

THE MUSTANG P O S T



***GIRLS HOCKEY
2026 STATE CHAMPIONS!***

THE MUSTANG POST

MARCH 2026

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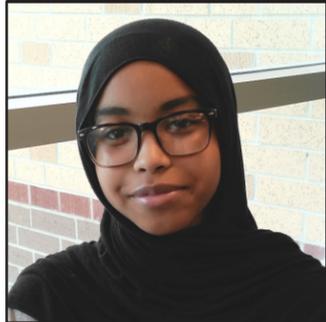
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letter from the editor

Happy Spring, we hope spring is approaching in Fargo as we see higher temps than the negatives we also give you a new issue. Spring is one of my favorite seasons as school is ending which means summer is almost 2 months away.

This article is filled with many different topics like Notable Novels, music artist, and State Hockey.

Many teams from our school won state like girls hockey! We hope that boys basketball is going to win state. Go Mustangs!

Sincerely,

Savannah Swanson

A Slowburn Romance

By Savannah Swanson

King of Sloth is about Xavier Castillo who is a heir to a multi-billionaire, known for his charm, wealth, and “playboy” personality and Sloane Kensington who is his publicist, known for her strict act and impeccable composure.

Xavier Castillo, charming, easy going, and a wealthy “playboy” who parties till the sunrises and avoids his responsibilities his father expects of him. But throughout the book we start to see the negative impacts of his actions and how his fathers’ reactions to his bad behavior start to get to him.

Sloane Kensington, ambitious, punctual, and known as the “Ice Queen” who barely shows emotion to her clients. As Xavier publicist she is constantly picking up his mess but as she struggles internally with her own issues and outside problems start to infer with her work her “Ice Queen” fade starts to melt.

In the beginning chapters we see the pair barely exchange a few words other than business meetings, and as Xavier continues to push back his responsibilities and put his family reputation at stake, a family crisis happens.

As Xavier is forced into his responsibilities as his father is dying he starts to consult in Sloane. He enjoys trying to crack her “Ice Queen” act, as they attend an event together and their forced proximity starts to become unprofessional.

Sloane struggles to keep up her professional act from Xavier flirtatious charm and banter. Their attraction to each other grows but its only time until someone notices, which could ruin Sloane’s career.

But as Xaviers father passes away he inherits a shocking amount of money, but he must become CEO by his 30th birthday which is only 6 months away. He notices a loophole, he doesn’t have to become CEO of his father’s company, he just has to become CEO of something.

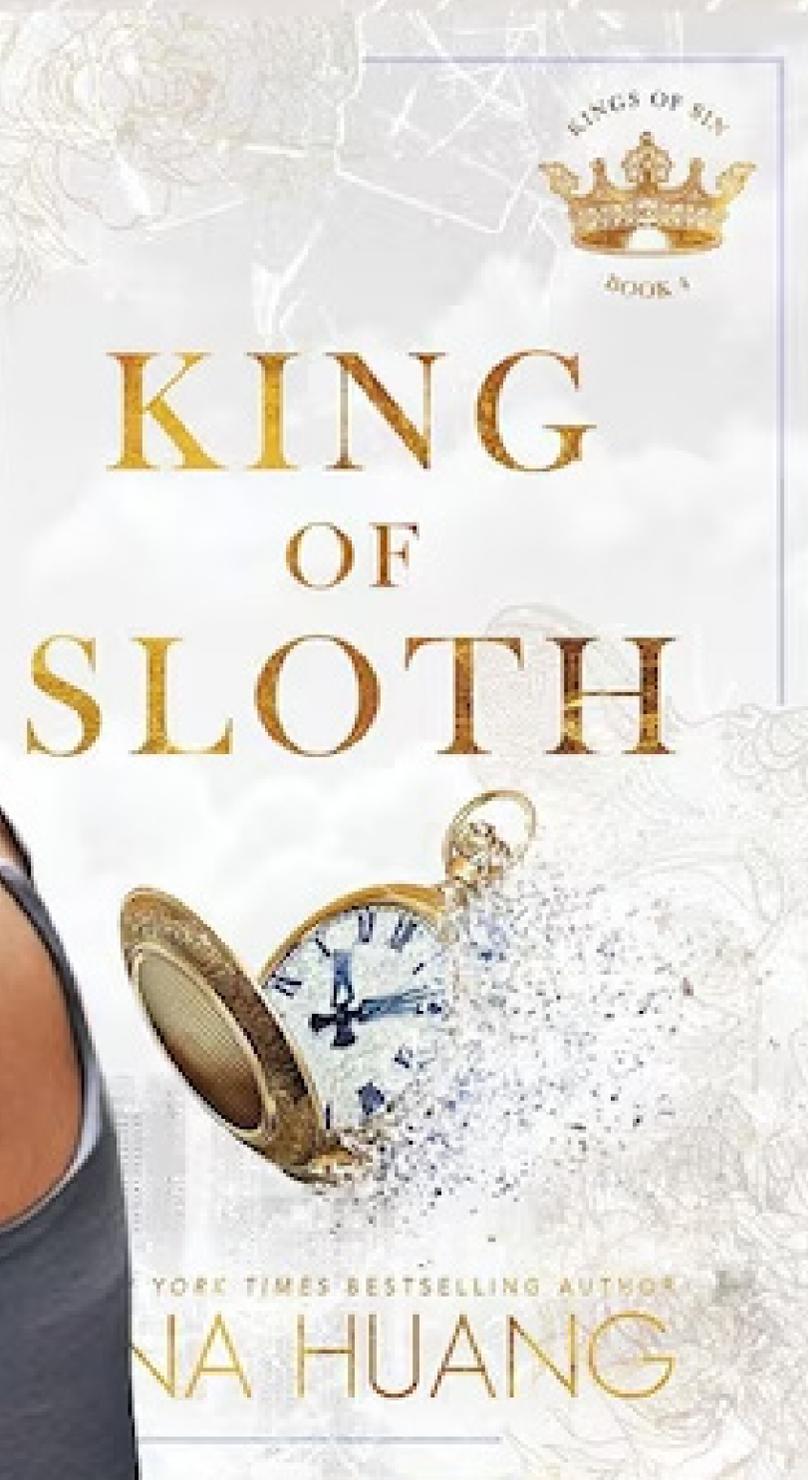
With all the money he inherits he starts his own business called “The Vault” which is a nightclub. Sloane helps tremendously with starting the business and her internal walls that she put up begin to fall with Xavier.

But as the pressures of the business ware on Xavier, making him start to act out. Something happens; someone tried to sabotage his grad opening by sending the place on fire. Most of his work that they had worked for months was demolished.

As Xavier didn’t even want to finish the place, Sloane gave him some encouraging words and made him sure he couldn’t give up. With a heavy heart, Xavier starts to rebuild fast enough hoping to make the deadline.

Many hours and many sleepless nights, the grand opening finally arrives. As Sloane and Xaviers open the nightclub together the business takes off right away. Xavier finally helped Sloane out of her shell and softened her in a way.

If you want to read more into Sloane and Xaviers relationship you can find these books at your local bookstores and grocery stores.



