THE MUSTANG POST





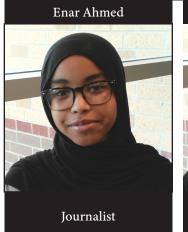




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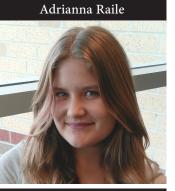
Journalist



Journalist



Journalist



Journalist

THE MUSTANG POST

NOVEMEBER 2025

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Cover image: Image courtisy of Cora Metcalf

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Artist Spotlight: Alana Buckles

Alana Buckles a artist at Sheyenne High School attending her forth year in art classes is a excellent artist. Check out her work below!

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Cora Metcalf a 6'4 hitter for the Shevenne Varisty Volleyball

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Under the Hat

The Real Story	team, is known for her high volleyball IQ and being a amazing teammate. Read more about her below.			Beyond the Walls
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This is my first issue release with the Mustang Post as Editor. Having been with the Mustang Post for over a year now, I have learned to explore new interests and to think outside the box.

One of my favorite articles that I have done so far is *Rise of Gigi Perez*. I wrote *Rise of Gigi Perez* because she is one of my favorite artist and is not as well known as many of the big names out there. She is gaining fame currently and is releasing albums yearly.

But how is this a new interest? I usually listen to R&B, but Perez is indie. That new turn, new twist to what I listen to can be seen in this issue where each of the students is able to explore their own instersts.

Moving on, as part of my new responsibilities, I am happy to edit this issue and tell you their are many different catorgies that go from Artist Spotlight to horror movies to singers.

I hope you enjoy!

Sincerely,

Savannah Swanson

BORDER BATTLE

SEPTEMBER REGIONAL SWIM AND DIVE MEET



By Quinn Nordick

Chlorine fills the air during those tense, quiet moments before the relay. Swimmers take their marks and strain on their blocks waiting for that final tone to signal the start of the race. Then, chaos errupts: teammembers cheer, the audience yells, and the swimmers glide through the water.

The 2025 Swim and Dive Border Battle took place on September 20th, at 10:30 Am. With fifteen teams. Hulbert Aquatic Center was packed with competitors and onlookers.

Swimming had over one hundred girls competing in their respective events and heat. Each of the 12 events had around 6-11 heats. Besides event 5, which was diving.

With 11 rounds and 33 divers, only a few make it to the very end through a series of eliminations. Exhibition divers are automatically eliminated after they execute their 6 prepared dives. Those who have prepared 11 dives then advance through scored rounds of elimination where only the best



execute every dive.

Since diving was held at the same time as swimming, occasionally a diver waited to dive as swimmers need the quiet for swim starts.

When all exhibition divers had finished, the number of divers got cut to twenty. The people who didn't get cut warmed up their last three dives and competed.

The winner of diving, at a high score of 361.95, was Lauren Lopez, from Sheyenne.

Meanwhile in swimming, the athlete who contributed the most amount of points in the whole meet with 40 points, was Evelyn Sevald from Sheyenne.

Out of the 15 teams, Moorhead SPUDS took the win with 368 points. With Sheyenne at second with 295, and Legacy with 259.

Even though one team came out on top, everyone congratulated each other with warmth and high-fives.

ARTIS POTIGNT
Featuring Sheyenne High School's Student Artists

ABOUT THE ARTISTS & COMPETITIONS

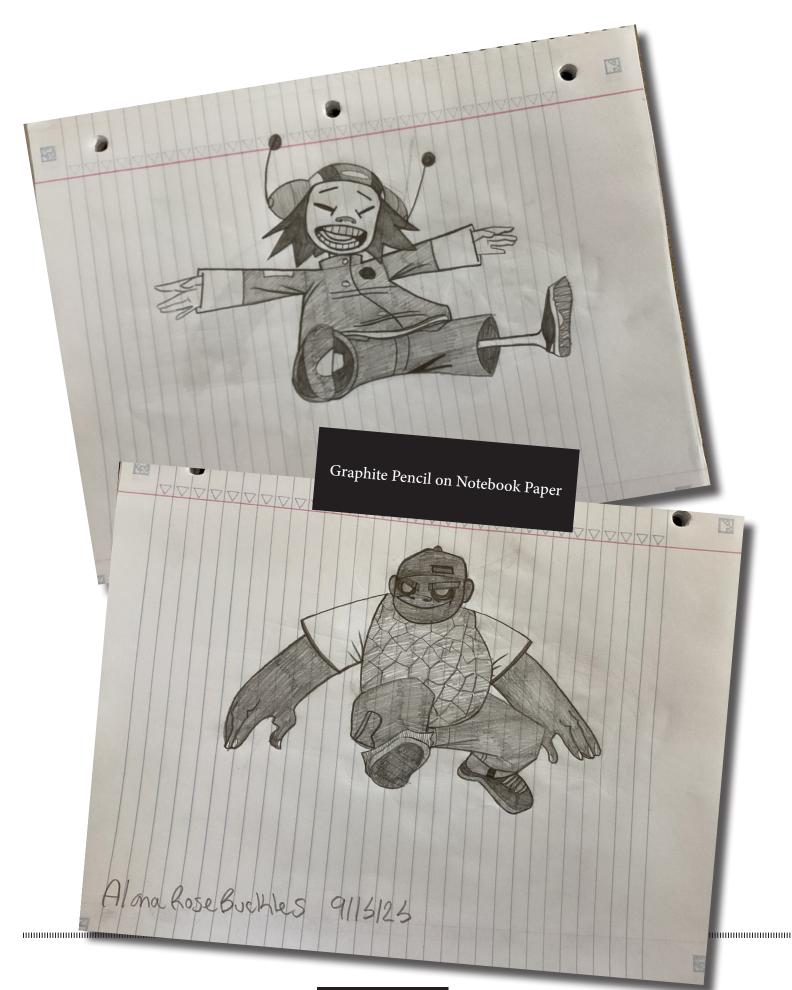
Alana Buckles is a senior at Sheyenne High School and is attending her fourth year of art classes.

