THE MUSTANG POST



Empowering the Weaker Links

SHEYENNE HIGH SCHOOL'S OFFICIAL NEWSPAPER -NOVEMBER 2026

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letter from the editor

Happy Thanksgiving, a hoilday to spend with family, friends and people you love.

For your thanksgiving present we give you another Mustang Post issue! As I am halfway through semester 1 of my junior year I am realizing writing is finally something thats becoming natural to me.

Writing about general media makes me realize how much is going on in the world and how there is so much to write about. It keeps me up with the times of this crazy world.

Have a great Thanksgiving!

Sincerely,

Savannah Swanson

Native American Heritage Month

By Savannah Swanson



Craft show that involves tradtional clothing, food, and jewelery
Image courtesy of NMSU Round Up & AZCentral



Native American are the first humans to roam the U.S. and the culture they strive to keep should be honored and respected even outside of this month but during November lets honor these citizens.

Native American Heritage Month is a month to honor the histories, cultures, and contributions of Indigenous people. During this month Natives engage in culture preservation, community events, and education to honor their heritage.

Native American began in November 1990 when President George H.W. Bush approved joint congressional resolution.

Many Native Americans attend Powwows during November which is a traditional cultural gathering held by Native Americans and Canadian First Nations communities to socialize, sing, dance, and honor their heritage.

They also attend local art and crafts showcases they are hosted by indigenous vendors that are selling traditional clothes, jewelry, and pottery.

They honor elders and oral histories, Native Americans gather with tribal elder to pass down stories, language, and ancestral knowledge to younger generations.

Many speak at schools, museums, and community centers to teach the public about local tribal history and contemporary Native life. They also promote Indigenous media and watch documentaries (like GATHER) and literature written by indigenous authors.

Many bring attention to the ongoing issues facing tribal nations including treaty rights, protection of ancestral lands, voting rights, and the movement for missing and murdered Indigenous people.

MMIW stands for Missing and Murdered Indigenous Women and is a grassroots movement and ongoing human right crisis that highlights the high rates of violence, murder, and disappearance faced by the Indigenous people. This brings awareness to the discrimination that happens to Indigenous, they hope to bring down the high rates.

Native Americans are very proud of their culture, heritage, and enduring presence as it is getting



Traditional Clothing during Powwows
Image courtesy of indianyouth.org & Britannica



lost through new generations. They strive to keep it as their culture was lost during the boarding schools. Their language is getting lost as there was over 300 indigenous languages but now roughly 167 to 175 remain.

Native Americans were the first ever people in the U.S. until Christopher Columbus in 1492 discovered the land they were living on (known as Columbus Day).

Moving on, their culture is a beautiful culture filled with spiritual practices, oral histories, and rich traditions.

Natives believe all of living things which include land, animals, and people are deeply connected. The living is highly respected and loved in their culture.

The Elders are highly honored for carrying ancestral wisdom, language, and cultural teachings to the next generation. Often the clothing is passed down by generation to preserve family history and cultural identity.

Traditional foods include Navajo frybread and sweet grape dumplings. Many tribes have different foods that are commonly eaten in the tribe, but frybread is the most common amongst the tribes to be shared for tribal gatherings.

Their clothing varies by the region, climate, and tribe before the European colorization.

Great Plains tribes are known for buckskin and soft suede war shorts, leggings, and long dresses made from deer, elk, or buffalo hides, and are often decorated with quillwork and beadwork.

Southwest tribes utilized woven cotton, plant fibers, and wool to create clothing and blankets which are suited for warmer climates.

Woodlands & Southeast tribes used deerskin, mulberry bark, and later adopted European trade goods like silk ribbons, broadcloth, and glass seed beads.

Arctic tribes (Inuit) relied on thick animal pelts such as seal or caribou skin along with heavy-duty mukluks for extreme cold.

All the tribes had unique clothing, but all had a meaning behind everything on their body. Their clothing is always filled with color, beadwork, and culture meanings.

If you want to celebrate Native American History Month you could learn the ancestral and traditional land you currently live on. You can read books and listen to Indigenous authors. Watch films and documentaries centered around Native Americans.