Crossfade Chronicles

By Jeremy Monette

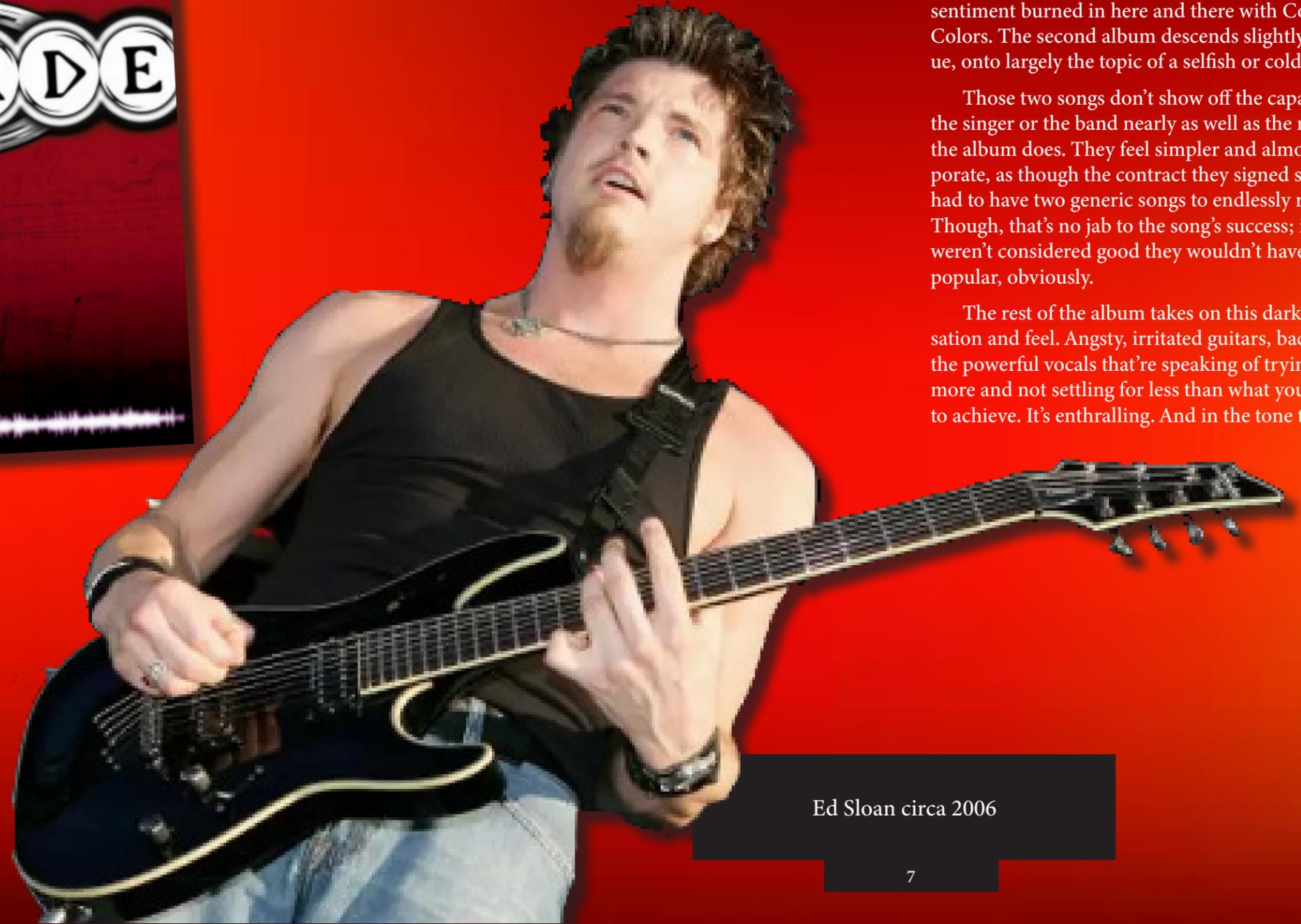


Crossfade is an American rock band that finally coalesced in 2001 after a few name changes consisting of The Nothing and Sugardaddy Superstar. Crossfade is home to founders Ed Sloan, Mitch James, and later permanent member Les Hall. As well as a few others that've cycled through throughout the years.

Their first album depicts a man struggling to find himself and sounds like a series of understandings the singer has, with the typical relationship sentiment burned in here and there with Cold and Colors. The second album descends slightly in value, onto largely the topic of a selfish or cold lover.

Those two songs don't show off the capacity of the singer or the band nearly as well as the rest of the album does. They feel simpler and almost corporate, as though the contract they signed said they had to have two generic songs to endlessly repeat. Though, that's no jab to the song's success; if they weren't considered good they wouldn't have been so popular, obviously.

The rest of the album takes on this darker sensation and feel. Angry, irritated guitars, backing the powerful vocals that're speaking of trying to be more and not settling for less than what you wanted to achieve. It's enthralling. And in the tone that they



Ed Sloan circa 2006

For the Record



Crossfade Chronicles

present, it doesn't make it feel corny or manufactured. I'm not sure how often, but I've noticed when songs try to be inspiring or the like, that it's difficult to feel their struggle. It doesn't feel like the bad is what sculpted the good, it comes off more like 'everything is awesome and life used to suck, but now it's great.' It's all preference at the end of the day, but for my tastes I enjoy being taken on a bit of a Hero's Journey.

That's not to say there isn't any presence of mechanicalness, it's there and probably thanks to producer Randy Staub, who's helped the likes of Nickelback, Evanescence, and a bunch of the other notable bands from that time.

Crossfade's second album is less original than the first and details the relationship between the singer and his

ex-girlfriend. She didn't want to believe in him, he got too angry sometimes, she was cold to him, he slowly started losing feeling for her and eventually made the decision to leave. It's a tale . . . understandably retold but not any less reused. None of the music is bad, and some of it can be as enrapturing as the first album. On some level I do enjoy it more, producers 'n' such were less involved so there's a more personal feeling of individuality to each song. But for me, just the ex-girlfriend thing is kind of boring. None of it clicked like the first one did.

Perhaps they redeemed themselves for their third.



Left to Right
Mitch James, Les Hall, Ed Sloan, Will Hunt
Promo image for We All Bleed circa 2011

POST-STATE HOCKEY RECAP

By Adrianna Raile

West Fargo United and West Fargo Sheyenne Mustangs' hockey has come to a end Saturday, February 28th. West Fargo Sheyenne boys took third overall in state and our very own West Fargo United girls took the gold.



West Fargo Sheyenne Boys' Hockey against Grand Forks Red River



West Fargo United Hockey after Championship Win
Image courtesy of KVRR.com

In a recent conversation with a player on the Mustangs, he answered a few questions about how he feels about team chemistry, why he loves the game, and his motivation for working hard to get the win. "Team chemistry is important because it builds connections with your teammates on and off the ice. I love the game because I can just do my thing and show up every day with the will to get better. My motivation to try hard is just never knowing when it could be your last time playing hockey. So, every time I get on the ice, I try to make the most out of it."

Reflecting off what this player said, playing hard and having passion for the game is what can motivate someone, whether it's the girls' team or the boys', having passion for the game is a huge factor in what makes the game fun to play and helps make good connections with your teammates.

To be a good teammate takes courage and kindness, on and off the ice. So having a good connection with your teammates can make you a better teammate on the ice and in your personal life as well.

Reasons Why I Hate AI

By Christina Miller

Many of us use AI in our daily lives without even noticing. Whenever you use your GPS, you are using AI to show you directions. Overall, using that type of AI can be helpful and isn't the worst thing about AI. AI is bad for us.