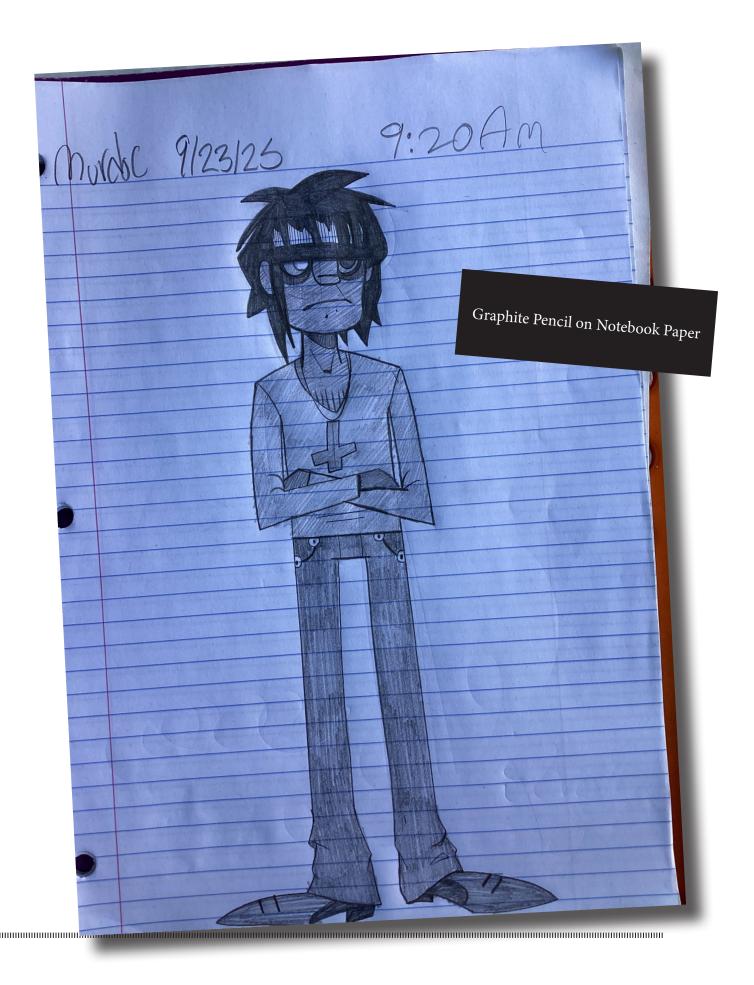
Currently, she enjoys creating with both traditional and digital formats, favoring paper for its feel and digital for its scrutiny. She continues to learn both more intimately as she hones her talents.

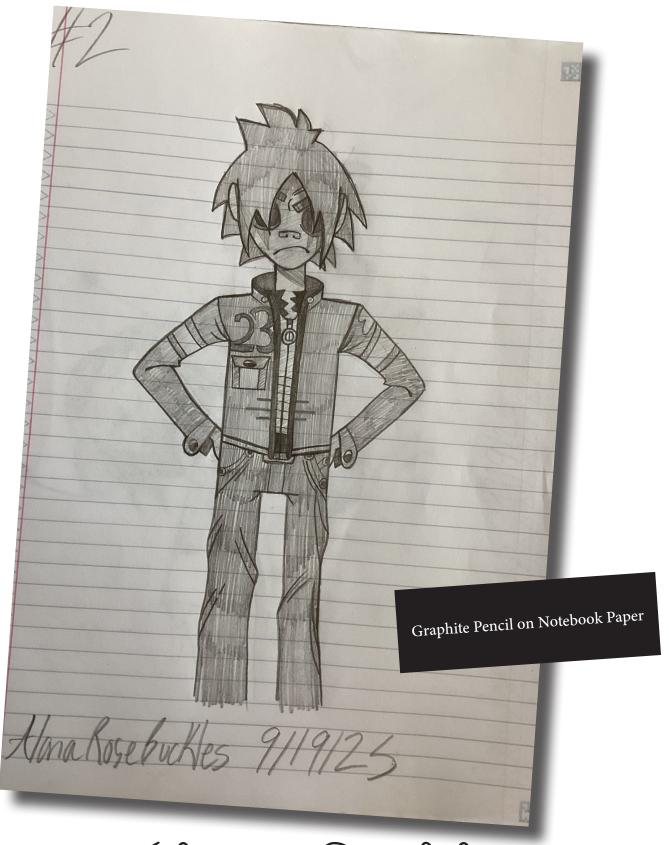
Jams accompany her most times of the day, but particularly when working on a piece, noting Jamiroquai and Gorillaz specifically.

Alana is also one to indulge in the joy of playing with her four little demons, also known as cats.

alana Buckles

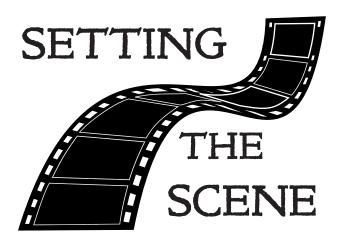






Alana Buckles







THE CONJURING: THE REAL STORY

By Allison Ambuehl

The Conjuring 2013 is a horror movie classic; it is the first of the franchise which now has surpassed 2.3 billion ticket sales as of September 2025.

The movie is about a family that recently moved into their new house, but weird things start happening. Which leads them to believe the house is haunted.

Eventually, the movie ends with the mother of the family being possessed and them having to do an exorcism to cleanse her soul of the demon taking over her. The movie is mostly a non – fictional story but it is based on a chilling true story. In 1971, the Perron family moved into a farm-house in Harrisville, Rhode Island. The Perron Family consisted of Roger and Carolyn, with their five daughters named Andrea, Nancy, Christine, Cindy, and April.

Before the Perron family even moved in, the house already had a long history of deaths and hauntings since its making in 1736. They lived in that house for almost a decade until they moved out in 1980.

The movie portrays the haunting happening over a short period of time, but really it happened over nine long years.



