease, type 2 diabetes, low self-esteem, bullying, and depression. It will also make it harder for them to lose weight as adults.

To combat this rising risk of obesity, talk to a doctor or a nutritionist if you or someone you love is at risk or currently obese.



The Great Wall of China

By Abby Smith

The Great Wall of China is an enormous monument. It is the most visited attraction in China. There are numerous walls and fortifications extending for more than 3,000 miles, making it the longest structure ever built. The Great Wall has rivers and hills surrounding the long structure. The nature around the wall makes it a beautiful sight.

It's a powerful symbol of China's enduring strength. The walls purpose was to prevent barbarian invasion and keep the citizens safe.

When China was under attack it would protect the people from the enemy's weapons or battle equipment. Now, The Great Wall of China is used to capture imaginations of young and old. It has always been a place to

see beautiful sights.

A section of the great wall was 14th – 17th century. China was divided into individual kingdoms and the wall was a part of all of them. The wall caused earlier fortifications between states be removed.

While building different parts of the wall they decided to join the wall together to make the wall one big monument. While building the wall 400,000 people died and was buried under or beside the wall.

This attraction is mostly made of stone and earth causing some parts of the wall to overlap. The base of it was 15-50ft and the height was 15-30ft high. The wall was very hard to instruct because every single

part was man made. The materials used to make it up were harder to put together in hilly areas.

Today the people recognize this crowd-pleaser to be the most impressive man-made structure ever built. Every single day the wall is attracting tourist for its amazing sights. Roadways have been cut so the people can walk around it and look at the beautiful sights around it making it easier for them to walk.

As the years went on parts of the wall have crumbled but most of it still stands. Are you going to make it to see this famous attraction in your lifetime before it crumbles?



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By Gemma Ludwig

Olivia Rodrigo might seem like an overnight success, but her journey to fame was anything but sudden. Long before she topped the charts and won many major music awards, she was quietly building her career.

She first appeared by landing a lead role on the Disney Channel show *Bizaardvark* in her teenage years. But things took off once she starred as the role Nini in *High School Musical: The Musical: The Series.* This is when people started to notice not only her acting skills, but her musical talents as well.

In January 2021, Olivia dropped her debut single "drivers license," this is where everything changed. Her single had reached #1 on Billboard Hot 100 and stayed there for weeks. The release of this single was what took off her career, and now not only was she a Disney star, but a pop icon.

Followed the release of her single was her debut album "SOUR," this album was packed with emotional and relatable hits that had all her new fans obsessed. She sang about heartbreak, growing up, and figuring life out.

Today, Olivia continues to evolve as an artist by releasing new albums, winning Grammys, and preforming for tours in front of her fans.





WARM VANILLA SUCAR SUCAR SOUCH SOUTH SECOND SUCAR SUCAR

health&beauty

fashiorcents

By Savannah Swanson

Fashion cents is a new line of articles focusing on clothing, health and beauty accesories and shoes in adition to local boutiques, spas, and salons.

Bath and Body Works a retail chain that sells a wide variety of personal care and home fragrance products, including soaps, lotions, fragrances, candles, and more.

Top-selling products include fine fragrance mist, body lotion and body cream, 3-wick candles, home fragrance diffusers and liquid hand soap.

Champagne Toast is a scent that includes bubbly champagne, sparkling berries and juicy tangerine with hints of passionfruit, musk, and even vanilia. I would totally recommend for a formal since it has a kick to it.







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creamy sandalwood. If you like vanilia scents but with a

hint of floral then this is the one for you.

Gingham is a scent that includes of blue freesia, sweet clementine and soft violet petals and hints of Sugared red berries, blushing freesia and rose meringue. It is perfect for a everyday wear.

Into the Night is a blend of dark berries, midnight jasmine and rich amber, which is perfect scent to wear on a night out and gives a boost of confidence.

AATH & ROOF WARKS A THOUSAND UUSAND U

health&beauty

fashiorcents



Butterfly is a scent with notes of raspberry nectar, iris petals, and airy vanilla. It is descibed as a spring-like feeling scent, and is perfect for people who don't like strong smelling perfumes.

A Thousand Wishes is a scent with pink prosecco, sparkling quince, crystal peonies, gilded amber and amaretto crème. Which is a perfect scent to wear on a cozy day at home or a sweet celebration.



Cucumber Melon is described as a refreshing, clean, and classic scent featuring a blend of crisp cucumber, watery honeydew, summer cantaloupe, sparkling grapefruit, and sheer woods. It is a scent that is the defintion of a nice summer day.



Viva Vanilia is a vanilla-forward fragrance with notes of rich plum, glowing amber, and addictive vanilla. It is perfect for a at home cozy day watching movies with friends.

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The Evolution of Fashion

By Gemma Ludwig

The fashion industry has changed profoundly over the course of many centuries. Fashion culture ranges from ball gowns to sundresses, feather hats to caps, heals to sneakers, skirts to leggings, each uniquely distinct style allows every individual the power to show their identity through fashion. But when did this all start?

The fashion industry began back in the 19th century when the common attire consisted of corset pinched waistlines, lively replete skirts, and elaborate ball gowns. This standard was originated in Europe and evolved to form the fashion trends that exist today. Women began wearing more modern attire to match the consistently changing roles in society, as the eras spanned from Victorian to Edwardian, women adapted to a more active lifestyle.

Along with changing roles comes body positivity, the industry is grow-

ing to except women of all shapes and sizes. Almost every brand is inclusive, sizes ranging from XS to XL. Body positivity becoming so common has enhanced fashion sense as a whole and shifted from restrictive clothing to more comfortable, this being the reason crop tops are more popular than corsets in today's society.

The rise of body positivity was greatly influenced by social media. The accessibility of discovering new clothing brands and trendy styles makes it exceptionally easy to be influenced. Platforms such as TikTok and Instagram promote self-love and confidence, holding accountable the fashion industry to promoting these diverse body types. Body positivity plays a big role in the reshaped version of fashion, making it more inclusive, comfortable, and empowering.