People are using generative AI in harmful and potentially dangerous ways. You can make many images and texts that seem very real. It can cause bad situations.

AI can make images. Others can use it to make deep fake videos of real people. For example, what if someone sends you a message saying that they will leak a video of you that isn't even real but looks very believable? It can cause scenarios like this to happen, which isn't safe for people online.

Many predators online can also use this feature to make inappropriate deepfakes of minors and adults. It can destroy privacy and could lead to con-

sequences. This can make others feel sad and violated.

There is a thing called AI "art" which isn't really art. All you have to do is ask the AI to generate an image that looks presentable. AI has been causing artists to run short on money because people are starting to use AI, as on some sites, it's free to make an image. Real art has emotion that an AI cannot replace. I recommend people commission artists instead of having AI make it for you.

On the topic of artists losing their jobs, you could lose yours too. Many fast food restaurants are using AI to take your orders. This can take many jobs. Some people may not be able to get jobs because of AI taking employees. For instance, what if you worked as a cashier and was getting paid enough to make ends meet until an AI came in and took your job away. AI taking jobs could end poorly for the economy.



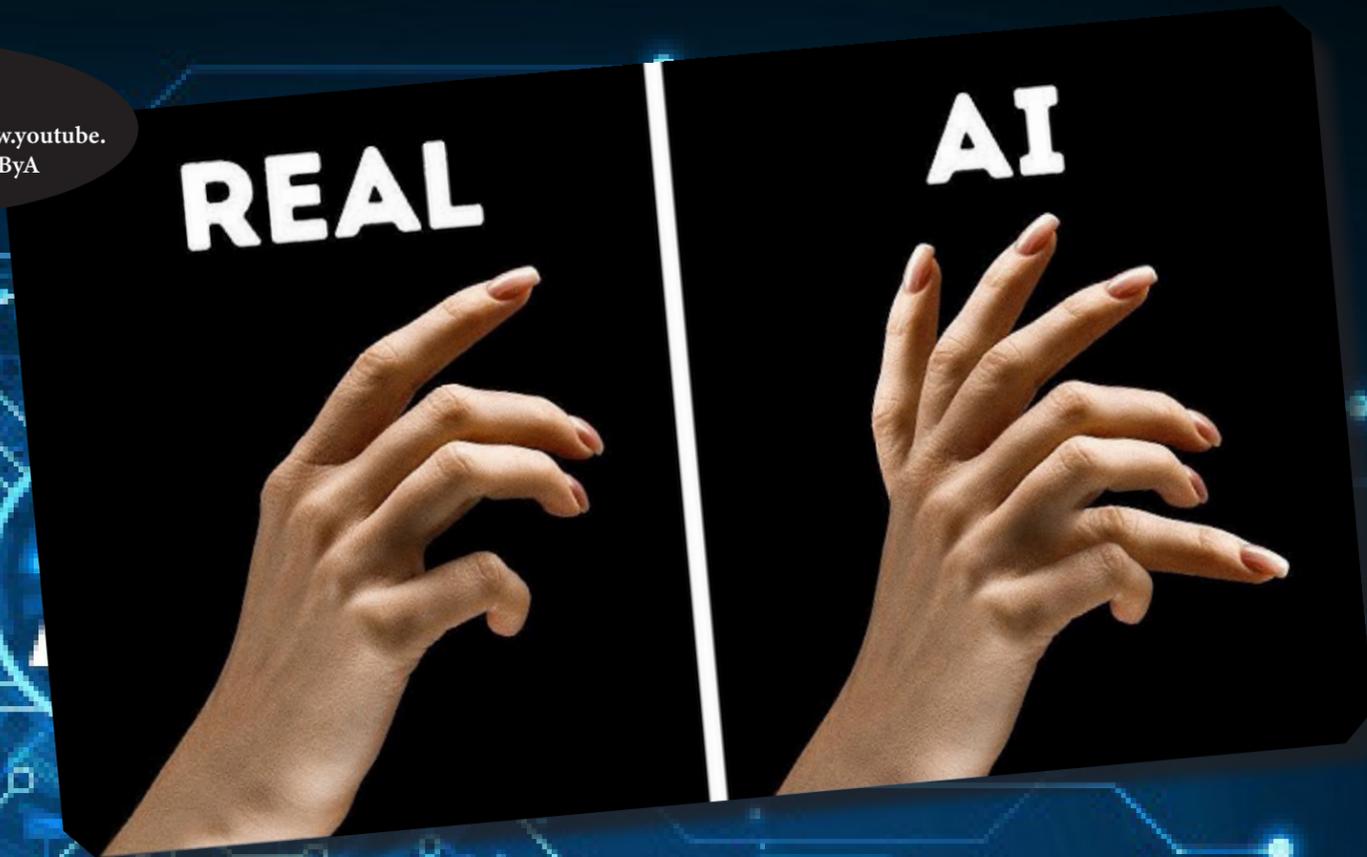
Random girl artificial (background)
Image courtesy of <https://www.rws.com/artificial-intelligence/>

Generating things from AI can also cause plagiarism. AI takes from the internet, like the way someone writes. So you could be copying someone without even knowing it by using generative AI.

When you use AI to generate text, it can also lead to misinformation. As said earlier, it takes from all around the internet, and even things that may be rumors and not confirmed. AI can spread this misinformation, making others think it's real.

Using AI doesn't really allow us to think. All you have to do is put in a prompt and generate it with no brain power. A lot of the new generation has become less intelligent because of this. It takes away our creativity and thoughts. AI doesn't have the raw emotion we humans have.

Real vs AI
Image courtesy of <https://www.youtube.com/watch?v=JAia6Qi-ByA>



Thumbs up and down for AI
Image courtesy of <https://bernardmarr.com/what-are-the-negative-impacts-of-artificial-intelligence-ai/>

Generating prompts for AI uses up water. This causes more pollution than we already have (which is a lot). Houses by AI servers are losing clean water due to the terrible pollution. Each time you enter a prompt, it wastes about one bottle. Per day, AI uses gallons of water. The water is used for cooling the AI systems.

Overall, we shouldn't be using AI anymore to protect ourselves and the environment around us. Without AI we can have more creativity and rely less on technology. AI will destroy humanity if we don't get rid of it from our lives soon.

AI (background)
Image courtesy of <https://www.census.gov/library/stories/2023/11/businesses-use-ai.html>

The 68th Grammy awards

By Mateo Landayan

The 68th Annual Grammy Awards in Los Angeles was a night full of standout performances and recognition as music's biggest night celebrated mainstream stars. Held at the Crypto.com Arena on February 1, the ceremony had commercial hits, critical favorites, and cultural moments that resonated beyond the stage. Among the most talked-about winners was "Debí Tirar Más Fotos" by Bad Bunny, which made history as the first primarily Spanish-language album to win Album of the Year. Delivering his acceptance speech mostly in Spanish, the Puerto Rican artist showed cultural pride and the universality of music. Broadcasted to millions, it focused on how Latino audiences shape the industry while often being sidelined in bigger, national matters. Kendrick Lamar once again stole the show, walking away with multiple awards and keeping his record as one of the most awarded rappers in the history of the Grammys. His collaboration with SZA on "Luther" earned Record of the Year. Kendrick Lamar also won Best Rap Album for GNX.



