

THE MUSTANG


P O S T



FIVE NIGHTS AT FREDDY'S 2


Movie Review:
Five Nights At Freddy's 2

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Editor, Journalist, & Broadcaster

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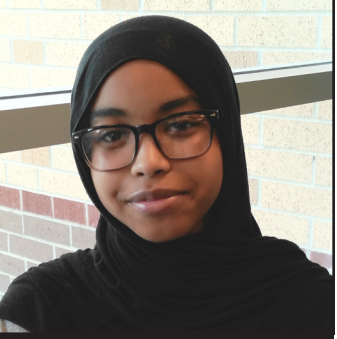
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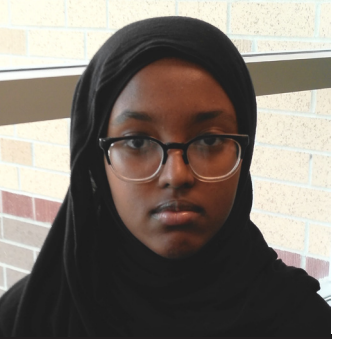
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Cover image: Image courtesy of <https://www.imdb.com>

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Happy New Year! As many celebrated the holidays with friends or family and hopefully everyone got the gifts they wanted, we give you a new issue.

This is my 3rd time relasing a new issue and I feel like I finally got the hang of all the editor duties and responsables.

Unfortunately, the new year doesn't resolve the stuff that is happening in our world. Many are unhappy including myself but we can only hope that things get better and equal.

I am very happy with this new issue as this includes many Arts & Entertainment and new released movies. I hope you enjoy this issue, Happy New Year!

Sincerely,

Savannah Swanson

letter from
the editor

King of Wrath: Insights & Plot

By Savannah Swanson

King of Wrath is a book about an Arranged Marriage/ forced proximity between Dante Russo and Vivian Lau. Wrath stands for controlled fury, suppressed emotions, and determination.

Dante Russo, a man who built his personality by being cold, sharp, and ruthless. He is a billionaire and CEO of Russo Corporation with a reputation that scares his rivals. But when Francis Lau (Vivians Lau's dad) almost ruins Dante's career and forces him into an engagement with his daughter Vivian Lau, everything he built starts crumbling down.

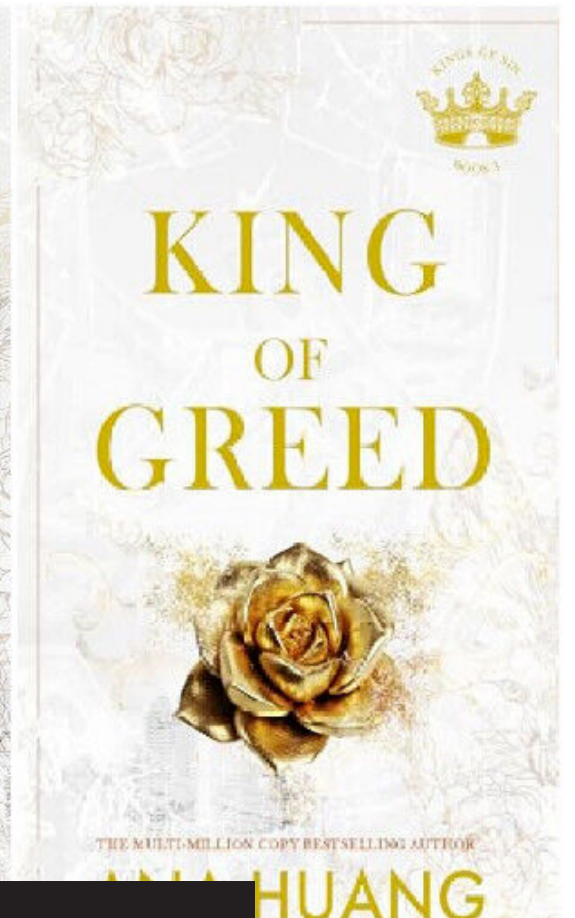
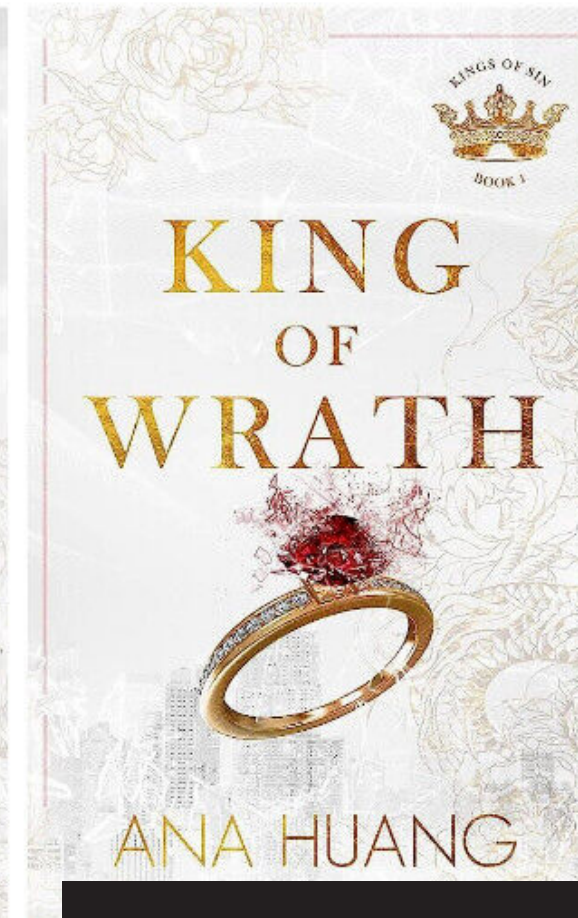
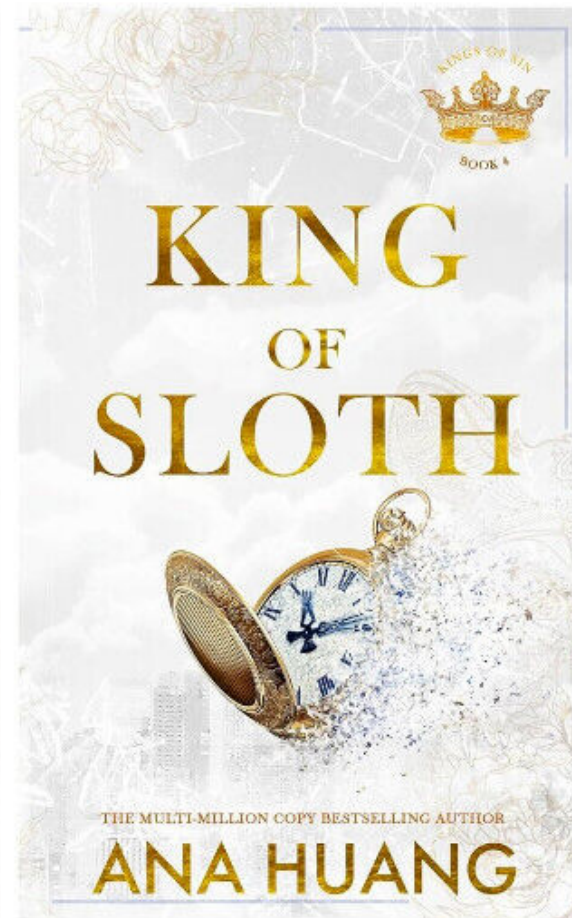
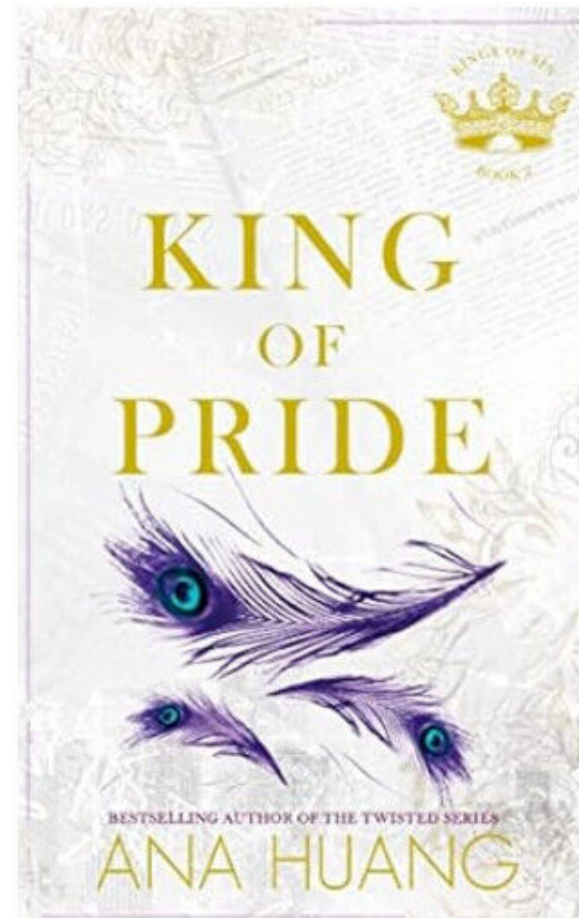
Vivian Lau, a woman grown up to always have flawless manners, perfect appearance, and major loyalty to her family. She is raised to display the type of women men want to see but not truly see. After her father, Francis Lau, announced the engagement with Dante Russo the walls start to cave in.

In the beginning Vivians dad, Francis Lau has blackmailed Dante into an engagement with his daughter. Trying to get out of the offer at first but having to accept since Francis has pictures of Dante brother, Luca, having an affair with a woman which would negatively affect Dantes company and reputation. His company and reputation being at stake he is forced to agree.

When they first met, they were both silent and could barely look at each other without feeling some sort of rage thinking that this marriage would ruin their lives. Dante refuses to tell Vivian the real reason why he "wants" the marriage, saying its necessary and Vivian in the dark about why this marriage is happening.

As the days pass on and they are forced to pretend they are happily getting married Dante starts to admire Vivians's elegance and internal strength. The feelings aren't one sided, as Vivian starts to notice Dante's protectiveness which starts to foreshadow deeper feelings.