By Kalid Mohamed

Stephen Curry has changed the NBA and the way basketball is played by proving himself as the greatest shooter to ever play basketball.

Curry has changed the NBA by utilizing and taking advantage of the three-point line more successfully than any player has. Curry is number one all time with more than 4000 three-pointers made, the runner up in three pointers made has 800 fewer three pointers made.

Curry is on a level of his own, shooting the ball off the dribble and overall shooting accuracy. His career three-point shooting percentage is 42.6% while the league average sits at 36.9%.

As Curry broke records, irregular shots became normal to him. According to the CBS Sports team, "Quite simply, Curry has completely reshaped the way the game is played and redefined the standard of truly great shooting."

Curry has done something no other player has done and changed the NBA.

In the 2012 NBA season the average three point shot attempts per game was 18.4 attempts, as Curry's game evolved so did the league and the average three-point attempts went up to 37.5.

Curry started to make a significant impact in the 2012 season making shooting threes look effortless. His shots were difficult, yet he made them and even-

tually his team was built around his shooting ability like in the 2017 season.

Curry has had so much success, many other NBA players praise him. For example, basketball superstar Lebron James put it simply, "Steph Curry is the greatest shooter in the history of basketball. Period."

To sum it up, Stephen Curry has revolutionized the way the game of basketball is played.

CULTURAL CONNECTIONS WITHIN THE MYTH OF HADES AND PERSEPHONE

By Avayah Baxton

The myth of Hades and Persephone not only explains the change of seasons, but it also represents the human experiences of transformation, grief, and renewal. This famous tale in Greek mythology represents loss, love, power, and the eternal cycle between life and death.

The myth begins with Persephone, the daughter of Demeter (goddess of the harvest and agriculture) picking flowers such as violets, lilies, and roses. Among these flowers was a magnificent narcissus, which was crafted by Rhea to entice the young goddess.

When Persephone went to pick the narcissus the ground beneath her opened. From the opening Hades, the god of the underworld, surfaced with his golden chariot and abducted her. Only Hecate and the sun were able to hear Persephone's cries, as her father, Zues, was far away.

When Demeter heard her daughters' shrill cries, her heart was torn with deep pain. In her despair, Demeter stripped the jewels from her hair, dressed herself in a black robe, and surged like a bird over lands and waters in a frantic search for Persephone. Despite her desperation no one dared to reveal the truth to her.

Demeter wondered the earth for nine days carrying a torch in each hand. On the third day, she met Hecate, who was also carrying a torch. With compassion Hecate told Demeter that she heard but did not see who took Persephone. Without another word Demeter and Hecate went to find the Sun (known as

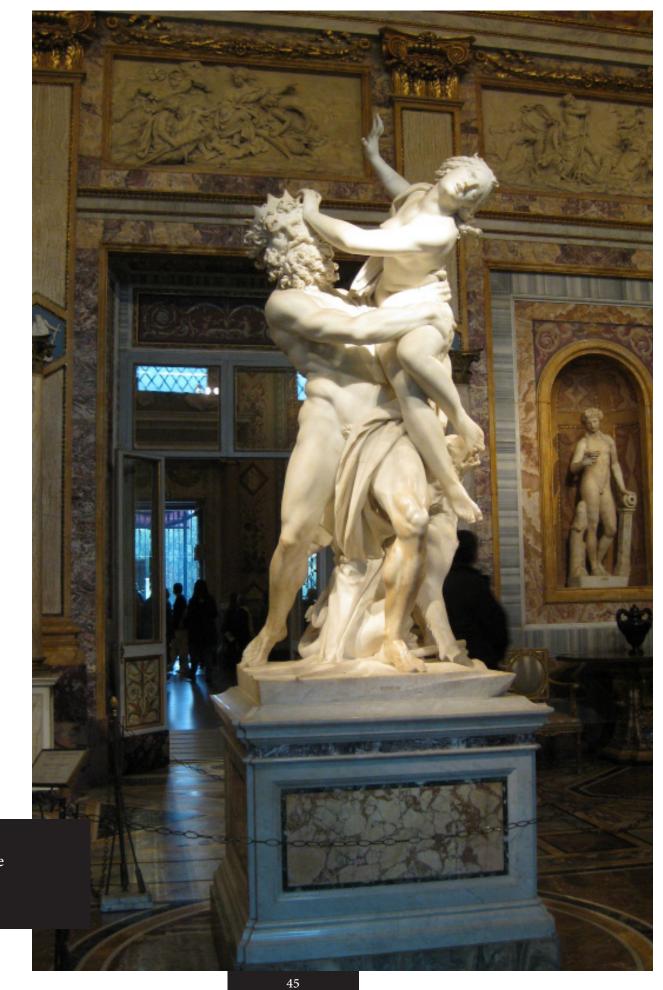
the spy of men and gods).

They found the Sun standing among his horses, Demeter then questioned him about her daughter's fate. The Sun revealed to her that Zues, Persephone's father, gave Persephone to Hades to be his wife. As the Sun left Demeter became enraged by Zeus's betrayal, she abandoned the gods of Olympus and walked among mortals in their cities.

For a long time, Demeter wasted away in her sorrow and became unrecognizable. As she mourned the earth became barren and famine spread across the world. This alarmed Zeus, who sent Hermes to negotiate Persephone's release from the underworld. Hades agreed, but before Persephone could leave hades tricked her into eating a pomegranate which bound her to return. Persephone's return to the living world brought joy, restoring life to the earth like spring does. Her routinely departure marks the start of winter.

In Greek mythology this story explains the changing of seasons and symbolizes the connection between life and earth.

hades and persephone statue ar.inspiredpencil.com



Lana Del Rey

By Allison Ambuehl

Lana Del Rey is a very popular female artist with 58.2 million monthly streams on Spotify. She's been described as your favorite artists, favorite artist. She has created a classic, elegant theme with her music that no one in this decade has been able to recreate.