SZA and Kendrick Lamar give their speeches

Image courtesy of US weekly



Bad Bunny receiving his award

Image courtesy of E! News



In the Song of the Year category, Billie Eilish took home the trophy for “Wildflower” after being nominated for a second year. Meanwhile, Best New Artist went to British singer-songwriter Olivia Dean. Icelandic-Chinese singer-songwriter Laufey won her second career Grammy for Best Traditional Pop Vocal Album for “A Matter of Time.” She previously won the same award in 2024 for “Bewitched”, making her a two-time winner in this category.

The show itself was filled with memorable performances from a range of genres. Pop and rock icons like Lady Gaga, Rosé, Sabrina Carpenter, Justin Bieber, Tyler, the Creator, and Bruno Mars lit up the stage. Notably, Justin Bieber’s raw performance of “Yukon,” played with just a loop pedal and guitar while in his underwear, stood out for its honesty and minimal staging.

Laufey wins her second Grammy
Image courtesy of Vogue Scandinavia



Justin Bieber performs on stage
Image courtesy of Esquire.com



Billie Eilish and Finneas O'Connell
speak out against ICE
Image courtesy of Los Angeles times

Beyond the major categories, the awards highlighted diversity, from Turningstile’s Best Rock Album win to Tyla’s Best African Music Performance. The ceremony also featured emotional and political moments. Several acceptance speeches addressed immigration policy, social justice movements, and cultural identity.

The Grammys, once criticized for avoiding controversy, allowed space for those perspectives. That space showed bigger shifts in public expectations. Audiences now look to celebrities not only for entertainment, but for engagement with the world around them.

SLEEP PARALYSIS

By Allison Ambuehl

Imagine waking up in the middle of the night and realizing you cannot move at all. You try to speak or lift your arm, but your body will not respond. Some people even feel like someone is watching them or sitting on their chest.

This experience is called sleep paralysis, and while it sounds like something out of a horror movie, it is a real sleep condition that many people experience.

Sleep paralysis happens when a person wakes up while their body is still in the stage of sleep called REM. During REM sleep, the brain keeps the body from moving so that you won't act out your dreams.

However, if someone wakes up before the stage fully ends, their mind can be awake while their body is still temporarily paralyzed. This can last anywhere from a few seconds to a couple of minutes.

One of the scariest parts of sleep paralysis is that some people hallucinate during it. They might see dark figures in their room, hear footsteps or feel pressure on their chest that make it harder for them to breathe.

Because of these experiences sleep paralysis has been connected to ghost stories and supernatural beliefs in different cultures throughout history in the past.



Some people believed they were being visited by spirits or demons during these episodes.

Even though it feels terrifying, sleep paralysis is usually not dangerous. According to sleep experts it can happen to anyone, however it is more common in teenagers and young adults.

It can be triggered by things like stress, lack of sleep, anxiety, or irregular sleep schedules. Students who stay up extremely late, pull all nighters, or constantly change their sleep schedule are like more likely to experience it.

Sleep experts say there are ways to reduce the chance of having sleep paralysis, such as keeping a healthy and regular sleep schedule, getting enough sleep every night, and trying to manage stress.

Avoiding screens right before bed and creating a relaxing bedtime routine can also help improve sleep quality. Although sleep paralysis can feel extremely real and frightening, understanding what it is can make it less scary. Knowing that the experience is temporary and harmless can help people stay calm if it happens to them.

Sleep paralysis shows how powerful the brain can be during sleep, even though it may only last a brief time, it can leave a strong lasting impression on anyone who experiences it. For many people, it is one of the strangest and most unforgettable sleep experiences they will ever have.

Sleep paralysis

Image courtesy of H.W. WOODS

FOR THE RECORD:

Clario's Road to Fame

By Allison Ambuehl

Claire Cottrill, famously known as Clario, is a multi-talented indie/alternative music artist who is known for her intimate lyrics and gentle sound. She is a singer who needs no introduction to the younger generation as she has been incredibly popular on social media apps such as TikTok and Instagram for almost a decade.

Most people know of Clario and her music, but how much do we know about how Claire Cottrill got to be the artist she is today?

Claire Cottrill was born on August 18th, 1998, in Atlanta, Georgia, United States of America. Although she was born in Atlanta, Clario and her family then moved to Washington and stayed for three years, but eventually moved to Carlisle, Massachusetts where she spent the rest of her childhood.

Her parents are George and Allie Cottrill, her father is a prominent marketing executive for popular brands such as Starbucks, Coco-Cola, and Converse. Clario is widely considered a 'nepo-baby' due to her father's industry connections, but part of her brand is being a 'self-made' artist, she has addressed these concerns by confirming her father's support has been helpful towards her career, so it's up for your interpretation.

Clario describes her upbringing as supportive and constantly having creative outlets throughout her childhood, contributing to her love for making music. Her exposure to music throughout her childhood led her to start posting her music on social media platforms at age 13, and she released her first official demo in 2014, called 'Do U Wanna Fall in Love?' under her real name.

Her first viral hit she released was in August 2017, called 'Pretty Girl' after graduating from Concord-Carlisle high school. This song was so popular as it was recorded with her raw vocals in her bedroom, which resonated with a lot of viewers because of the raw and acoustic feel.

She then went on to attend Syracuse University, while pursuing music full-time. She continued to release music, growing her already established fan-base and released albums such as 'Immunity' in 2019, which included the song 'Bags' that won the best song of the year in 2019.

She later released 'Sling' in 2021 which debuted in the top 20 of the US Billboard 200. Her most recent album titled 'Charm', was self-released in 2024 and nominated for a grammy in the Best Alternative Music Album category.

Clario's success has been widely criticized due to her industry connections, however that doesn't change the fact that she is a unique artist with a beautiful sound and the ability to connect with her fans

GENSHIN IMPACT

THE LORE

By Quinn Nordick

Genshin Impact sets its scene in a world called “Teyvat”. Teyvat is the world that the main characters named “Lumine” and “Aether” crash land. After they wake, they attempt to leave, but as they are making their attempt, their path is blocked by an unknown god that ends up separating the two siblings.

In the lore, Lumine gets captured in this blocky like power used by this unknown goddess. Meanwhile Aether gets his powers sealed and then he is sent back down to Teyvat, where he meets his new travel companion, “Paimon,” who tells him about the world he’s now trapped in.

As Paimon tells Aether about the world, they visit a statue of the seven and figure out that he can resonate with all the elements of this world. Most people in the world can only wield one element that requires a thing called a vision.

As Aether travels teyvat, he finds that this world is not as peaceful as it seems. He finds that 500 years ago, there was an ancient civilization called “Khaenri’ah” that was destroyed in a cataclysm. But this cataclysm wasn’t a natural event, Celestia had made the seven archons and sent them down to obliterate all Khaenri’ahns while destroying a man-made empire.

We find out that our twin, Lumine, had woken up before us, and after the cataclysm, they woke us up and were desperate to flee. But why didn’t they wake us up earlier?

The Door to Celestia
Image courtesy of miHoYo



Upsidedown Venti Statue
Image courtesy of miHoYo



It turns out that our twin was busy while we were asleep, because while we were asleep, our twin, Lumine was off becoming the princess of Khaenri'ah. We find this out pretty early, our twin played a major part in Khaenri'ah.

We also find out the entire sky of teyvat is fake. Teyvat is actually known as a world upside-down, where the remains of Khaenri'ah have been buried beneath the ley lines. The people of Khaenri'ah seemingly disappeared, but that's not all true. The Khaenri'ahns were cursed by the heavenly ruler of death known as "Ronova". They suffered from the curse of immortality and were turned into monsters.