As Dante attends one of Vivians event that



King of Sins most popular books.

she hosted, having to act like the perfect couple the public thinks they are. He starts to show deeper concern and protectiveness over Vivian which he grows to hate. Dante doesn't want to care but he can't seem too not. As tension continues to rise and their attraction for each other seems to grow.

Unexpectedly they start to like each other and fall in love. Vivian, who wants emotional connection becomes confused as Dante refuses to give that. Dante secrecy scares Vivian and might even cost their relationship.

When Vivian finds out about why the arrangement happened everything starts to spiral downhill. To read more you can find this book and your local stores and Barnes and Noble.

NOTABLE  NOVELS

By Amara Duchaine

“I’ll put the instrumental on in my headphones, and I’ll record three or four passes, all completely different ideas with no words at all,” Moreno says during an interview with Noisy.

The alternative metal band known as *Deftones* formed in 1988, the band includes the frontman Chino Moreno, Stephen Carpenter the lead guitarist and the drummer Abe Cunningham, bassist Chi Cheng, keyboardist and turntablist Frank Delgado who joined the band in 1990.

For nearly three decades, *Deftones* have occupied a singular space in alternative metal, crafting a soundscape that feels ethereal and immersive.

Their music blends heavy riffs and emotions into something their own.

The thing that sets *Deftones* apart from other bands isn’t just their way of blending different genres but it’s the way they transform sound into an immersive experience for the listener.

The way they blur different feelings like aggression and calmness into one song.

The beauty of their music and sound is the interplay between Morenos vocal style and Stephan Carpenters guitar work. Morenos vocal shifts and ability to go from whisper melodies to strained screaming, giving the music an emotional feel.

While Carpenters guitar riffs hold the songs together. Frank Delgado, the band’s keyboardist, adds electronic textures and samples to their music to make it feel like a dream like haze.

As you listen to each album whether its *White Pony*, *Diamond Eyes*, or *Saturday Night Wrist*, all albums have a different feeling that feels like stepping into a whole new world.

The band pulls listeners in from forming different layers withing the song, and every listen reveals a different detail.

The art and soundscape of deftones



Photo from the photoshoot for the 20th anniversary of the album *White Pony*



Deftones album and EP covers

Visual art has also and has always played a key role in how *Deftones* present these different “worlds” and different feelings.

The album covers are often minimalistic or abstract that reflect the emotional feel within their music.

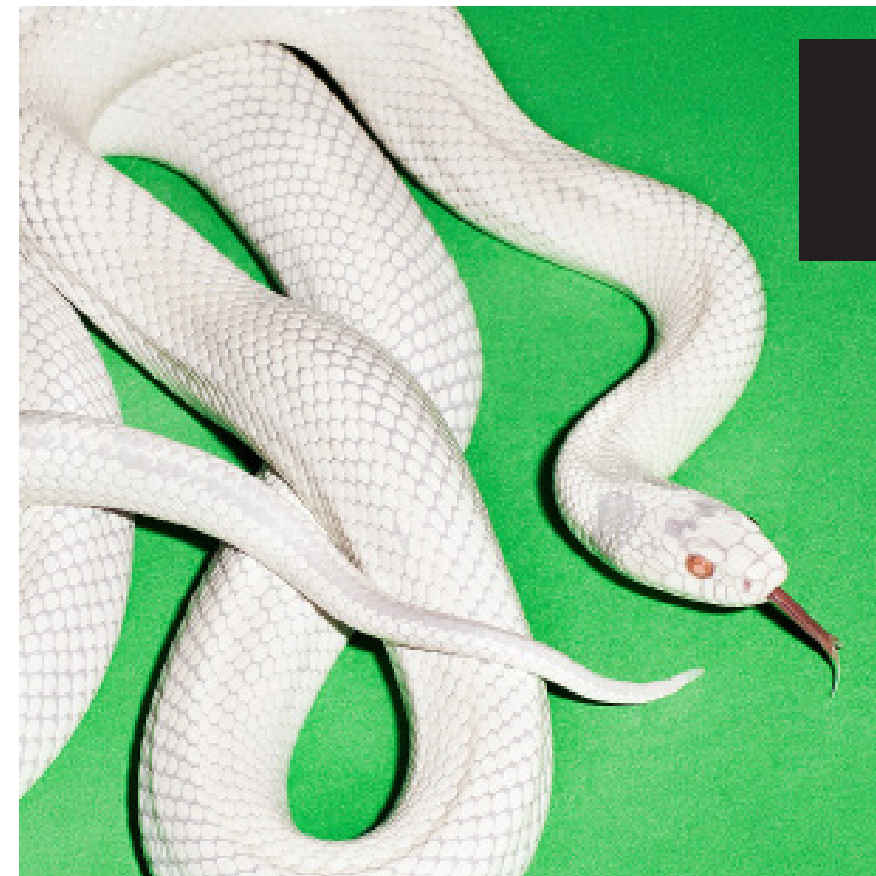
The iconic white horse from their album *White Pony*, the glowing red from the album *Koi No Yokan* or the soft blurred imagery of *Ohms*.

All these mirror the band’s signature contrast between softness and intensity.

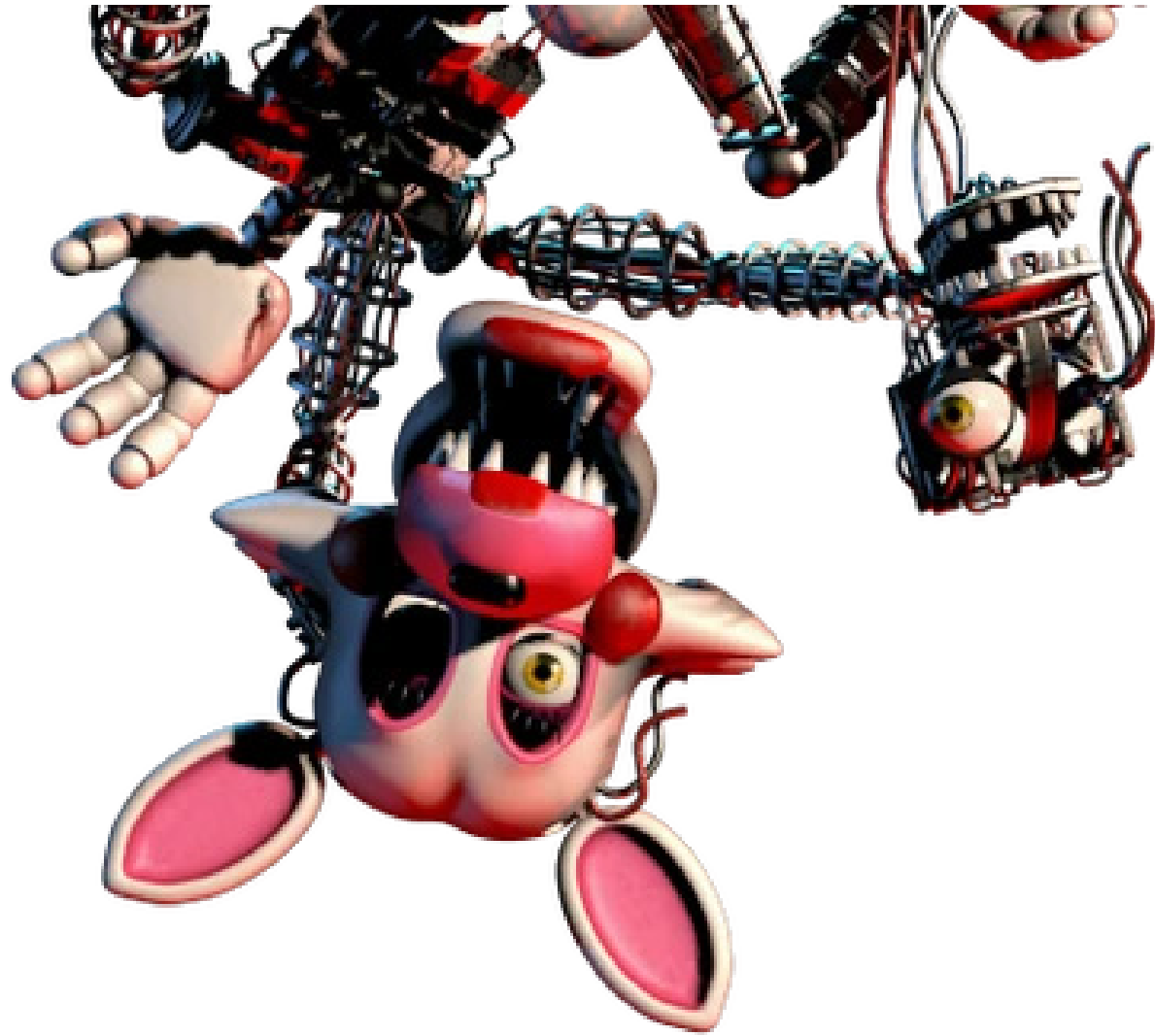
The visuals enhance their sound and give the listener room to imagine and interpret the songs in their own way.

The visual art and sound *Deftones* thrives on with building tension between loud and quiet with peace and violence.

This gives a place for the listeners to feel and absorb and even live in, making them want to return and listen again and again.



Private Music (2025) album cover



Mangle/Foxy
Image courtesy of <https://fivenightsatfreddys.fandom.com>

FIVE NIGHTS AT FREDDY'S 2

Movie Review

By Christina Miller

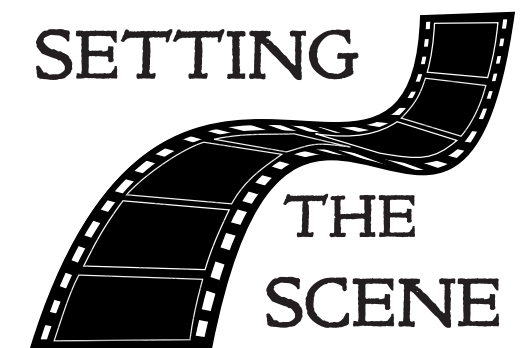
I've been a FNaF fan since I was a kid, and I still have most of the FNaF games. I was very excited when the first FNaF movie came out, and I thought it was great, but it also had some flaws that could be fixed, such as the pace of the film and some other minor details. FNAF 2 movie improves on a lot of criticisms from the fandom and has a lot more characters too.