Above: The real conjuring house
Image Courtesy of
Yahoo.com
Left: Scene from Conjuring featuring Vera Farmiga

 \sim 11

The family reported incidents like unexplained noises and smells, that no one around them could seem to logically explain. Instead of the house providing homey comfort for the family, it constantly gave them an eerie chill. Some even experienced seeing a full body image of what they believed to be a supernatural spirit a couple of times.

Also, as if these instances aren't bone chilling enough, the Perrons claim that they were attacked by the spirits, feeling physical pain from the attacks. These happenings were similar to what was portrayed in the movie, but they were of course exaggerated for entertainment purposes.

All these events came to a climax when the Perrons decided they had enough of these spirits.

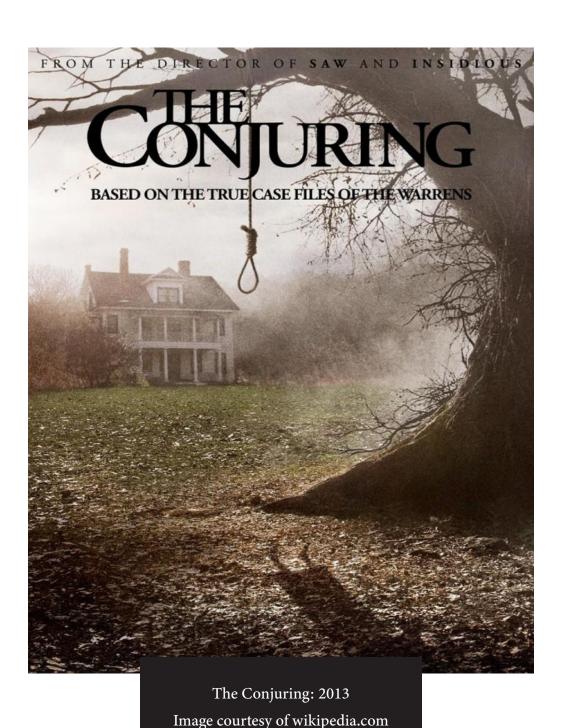
In 1973 the Perron family decided to get help from paranormal researchers who then got them in contact with Ed and Lorraine Warren, paranormal investigators.

One thing that was very exaggerated in the movies was the Warrens involvement in the investigation. The Warrens treated the investigation proffesionally, like you would any other job.

Lorraine reported feeling a dark supernatural presence in the house. The haunting got to a climax when Carolyn Perron, the wife and mother, was allegedly possessed during a séance conducted by the Warren's. They claimed that Carolyn started levitating and speaking a foreign language and was even thrown across the room, horrifying the family.

After that Roger told the Warrens to leave and never come back. The Perrons continued to live in that house for 7 more years after that, because they could not afford to move.

Andrea, the eldest daughter, wrote a book called House of Darkness, House of Light. The book was a huge inspiration to the movies and you can still buy and read it, if you dare.



House of Darkness



House of Light

The True Story

Volume One

Andrea Perron

The book made by Andrea Perron, who was the eldest daughter of the originial Perron family.

Amazon.com

AARON HERNANDEZ:

INSIDE THE MIND OF A MURDERER

By: Callen Fosher

Aaron Hernandez, once an All-American at Florida, drafted in the 4th round of the 2010 NFL draft as an upcoming tight end for the New England Patriots, adding a 2012 Super Bowl appearance, a ground breaking 175 receptions, 1,956 receiving years, and 18 touchdowns in just three regular seasons; turned abusive to his wife, convicted murderer, plus convicted of double homicide, sentenced to life in prison without parole, and later hanged himself in prison to end his life at the young age of 27.

Looking into this unique individual's mind researchers can only wonder, what inside Aaron made him act in aggression and impulsivity after he already made it in life? Well, this is where his autopsy at Boston University came into play.

Looking into the autopsy of Hernandez, researchers found the worst case of CTE they have ever seen in a young person; stage 3 CTE to a degree only seen in brains much older than his.

Chronic traumatic encephalopathy, better known as CTE, is a brain disease caused by repetitive head injuries. Looking into how different lifestyles change the outlook on one's life; researchers can better look at how CTE may affect these individuals as well. Common sports that are more prone to the disease include any contact sport like football and hockey, as well as military combat soldiers who have been exposed to explosive blasts.

The symptoms of CTE worsen over time as the head is exposed to more blows that rattles the brain inside of one's skull.

Looking into contact sports like football, health care professionals can only hope that these men's helmets are protecting their brains after every hit they endure. But, according to researchers at Boston University, helmets actually do not protect athletes from jarring head movements in which are associated with CTE.

Aaron Hernandez, left, shown in 2011 as a New England Patriots' tight end, enduring a head on collision -L.A Times





Hernandez in cuffs after being denied bail in June of 2013

-People Magazine

Hernandez pictured with his fiance Shayanna Jenkins, and their daughter Avielle in early 2013 -People Magazine

Every time a football player has a tackle or collision, they are going to have rapid forces affecting the brain directly. Many individuals associate CTE with repetitive concussions, but researchers actually debunk that fact stating that repetitive hits without causing concussions can also create CTE damages as well. As one studies the disease of CTE, you can only hope to fall upon Aaron Hernandez's case as his was so complex and intricate.

Experts do not know a lot about the disease in which they do not have an exact percentage of people affected by it in our population today. Researchers only have vague understandings of the disease in which they believed are associated with two different forms of CTE; late 20s and early 30s which is associated with mental health and behavioral issues like depression, anxiety, impulsivity, behavior, and aggression; and around age 60 which is associated with memory loss and progress to dementia.

Because CTE cannot be definitely diagnosed while someone is living, those struggling with the disease can only be diagnosed post death during their autopsy. As CTE is rare, and not well understood, researchers are working on developing tests for those to take while living, but unfortunately none have been validated yet.

Symptoms slowly develop years to decades after repeated head trauma occurs; this is also associated with second impact syndrome in which happens when a blow to the head happens as one is still healing.

As this scary disease affects many athletes who participate in contact sports, doctors can only hope to have a better understanding of the condition soon. With many suffering from CTE, family members of those who have it, and doctors trying to find a cure, researchers can only wish the best for a cure moving forward.