Native American recipe
Image courtesy of Allrecipes & thirstyfortea.com



CELEBRATING DAY OF THE DEAD

By Savannah Swanson

Day of the Dead also known as (Día de los Muertos) is a Mexican holiday celebrated mostly November 1st and 2nd but depending on regional traditions some may begin honoring specific groups as early as October 28th. The celebration is a vibrant and joyous holiday that welcomes back the spirits of deceased loved one, so that the spirits feel loved, honored, and remembered.

October 31st The gates of heaven open at midnight so the spirits of deceased children (angelitos) are believed to return first.

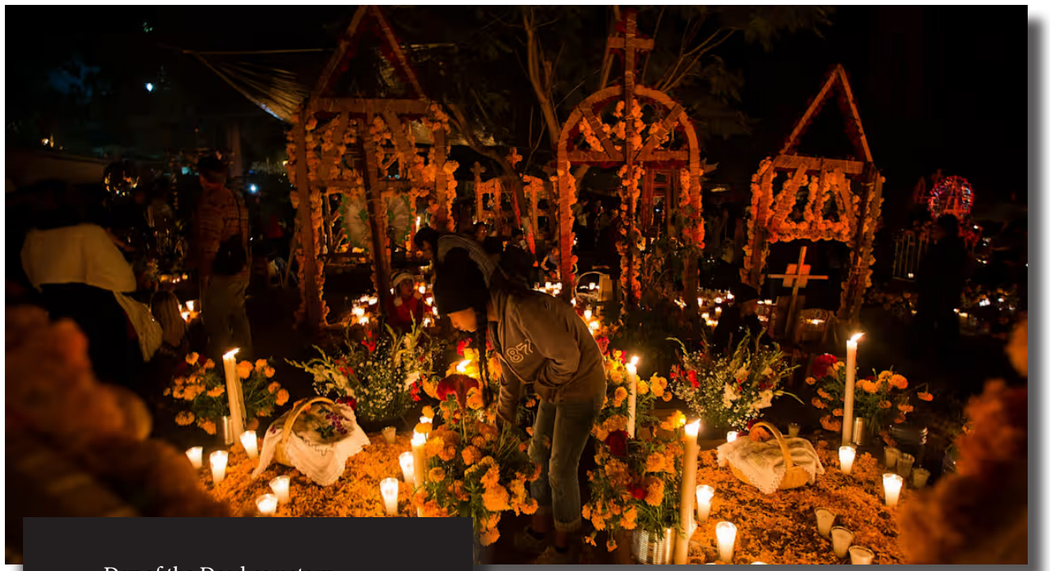
November 1st (All Saints' Day / Día de los Inocentes) dedicated to the memory of infants and children who have passed.

November 2nd (All Souls' Day / Day of the Dead) dedicated to adult spirits coming to join their families.

Families sent up altars (Ofrendas) a multi-layered home or public altar decorated with photographs, candles, burning copal incense, and personal items of the deceased. Cempasúchil (Marigolds) are bright orange marigolds that are laid out or strung in paths. The flowers vibrant and strong scent are believed to guide the souls back to their families.

Pan de Muerto, a traditional sweet bread baked specifically for the holiday and is often decorated with bonelike shapes. They also set out Sugar Skulls which are a huge symbol for life and death. Calaveras (Skulls) and skeletal artwork like (La Catrina) represent the cycle of life and death reminding people that death is a natural continuation rather than an end. Many dress with vibrant colors rooted in Mexican culture, and paint elegant skeletal imagery on their bodies.