Critics didn't like the first movie as much and hated the second. These movies are primarily made for the fans of the franchise. Most fans absolutely loved the movie, including me. The Rotten Tomatoes and Popcorn percentages are crazy different and show one of the biggest divides amongst fans and critics.

Critics didn't like the number of things (lore, easter eggs) in the movie, and some may have thought the movie was a mess, while the fans and I loved it. I literally freaked out seeing some of the things from later games and the lore drops. A lot of the lore drops were insane! One scene had me freaking out like crazy, but no spoilers here.

Many fans loved the animatronic characters and

how accurate they were to the games. These animatronics were made by the Jim Henson Creature Shop. I think they did so awesome with the animation, making them look very realistic. They put lots of love into making these close to the game versions and the most realistic. My favorites were the Withereads; they made them look so gross, like they are meant to look, and very creepy.



Freddy Fazbear/Toy Freddy

Image courtesy of <https://www.pinterest.com>



The actors were good, but in my opinion, the acting could have been better for this movie. Abby is an 11-year-old girl, and for some reason, she does the dumbest thing ever and starts the mess everyone's in. I just feel like they could have started the story a different way, so Abby didn't have to look dumb. But I do love the character Mike; he takes care of his little sister (Abby), and he is a really good brother. His character is played by Josh Hutcherson, and he has played in so many iconic movies, like Hunger Games.

Voice actors were insane, we have Megan Fox voice acting for Toy Chica. Megan Fox genuinely did well with her voice acting, though. Matpat even voiced Toy Bonnie. If you don't know him, you may recognize him from GameTheory. When I heard Toy Bonnie, it didn't even sound like Matpat, which I was hoping it would, but it's okay. All the voice actors did pretty well.

Going to the theaters to see this movie was so fun. It felt like all the fans were getting together to watch this movie. I've seen TikTok videos of people just screaming in theaters over the biggest or even the smallest details ever.

Overall, I would recommend this movie mainly to the fans of the FNaF games, people who have learned the lore, or at least the main plot of the first games (Scott Cawton games). If you don't know the games, then you may have trouble keeping up with the story.

FNaF 2 movie cover

Image courtesy of <https://www.imdb.com>



The High Cost of **Fast Fashion** cents fashion

By Mateo Landayan

Fast fashion has become one of the most influential forces in teen culture. In a time like ours where everything seems old and “nostalgic” and with media like weekly “Outfits of the day”, today’s trend cycle moves faster than ever. Clothes are cheaper, styles change constantly, and it’s easy to feel like you’re always one step behind.

But convenience comes with consequences that most shoppers never see. Big fast fashion brands now churn out dozens, sometimes hundreds, of micro-seasons every year. Instead of four classic seasons, there’s a new collection nearly every week. The result is clothing designed to be worn a few times and discarded.

According to Eco-stylist 2025, the average fast fashion item is kept for much less time than traditional clothing, and most of it never gets reused. Much of it is shipped overseas or ends up in massive textile dumps where it can take decades to break down.

Environmental harm doesn’t stop there. Textile dyeing is one of the most polluting industrial processes in the world, and synthetic fabrics release microplastics into water systems every time they’re washed.

For a \$7 shirt to reach your doorstep, water, chemicals, and labor are all consumed at a staggering scale; these are the costs that don’t show up on the price tag.



Clothes piled up at a dumpster Image courtesy of KTSM news

the “Outfit of the Day” trend
Image courtesy of OutfittFormulas.com

Even with concerns about the environment, fast fashion remains popular for three simple reasons, price, pressure, and speed. Social media rewards newness. Algorithms push fresh looks every day, making last week's outfit feel outdated.

At the same time, thrifting has exploded throughout the entire West Fargo area, and even younger generations as a whole. There's something exciting about finding a piece with history or personality, not just grabbing the latest shirt that thousands of other people bought that morning. Students say it's cheaper, more sustainable, and even more personal. Thrift culture offers something fast fashion can't, personality and character. And for our school, sustainability is something you can participate in.

The clothing racks by the Mustang Stable and the hallway into the theatre are stocked year-round for anyone who needs a new outfit, no questions asked. They're used more than people realize, and every item taken is one less piece that ends up in a landfill or stuck in the back of someone's closet. This makes sure every student has what they need without having to force themselves into the fast fashion cycle or worry about cost.

These small choices don't solve the entire problem, but they show how accessible change can be, one borrowed jacket, one reused sweater, one less impulse shopping spree at a time.

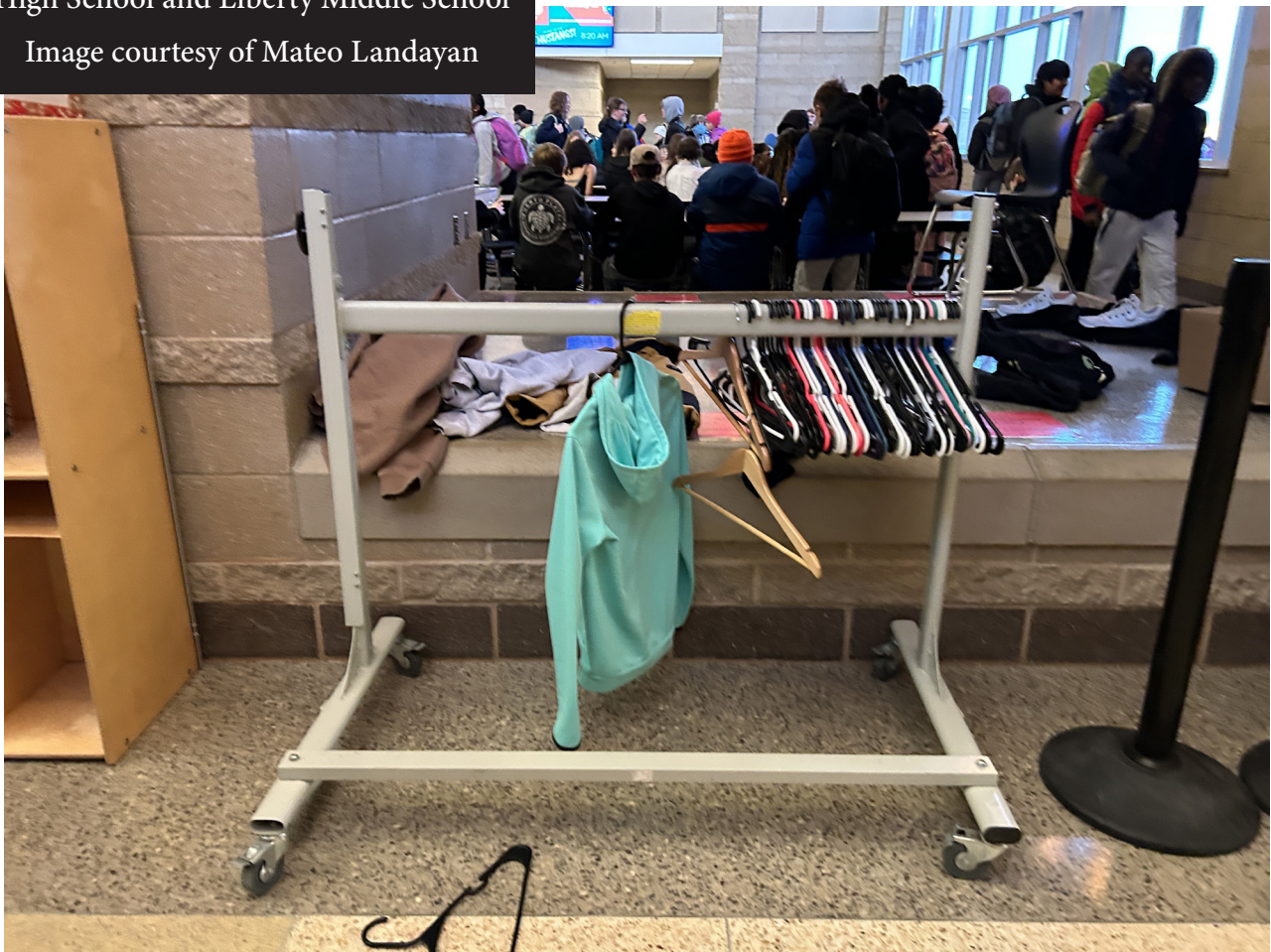
Instead of matching whatever the algorithm decides is trending, thrifting lets students express themselves with pieces no one else has. In a world where outfits get thrown away faster than ever, finding something that feels genuinely yours matters a whole lot more.



An example of what a typical closet looks like these days
Image courtesy of Stockcake



The student clothing rack at Sheyenne High School and Liberty Middle School
Image courtesy of Mateo Landayan



By Gemma Ludwig

13 Reasons Why is a television series that centers around a high school student named Hannah Baker, whose death is explained through 13 recorded tapes she left behind for classmates and adults.

Each story focuses on a person whose choices and actions added to the growing sense of pain Hannah experienced. Rather than blaming a single individual, the story shows how repeated acts of betrayal and harm can accumulate overtime.

Hannah wanted the first person to receive the tapes to pass it on to the next person, and so on, without reporting it. She wanted each person to reflect on themselves and see how their actions, even if unintentional, harmed her.

Hannah wanted to share her experiences with truthfulness and without judgment, which is something she wasn't able to obtain before her death. With the use of these tapes, and the deep regret each person would feel, she hoped it would prevent damage to others.

Justin Foley represents the beginning of Hannah Baker's public humiliation. A private moment between Hannah and Justin started an inappropriate rumor that spread throughout their school, this made Hannah the target of sexualized gossip.

Justin chose popularity and self-protection over honesty. That choice led Hannah Baker to experience trust issues which quickly turned into immense feelings of betrayal. This left her with the inability to trust future relationships.

Jessica Davis begins as a close friend but becomes distant after believing the rumor that was started by Justin. Jessica's anger is aimed at Hannah instead of the situation itself, which led her to end the friendship.

Image courtesy of Wallpaper Cave

13 Motives

in

13 REASONS WHY



Image courtesy of Teen Vogue

The loss of this relationship removed an important source of support for Hannah leading to feelings of being misunderstood and lasting emotional damage.