CTE, stage III:
with brain atrophy, hippocampal atrophy, fornix atrophy,
and perforations of the septum pellucidum

Doctors say that Hernandez experienced damage to key parts of his brain affecting memory, problem solving skills, judgment, and behavior

-The Guardian







RADIOHEAD A RETROSPECT





By Gemma Ludwig

Radiohead is a rock band that formed in 1985. The band members are Thom Yorke, John Greenwood, Colin Greenwood, Ed O'Brien, and Philip Selway.

Originally, they went by the name of "On A Friday" because they rehearsed on that day of the week. After signing with EMI in 1991, they requested a name change.

Two years later, they released their first debut album, called "Pablo Honey," in 1993. Their debut single, "Creep" was the most successful single and remains one of their most recognized tracks.

The album itself greatly impacted Radiohead and is a significant part of their discography. It displayed their approach to advance the sound of alternative rock and the influence they would have on the music industry.

Radiohead's popularity only grew after they released their second album, "The Bends" in 1995. Their third album, "OK Computer," (1997), has been cited as one of the greatest albums in popular music. "Paranoid Android," "Karma Police," "Lucky," and "No Surprises" were released as singles, which were instant hits.

Over time, "OK Computer" expanded Radiohead's popularity and led them to sell at least 7.8 million copies worldwide. This album was nominated for Album of the Year, along with other impressive awards. In fact, it was added to the National Recording Registry by the US Library of Congress in 2014 as "culturally, historically, or aesthetically significant."

The great success of this album led Radiohead to release a remastered version, "OKNOTOK 1997 2017," including an additional three songs, "Lift," "I Promise," and "Man of War."

Their fourth album, Kid A in 2000 was a substantial change in

style, incorporating new influences from jazz, classical music, and electronic music. This initially disconnected casual listeners after fans expected a follow-up to "OK Computer", but this didn't take away from their success in the music industry.

Radiohead has now produced nine studio albums, showcasing their evolution from alternative rock to experimenting with different music styles.

On top of that, it was announced recently that they have an upcoming 20-date European and UK tour. This will mark their first live show in seven years. It will begin in Madrid on November 4th and conclude on December 12th in Berlin. The concert setlist is expected to include their most streamed songs, fan favorites, and songs from their most recent album, "A Moon Shaped Pool."

Even after decades in the industry, they continue to create music, captivating audiences worldwide.

Compilation of Image courtesy of english.elpais.com

Billie Eilish Before fame

By Amara Duchaine

"She had a song that really took off on SoundCloud, which caused some industry attention and some fan attention, but it wasn't overnight. The first year and a half, every experience was completely new."

Billie Eilish was born and raised in Los Angeles, California. Billie Eilish was raised by her parents Maggie Baird and Patrick O'Connell.

Growing up Billie Eilish was passionate about dance and enjoyed every second of it. Outside of dance she liked to sing while her brother Finneas O'Connell played the piano by her side.

When Billie was 13 years old Eilish suffered a hip injury, and she couldn't dance anymore. Later, she was diagnosed with hypermobility, meaning she had abnormal flexibility, and this made her more prone to joint issues.

Billie was highly encouraged by her parents to explore the talents she had. When she was 8 years old Billie Eilish joined the Los Angeles Children's Chorus. Then, at the age of 11 Eilish had grown a passion for songwriting.

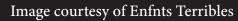
Eilish's brother Finneas was in a band with local neighborhood friends, and he wrote the hit song "Ocean Eyes". Originally, it was written for his band, but he thought Billie's voice would be a better fit for the song.

Eilish told her dance coach about the song and how they could use it to choreograph a dance to it. Eilish's teacher agreed and so her and her brother uploaded the song to sound cloud so her coach could access it, while Eilish was just 14 years old.

The song became a hit and had millions of listens in a matter of weeks.



Image courtesy of medium.com





"Five Total Strangers" the thrill!

By Enar Ahmed

Natalie D. Richards published the book *Five* Total Strangers on October 6th in 2020, the reviews have been mixed, but a majority are positive.

The main character's name is Mira. Mira is trying to go home for the holidays yet is stuck in Philadelphia airport due to weather conditions.

Then Harper, Miras' charismatic seatmate from her initial flight, finds a solution. Harper and her three friends are renting a car. The idea was that they would drop Mira off on the way home.

After they start their trip, Mira realizes that her fellow friends are total strangers.

Their belongings start disappearing. If she wants to make it home alive, she'll need to uncover the truth about these strangers before it's too late.

There are many pros and cons about the book. Many readers say that the book is very well written, and it may feel as though you are in the car with them. Many others explain that the plot twists were unexpected and gave you a thrilling atmosphere that felt intriguing.

However, there are a few outliers who say that the story was incomplete, because a few side stories were left unfinished. They felt as though the book had unrealistic decisions.

The book seemed different between experienced readers and first-time readers. Many firsttime readers say the book is very well written. Meanwhile, other experienced readers say the book feels almost too well written, examples include excessive dialogue or the more intellectual words during the boring scenes.

Image courtesy of Enar Ahmed

Even so, feel as though the book allows your curiosity to take over. The book's mysterious plot encourages the reader to keep flipping the pages.

The intense parts give the reader a suspenseful and thrilling sensation, which keep the readers addicted.

The book takes your fears and mixes it with relation to creating a quick and interesting story.

The story that a group of strangers must work together are often found in popular movies.

such as "The Avengers" or shows such as "Power Rangers." These movies have a few things in common: suspense, action, and mystery, These traits are found in most popular movies.

Given that these movies/shows are well known for their enormous fanbase, the book may have a successful future as well.





Conan Gray Rise to Fame





Image courtesy of Conan Gray offical store

By Christina Miller

Conan Gray was born on December 5, 1998, making him part of Generation Z. Gray was born in San Diego, California, but a little later moved away to Hiroshima, Japan, because his grandfather was in medical care and needed help, but later he passed away, so they moved back to California.

His parents ended up getting a divorce when he was only three years old and it became a challenging time for his family. Then, Conan's father married a woman who had money which made him wealthy, Conan and his family moved into a house back in Lemon Grove. But his father's love for spending so much money, caused even more financial problems.