When you think of her, you think of her mystique and ambiance. We all know of her, but what do we really know about her? How did she get to be the artist she is today?

Lana Del Rey was born in 1985, into an upper-middle class family in New York. Her legal name is Elizabeth Woolridge Grant, but she is mostly known by her stage name, Lana Del Rey.

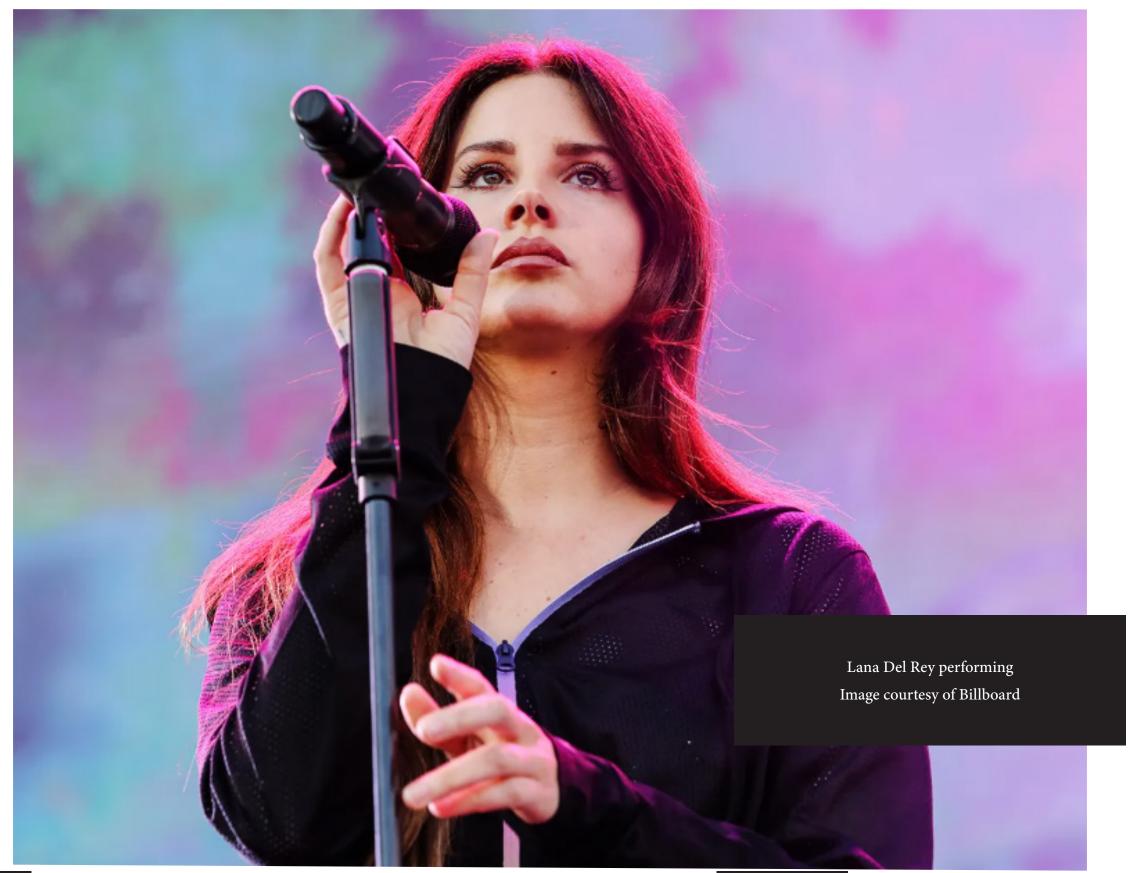
She grew up singing for her church which is believed to be where she found her love for music. During her teenage years, she was sent to a boarding school for her alcohol issues and bad behavior.

Before becoming a singer, she wanted to be a poet. She then went to Fordham College and graduated with a bachelor's degree in philosophy.

In her early twenties, she performed by the name 'Lizzy Grant'. She made a debut album with songs "Kill Kill", "Queen of the Pawnshop", etc. This album was released in 2007 but was pulled from retailers shortly after due to her inability to fund it.

She also made many songs that were never officially released to the public. Although, some songs like "Yayo" were finalized and later released on different albums, EP's, or singles.

In 2011, she changed her stage name and persona from Lizzy Grant to Lana Del Rey. The next year in 2012 she released her first album under this name, 'Born to Die'. The albums popularity grew steadily until it eventually went platinum in 2014. From then on, she continued releasing music that was a success each time.