Alex Standall contributes by creating a list that ranks students' bodies as a joke. The list reduces Hannah to an object more than a human being. Even though Alex didn't intend for harm to be done, his actions showed how careless behavior deeply affected Hannah after already feeling such deep pain.

Tyler Down repeatedly invades Hannah's space by taking photographs of her without her consent. These actions made Hannah feel watched and unsafe. Her environment no longer had privacy, which led her into a deep emotional distress contributing to her suicide.

Courtney Crimsen values her reputation above honesty when she was confronted with rumors. Courtney lies and puts the blame onto Hannah. The

deep betrayal Hannah felt made her look at other people differently as well. While all of this was happening, it became very isolating and hard to juggle her emotions.

Marcus Cole publicly humiliates Hannah during a date that was arranged. Marcus acts inappropriately and later frames the situation falsely. His behavior led Hannah to feel used and insecure.

Zach Dempsey's had a quiet but damaging effect on Hannah. He took away encouraging notes that were meant for her to see. This act removed all small sources of kindness that she was receiving, which she needed at the time, resulting in deeper feelings of loneliness.

Ryan Shaver publishes Hannah's personal poem without her permission. The extreme violation of privacy and what she used as a way to express her feelings, was turned into public entertainment.

Sheri Holland is involved in an incident that

leads to serious consequences, but she avoids all responsibility at first. Although Sheri experiences guilt, she lacked what Hannah needed, which was accountability. This led to prolonged emotional strain.

Clay Jensen appears on the list despite his showings of kindness. Clay lacked the ability to speak up, even when Hannah showed her struggles. The silence prevented help for Hannah.

Bryce Walker commits repeated acts of assault and manipulation. Bryce's behavior caused a deep trauma for Hannah and represents the most abuse in the series. Bryce lacked accountability for his actions which led Hannah feeling powerless, and as if she couldn't speak on her devastation.

Kevin Porter the school counselor fails to provide support when Hannah seeks help. This closed off all options for Hannah to receive help, which

made her believe there was no escaping her pain. Kevin unintentionally left a massive impact on what led to her suicide.

Hannah Baker's decision is shaped by several events of betrayal, silence, and harm. Each character contributed a piece to her pain, which go ignored. Some harm was done unintentionally, but it grew through careless behavior, and the lack of accountability.

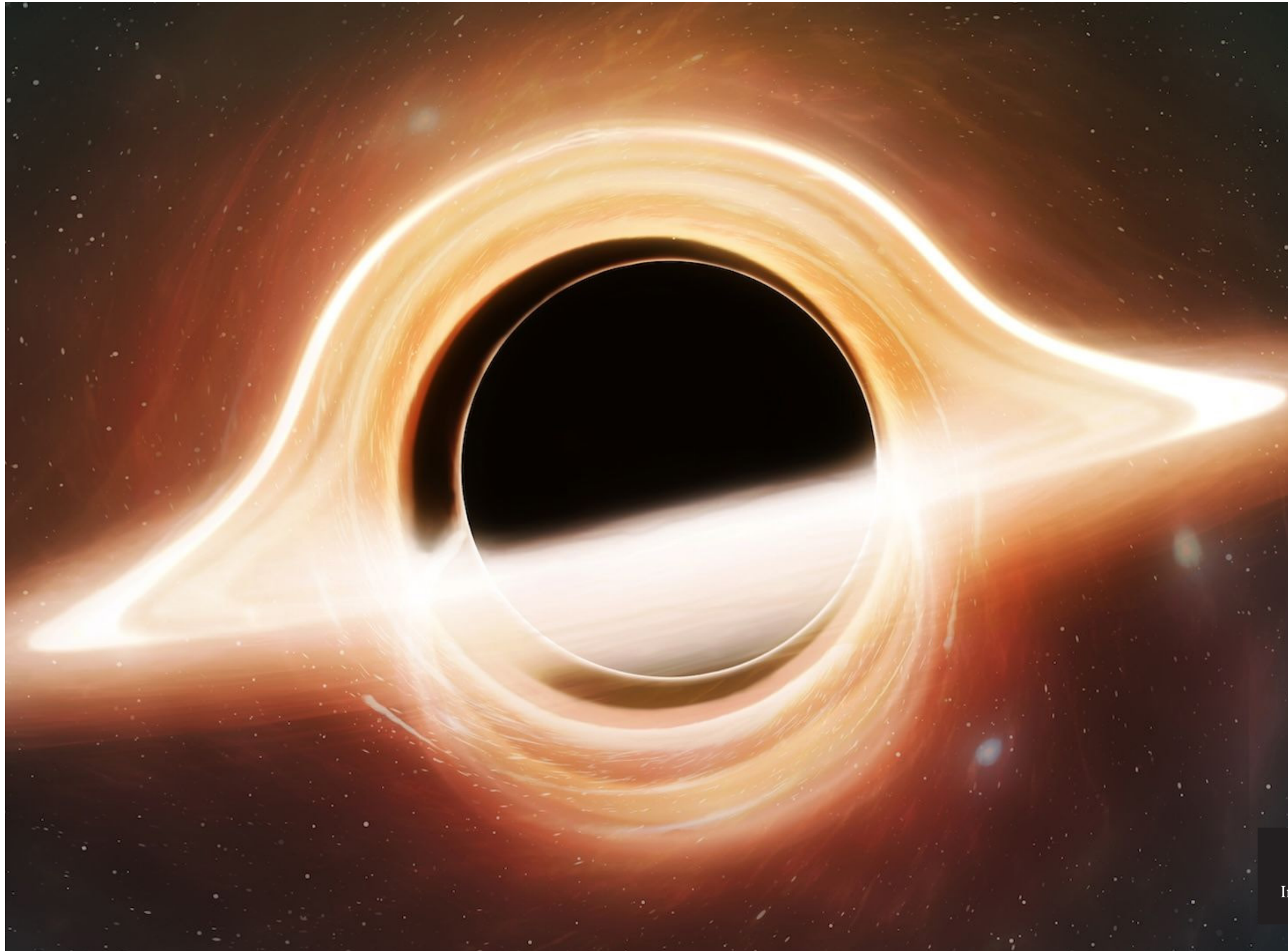
The series shows how small actions can pile up to be an overwhelming pressure. The rumors became her reputation, she had a lack of support, as well as the extreme amounts of distress and loneliness.

Hannah Baker is an example of the consequences to ignoring emotional pain in a person, and the show as a whole represents how words and actions can have a deep effect on someone.

Image courtesy of Pop Crush



Space Theories



By Adrianna Raile

Space is a bizarre and scary place, especially since it may be endless. Theories about space, galaxies, and universes can go on forever. However, there are only a few that really make you realize how small we really are compared to the rest of the universe, and the other universes that may exist.

Theories like the black hole information paradox, the universe is a simulation, and the false vacuum collapse are why scientists are on their toes.

As of right now, scientists can't explain what a black hole really is. No one knows how black holes literally delete matter from existence or why it happens.

What scientists do know is that when the first stars lit up, it was the cosmic dawn. The cosmic dawn happened about 400 million years after the Big Bang.

Recently, scientists discovered an unknown space object called MOM-Z14 and many other galaxies that were not supposed to form for another 300 million years. These galaxies are becoming more gaseous, brighter, and heavier than what scientists can record, and no one knows why or how. One thing they do know is that the universe shouldn't have had enough time to build them.

Black hole

Image courtesy of livescience.com

For hundreds of millions of years after the big bang, universal expansion was slowing down. However now, roughly 9 to 10 billion years after the Big Bang, the expansion has sped up. For as long as time, gravity always wins, meaning gravity has kept everything moving and forming as it should be. Now, scientists believe that dark energy has begun to take over.

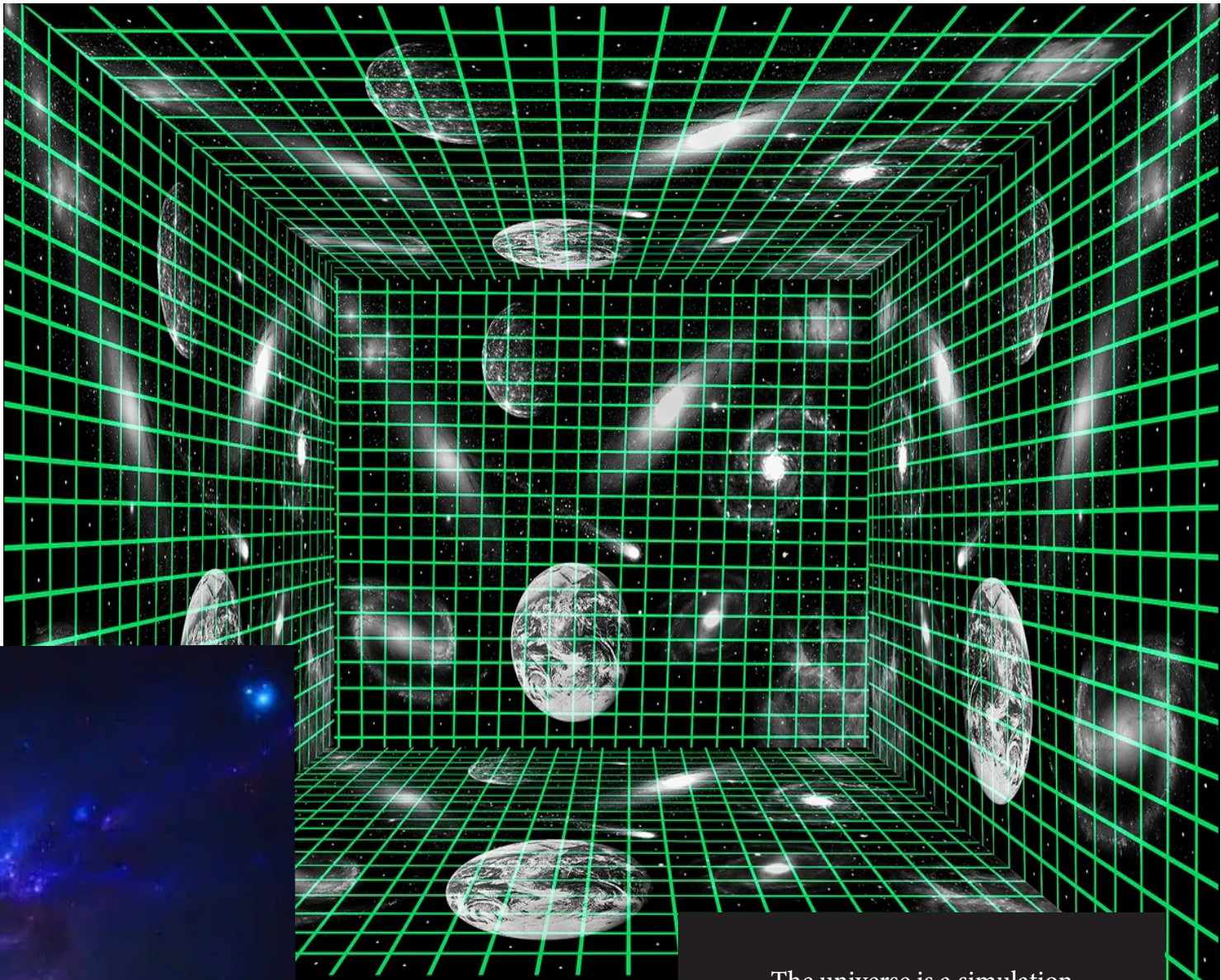
Dark energy has existed since before the Big Bang. When the Big Bang occurred, the dark energy seemed to cease to exist, but it never really went away. This dark energy has a form that is, like said in the beginning, unexplained.