Conan Gray used to sing as a coping mechanism, filling his time with practice. His preteen to teen life was mostly moving to other places. He was also bullied quite a lot in school.

YouTube was a place where Conan Gray shared videos of himself playing with his pet gecko, highlighting art, personal life, and music at only 15. He produced covers of some of the songs that he liked. He covered "Video Games" by Lana Del Rey. Later, he started making videos of music and music only.

In March of 2017, he got kicked out of his home and had to move in with his best friends. With 100,000 subscribers, Conan Gray debuted his first single and later he released his second single on September 1, 2017.

He later signed with Republic Records (which had artists like Taylor Swift, Drake, and Nicki Mi-

naj). "Generation Why" single released on October 3, 2018, then just a bit later in November, he released his debut EP, Sunset Season which only has 5 songs on it. Gray decided to set up a tour in North America called "The Sunset Shows" for his EP Sunset Season. The singer "Girl in Red" (she made the songs "bad idea" and "New Love" with Sabrina Carpenter) opened for the concerts.

On February 8th of 2019, he decided to re-release his song "The Other Side" followed up by the song "The King" (not include in the upcoming album). June of that same year (2019) he released his single "Checkmate" for his first full album Kid Krow.

Ever since he released the album Kid Krow, the song "Heather" became popular on TikTok during the pandemic back in 2020 and gained many awards. "Heather" has a lyric that says "I still remember, third of December, me in your sweater. You said it looked better on me than it did you..." which inspired fans to create a thing called "Heater Day" which you revive a sweater on the third of December.

Then released two other songs called "Comfort Crowd" and "Manic." Later he started the tour "Comfort Crowd Tour" in North America. A few months later March 20th he released his debut album "Kid Krow". Soon after he did a Conan Gray World tour 2022.

In May of 2021 he started rolling out into his new era "Superache" with the singles "Astronomy", "Telepath", "Jigsaw", "Memories" and "Yours". The album was released on June 24, 2022, with songs becoming viral on TikTok and people using them in sad edits. Superache also topped in billboard 200 with number nine. In September he began his Superache tour.

In 2023 his new era starts. He cuts his hair and starts doing a 1980's look and his singles make a shift to the 1980's theme. He released four singles but one of the tracks "Killing me" got leaked right before the release, he also had to cancel the music video for the song since he was going into surgery.

For awhile Conan Gray went silent with not much coming from him until his third album "Found Heaven" was announced. He did a bit of acoustic concerts in the United Kingdom then ten days later did a surprise concert in LA.

When the album was released on April 5, 2024, people seemed to love this album. Fans on TikTok used his music for relatable videos and edits. Critics also liked the album like Rolling Stone.

Conan Gray did a surprise announcement for his fourth album "Wishbone" on May 22, 2025, and it was going to be released on August 15th. He only had two singles for this album which were "This Song" and "Vodka Cranberry." This was his biggest album by debuting at number 3 on the US billboard 200. He is currently (as of 10/13/2025) doing his Wishbone Pajama Show in the US.

Laufey lets her guard down In A Matter of Time

For the Record

By Mateo Landayan

"It's just a matter of time 'til you see the dagger," Laufey sings in her Boss Nova style on Sabotage, the closing track of her new album A Matter of Time. The lyrics capture the tension at the heart of her third release, the push and pull between beauty and chaos, vulnerability, and composure.

The Icelandic singer and songwriter, now 26, has built her reputation on a modern take on jazz and classical traditions, weaving them with elements of bossa nova and contemporary pop. Her Grammy winning *Bewitched* won praise for its nostalgic elegance, but *A Matter of Time* startshh a shift. Instead of longing for a lover, Laufey turns inward and sings about her first love, insecurity, and self-discovery with striking honesty.

Songs like *Snow White* try to break impossible beauty standards, while *A Cautionary Tale* explores how romance can unravel your life. Even the playful *Clean Air* ventures into bluesy, early-country sounds, showing the diversity in her style of music.

Layered with jarring instrumentals, it mirrors anxiety and the fear of ruining something precious, what Laufey calls her "most daunting project yet."

Born into a musical family, Laufey quoted the Great American Songbook as her "bible." Her instrumentation (piano, cello, guitar) was the pillar of the cinematic quality of her writing. At the same time, she embraces the language of her generation through her diary-like lyrics, the main theme of her album's writing.

In *A Matter of Time*, Laufey sets aside the dreaminess often projected onto her music. Instead, she invites listeners into a space where fragility and strength coexist. As she explained, the album's goal is to capture "the contrast between this glass-like beauty and chaos that I feel within myself."

It's an album about love, but more importantly, about learning to live with life's ups and downs. "Life is a never ending carousel"



Laufey's Appearance on the Scandinavian Vogue Page Courtesy to ScandinaviaVogue.com

Album cover of "A Matter Of Time"

Courtesy to LaufeyMerch.com





For the Record RADIO COMPANY

READ BETWEEN THE LINES

By Adrianna Raile

"I used to be scared of uncertainty; now I get a high out of it," says Jensen Ackles, more commonly known as Dean Winchester in CW's *Supernatural* and Soldier Boy in CW's *The Boys*.

Ackles is not only an actor but a singer and songwriter as well. In 2018, Jensen and his good friend Steve Carlson created a folk-rock, alternative country band called *Radio Company*.

Most know songs have hidden meanings or

messages within them, so let's dig deeper into finding what hidden meaning is behind *Radio Company's* "Sounds of Someday."

"Sounds of Someday" was featured in *Radio Company's* first album on November 8th, 2019 while Ackles starred in CW's *Supernatural* from 2005-2020, played in his band, and raised his three children.

This lyric shows a deeper representation of

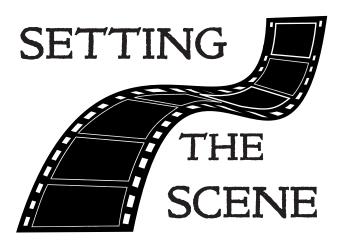
how Jensen Ackles felt being away from home and from his family, displaying his point of view during the time of being away, "And though, the sounds of someday may be home." This song reflects a universal message about searching for peace and certainty, as well as confronting the chaos within one's life.