ARTISSpotlight

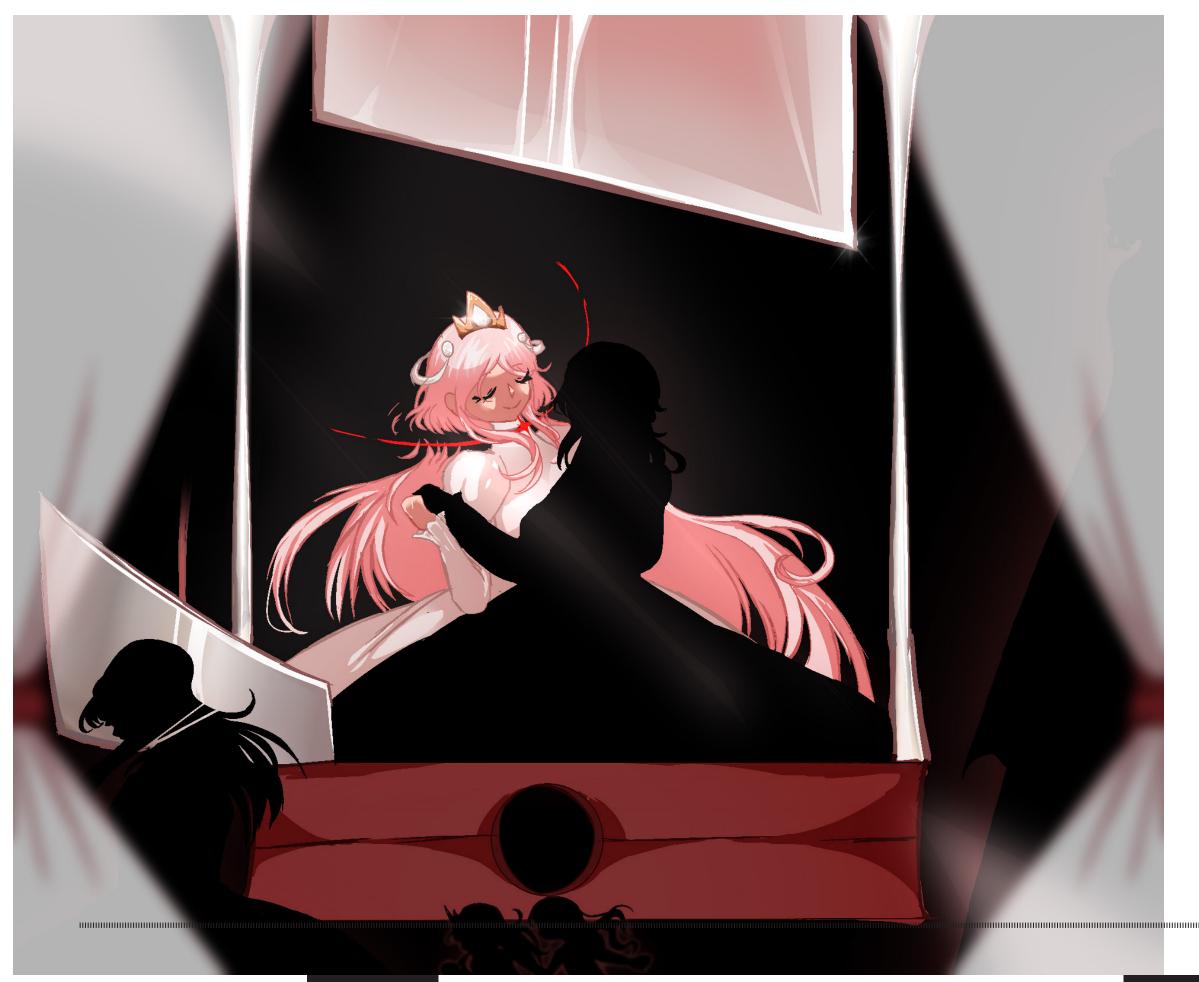


ABOUT THE ARTIST

My name is Amer Bior, I'm 15 years old and on my freshman year. I've been drawing since I was about 4-5 years old. I dont exactly have an artstyle since it changes a little depending on what im drawing but there are things that repeat in my style like the shape of my characters heads.

I do a mixture of digital and traditional and i juts use whatever i have on me. Sometimes, when I was a kid, i'd use pen and draw on mail.