Black holes can suck in anything, and it is inevitable that anything can escape it. Including light. The information black holes give up scientifically lines up, but in reality, it's impossible. This is why science can't explain black holes; that's why it's

called the black hole information paradox. The false vacuum collapse is the theory that everything in our universe is temporary and unstable. This suggests that our own universe is in a false state.

Theorists believe that eventually, the universe will 'pop' into its normal form and delete everything in our universe almost immediately without warning. We are basically on our way to get to the bigger universe and can introduce the idea of the higher dimensions.

Many scientists and theorists have begun to believe that the universe is a simulation. They think that all of the universe is a computer-generated game created and used by a more advanced civilization. Scientists like Elon Musk believe it is possible to find out if the universe is really just a game to someone, and we are all just the subjects of the game.



The universe is a simulation
Image courtesy of scientificamerican.com



The false vacuum
Image courtesy of rudebaguette.com

RACOONS: ALMOST DOMESTICATED

By Allison Ambuehl

Raccoons are known as being America's back-yard bandits, and the natural masks on their faces definitely don't help. Although mischievous, they are exceptionally cute little rodents; along with being incredibly smart!

They can use their paws to solve complex things like locks and even outsmart humans while doing it. They are known for having long term memory skills, 200 different vocalizations, and astounding swimming skills.

Raccoons are multi-talented, adorable, and clever, who wouldn't want one as a pet? Fantastic news: raccoons are showing early signs of domestication, which means that eventually they will crave to be cared for by humans, like dogs and cats.

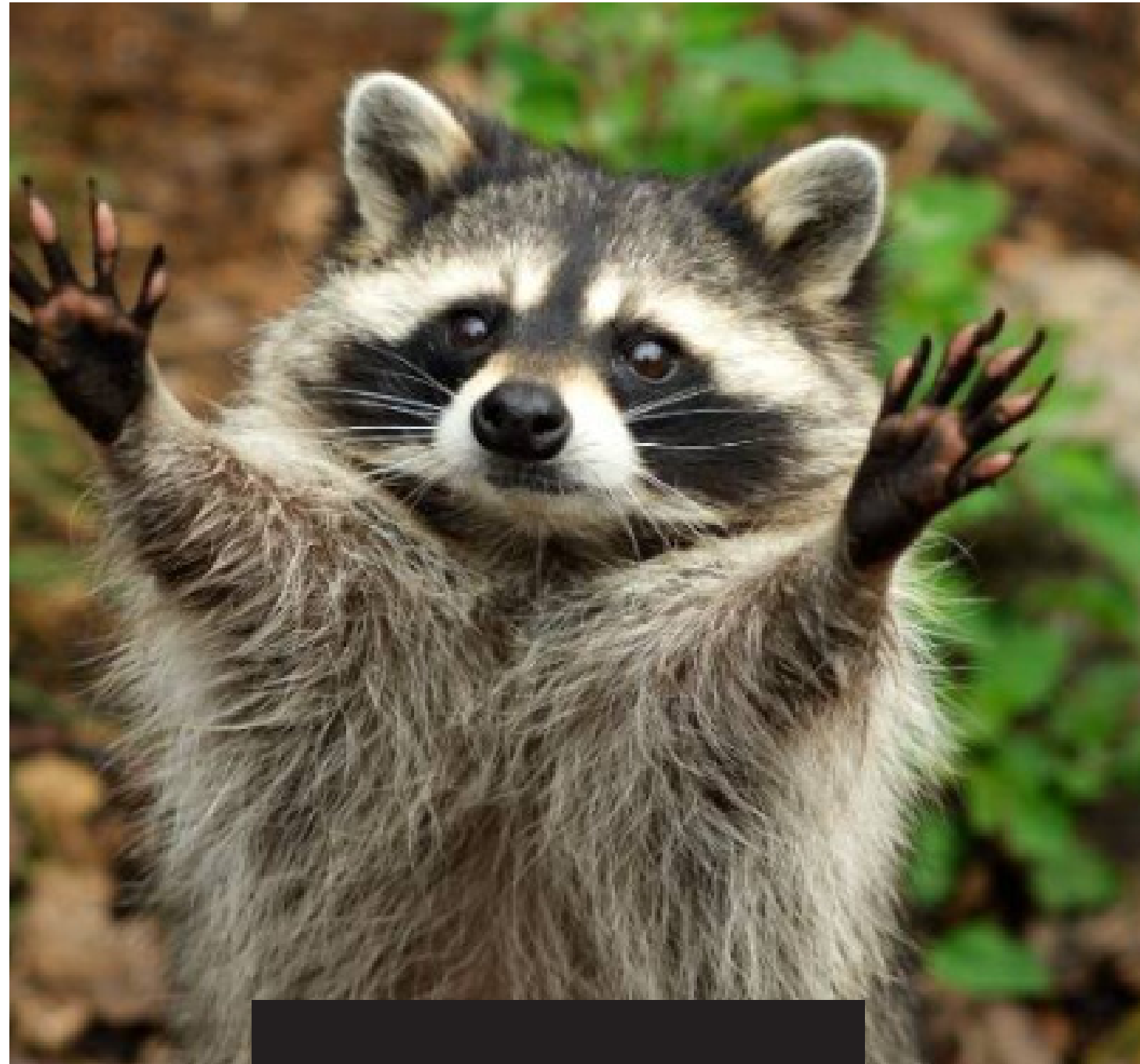
The nations "trash pandas" are estimated by scientists to eventually be domesticated, however, it is still in the pilot stages and there is no specific timeline for this progression, if it even actually happens.

So, what evidence do these researchers and scientists have and why is this happening? First raccoons that live in the cities have an average of a 3.5b inch shorter snout than raccoons that live in the wild, which is obvious sign of domestication.

Also, urban raccoons are becoming reliant on food from humans, and they are overall becoming less fearful and tolerating humans.

Finally, they are also evolving to be perceived as 'cuter' by humans, growing floppier ears, curlier tails, and lighter fur patches. These changes can be compared to how wolves eventually evolved to be dogs, although it took hundreds of years.

Now, let us move onto the why these changes are happening. Natural selection is one of the main reasons for this to happen. For the urban raccoons to survive in populated areas, they must be less aggressive and scared of people since they rely on human trash.



Raccoon

Image courtesy of Wikipedia



Baby Raccoon

Image courtesy of Britanica

THE SCIENCE AND SOUL BEHIND MUSIC

By Allison Ambuehl

Universally, there is virtually nothing that everybody agrees on. We as people each have our own unique beliefs and experiences. Since no one is the same, no one's opinions are going to be identical.

However, there are several things that most people concur with. One of those things is music, nearly everyone on this planet can agree that music is a good thing.

Although there is much discourse about genres of music, artists, and everything else there is to music, music as a whole is looked upon in a positive light.

When you go around and ask others why they like music, they might respond with things like “I like the way it sounds,” or “I relate to certain songs/artists,” or “I can feel the music.” Few people dive into the deeper reasoning behind why music is so powerful.

So, why do so many people believe music is one of the greatest things ever created, how does a song connect the un-connectable?