Radio Company's debute album cover Courtesy to nerdsandbeyond.com



Jensen and Steve collaborating to write music Courtesy to fangasmthebook.com



By Savannah Swanson

The sun bears down on the gruff police captain. He nearly fills the screen. Opposite him is, a young father, distraught yet defiant when the captian yells, "Those kids walked out of those homes, no one pulled them out. No one forced them." Captain Ed aggressively questions Graph understanding of the situation, emphasizing that the children weren't taken against their will but ran out of their homes which applies a deeper unseen influence of how children were abducted.

This key scene leads to the primary conflict of Weapons, a largely forgotten film released the past summer. Which contains mystery, gore, and suspenful movie.

In the new 2025 Weapons movie, a supernatural horror film includes on how at 2:17 a.m, 17 children from all the same class run out of their homes without no reasoning leaving a mystery behind their parents and the town.

This movie had tons of jump scares that had me jumping out of seat, lots of gore, and grief of relatives. The suspenseful music leaving me in anticipation throughout the whole movie. The witchcraft leaves you curious about what is going to happen next. The horrifying graphics leaving you cringing in your seat.

One scene that terrified me was when Mattews dad (Archer) who is played by Josh Brolin, was being hypnotized by the witch (Gladius) into thinking his son came home. So, when Archer's son was calling Archer's name throughout the house

WEAPONS Thrilling yet Disatisfying



Acher came looking for him. But when Archer finally found "Mattew" under the covers in his room he was then jump scared by Gladius wide, creepy smile.

Although, most were disappointed with the ending, including myself. People say the ending felt rushed and left them curious even though they don't plan on making a second movie. Many were

disappointed with the witchcraft plot, because they were hoping for some psychical factors. Yes, the witchcraft was interesting and left me on the edge of my seat, but I was also hoping for some kidnaping horror in it too.

Children running from their homes at 2:17 a.m. in the morning.

THE BOLD WORLD OF GYARU



Agejo Gyaru

- S Cawaii Magazine, (Ayumi Hamasaki) -

health&beauty

fashio sents

Mamba Gyaru

- Egg Magazine -



By Maryama Ali

In the world of fashion, some styles go beyond trends and become statements of one's identity. One interesting concept is called Gyaru, a Japanese fashion subculture that emerged in the 1990s and early 2000s.

This particular fashion is known for rebelling traditional beauty standards, favoring pale skin, dark hair, and modest outfits. Rather, Gyaru embraces the bold and unapologetic looks — tanned skin, dyed hair and dramatic clothing. Having distinctive style like Hime, Mamba and Agejo, these trends became a strong form of self expression.

The term "Gyaru" originated from the English word 'gal' and originally referred to young, fashionable women in Japan. The movement started out a form of rebellion against rigid beauty standards and social expectations. Gyaru's popularity skyrocketed in the early 2000s, saturating city streets, boutiques, and magazines with vibrant colors and flamboyant styles.

It was more about confidence than about style. Instead of blending in, Gyaru girls want to stand out. In a culture that frequently promoted conformity, their fashion represented individuality, creativity, and the freedom to be unique in society.

The term Hime ("Princess gal") is one of the sub styles of Gyaru fashion portraying pure and innocent elements similar styles to Lolita and coquette. The style is hyperfeminine and princess like aesthetic. Think like tiaras or bows on top of dyed curled hair, soft colored dresses, lace and pearls. Inspired by royal looks and old-school glamour.

Hime Gyaru turns everyday fashion into a fairy tale inspiration from royal appearances and vintage glitz. Though bold in its love of beauty and attention to detail, it's one of Gyaru's softer sides

The Gyaru world was taken to its utmost by Manba, it gained traction for its signature look of a deep tan skin tone contrasted with heavy, bright white makeup around the eyes and lips giving it a sort of "panda" effect.

Their outfits are striking with loud and vibrate pieces, these looks expressed total freedom defying conventional beauty standards in Japan.

Ageha Gyaru is a bridge between cute and sexy styles, which emerged in the mid 2000s, its influence came from the development of hostess culture. It was notably, popularized through magazine like Koakuma Ageha, where the term "Ageha lady" originated.

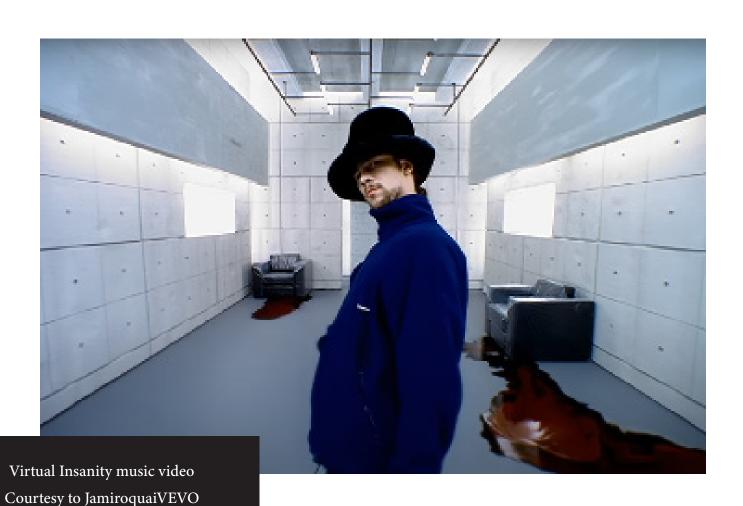
Through its hyper-feminine style of glamour, consisting largely of short skirts and babydoll dresses. Agejo projects a polished yet overtly sexy confidence while still having its inspiration from Hime Gyaru, but also aiming more towards the mature wear.

The Gyaru subcultures evolved far beyond being a mere fashion fad, it became a movement giving freedoms to self expression. What originally began as a countermovement towards strict beauty standards became an act of empowerment.

While Japanese society often creates value based on conformity, Gyaru was the opposite and challenged social prescriptions about how young women should present themselves.