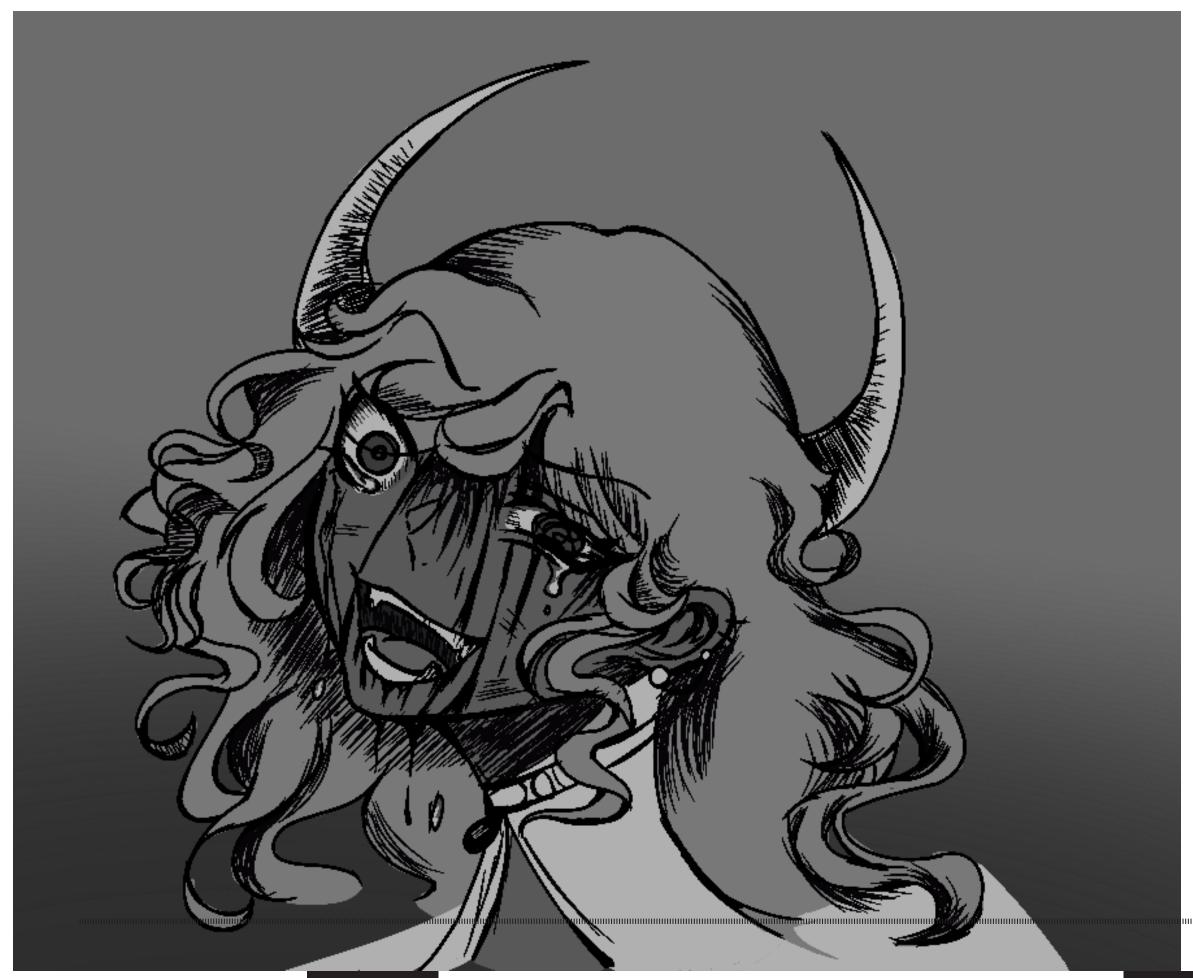
Amer Bior



"Dance of the Damned" Digital media

Amer Bior

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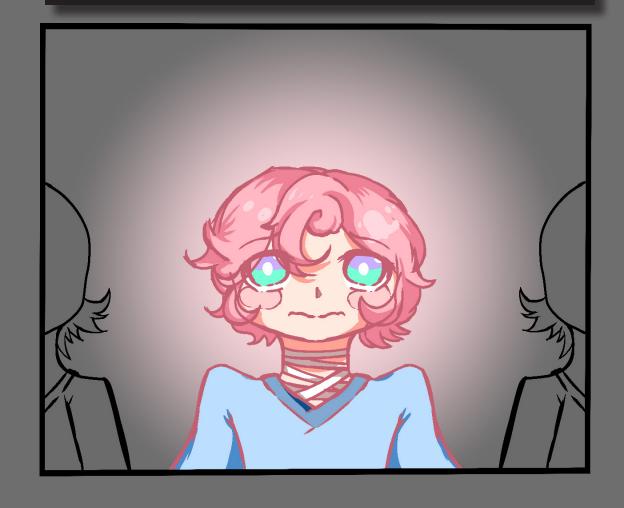
"What a scam harmony is."

Digital Media

Amer Bior

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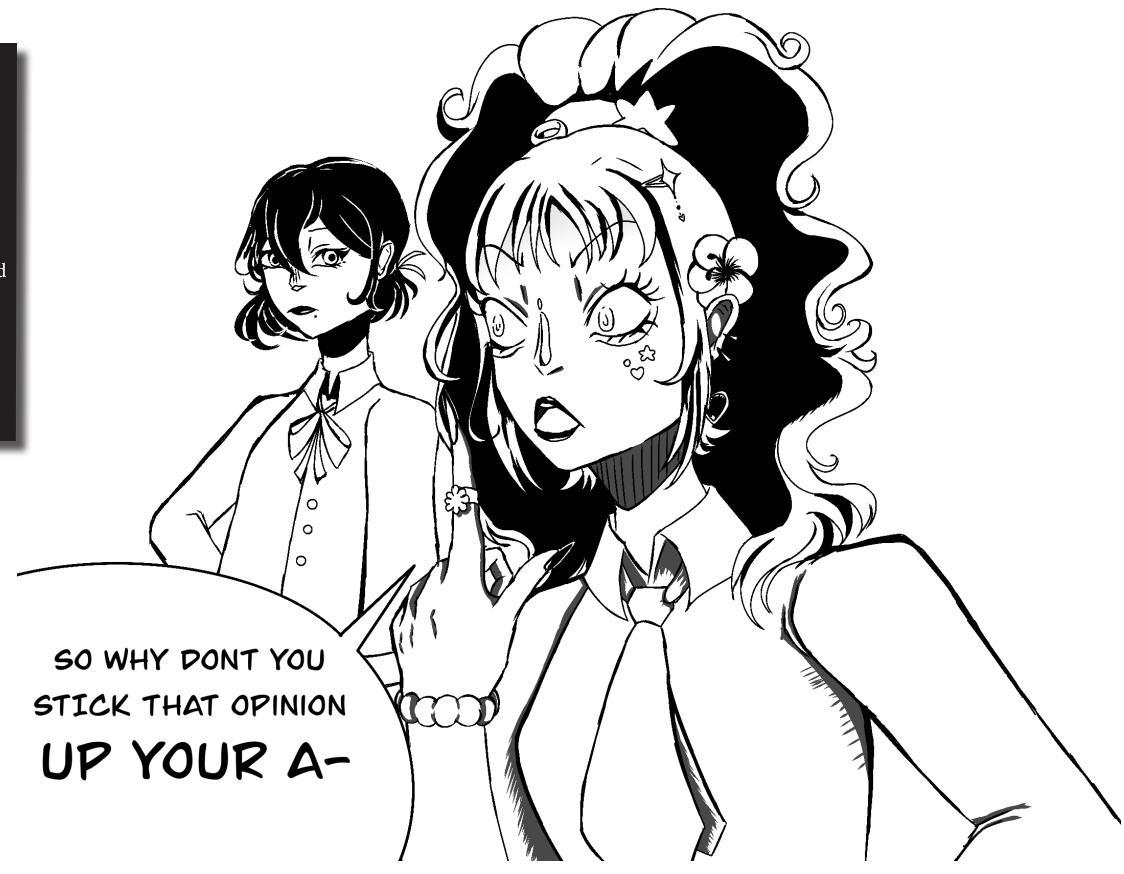
"No More Birthdays" Digital Media





4:44

Natty and Elysia are stuck dealing with ghost after making a bet. Luckily, Zyra, Elysias little sister, used all her allowance on weapons and books. Hopefully they work!



The Third Avatar Comes to the Movie Screens

By Carley O'neil

The duology that has made over \$2 billion per movie, is finally becoming a trilogy. The *Avatar* movies; *Avatar* and *Avatar*: *The Way of Water*, have collectively grossed over \$5.24 billion USD.

The first movie was released in 2009, the second in 2022, and now the third installment, *Avatar*: *Fire and Ash*, is hitting the big screen on December 19, 2025.