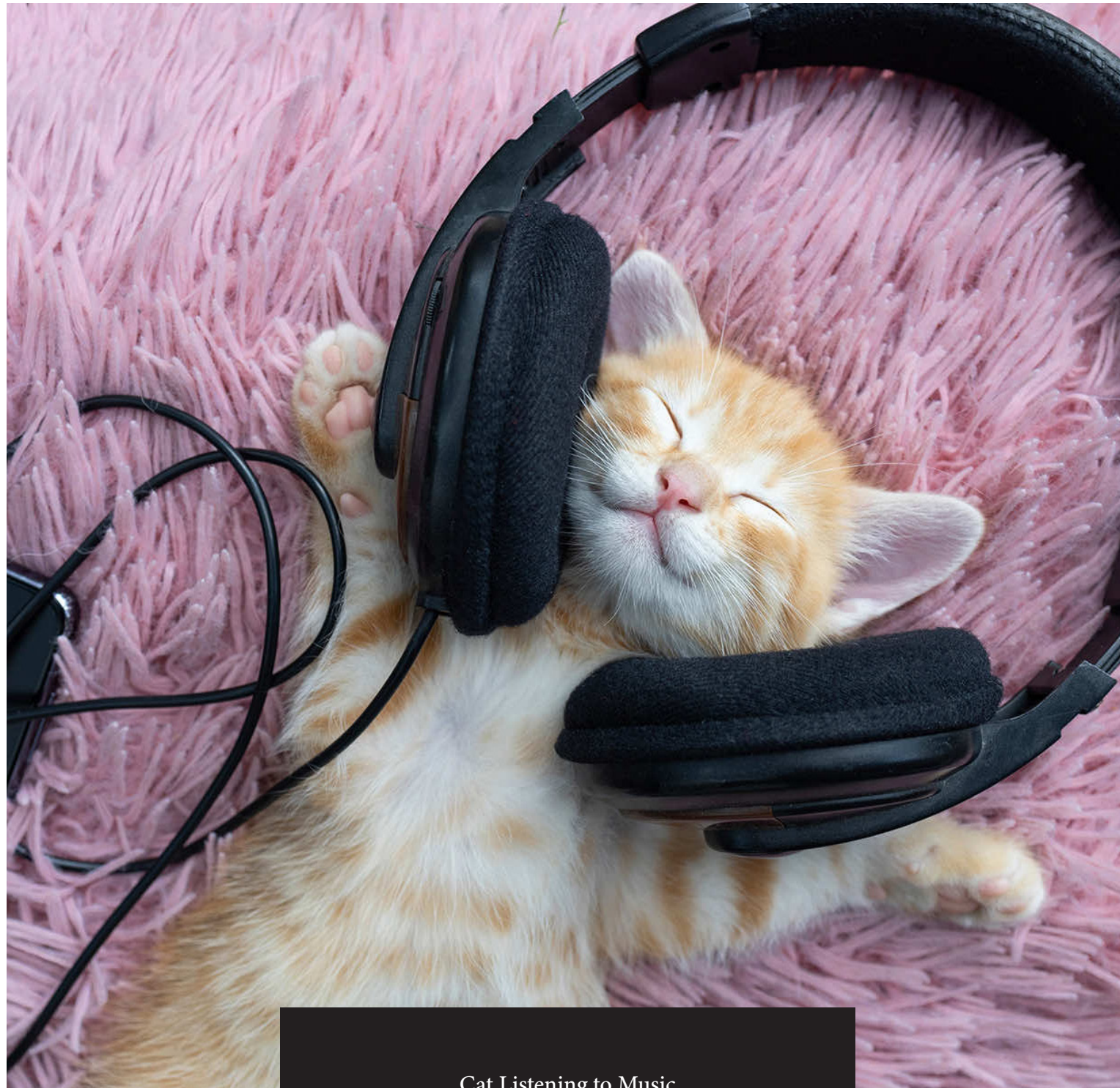
First of all, music affects the brain deeply. When a song is played, nearly all of the regions of the brain are activated.

It is like a workout for the brain; it strengthens cognitive functions while also improving memory and focus. Music even goes as far as changing the brain in a process called neuroplasticity.

Along with all of those benefits, playing music releases dopamine, boosting your mood and motivation. The releasing of dopamine activates the brain's pleasure points, making you want to listen to more to get that same feeling.

On top of that, emotional regulation and the reduction of stress is another aspect of why music is so amazing.

Playing one of your favorite songs can be therapeutic in situations of crisis, and just beneficial in



Cat Listening to Music
Image courtesy of Milwaukee Independent

general. That is part of why music is so incredibly popular, it has a significant impact on the brain and is a tool for coping, and concentration.

But how does music bridge a connection between people? Playing or listening to music with other people releases endorphins and oxytocin, which creates feelings of bonding, closeness, and belonging.

As if the brain couldn't get any cooler, playing music together causes you and other people's brainwaves to sync up which creates shared feelings, increasing the trust and connection you feel.

Lastly, music allows people to share intense emotions and experiences, and relating or empathizing for a person through a song builds connections with people.

No one has the exact same opinions or values, but music creates space for people to empathize and bond with others. That is what makes music so incredible, the connection.

The Australian Bushfires

By Enar Ahmed

On May 1st, 2025, in Southeastern Australia smoke started to rise from several fires.

Usually in Australia bushfire season ends early autumn, yet the warning signs of extended fire danger were going on throughout April.

During the next two weeks, heavy rain lifted the fire bans in southeastern Australia. Allowing hazard reduction burns to begin.

However, in recent days fires have been starting up again even more rapidly. One fire occurred in Sydney's North coastal area on December 6th; it damaged and destroyed at least twelve homes in total.

These fires were carried by intense winds, allowing the temperature to reach up to 41 degrees Celsius, and become harder to control by firefighters.

These fires have been growing rapidly due to the hot, dry climate and the oils in the forests which have become highly flammable.

Over fifty fires have been burning in New South Wales, these fires have caused a lot more damage, with at least one casualty.

An Australian firefighter was killed in a fire, north of Sydney. The 59-year-old man was struck by a tree, in which he suffered from a heart attack and died at the scene.

Over the course of two days the fire has managed to set a blaze on a total of 8,600 acres of land, destroying four homes.

Down south, in Tasmania they are also battling their own fire that has taken over around 1729 acres of land. This fire has destroyed nineteen homes and has damaged around forty more.

Overall, these fires have resulted in over 30 destroyed homes, and over 40 more damaged homes.



Major bushfire in Southeast Australia
Image courtesy of China Daily HK



Australian bushfire
Image courtesy of The Guardian

Other outcomes of these fires include severe air pollution, supply chain disruptions, and infrastructure damage.

Many families and businesses have been deeply affected by these fires, both financially and mentally.

A lot of these families have lost an enormous amount of financial stability to these fires, which resulted in many GoFundMe's to be uploaded, where others could donate to help these families rebuild their life and fix the damages.

Even so, there are 35% of adults who find it difficult to get by on their current income, due to past bushfires.

This goes to show how the Australian bushfires are extremely stressful for the people in Australia, and the firefighters who are risking their lives every day to keep us safe.



Australia's ferocious wildfires
Image courtesy of unicef USA



Australia's bushfires
Image courtesy of POW



Australia's climate report
Image courtesy of Karmactive

Genshin Impact



Should you play?

By Quinn Nordick

Genshin Impact is a free, anime styled, RPG game with a ton of amazing gameplay and fun characters. At the beginning there are two travelers, a brother and a sister, that get separated by this unknown god. As the player, you get to choose who you want to play as, the sister, or the brother. Then you get to name whatever one you choose.

After you name them, you wake up on a beach in a world called “Teyvat” and end up finding your little travel companion named “Paimon.” She’s sweet, kind, and might talk a little too much, but she’s your only friend in this world right now.

The game then teaches you the basic controls such as how to attack, run, climb, and use your elemental abilities. Which you get from touching a statue of the seven. Where you find out that you can control the elements without something called a vision. A vision is a jeweled amulet gifted by the gods to citizens with strong ambitions.

Visions give the user the abilities to use one of the seven elements. Cryo, pyro, hydro, electro, dendro, anemo, and geo. Also known as ice, fire, water, electricity, plants, wind, and rock.

After the tutorial, you start the long story quests that you follow in your journey across the world of teyvat. During this period of time, you will meet many people. Some foes and some friends. You will also face a whole lot of battles.

Genshin Impact
Image courtesy of miHoYo





Version 6.1 Luna I
Image courtesy of miHoYo



The Twins
Image courtesy of miHoYo

As you travel across nations you find yourself in many interesting predicaments such as being in trouble with the law enforcers or even the nations archon, also known as the nation's god.

There are many nations. Seven are ruled by archons. Only one nation so far known as Nod-Krai that has a

god that is not a part of the main seven. This nation is different from the others; unlike the others, this one worships the goddess of the moon since their god is not an archon due to the moon not being a natural element like the other gods. She also does not wish to assert control over her nation.

Every other nation has a god that controls one of the seven elements, and each represent an ideal. These gods are known as "Barbatos", the god of anemo, "Rex Lapis", the god of geo, "Beelzebul", the god of electro, "Buer", the god of dendro, "Focalors", the god of hydro, "Habor-ym", the god of pyro, and "Tsaritsa", the god of cryo.

These seven are known as the primary gods that rule each nation. Every nation you visit uncovers more of this worlds story, and more clues to where your sibling may be. But you also soon find out that this world is not as innocent and colorful as it seems, will you uncover the secrets that lie beyond the false sky?

COLLEGIATE ATHLETES TO COACHES

By Callen Foshier

With a brand-new coaching staff for the 2025-2026 season, Sheyenne girls' basketball has put together a team of five coaches for the staff this year!

Not only are these individuals coaches, they also were all previous athletes as well, and all personally know what it takes to be great.

Every single one of the five coaches on the staff played high school athletics, with three of them going on to play sports in college.

Morgan Milbrath, head coach for Sheyenne girls' basketball, was a graduate of Minot High School, Minot, North Dakota, where she was a three-sport athlete.

Competing in volleyball, basketball, and track, she found success in all three and later went on to attend North Dakota State University in Fargo, North Dakota where she competed on the track and field team.

Running on the team for all four of her collegiate years, she also played on the softball team for one season as well.

After graduating college, Milbrath found her path in coaching for Sheyenne's feeder middle school, Liberty in 2020. Here she coached volleyball and basketball, as well as accepting an assistant track and field coaching position at Sheyenne in the spring of 2021.

In 2022, Kenyon Wingenbach accepted the position as head coach for Sheyenne girls' basketball, and selected Milbrath as the C team coach.

In 2024, Milbrath was promoted to assistant JV coach, and in 2025, with the resignation of former head coach Wingenbach, Milbrath applied for the head coach position, in which she was hired.

With this being her debut season, it's exciting to see what she can bring to this program and hopefully bring an above .500 record for the Mustangs!



Morgan Milbrath running a 4x4 in 2017
gobison.com



(Above) Sarah Durand at Bemidji State University in 2016
Sarah Durand's Facebook

Sarah Durand joined the program last year for the 2024-2025 season as C team coach. With the promotion of Milbrath as head coach, Durand was chosen as the JV coach this year.

Graduating from Warren-Alvarado-Oslo High School in Warren, Minnesota, she went on to play at Northland Community and Technical College in Thief River Falls, Minnesota.

There, she helped lead her team to the NJCAA Division III National Championship, as well as earning Player of the Year.

Continuing her athletic career, Durand went on to play at Bemidji State University for two more seasons.

Tori Dosch is in her very first season with Sheyenne girls' basketball and has the honors of being their C team coach.

Graduating from Greenbush High School in Greenbush, Minnesota, Dosch continued her athletic career at Northland Community and Technical College in Thief River Falls, Minnesota.