Hime Gyaru "Ageha" magazine, Koakuma

For the Record under the hat beyond the walls



By Jeremy Monette

Virtual Insanity was the Matrix before the Matrix came out about 3 years later. It talks about the impact of new and soon-to-be technologies in a mid-90's world. Technology was moving faster than it ever had before. The song outlines themes of test tube babies, virtual love, and the change that impacts the natural world. It's a fascinating walk through the crazy realities of new advancements, on top of the comical but understandable fear of Y2K. And now for the delayed introduction.

Jason Kay is the face and soul of the English acid-jazz group known as Jamiroquai. Though he presents himself in such a unique way, things weren't always so lively.

According to AllMusic.com, he started life as the son to actress and single mother Karen Kay. He and his mother regularly travelled around for his mother's cabaret performances, with Jason being babysat by other cabaret members, often sleeping in their car at night for she could not afford hotel rooms. His twin named David had died a few weeks after their birth, and their father wouldn't even be seen by Jason until he was about 28.

Jason ran away from home at age 15, committing small crimes to make it by on the streets. He came back after a near-death experience and a false arrest by 16. His mother soon encouraged him to involve himself in music, and Jason did just that, finding an outlet to pour his energy into. Jamiroquai was formed in 1992 by a now 23-year-old, and new stage name, Jay Kay. As stated by IMDb, the

band's name came from a combination of the words "jam", as in music, and "Iroquois", the name for a Native American tribe; reflecting a deep respect he holds for the heritage.

The music label Acid Jazz signed and published the group's first single, "When You Gonna Learn,' with Sony later signing the group for 8 albums in a 1.9-million-dollar deal.

But the song in question today is Virtual Insanity, without a doubt it is the band's most popular song. Told by Guinnesss World Records, it has over 334 million views on YouTube; 360 million plays on Spotify, sold 8 million copies as a single, 11 million total album sales, with the album 'Travelling Without Moving' being labeled as the best-selling funk album of all time by Guiness World Records.

To go through the song's lyrics chronologically, the first major verse seems to bat at the idea of transhumanism, and the general premise of wondering what "magic spells," or advancements we may arrive upon. The tail end of the first verse into the beginning of the second looks like it could be implying that the world has become this negative feedback loop.

"And I'm givin' all my love to this world
Only to be told
I can't see, I can't breathe
No more we will be
And nothing's gonna change the way we live
'Cause we can always take, but never give
And now that things are changing for the
worse, see

Whoa, it's a crazy world we're livin' in And I just can't see that half of us immersed in sin *Is all we have to give these Futures made of virtual insanity[...]*"

Or it could convey the objective absence of love from machines. With Jay Kay playing a character that gives all his love to these...things, only for him to be told "I can't see, I can't breathe. No more we will be." A slow realization of this hypothetical character, that the realities of things aren't so sheen. It reads like a dramatic break up message, not harsh but just sterile, like a machine.

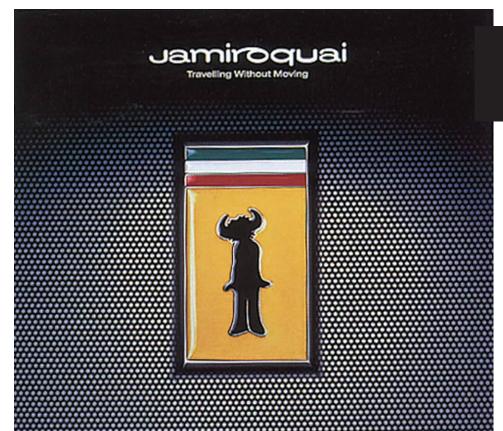
It feels like Jason Kay plays both the reader and author as he takes us along his story.

> "...Always seem to be governed by this love we have For useless twisting of our new technology

Oh, now there is no sound for we all live underground."

This section of the chorus seems to depict the way that technology has made us indoor creatures. The silence of the outside world because we all live underground, perhaps alluding to the stereotype and very real personalities that keep themselves at their computers in a dark room for hours. In a way though, it isn't a stereotype today, what with most people having a smart phone and the very real daily habit of some to scroll for hours. The "useless twisting" could be alluding to the way electronics started integrating into every facet of life. Certainly not to the extent of today, but it was the beginning of a global shift in how things are done. Or that technology does have its place, but we've twisted it to conform into other useless things.

> "And I'm thinkin' what a mess we're in Hard to know where to begin *If I could slip the sickly ties that earthly man* has made And now every mother can choose the co Of her child, that's not nature's way Well, that's what they said yesterday *There's nothin' left to do but pray* I think it's time I found a new religion Whoa, it's so insane to synthesize another strain"



Virtual Insanity music video Courtesy to Jamiroquai



There's something in the futures that we have to

This one speaks of the imbalance to nature we've caused. The term technology generally refers to electronics, but it extends to any tool we've made to simplify or solve a problem. A hoe for cutting wheat to an atomic bomb made for mass destruction. We haven't been equally on the foodchain for millennia, and never the strongest but usually the smartest. Though, the technology of old coincided with nature. Technology, back in the 90's and particularly today, tries to cancel out the natural world or distract from it. We no longer build to coexist necessarily, but to replace. Although I suppose there's an irony to that, since men of days of old ran plenty of creatures through to extinction.