Directed, co-produced, and co-written by James Cameron, *Avatar* remains the highest-grossing movie of all time, with the second film ranking third, despite being released more than a decade later.

The story takes place on Pandora, a lush, alien planet that humans seek to colonize due to a lack of resources left on Earth. However, humans face major challenges in their colonization efforts because of the native alien species, the Na'vi, who call Pandora their home.

To bridge the gap between species, a program is

developed that allows humans to transfer their consciousness into genetically engineered Na'vi bodies or "avatars" in hopes of integrating into their society and establishing peace.

Sam Worthington stars as Jake Sully, a former Marine, who has no mobility in his legs. When his identical twin, a scientist and participant in the Avatar Program, passes away, Jake is called upon to take his place, as he is genetically compatible with his brother's avatar.

The second movie follows Jake and Neytiri, a Na'vi women played by Zoe Saldaña, who Jake has fallen in love and their family. They are forced to flee their forest home and seek refuge with a water-based tribe. As they adapt to this new way of life, they are hunted by the very humans Jake once worked for.

The third film is expected to explore a new Na'vi tribe and continue the battle to protect Pandora from human exploitation. James Cameron has also confirmed plans for two more *Avatar* films to expand the franchise.





Is The Paranormal Real?

By Gemma Ludwig

The paranormal has fascinated people for centuries. Ranging from ghosts to UFOs. There have been countless unexplained and unusual events throughout history. Some people fully believe in the paranormal while others think it's all made up. But is there any truth to these claims?

Many people believe in the paranormal because of firsthand experiences. They claim to hear voices or ghosts when there is no one present.

Paranormal investigators use special devices to detect variations in temperature or electromagnetic fields. These devices typically inform us if something unusual is occurring.

Skeptics, however, argue there's no solid evidence. They say most photos and videos could be faked or that it's just people's minds playing tricks on them. In some cases, there may be natural explanations such as wind, creaking floors, or power issues. Scientists say so until it is put to the test and proven. There are also false stories created just to scare people or gain attention.

Some paranormal videos online or television shows tend to exaggerate making it even more difficult to trust what is real and what is not. The interest in the paranormal stays strong whether people are looking for answers or simply entertainment.

Ghost stories are unidentified events that remain intriguing. Some people believe, and some don't.



Brand New Summer Music Releases

By Carley O'Neil

Many consider 2024 the year of pop music with several popular artists including Taylor Swift, Chappell Roan, Tyler the Creator, Billie Eilish, and more releasing albums.

Miley Cyrus is dropping her ninth studio album, *Something Beautiful*, on May 30 this year. After her last hit album *Endless Summer Vacation*, news of more projects has yet to be announced until Cyrus posted on her Instagram the artwork for the new album on March 24, tilted *Something Beautiful*.

The album artwork has Cyrus in 1997 Thierry Mugler couture, and was taken by Glen Luchford, a renowned Fashion photographer. With 13 tracks the album is teased to have a bold aesthetic and visual story telling.

Cyrus says she took inspiration from Pink Floyd's, *The Wall*, which is known for being "hypnotizing and glamorous." She said in an interview with Harper's Bazaar the songs will tell stories of heartbreak, death, and destruction presented in a beautiful way. Cyrus then says, "You can't have a painting without highlights and contrast."

She has teased three songs off the album Prelude, Something Beautiful, and end of the world.

Míley Cyrus "Somethig Beautiful"

Image of cover art of Miley Cyrus new album, "Something Beautifull", taken by Glen Luchford on Miley's Instaram, @mileycyrus.

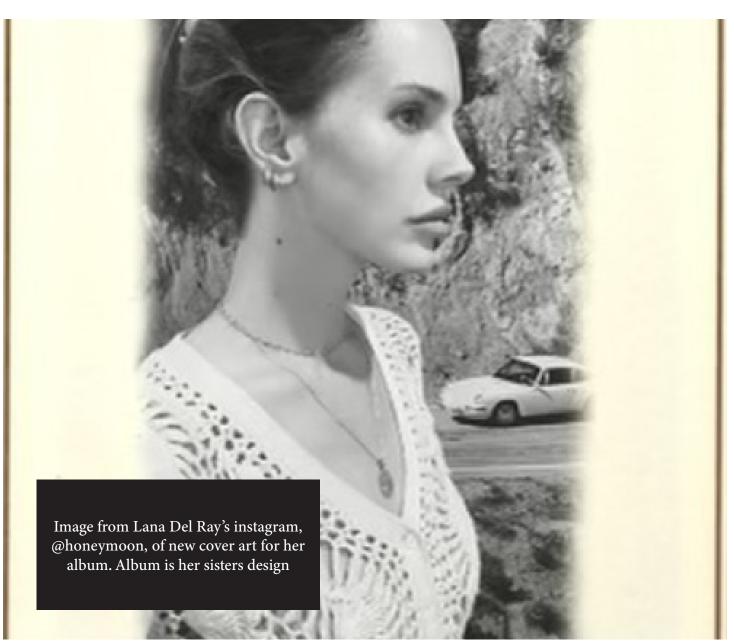


LIL WAYNE

After Lil Wayne showed disappointment for not being the one to perform at this year's Super Bowl, he had an ad during the show that teased new album to be released on June 6th. The cover art has yet to be announced.

Very little has been released about this album, besides the name, *Tha Carter VI*, but Wayne said it is to remined the world why he is the greatest rapper alive.





Lana Del ray, is releasing her new album, *The Right Person Will Stay*, on May 21. The album will have 13 tracks featuring Jack Antonoff, Zach Daw, Luke Laird, and Drew Erickson.

Album announcement came after Lana Del Ray teased a country themed album titled *Lasso*, at the Songwriter Awards. In October 0f 2024, she told Vogue Italia that the aesthetic of *Lasso* did not fit her

current identity or her artistic journey causing the singer to stop the project.

Lana Del Ray changed the release date and name to better reflect the person Lana has become. A single off the album, *Henry, Come On* was teased on Instagram in January of this year. The song has a soft and gentle tone along with Lana Del Ray's signature All-American style.