After her two seasons with the Pioneers, Dosch went on to play at Northern State University in Aberdeen, South Dakota for two seasons as well.

(Below) Tori "Mekash" Dosch at Northern State University in 2019
Tori Dosch's Facebook



DENVER BRONCOS: RUNNING FOR A RING

By Callen Foshier

Securing the number 1 seed in the AFC, Super Bowl LX predictions cannot be without the Denver Broncos in the conversation. The last time the Broncos appeared in the Super Bowl was back in 2016, when Peyton Manning led the team to a championship victory before retiring at the age of 39.

Following the retirement of their future Hall of Fame quarterback, Denver struggled to rediscover success. After their Super Bowl 50 win over the Carolina Panthers in 2016, they dropped to a 5-11 record in the 2017 season. The following season wasn't much better with a record of 6-10, 7-9 in 2019, 5-11 in 2020, 7-10 in 2021, 5-12 in 2022, and 8-9 in 2023.

The 2024 season marked a turning point for a franchise that had searched for stability for almost a decade long stretch of losing seasons. Struggling to find comfort in a steady quarterback since Manning, Denver lacked a strong offense. But, in the 2024 NFL draft, the Denver Broncos selected Bo Nix in the first round out of Oregon. With the addition of a promising young quarterback, Denver began to show signs of a renewed offense and a new sense of optimism for the upcoming season.

The 2024 season brought a winning record for the Broncos. Finishing 10-7 in the AFC and reaching a playoff game for the first time since their Super Bowl Ring in 2016. They fell short in the Wild Card Play-offs to Buffalo 7-31. This fired the Broncos up for the following season.

Denver Broncos' offense posing after a touchdown
denverpost.com



Bo Nix at the 2024 NFL Draft
themirror.com

Although signaling the end of the season after losing to the Bills, that playoff appearance signaled significant progress for the organization as a whole.

Entering the 2025-2026 season, the Broncos built on their moment from their previous season. With Bo Nix leading the offense after coming off a successful rookie season, Patrick Surtain II leads Denver's defense after earning Defensive Player of the Year honors in the 2025 season; the Broncos are now emerging as a top Super Bowl contender.



Patrick Surtain II with his 2025 Defensive Player of the Year award
msn.com

About a month from concluding the NFL season, Denver fans are yearning for once again another Super Bowl. Earning the #1 seed in the AFC, the Broncos are now sitting at a 14-3 record and with home-field advantage, ESPN analytics rank them second overall in Super Bowl winning contenders.

Lead by an elite defense and an improving offense under Bo Nix, head coach Sean Payton has all the tools to reach the Super Bowl.

SIX OF CROWS: A HEIST WORTH GETTING PULLED INTO



By: Maryama Ali

When Netflix released *Shadow and Bone* Series premiered in 2021, where some were unknowingly introduced to a wide audience to the Leigh Bardugo's Grishaverse. This eight-part series exist's in the similar universe as the *Six of Crows*, featuring fan-favorites like Kaz Brekker and his band of misfits.

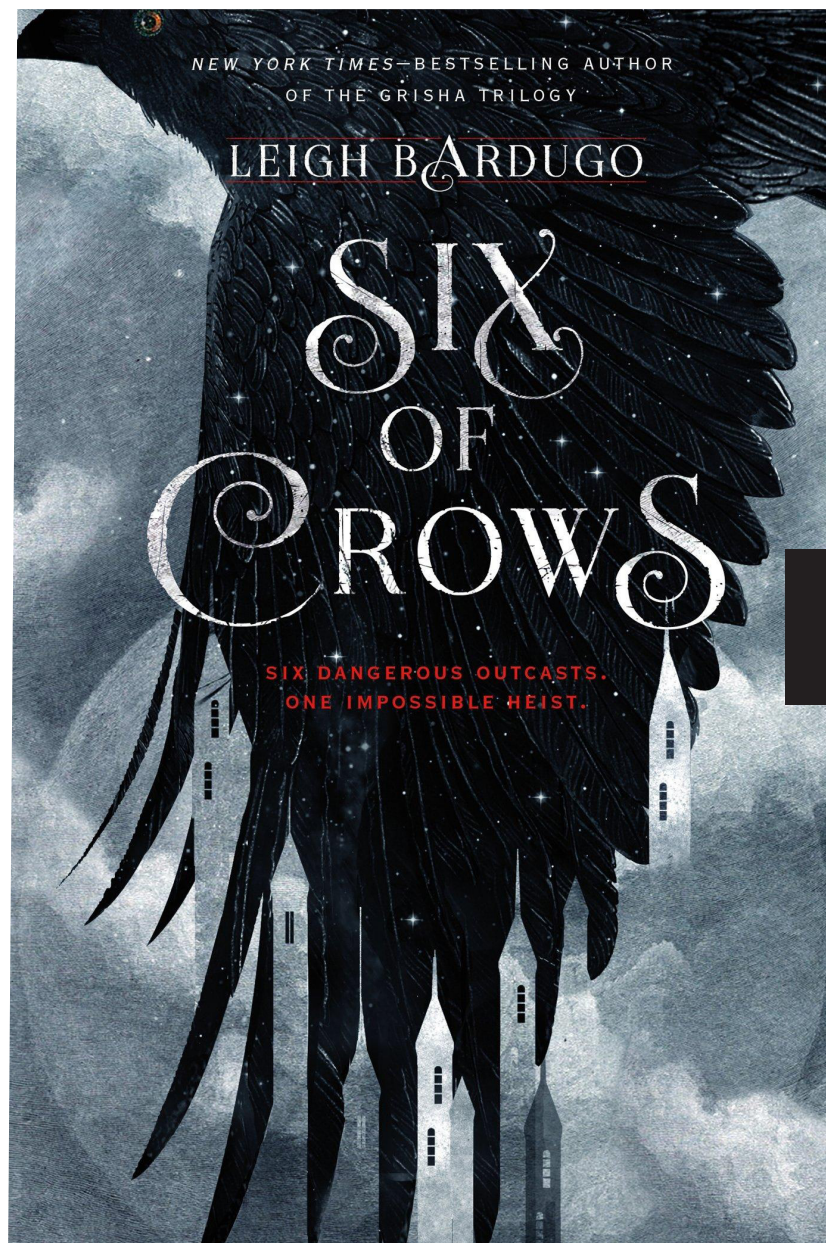
While the show is based on Bardugo's *Shadow and Bone* trilogy, it is the duology that gives these characters more depth, offering richer background and more insight into each individual.

The *Six of Crows*, written by Leigh Bardugo is one of those fantasy novels that grabs readers in immediately. Unlike the adaption, which have to condense or adjust stories for the screen, the novels immerse readers directly in a world of chaos, letting them experience every last danger and risk alongside the characters. From the very first page, it pulls readers into a dangerous world where nothing is handed to them.

The story centers the corrupt city of Ketterdam, were six outcast teenagers (the dregs) are brought together for a set mission they were hired to carry out, and that is a heist. But the job is not a run of the mill task. One wrong move could compromise the entire mission.



Netflix series 'Shadow and Bones' Cast
(Image courtesy: Netflix)



Six of Crows Duology: Book 1
Image courtesy: Amazon.com



Six of Crows Duology: Book 2
Image courtesy: Amazon.com

What makes this book compelling is its high stakes, every action feels calculated, and any shred of inconsistency bares its burden's.

One of the novel's greatest strengths is its structure is it does focus on an individual character, instead shifts between six perspectives, allowing each member to tell part of the story. This brings the novel different perspective's making the groups dynamic feel realistic.

There's convict driven by revenge, sharp enough to weaponize every weakness around him. A sharp-shooter who lives for risk and can never quite walk away from a wager. A runaway raised in privilege who traded comfort for survival. A spy known only as the Wraith, moving across rooftops like a shadow. A Heartrender using her magic not for glory, but to survive the slums. And a thief with a talent for escaping situations no one else could survive.

What makes these characters work isn't just how different they are, but how naturally they clash and connect. Their histories don't sit on the page as

backstory. Every character brings something essential to the heist. Trust is fragile. Loyalties are earned. Survival is never guaranteed.

For viewers who recognize the Crows from *Shadow and Bone*, the novel offers something deeper than the screen can fully capture. The book allows space for internal conflicts and moral gray areas. While the series introduces these characters to a wider audience, *Six of Crows duology* gives them room to breathe.

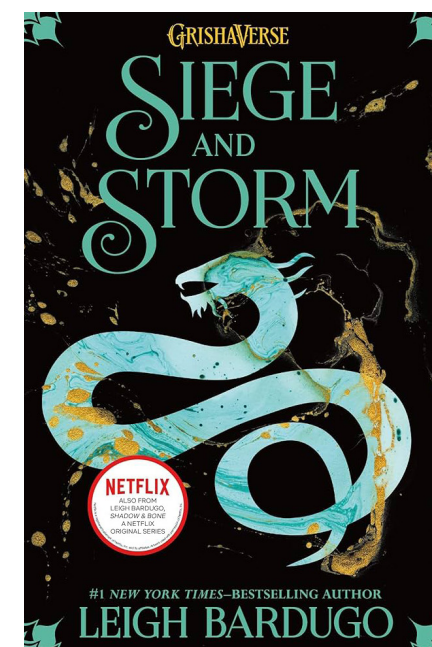
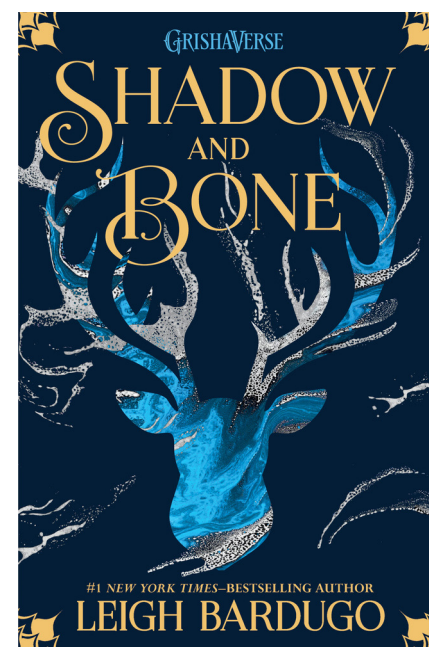
By the time the duology reaches its end, the impact comes from how fully realized the story feels. *Six of Crows* doesn't only rely on fantasy spectacle alone.