You know those monsters you've been fighting the whole time? Yeah, those were people from an ancient civilization. But not all people were fully effected, playable characters such as "Keaya", "Albedo", and "Arlecchino" are from Khaenri'ah. Other nonplayable characters from Khaenri'ah are "Capitano", "The Jester", "Dainsleif", and "Rhinedottir". Those people may show signs of the curse but are not fully affected.

The archons of this world are not actually the highest power that is, beings from Celestia hold the highest power, known as the Heavenly Principles. These beings establish the order of the world.

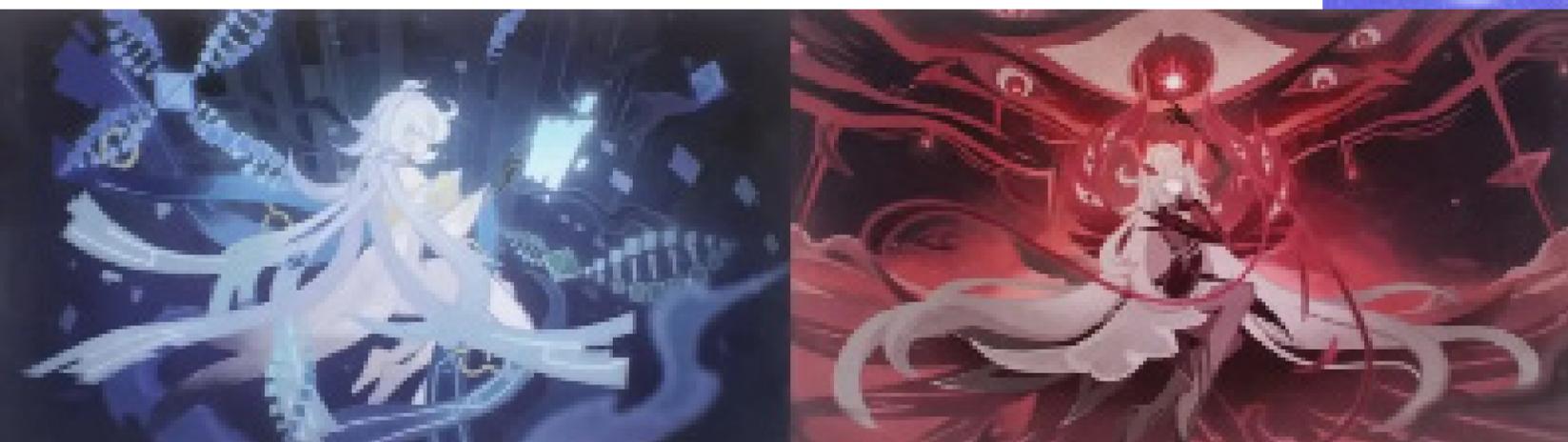
Other powerful beings created by the Heavenly Principles are the four shades, the shade of life, death, time, and space. They are extremely powerful, though we find out the shade of space is missing. And actually, you find out she is the unknown god that separated us from our twin.

The full game has yet to be released, as the story keeps growing and growing as time passes. Will we bring justice to the Khaenri'ahns? Or will we continue fighting them?

"REAL" SKY

ABYSS VOID REALM

The Real Map of Teyvat
Image courtesy of miHoYo



The Four Shades
Image courtesy of miHoYo



Lumine
Image courtesy of miHoYo

The Evolution of Graphics

By Emmitt Miller

Computer graphics have changed enormously since the earliest days of computing. What started as simple dots and lines on primitive screens has grown into detailed digital worlds that can look almost identical to real life. Today, graphics power video games, animated films, virtual reality, architecture visualizations, and even medical research. The evolution of graphics is closely tied to the growth of computing power and human creativity. As computers became faster and more capable, artists, programmers, and engineers found new ways to turn raw processing power into images that are more immersive, realistic, and expressive.

The first computer graphics appeared in the mid-20th century when computers were enormous machines used mainly by scientists and universities. Early displays were extremely limited and could only show basic shapes or lines on a monochrome screen. One major milestone was the program Sketchpad, created in 1962 by computer scientist Ivan Sutherland. Sketchpad allowed users to draw shapes directly on a screen using a light pen, which was revolutionary at the time. Instead of simply printing numbers or text, computers could now display interactive visuals. In those early years, many systems used vector graphics, where lines were drawn between specific points rather than forming images from pixels. While simple by modern standards, these systems introduced the idea that computers could be used as visual tools rather than just calculating machines.

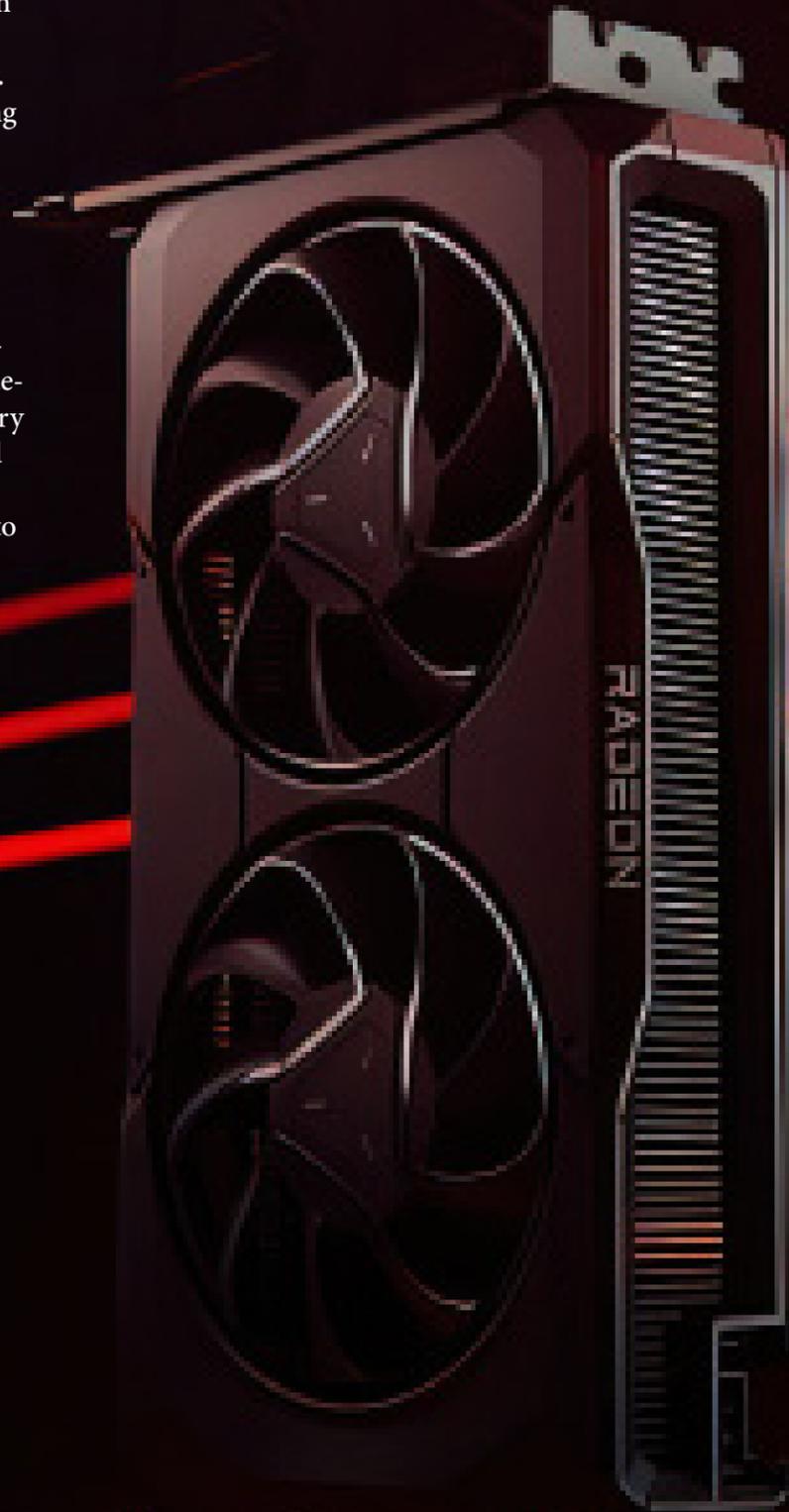
As technology improved during the 1970s and 1980s, raster graphics began replacing vector displays. Raster graphics use a grid of tiny pixels to build images, which allowed for more complex visuals and color displays. This change helped launch the early video game industry and made graphics accessible to everyday computer users. Early arcade games showed how engaging even simple visuals could be. Players controlled paddles, spaceships, or characters made of only a few shapes, yet the games felt exciting and interactive. Home computers soon followed, bringing colorful graphics into people's homes. Although the resolution and color palettes were very limited, these systems introduced sprites, scrolling backgrounds, and basic animations that made digital worlds feel alive.