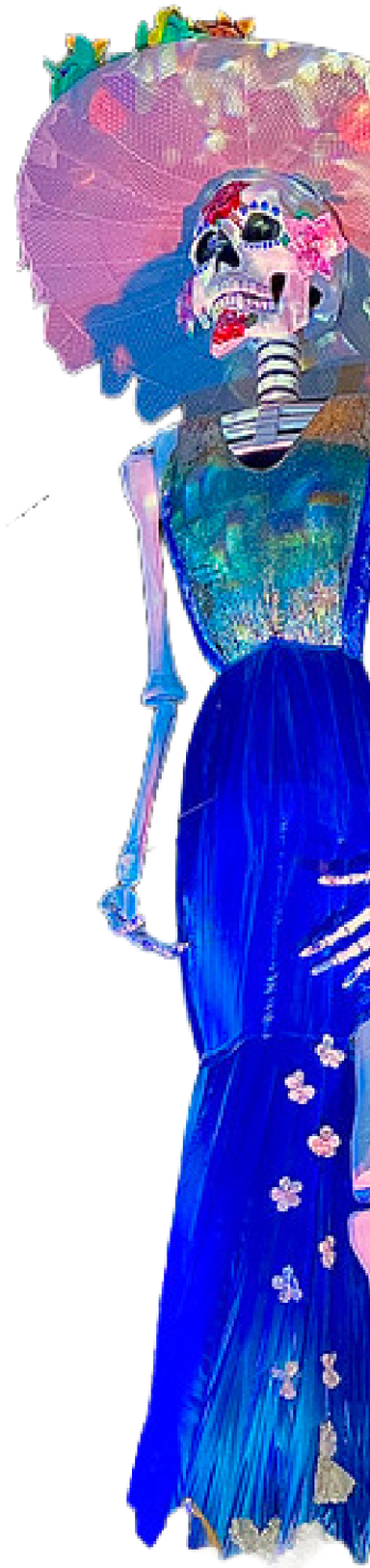
The colors all have different meanings, orange/yellow represents the sun, light, and life. Mostly seen in the marigolds found everywhere during Day of the Dead. Pink represents the happiness and celebration associated with this celebration. Red rep-



Day of the Dead cemetery
Image courtesy of History.com



Day of the Dead Tradition
Image courtesy of dayofthedead.hoilday



resents blood, mostly for Christians this represents the blood of Jesus Christ. Purple represents pain, suffering, grief, and mourning and use this color to acknowledge the loss of loved ones. White represents pain, hope, and renewal of the spirit after death. Signifies the souls of the dead now have a blank slate. Black represents death, but more so the land of the dead. Black isn't used as a main color as much as it is in the background.

Women wear flowy Victorian style or traditional folk dresses, embroidered blouses, chunky statement jewelry, and floral headbands or crowns. Men's wear sharp suits, waistcoats, dress shirts, suspenders, fedoras, or sombreros, and decorative canes. Face paint is a huge part of the outfit as skulls designs are around the eyes, nose, and mouth with accented spiderwebs, flower petals, and bright swirls.

More in depth about these days, October 31, the day of preparing, were families set up multi-tiered home altars (Ofrendas). Where they prepare food, set out decorations and lay out offerings. Traditionally the gates of heaven open at midnight on this day, and the souls of deceased children return to their families for 24 hours.

November 1st, which is a day for deceased children, families visit cemeteries to clean, sweep, and decorate the graves of their loved ones with flowers and candles to prepare for the full-scale gatherings on November 2nd. Communities host cultural festivals, traditional dances, and wear vibrant skeleton makeup and costumes.

November 2nd, known as the day, to celebrate deceased adults, families add on to the altars adding on adult offerings such as tequila, favorite meals, and even cigarettes. They go to cemeteries to share meals, play music and tell stories right by the gravesites. They also write satirical poems (Calaveras Literarias) which are playful poems that gently poke at the traits of the living as if they were interacting with the dead.



Day of the Dead altars
Image courtesy of ABC News



Day of the Dead parade
Image courtesy of Escaping NY

Be Kind, Rewind: Reversible Climate Change



Image courtesy of Zelch Csaba

By Fatima Diaby

Imagine this: 2126, Humans live on a restored Earth. The temperature of the earth has gone down, there are less major climate events. The sea levels have gone down, and icebergs are freezing instead of melting. Instead of landfills growing and growing, we have created more renewable packaging and the concept of sea animals being choked by plastic is unfamiliar and cruel to the next generation.