Lana Del Ray
"The Right Person Will Stay"

Morgan Wallen "Im The Problem"

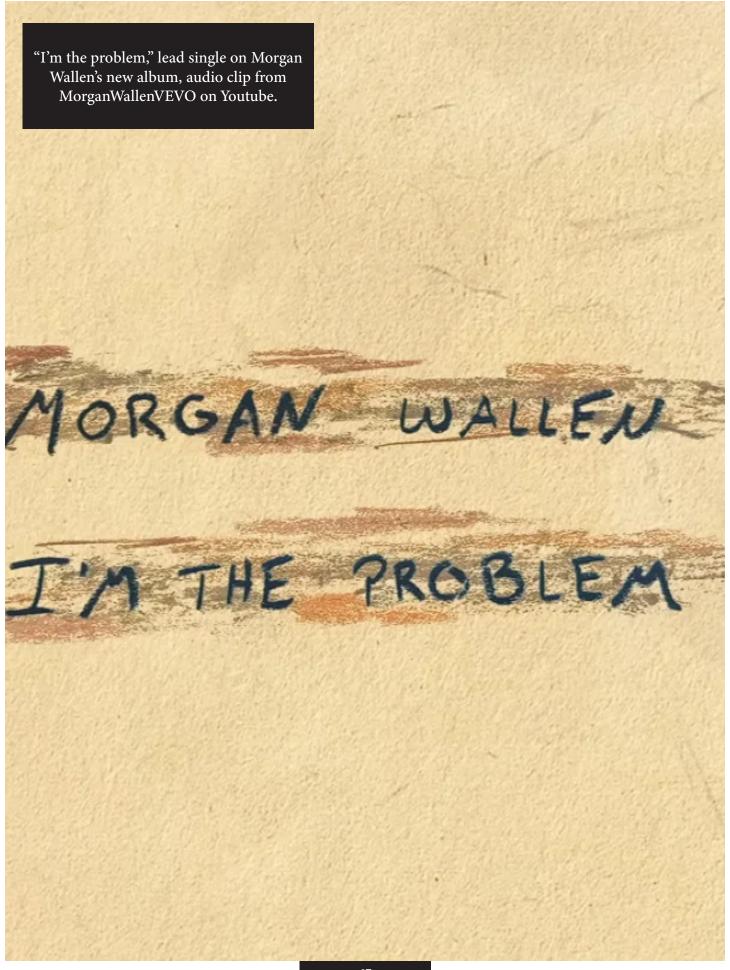
I'm the Problem is the title of Morgan Wallen's new album releasing on May 16. He released the album cover on March 29th after performing on Saturday Night Live.

On SNL, Wallen says he's been a problem as of recently, many speculate this after a video of him saying the n word and throwing a chair off a building has surfaced.

He says in an interview that during the past 11 months, he has been trying to figure his life out, first by moving on from this problematic time in his life by admitting he's the problem.

He has already dropped two songs from the album *Just In Case* and *I'm A Little Crazy*. The album will feature 37 brand new original songs.





Crushing Un A Stranger

Image courtesy of Indianexpress.com

By Allison Ambuehl

Having a crush on someone is a normal and very common experience, especially when it comes to teenagers. A crush is defined as having a intense infatuation with someone.

Logically, it would make sense to have a crush on someone you interact with frequently, like a friend or a coworker.

So why do so many people have crushes on people they barely know? Well first, to have a crush you must be attracted to that person.

Sometimes people mix up attraction with being infatuated with someone. A lot of people even think that they are the same thing since a crush stems from attraction.

Since people tend to get obsessed with their crush but don't have a lot of information about them, they make up their qualities based on what they would desire in a partner. This only makes that person seem more attractive.

Another factor is that crushing on someone you don't know seems safer. Because you don't interact with them much, you have a lesser chance of being rejected or things not working out. Crushes are rooted in fantasy.

A crush on someone perceived as unattainable and pursuing them can mean you either like the chase or want to prove to yourself and other people that you are desirable.

Some ways to get over this type of crush is getting to know them and not liking them or liking them just as a friend, barely seeing them, or moving on to someone else.

Some people enjoy having crushes on people because of the excitement and release of neurotransmitters. Some do not. If you have a crush on someone you don't know very well, I highly encourage you to try and get to know them.

Discovering Mental Block

By Abby Smith

Work, a sport, social situations are all places where mental block occurs. I have it, you have it, the person next to you has it, sometimes we don't even realize what the mental block is stopping us from achieving.

Have you ever wanted to do something but couldn't because you were too scared or anxiety ridden? Well, this article will help you through that mental block.

I want you to clear your mind, take a deep breath, and listen to all the information I'm about to give you. We will be talking about how I and others struggle with mental block. I will discuss causes and effects of having mental blocks and ways that can help you not have it.

Most people think that mental block is just something you have and something you just have to deal with. I'm here today to tell you that you don't have to live with this. There are ways to help you.

In the article "What It's Like to Breakthrough a Mental Block" by Rebecca Smith, she states, "what

people typically try to do is avoid it, hope other people don't notice, and it will just get better." By the end of this, this is exactly what I don't want you to do. Don't avoid it. Attack it head on get rid of the problem before it gets rid of you and who you are as a person.

In the article "Seven Ways to Overcome Mental Block" by Jose Sierra Madura he gives 7 steps that can help you overcome mental block things like believing yourself, team up with a friend, and practice practice practice, sometimes it's just not that easy. Everyone has their own journey you can't compare yourself to others journey that goes for everything not just mental block.

People wonder where does it come from? Why does it choose you? It's unfair but it's reality. Mental block can come in any situation you put yourself into, normally a high stress situation, but we have to be put into these instances at least a couple of times in life. In the article "Overcoming Mental Blocks" by the Sage Neuroscience Center said, "You can get mental block from living or working in anxiety

induced environment" This proves that the mental blocks don't care who you are, where you come from, or anything like that it just happens it's not your fault.