It succeeds because it feel real: the characters as are shaped by their environment they were born into, not just acting as players in a plot.

For readers looking for a fast-paced fantasy that values character as much as action, *Six of Crows* is a heist worth getting pulled into.

Explore more

Giesha-Verse Books . . .





Boss Monsters the Dungeon Building Game Review

By Emmitt Miller

Boss Monster is a retro-inspired card game that lets players take on the role of the villain instead of the hero. Rather than exploring dungeons, players build them, filling their lairs with traps and treasures designed to lure and defeat adventurers. The game is heavily inspired by classic 8-bit video games, and its style, humor, and simple mechanics make it appealing to a wide range of players.

The main goal of Boss Monster is to collect ten souls by defeating heroes before they can escape your dungeon. Each player builds their dungeon by placing room cards next to their Boss card.

These rooms provide treasure symbols that attract heroes and damage values that hurt them as they move through the dungeon. If a hero survives the dungeon, they deal a wound to the Boss. If a player receives five wounds, they are eliminated from the game.

Strategy in Boss Monster comes from balancing attraction and danger. Players must decide whether to build rooms with more treasure to attract heroes or rooms with higher damage to ensure those heroes do not survive.

Boss Monster

Image courtesy of Brotherwise Games.

Building too much treasure without enough damage can allow heroes to escape, while building too much damage without enough treasure may cause heroes to choose other players' dungeons instead. These choices keep the game engaging and encourage players to think ahead.

One of the strongest features of Boss Monster is its artwork. The pixel-style graphics are designed to look like old video games, which adds a sense of nostalgia and personality to the game. Each Boss and hero has a unique design and humorous flavor text, making the cards fun to read and look at. This visual style helps bring the game's theme to life and keeps players interested.

The game is also very accessible. The rules are fairly easy to learn, and most players understand the gameplay after only a few turns. A typical game lasts about 30 minutes, making it a good choice for short game sessions or as a break between longer board games. It does not require much table space, which makes it convenient for casual play.

Over time, several expansions have been released for Boss Monster. These expansions add new cards, mechanics, and ways to play, such as mini-bosses, coins, and even solo modes.

While these additions can make the game more interesting, they also increase its complexity. Many players find that using only one or two expansions at a time provides the best experience.

Despite its strengths, Boss Monster has some weaknesses. One common criticism is that the game relies heavily on luck. Since players draw cards at random, a bad hand can put someone at a disadvantage, even if they make smart decisions. This randomness may frustrate players who prefer games that focus more on skill and long-term planning.

Another issue is that some rules can be unclear,

especially for new players. Earlier versions of the game were known for having confusing rule explanations. Although later editions improved this, players may still need to double-check certain rules during their first few games.

The number of players can also affect how the game feels. Boss Monster works best with two or three players, where turns move quickly and competition is more direct. With more players, the game can slow down, and choices may feel less important.

Overall, Boss Monster is a fun and creative card game that is easy to learn and full of character. It is especially well-suited for casual players and fans of classic video games. While it may not offer deep strategy or perfect balance, it succeeds in providing an entertaining and memorable experience where players get to enjoy being the villain.



Boss Monster
Image courtesy of JK Geekly on WordPress.com.



Boss Monster
Image courtesy of WorthPoint.

FROM PAST TO FUTURE: HOW CALL OF DUTY TELLS THE STORY OF WAR

By Emmitt Miller

The *Call of Duty* video game series is more than just fast-pasted action and loud explosions. Over the years, it has told a long and interesting story about war that stretches across history. From the muddy battlefields of World War I to high-tech wars of the future, *Call of Duty* places players in the middle of major conflicts from different time periods. While not every game takes place in the same universe, many of them are connected through shared ideas, characters, and events. Also, when the games are placed in chronological order, the *Call of Duty* timeline clearly shows how warfare changes as technology improves and global conflicts grow more complicated.

The earliest moment in the *Call of Duty* timeline happens in 1918 during World War I. This short but powerful scene appears in *Call of Duty: Black Ops III*, even though most of the game is set decades in the future. The scene shows soldiers fighting with basic weapons and extraordinarily little protection. It feels harsh and dangerous, which helps players understand how difficult early modern warfare was. This moment sets the foundation for everything that comes later in the series.

World War II is where *Call of Duty* truly began, and it plays a huge role in the timeline. The original *Call of Duty* and *Call of Duty 2* keeps players alongside Allied Soldiers fighting through Europe and North Africa. These games focus on teamwork, sacrifice, and survival during massive battles. *Call of Duty: World at War* returns to this era with darker tone, showing the brutal fighting in the Pacific against Japan and on the Eastern Front against Germany. Years later, *Call of Duty: WWII* brought players back to this period in time, following American soldiers from the chaos of D-Day to the final battles in Europe. *Call of Duty: Vanguard* also takes place during World War II, but it slightly changes history and introduces new characters to help link the war to later games in the series.

After World War II ends, the timeline shifts into the Cold War, a time filled with tension, fear, and secret operations. *Call of Duty: Black Ops* takes place between the late 1940s and early 1960s and focuses on spying and covert missions instead of open battles. Players follow Alex Mason as he becomes involved in real life historical events like the Cuban Missile Crisis. The game introduces fan-favorite characters like Frank Woods and the villain Raul Menendez, whose actions continue to shape the story long after this era ends.

The Cold War storyline continues in *Call of Duty: Black Ops Cold War* and *Call of Duty: Black*

Black Ops Cold War KGB map

Photo credit: bhautikjoshi on VisualHunt.com



Call of Duty 4

Photo credit: jcsizmadi on VisualHunt.com

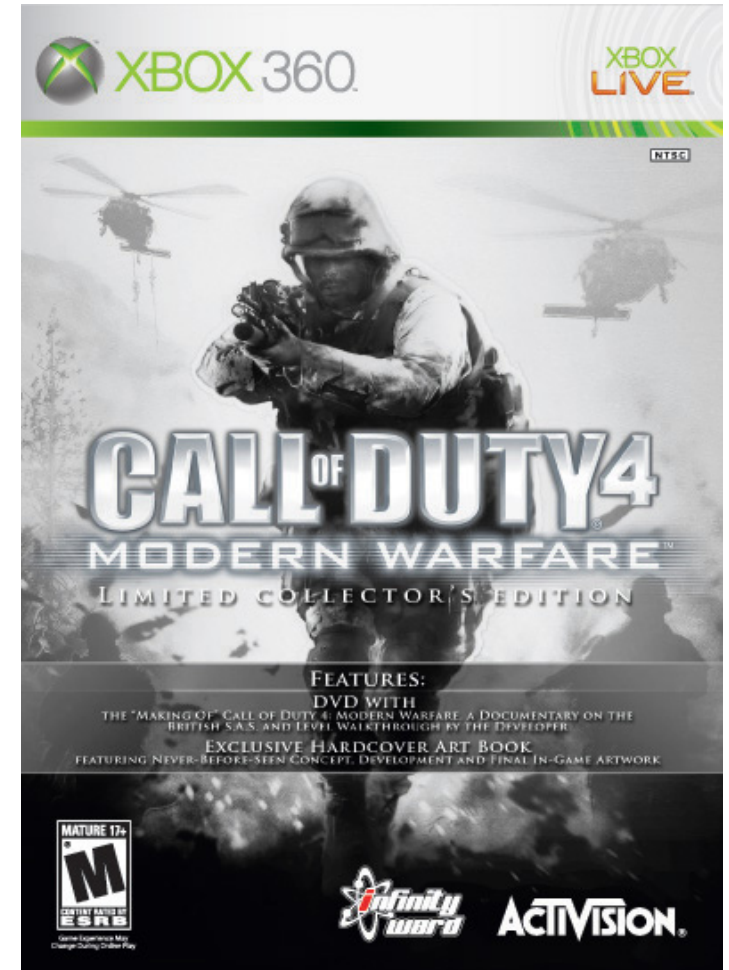
Ops II. Set during the 1970s and 1980s, these games show how to secret missions and hidden decisions can change the future, showing how choices made during the Cold War still affect the world years later.

The series then moves into modern warfare, where the threats feel much closer to real life. The original Modern Warfare trilogy takes place in the early 2010s and focuses on terrorism, global conflict, and large military operations. Players follow memorable characters like Captain Price as wars spread across multiple continents. These games are intense and fast-moving, showing how quickly modern conflicts can spiral out of control. This trilogy exists in its own timeline and ends with a massive global war.

In 2019, *Call of Duty: Modern Warfare* rebooted the modern storyline, giving it a fresh start. Instead of continuing the old story, the reboot aimed for realism and emotional impact. It also connects with *Black Ops Cold War* and *Vanguard*, creating a shared timeline. This story continues in *Modern Warfare II* and *Modern Warfare III*, which take place in the early 2020s and focus on international threats and global security.

The timeline then looks toward the near future. *Call of Duty: Black Ops II* includes missions set in the year 2025, where warfare relies on drones, computers, and advanced technology. One of the most exciting parts of this game is that the players' choices really matter and can change how the story ends. *Call of Duty: Ghosts* also takes place in the future, but in a separate universe where a devastating attack changes the balance of power in the world.

Finally, several *Call of Duty* games explore the far future and push the series in bold new directions. *Call of Duty: Advanced Warfare* takes place in 2054 and shows soldiers using powerful exo-



skeleton suits. *Call of Duty: Black Ops III* is set in 2065 and explores how cybernetic upgrades affect soldiers and their humanity. *Call of Duty: Infinite Warfare* goes even further, taking battles into outer space and showing a future where humans fight wars across the stars. These games stand on their own and represent the most extreme version of warfare in the franchise.

In the end, the *Call of Duty* timeline covers more than one hundred years of conflict and change. By moving through different eras, the series shows how war evolves alongside technology and society. From historical battles to futuristic wars, *Call of Duty* tells a connected story about the past, present, and future of combat, giving the franchise depth and meaning beyond just game play.

THE MUSTANG

P O S T

GENSHIN IMPACT



*Should you play?:
Genshin Impact*