But could this hopeful fantasy be reality? The National Oceanic Atmosphere Administration states that it's a possibility and it would be on a small scale. Think of a small reduction in greenhouse gases or slowing the rate of carbon emissions. These small changes may have a bigger impact than you think.

But most climate scientists agree on one thing, it would be impossible for humans to return the earth to a time before the industrial revolution. The amount of damage currently done to the Earth is too excessive.

Some ways humans can help are by implementing alternative energy sources and creating guidelines for governments and big companies. The Swedish company Orsted has established "Badger Wind Farms in North Dakota, wind power has taken a stronghold on the state in recent years. This is a step in the right direction if we are attempting to reverse the impacts of climate change.

In a report requested by the United States to gauge solutions for the climate crisis, Limiting the Magnitude of Future Climate Change (2010), it requests the government to focus on greenhouse gas emissions. It proposes a replacement of greenhouse gas emissions, researching ways to replace tech that utilizes greenhouse gases(such as cars) and to spread these policies globally. We can encourage our local representatives to create flexible policy and speak up about climate change and its impacts.

To end, humans can reverse climate change on a small scale if they commit to new policies and develop new energy possibilities.

Crumbling Under Controversy



Image courtesy of Facts.net

By Fatima Diaby

It seems 3 years ago everyone was raving about Crumbl cookies coming to the Fargo area. Fast-forward to 2026, and the hype has died out. But why?

Was Crumbl simply a tred that died like so manby others? Or was it something deeper.

According to Beckett in the article Crumbl Cookies Rocked By Store Closures, in the past year, Crumbl has closed at least 57 locations and 55 have been put up for sale.

To begin, we can examine the history of this business and its rise to fame according to Crumbl's website. Crumbl Cookies was originally started by Sawyer Hemsley and Jason McGowan in Logan, Utah in 2017 after the two cousins had been experimenting with a chocolate chip cookie recipe. This soon led them to open their first store and it grew amongst locals.

In the article by Capilleo, How Crumbl Cookies Became So Popular, the business eventually became extremely popular, mostly due to their social media presence. Starting in 2020, the company began to grow on the popular short-form content app TikTok and gained 1.8 million followers.

This powered the company to expand out of the state, first in Las Vegas. After initial growth, Crumb began to expand, today they have locations in 32 states.

Then, trouble started brewing. An account impersonating Crumbl announcing a pop-up store in Sydney, Australia had fooled influencers, causing a media frenzy, according to Ritche in Crumblgate. Despite the team behind Crumbl having no fault, this controversy changed how Australians saw Crumbl.

Another controversy popped up soon after, concerning copycat companies and cookies. Also known as the "Utah Cookie Wars", started when Crumbl issued intellectual property infringement lawsuits against two competitors.

Crumbl claimed that a former employee allegedly stole their ideas and started a similar cookie business. The lawsuit persisted for over a year until Crumbl settled the suit out of court as stated in Burns and Wilcox, Cookie Wars.

To add, there has also been concern with Crumbl's flippancy towards child labor laws. A U.S. Deptatment of Labor report states that 11 Crumbl franchisees allowed 14 and 15 year old workers to work later than permitted and operate hazardous equipment. This shows a lack of care and attention paid to the heart of Crumbl, its workers.

To end, Crumbl has crumbled due to the amount of lawsuits, controversies and negative feedback they have received.

Experience Filipino Culture Through Cuisine



Lumpuia and Halo-Halo image courtesy of yummyaddiction.com and ting,recipes



by Naomi Kennell

Have you ever wondered what it is like to try food from a different country? Well, you might be craving something completely new. If you ever wonder about Filipino cuisine, it has deep meaning in people's hearts of who has experienced trying Filipino food. The Philippines has excellent features of agricultural heritage with wide varieties of dishes. This country is located in Southeast Asia along the western Pacific Ocean, bringing many offerings with vibrant traditions. The crave can be intense and you could also be very persistent, but what makes Filipino's or even others so irresistible?