You have to find your own path to recovery.

Now that we've talked about the problem, solution, and the fact that you have to find your own path and your own way to recovery, do you want to keep yourself from doing great things and achieving things you could never imagine, or would you rather overcome it and make a life for yourself that you're proud of?

Believe in yourself. Anyone could get mental block, but anyone can also overcome it. Now that your brain is filled with all this information and what are you going to choose to do with it? Now go to work or practice whatever you choose to do and choose to overcome it because you can I believe in you.



By Anderson Martinez

Inevitably, there'll come a time where hunger takes over, but there's nowhere to go. The lunchroom is closed. Your backpack is empty. Your friends are in class, and you've got an open. But you don't want that government-guided, vending machine trash that serves more to take your money, than fill your stomach.

Where to?

Papa Murphy's.

What to buy?

Cookie Dough.

Cookie dough, while maybe unhealthy, is a fantastic snack especially when you have a whole 45 minutes of free time, and you absolutely do not want to eat those dry cafeteria cookies. And at only \$6.99, it's the best deal you can find nearby.

Papa Murphy's cookie dough is soft, well-made, and tasty. When you walk in, it's refrigerated, and it's the first thing you see. Your mouth waters, but you put off eating it because it's back to school you go before you get marked tardy.

Finally, when you get that chance to sink your teeth into the dough, it's delicious. It's even more flavorfull, somehow, after a long morning in school where that soft, chocolate-chunked dream helps calm all that stress.

It feels like you are chewing a soft sugary cloud soft but, you can imagine how it would be warm.

Most cookie doughs are not like this, although they are still pretty good but, they don't taste. The same and the vibe is not the same, and it doesn't taste as good as it does after a whole morning of school. You know?

Work can also be fit into that category because it also makes you tired, but it it's so deliciously tasty that some people might not even believe it. Cookie dough is a delicious treat that brings comfort and joy to anyone who tastes it.

Craving for Cookie Dough?



The Choice of a Lifetime

By Abby Smith

Graduating can be scary. Leaving high school can be hard. You're a new adult taking the world on by yourself when you're used to your family being there for you whenever you need them. I know it's nerve racking, but it is time to fly the coop.

For some students they may be close to home so they can just drive home when they feel a little homesick, but others took a risk and decided to go to a different state

Graduating can be scary. Leaving high school can be maybe even across the country, both are great options to consider.

I chose to move to Arizona, I didn't want to spend my whole life stuck in North Dakota, I want to see different parts of the world and how other states work.

If you choose to stay close to home that is a great option too. That's the part I'm most worried about, not being able to enjoy college because I'm constantly

homesick. If you stay close to home that can be a major benefit.

I also chose to go to Arizona because the college I picked, GCU, had in-state tuition, so I wasn't paying more money than needed to live somewhere warm.

Staying close to your home has that benefit also. Staying close to home means you get a lot of opportunities to save money and get scholarships just for living close to that college.

Lastly and the thing I want to talk to you most about, friendships. I'm leaving my best friend behind because she chose to stay close to home. Leaving your friends can be a real deal breaker for most, but they will still be here when you get back and you don't want anyone or anything to hold you back from having the experience of a lifetime.



SHOULD GOVERNMENTS BAN SPORTS BETTING?

By Ethan Laabs

Over the past few years betting on sports has become and very popular thing to do; however, there are many reasons why governments could ban sports betting.

To begin, "Some argue that individuals should have the freedom to engage in activities they enjoy, including sports betting, as long as it doesn't harm others." In addition, "Legalized sports betting can generate tax revenue for governments and create jobs."

Finally, "Regulated sports betting can provide consumer protections and safeguards that are absent in the illegal market." I believe that sports betting can enhance the fan experience and make watching games more exciting.

Despite those strong arguments supporting sports betting there are many reasons and arguments why it should be banned by the government.

First, "The ease of access to online sports betting platforms can exacerbate gambling addiction and problem gambling rates, particularly among vulnerable populations." I believe that the amount of sports betting that people are allowed to do should be cut down to a limit to avoid gambling addictions.

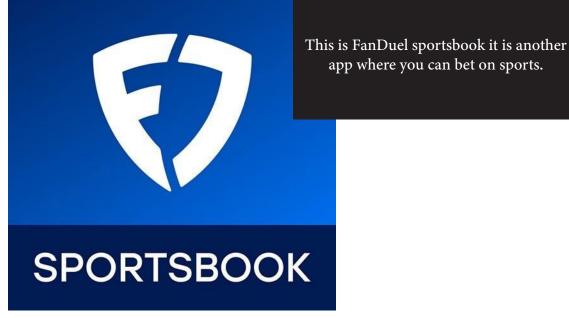
Also, "Young adults, individuals with pre-existing mental health conditions, and those with lower incomes are particularly susceptible to developing gambling problems, which can lead to financial ruin, relationship problems, and mental health issues." This is a real problem because the stress of betting a cheering so hard for athletes can lead to mental issues because of the up and downs within games peoples emtitions chage drastically just within a few mintues which is not good for the body.

Thirdly, there have been many cases of people betting on a player and that player not meeting the requirments of the bet this has led to people thratening the player and his or her family through text messages, emails, letters, and even one time a man showing up to the athletes house. I believe that this goes back to the mental heatlth part of this article, some people just shouldnt have access to sports betting beacue they cant handle loosing bets do to their mental health and sometimes they lose more money than they can afford to lose.

Finally, "The widespread availability and advertising of sports betting can normalize gambling behavior, potentially leading to increased rates of problem gambling across all demographics." In my opinion this is huge beacue the constant ad's and encougagement to bet can lead to gambling addicitons and leave people in a lot of debt and stressed out a lot to pay it back.

In Conclusion, I believe that betting should be regulated and help people be more responsable with their finances and not blowing too much money on sports betting.





This is Draft Kings one of the many betting Sports books.

THE MUSTANG POST