The 1990s marked one of the most important turning points in graphics history with the rise of real-time 3D graphics. Instead of flat images, developers began building environments using polygons that formed three-dimensional objects. Games became more immersive as players could explore spaces that appeared to have depth and perspective. At the same time, specialized graphics hardware began appearing in personal computers. These graphics processing units, or GPUs, were designed specifically to handle the complex math needed to render images quickly. Companies such as NVIDIA and ATI helped push this technology forward, making it possible for home computers to display smoother animations, detailed textures, and more complex lighting effects. For the first time, digital environments started to feel like believable spaces rather than simple pictures on a screen.

During the 2000s and 2010s, graphics technology advanced at an incredible pace. GPUs became extremely powerful, allowing developers to simulate realistic lighting, shadows, reflections, and physical effects. Techniques such as shader programming and high dynamic range lighting made digital scenes richer and more detailed. Computer graphics also expanded far beyond video games. The film industry began using advanced computer-generated imagery to create entire characters and environments that blended seamlessly with live action. Architects used rendering software to visualize buildings before construction, while scientists used graphics to explore complex data and simulations.

One of the most exciting recent developments has been the introduction of real-time ray tracing. Ray tracing simulates how light behaves in the real world, calculating how rays bounce off surfaces, pass through glass,



and reflect in mirrors. In the past, this technique required enormous computing power and could take hours to render a single image. Today, modern graphics cards can perform these calculations instantly, creating reflections and lighting that look far more natural and realistic than older techniques.

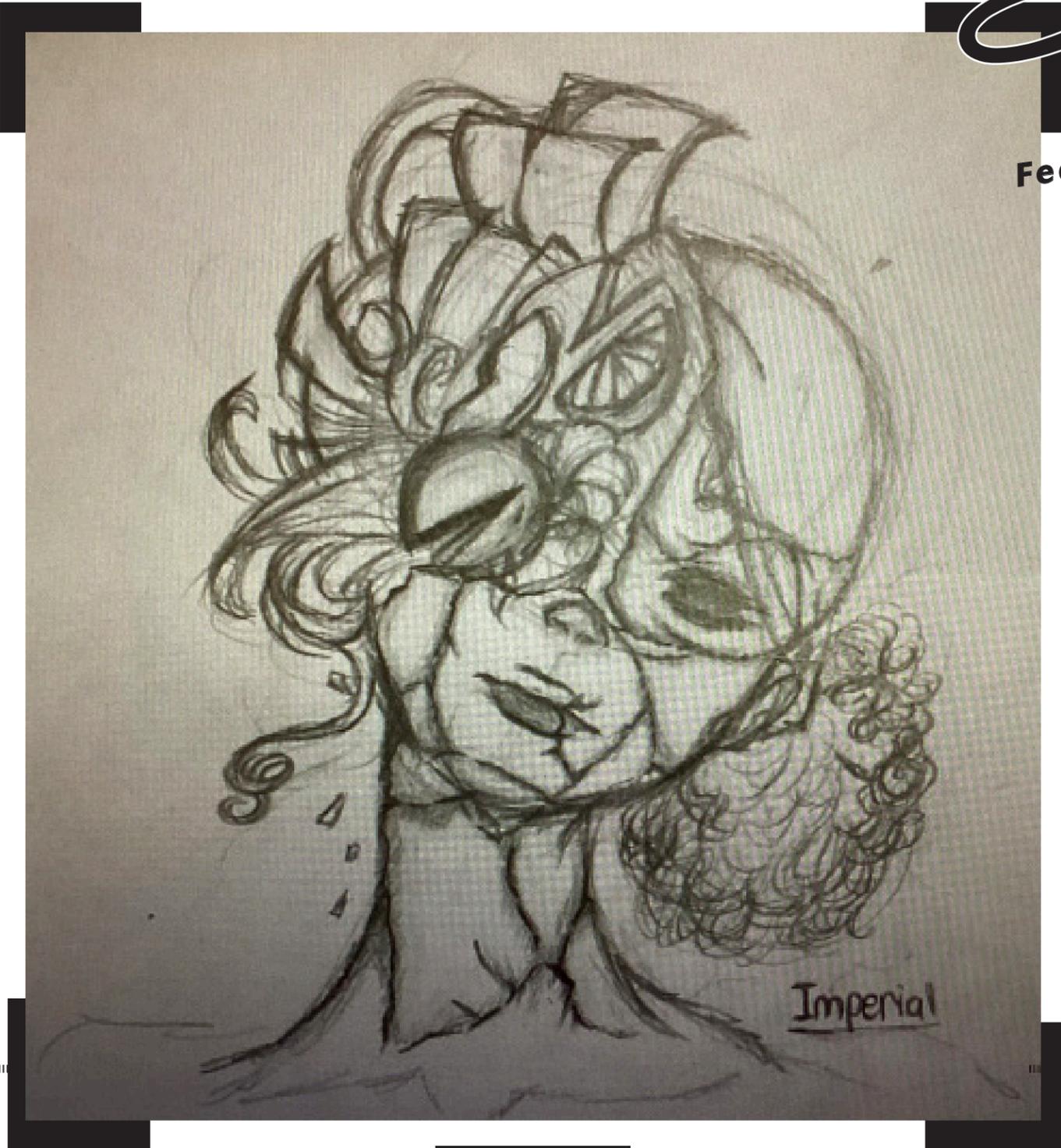
Looking toward the future, graphics technology will likely continue evolving in surprising ways. Artificial intelligence is already starting to assist in creating images, textures, and animations. AI tools can upscale lower-resolution graphics, fill in missing details, and even generate entire environments. Another major area of development is virtual reality and augmented reality, which aim to place users directly inside digital worlds. These technologies require extremely fast and realistic graphics to feel convincing, pushing hardware and software to new limits.