The song repeats, as music does and eventually says,

> "Ooh, of this virtual insanity we're living in Has got to change, yeah Things will never be the same And I can't go on while we're living in, oh *Oh*, *virtual insanity* now, this life that we live in (Virtual insanity) it's all goin' wrong Out of the window (livin' in), you know (Virtual insanity) that there is nothing worse than (Livin' in) a man-mad man (Virtual Insanity) there is nothing worse (Livin' in) a foolish man (virtual insanity), Virtual insanity is what we're livin' in, yeah,

Well, it's alright"

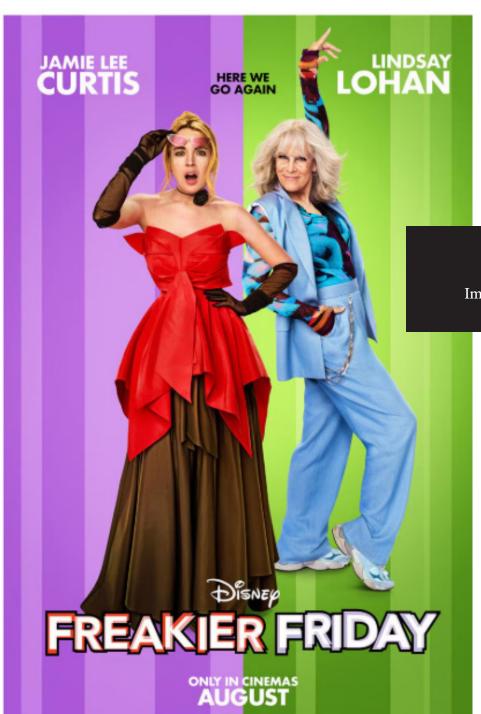
Things won't ever be the same, as is the nature of time. Things aren't meant to be the same as they were, and as things advance, the minutiae people hold these concepts up to grow weary with time. Complacency sets in or those who know the difference aren't there. Advancements happen and as it goes, they become assimilated with life instead of being an additional asset. Jason kay found peace through coordinated chaos. Perhaps in time this Virtual Insanity the world sees can obtain such a state too.



CORAMETCALE

SHOULD YOU WATCH

"Freakier Friday"?



Freakier Friday Image courtesy of Wikipedia

By Enar Ahmed

On August 8th, 2025, Disney released Freakier Friday, the sequel to Freaky Friday. In Freaky Friday, Tess Coleman a single mother and her teenage daughter Anna are total opposites, and it drives them crazy.

After receiving cryptic fortunes at a Chinese restaurant, they wake up to discover that they have switched bodies. They need to act like each other until they find a solution. They develop a new sense movie, but in the end, you will find that they might of under-standing and respect for one another.

On the other hand, in Freakier Friday the scene sets two decades after the last identity crisis, where Anna's blended family might face the same problem that Tess and Anna went through before.

Critics say the movie is charming and funny, a movie that is meant to be seen with the family. A nostalgic and undeniably sweet comedy.

Many of the viewers praise the chemistry between Jamie Lee Curtis and Lindsay Lohan.

The audience explains how it is a fun, cheesy, and very enjoyable experience to have with your family. The movie may be cringey at times, but it is very emotionally engaging.

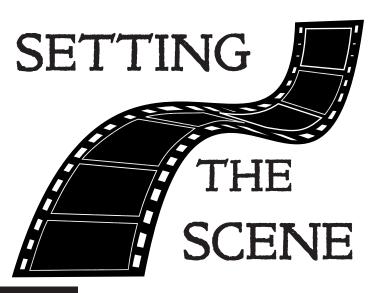
It allows the viewer to review their own family setting and take the time to put themselves in their siblings or parents' shoes. Showing you that not every family is perfect, and that each family has their own problems to solve.

Their target audience are moms, sisters, or just families that might not have a promising idea of what their own family members might be going through.

Others might see the movie as silly, unnecessary, and very confusing. However, if you like movies that are cheesy, emotional, and very nostalgic, then Freak*ier Friday* is the perfect movie for you.

At first it might seem like a copy-pasted hallmark reso-nate with you and your family setting.

Even so, if you have free time or a day off *Freakier Friday* might be the movie to watch.



The Rise and Fall of Fleetwood Mac

By Allison Ambuehl

Fleetwood Mac was one of the biggest bands from the mid-1970s to mid-1980s. Almost 40 years after its peak, it is still one of the most iconic bands of all time.

Right before the band became the renowned group it is known for, *Fleetwood Mac* consisted of Nick Fleetwood, John Mcvie, and Christine Mcvie. Then in 1975 Lindsey Buckingham and Stevie Nicks joined, solidifying the band's lineup and creating the iconic five that forever shaped the music industry.

Later that year, they re-released their first album together called *Fleetwood Mac* and the album was instantaneously successful, becoming #1 on the billboard 200 chart. Although their first release put the newly formed band on the map, it was not until their second album that they made a name for themselves.

Their second album *Rumors*, released in 1977, turned the band's stardom into something totally different and unreachable. This album was one of the highest grossing albums of all time, with over 40 million copies sold.

Their success leads many people to wonder why they stopped working together. Personal relationships between the five band members were one of the more prominent reasons the band fell apart but also the reason it was such success.

In 1977, John Mcvie and Christine Mcvie divorced, forever changing the bands dynamic. Although they remained professional, their relationship fizzled into strictly band related conversations.

Stevie Nicks and Lindsey Buckingham, on the other hand, had a constant on and off relationship. They were open to the public about their relationship, and it became a source of drama for fans. They made songs that fans believed were about each other, with each other, fueling into the allegations.



Fleetwood Mac in the 80s
Image courtesy of Vintage Everyday

Although their connection caused drama and tension, it was also a huge creative inspiration for them both.

Mick Fleetwood, the founder and drummer of the band, was involved in a confusing and complicated affair between him and Stevie Nicks. During their affair, he had a wife, who was also cheating on him with his best friend. He was dealing with all of that during the band's peak.

The band members' personal issues, and the stress of being an incredibly famous group, all five of the members dealt with varying degrees of drug addiction and alcohol abuse. However, some were worse than others.

Nicks experienced severe health issues because of the abuse, and Mick Fleetwood declared bankruptcy in 1984 due to his lavish spending on cocaine. Their struggles with addiction as a group are a well-documented and even infamous part of their band.

Eventually, in 1987 the group made their last album with all five of them involved called *Tango in the Night*. Buckingham and Nicks decided they wanted to pursue their own individual careers and left the band shortly after. However, the other three continued to make music together until their last released album in 2003, called *Say You Will*.

They performed their music till their hiatus after their year long tour ended in 2019. The band's future is uncertain following Christine Mcvie passing away in 2022. Even though they were a difficult group, they used their music as a creative outlet and semented their legacy in music history as a renowned band of the 80s.

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