Researchers are also exploring new approaches such as neural rendering, where machine learning models help generate images instead of traditional rendering pipelines. This could dramatically reduce the computing power needed to create realistic scenes. Combined with advances in cloud computing and future hardware, these technologies could allow massive shared virtual environments or simulations that are far more detailed than anything possible today.

From the earliest glowing lines on a black screen to the breathtaking digital worlds we see today, the evolution of computer graphics has been driven by curiosity, creativity, and technological progress. Each new breakthrough has expanded what artists and developers can create, turning computers into powerful tools for storytelling and exploration. As new technologies continue to develop, the graphics of the future will likely become even more immersive, intelligent, and visually stunning than we can currently imagine.

ARTIST Spotlight

Featuring Sheyenne High School's Student Artists



ABOUT THE ARTISTS & COMPETITIONS

My name is Amer Bior, I'm 15 years old and on my freshman year.

I've been drawing since I was about 5 years old. I don't exactly have an art style since it changes a little depending on what I'm drawing, but there are things that repeat in my style like the shape of my characters heads.

I do a mixture of digital and traditional and I just use whatever I have on me.

amer bior



Digital Media

Tradtional Media



Digita Media

amer boir

The Downfall of Childhood Fame

By Callen Foshier

The trend of childhood celebrities having mid-life crises is not a new thing that has been brought to the public's attention.

Countless things have been uncovered as childhood actors and singers discuss how difficult it is to regulate fame at such a young age and how exactly that spotlight affects them well into their adult lives as well.

Fame at such a young age sounds terrific on paper, but it comes with difficulties regulating such attention, identity confusion, self-image issues, anxiety, depression and later on in life also tends to cause issues regulating finances and substance abuse, in hopes of coping with related feelings.

With millions of actors and singers hitting celebrity status before their twenties, the youthful brain is still in its prime developing phases as the prefrontal

cortex is trying its best to finish the process of completing brain activity, as well as regulating all the fame that follows these stars.

The prefrontal cortex is responsible for emotional regulation, decision making, and impulse control. Since this part of the brain isn't fully developed yet, young celebrities have a hard time stepping into adult-dominated environments, while only using their half-developed brains.

Born March 1st, 1994, in Ontario Canada, it wasn't long before Justin Bieber took teenage girls by storm. In 2007 at the age of 12, Justin began posting videos of himself singing on YouTube and the following year, Scooter Braun had him signed with Usher's record label.

In July 2009, Justin became the first artist to ever have seven songs from one album top the Billboard Hot 100 and now at only 15 years old, Justin had already achieved celebrity status, made a name for himself, and gained a cult like following of teenage

girls before even releasing a full-length studio album.

As the 2010s rolled around, Justin's fame continued to excel. In March 2010, he released his first full-length studio album, June 2010 he went on his first official headlining tour, and in July of 2010, the single "Baby" was released.

2011 brought A 3-D part-biopic titled, "Never Say Never" and the 2011 All-Star NBA Celebrity game in February, his first Christmas album, "Under the Mistletoe," in November, and a highly anticipated release of his third studio album "Believe," in which was released in June of 2012.

With "Beauty and a Beat" featuring Nicki Minaj being released on this new album, it gained extreme popularity when the music video dropped, now holding the record for the most video views in 24 hours with 10.6 million views.

With a white-hot spotlight now blinding Justin's eyes, he started to succumb to the difficulties that come with childhood fame.

As ages 18-21 came around, it hit Justin hard. In addition to him smoking marijuana since age 12, he opened up in an interview with USA Today about his newest struggles.

Bieber stated that after he began depending on marijuana heavily, he later got involved with alcohol, lean, taking pills, MDMA, psychedelic mushrooms, and according to him, "basically everything."

"My security and stuff would come into my room at night to check my pulse," he later stated. "People don't know how serious it got. It was legit crazy scary. I was waking up in the morning and the first thing I was doing was popping pills and smoking a blunt just to start my day. It just got scary."

As his fame continued to build up, his mental health started to tear down. "Millions (of fans were) saying how much they loved me and how great I was." "You hear these things enough as a young boy and you actually start believing it... So, by this point I was 18 with no skills in the real world, with millions of dollars and access to whatever I wanted. This is a very

scary concept for anyone."

Continuing through struggles, Justin's first arrest occurred on January 23, 2014, when he was 19 years old. He was arrested for driving under the influence, reckless driving, and resisting arrest.

Following difficulties, Justin found his footing and still continued to shine. In 2014, he was included on the Forbes Highest-Paid Celebrities Under 30 list, released top charting singles in 2015, named the number one artist on Billboard's Social 50 chart for the 2010s in 2016, got married in 2018, and continued releasing hit after hit although still struggling mentally.

Now in 2026, Justin just had his first child, Jack, with his wife Hailey, continues to release new music, as well as continuing to open up and shine light on the downsides of childhood fame, and how he is still overcoming some of that pressure.



15-year-old Justin Bieber in 2009
teenvogue.com



Justin Bieber struggling with drug abuse in 2018
usmagazine.com



Justin Bieber holding his son Jack in 2024
peoplemagazine.com

As childhood fame within the music industry continues to show burnout within adult singers, Hollywood's actors continue to show the same pattern of burnout after early fame as well.

Lindsay Lohan was born on July 2, 1986, in the Bronx, New York City. As she began her acting career in 1993, her fame took a huge leap when starring in Disney's "The Parent Trap" in 1998 where she had a dual lead role playing two identical twins.

Following her success in her first breakout film, she had lead roles in many films prior including notable ones such as "Freaky Friday" with Jamie Lee Curtis in 2003, and "Mean Girls" alongside Rachel McAdams and Tina Fey in 2004.

After her outstanding role in "Mean Girls," this established Lindsay as a prominent leading lady role, affirmed her status as a teen idol, and finally being ranked as the 11th best film performance of the 21st century by The New Yorker.

Now at only 18 years old, Lindsay had become one of the most in-demand young actresses in Hollywood with 3 huge box-office successful films, landed numerous fashion and brand deals, released her debut album Speak in 2004 which debuted at #4 on the Billboard 200 and eventually went Platinum in the U.S., as well as regularly appearing on Forbes and celebrity popularity rankings with an outstanding net worth of 30 million dollars.

In a 2004 teen magazine interview, Lohan talked about balancing fame with being a teenager, "It's crazy sometimes. One minute I'm just a normal kid going to school, and the next I'm traveling everywhere for movies and music. I'm really grateful for it."

As this fame followed her around, she would soon be engulfed by the shadow of Hollywood brokenness and enter the downfall of childhood success.

Still feeling like she was on the top of the world, she began partying heavily in Hollywood nightlife, which she later said exposed her to drugs and alcohol.

By 2006–2007, her drug and alcohol use had become serious enough that it affected her work and health. In 2007, she entered rehab for the first time after being arrested for DUI and cocaine possession.

According to socialrecoverycenter.com, "The impact of Lohan's drug choice substantially affected her personal and professional life. Her battles with drug addiction led to erratic behavior, legal troubles, and a decline in her physical and mental health."

Lohan's substance abuse also strained her relationships with family, friends, and colleagues. Later on, opening up about her additions to cocaine, meth, and prescription drugs, her off-screen conduct became her new personality, affecting her film career.

From 2007 to 2012, Lindsay was arrested a total of seven times, continued lavish spending, faced other legal issues, and had numerous unpaid taxes. Because of this, Lohan's estimated 30 million dollars in 2004, dropped to only 2 million in 2025.

Now in 2026, Lohan opens up to news about her downfall with childhood fame. "I should have listened to my mom and dad and moved back to New York. But I was young and wanted to be in LA. And I didn't know. So yeah, while a lot of it was fun, it was hard when I was young. It was a double-edged sword," Lohan said to reporters at the Huff Post.

"Now I look back and wonder, Why didn't anyone just go and take me out of there, protect me more? You don't know how to do that yourself when you're a teenager."

Lohan later married Bader Shammas in 2022 after moving to Dubai in 2014. She said she uprooted her life to live in the United Arab Emirates after realizing she "wasn't having fun in the business industry anymore."



Lindsay Lohan with husband Bader Shammas in 2025
cosmopolitan.com



Lindsay Lohan in The Parent Trap, 1998
today.com



Lindsay Lohan with her many mugshots
themirror.com



Lindsay Lohan and Jamie Lee Curtis in Freakier Friday movie poster (2025)
moviebreak.de

Is 2026 the new 2016?

Nostalgia and the Internet's Latest Throwback Trends

By Maryama Ali

The Return of the "2016" Aesthetic

When the clock hit midnight on January 1 2026 people didn't post "new year, new me." Instead, the phrase "2026 is the new 2016" began flooding timelines in apps like Instagram and Snapchat. Post were filled with old Instagram-style filters, blurry pictures with flash, random selfies, and silly videos without worrying about aesthetics. It felt like the internet had decided to rewind.

From skinny jeans and chokers to messy buns and Snapchat filters, Gen Z is reviving the 2016 style that once defined 2016. This aesthetic feels so nostalgic back when photos didn't feel like a performance.



Viral Snapchat's "dog filter" Image courtesy of X.com

Why Is Everyone Looking Back?

The internet today moves fast. Trends last only a week. Feeds are carefully curated. Everything feels so intentional that it doesn't feel real. In comparison, 2016 feels messy and maybe that's the point.

Back then, people posted without overthinking every detail. Not every photo was aesthetic, and not every video was optimized for engagement. It wasn't perfect, but it felt more genuine. The revival isn't really about trends. Instead, it's about remembering a point in time when social media felt more real.



Trendy clothing 2016 courtesy of Pinterest.com

*Users across social media aesthetic 10 years ago

Alysa Liu back on ice



By Amara Duchaine

In the world of figure skating, the athletes often face pressure, long training hours and have high expectations set for them.

With this after shocking figure skating fans around the world by retiring at just 16 years old the child phenomenon Alysa Liu later returned to the ice and won gold.

Alysa Liu gained attraction as one of the most talented young skaters in the United States. She made headlines in 2019 when she became the youngest champion in the history of the U.S. Figure Skating Championships at 13 years old.

Her performances were known for their difficulty and the confidence she had on the ice, including many jumps that some skaters twice her age struggled to land.

Because of her success at a young age, Liu quickly became one of the most talked

about athletes in the sport.

In 2022, not long after competing in the 2022 Winter Olympics in Beijing, she announced her retirement from figure skating.

Many fans were shocked because she was only 16 years old and still had a life full of success ahead of her. She explained that she felt like she wasn't really doing the sport for herself anymore and just wasn't enjoying the sport anymore.

Liu also said that she wanted to experience life outside of Figure Skating and wanting a break from the pressure that came with competition and over she just wanted to do things someone her age already got to experience growing up.

During her time away from skating, Liu focused on enjoying normal teenage experiences and rediscovering what made her happy.

For a while, it seemed like her figure skating career had ended.

But during a vacation Liu went skiing for the very first time and she had stated it had given her an adrenaline rush and she thought if she could get this feeling from figure skating and enjoy it without the pressure she would come back.

So eventually, she decided to step back onto the ice, not just for fun but to compete again and gain the adrenaline rush she talked about.

Instead of skating only for winning and getting medals Liu focused on enjoying the sport she loved as a growing up.

When she called and told her former coach she was willing to skate again.

The figure skating world was shock at the return and many had stated that they would never have expected Liu's return to the ice.

After competing Liu made it to the Olympics once again.

Liu's first performance at the 2026 Winter Olympics brought many emotions as she skated.

When it came to scoring Liu moved to third and made it to finals, many loved watching her skate as she looked so calm on the ice and as many figure skaters tend to tense up when performing Liu skates very loose and free.

With performing her short program, she got first and won gold, this gold was the first gold the USA got in 24 years.

After winning gold Liu had said she was just out there to have fun and show people her skill.

Then came the free skate and before she performed, she had said that she's not skating to win and she doesn't care if she won again, she just wants to have fun doing the sport she grew up loving.

Liu performed her free skate beautifully and moved to first with 2 more performing after her.

After scores came in Liu was shocked she had won gold again.



ARTIST *spotlight*

Featuring Sheyenne High School's Student Artists



ABOUT THE ARTIST & THEIR ART

My name is Sakhi Limbu and I'm a sophomore at Sheyenne.

I love art creating because of the limitless freedom and the stories that can be told with just a paper/canvas. Art is also big on individuality which makes every single piece have a meaning.

My goal when drawing is to show my personality and what is important to me as a person!

Sakhi Limbu



My Dog is My best Freind, 2025, Charcaol, 12x18

My drawing "My Dog is My Best Friend" focuses on my niece; the image portrays innocence and time. It was made with charcoal on drawing paper, the strokes and blended charcoal shows memory and how fast time goes by.

Sakhi Limbu

A full-page photograph of actor Connor Storrie on the set of Saturday Night Live. He is wearing a light pink button-down shirt, a dark purple belt, and a silver chain necklace. He has curly hair and is looking directly at the camera with a slight smile. His hands are raised in a gesture, palms facing forward. The background is a dimly lit studio set with various pieces of equipment and lights.

CONNOR STORRIE'S STORY

By Adrianna Raile

On season 51 of SNL, the new and upcoming actor Connor Storrie hosted it. Connor Storrie is best known for his role in *Heated Rivalry* starring Connor Storrie and Hudson Williams. *Heated Rivalry* was originally a book written by Rachel Reid in 2019, but just recently created into a show.

Connor Storrie is just a baby in the acting world, as *Heated Rivalry* was his big break. Last week on SNL, Connor Storrie participated in many skits, as well as hosted the week. He is adored by many actors and viewers of his works. Connor is also known for his talent of impersonating accents from all over the world, especially his Russian accent.

Connor's role in *Heated Rivalry* was Ilya Rozan-

ov, a Russian hockey player who plays for the Boston Raiders, whose love interest happens to be Hudson Williams who portrays Shane Hollander, a Japanese Canadian who plays for the Ottawa Centaurs.

This show has given so many people the courage to come out, after weeks, months, or even years of fearing what people will think of them being anything other than heterosexual. Connor and Hudson are platonic soulmates in real life and no one can say otherwise. All of Connors fans are hoping he gets an award for his acting soon, as he deserves it more than ever.

Connor Storrie on the set of SNL
Image courtesy of Entertainment Weekly

THE MUSTANG P O S T



Reasons Why I Hate AI

SHEYENNE HIGH SCHOOL'S OFFICIAL NEWSPAPER - MARCH 2026