Some examples of popular foods the Philippines has is Adobo, Sinigang, Lumpiang Shanghai, Halo-Halo, and Leche Flan. These foods are extreme with deep richness behind them making people love it with affection. Many people all over the world love these strong flavors, making them excited to try more of other flavors to come. Food has a unique attraction to make you and even myself feel comforting. It could also be a love language that can invoke powerful memories.

As a Kid, and still is my favorite dish was the "Filipino Spaghetti." It is a great combination of sweet, savory, with meaty texture. This style of spaghetti is primarily with fruity banana ketchup and sugar, with a flavor like sweet barbecue sauce. The slices of red garlic and hot dogs mixed throughout with some shredded yellow cheddar cheese to the top making a perfect meal. This food is served at birthday parties, family gatherings, fast food chains like Jollibee.

This Filipino cuisine has many specialties to it that make people fall in love with these contrasted flavors. It reflects the creativity of its people and historical culture background, making it grow globally. I hope every bite you take reminds you that meals are the ones who are shared together.

Filipino Spaghetti image courtesy of marionskitchen.com



The Rise of Modern Filipino Fashion

by Naomi Kennell

Dressing well in the Philippines is not the easiest, especially with the heat. The Filipino fashion is changing drastically when they are mixing modern street wear with traditional fabric to create and look fresh, comfortable, and unique. So, why is the Filipino's style changing more everyday?

In the Philippines, young people love mixing global ideas. TikTok has been an instant success with trending the Filipino community. People in the Philippines has been growing with their shopping, with fresh outfits and moving away from the strict dress codes. In the tropical heat, small local brands have been releasing latest designs like pina and modern barong's into cool, everyday wear for the heat.

Traditional fabrics like pina, which is a hand-loomed weave that are not just for weddings, but people are wearing crops, or boxy barongs tops over the simple tank tops. These new modern outfits are even paired with wide-leg jeans and sneakers. The Filipinos use their daily outfits to show off who they are and what new clothing's they have to show.

The style of the Filipino's is all about comfort, creativity, and their cultural norms. Whether it is the local heritage, or modern everyday fashion now into something fresh and wearable. So, when you dress up do not be afraid to pop a little tradition into your daily routine!

Lace background image courtsey of Magnific.com





Pina & Barongs image courtsey of casabarongfilipiniana.com & dreamstime.com

Empowering the Weaker Links



By Maleah Poitra

Bullying is a repeated, intentioanl aggressive behavior involving a real or perceived power imbalance, intended to cause physical, social, or psychological harm. This can include verbal, physical, social, or online actions such as threats, exclusion, spreading rumors, or physical attacks.

Not only can bullying affect us physically, but it also affects our mental health. For example, bullying significantly increases the risks of anxiety, depression, loneliness, self-harm, and other long-term disorders. Research shows short-term impacts such as lack of sleep and low self-esteem, and long-term impact including panic disorder and Post Traumatic Stress Disorder (PTSD), can increrase a higher risk of suicide.

The most common place for students to be bullied is at school. About 28-30% of middle schoolers report being bullied. While high schoolers average a reate around 19%. When students are a victim of bullying, their academic performance may have a loss in effort that was put into it becasue of the mental impact they are facing from bullying.

Many schools try to prevent most students from bullying others by fostering a positive school environment, implementing clear Anti-Bullying policies, training staff, teaching social-emotional skills to staff and students, and engaging students and parents in proactive strategies.

When someone becomes a bully, it is often because of insecurity, perceptions of being powerless, a need for control, and being rewarded for bullying. Some bullies can realize what they are doing is wrong and reach out to ask for forgiveness from the victim. Most cases of bullying end with someone intervening the bullying, adults get involved, or life transitions like graduating or moving schools happens.

BUDDY PROGRAM BUILDS BRIDGES

By Maleah Poitra

A buddy program in schools pairs students-often older with younger or new students- to provide peer support, build confidence, improve social skills, and strengthen school community. These programs help students settle in, reduce isolation, encourage friendships, and promote academic and emotional growth.

There are many benefits from this program. One example is the social and emotional benefits, the program helps reduce loneliness and isolation, build confidence in interacting with peers and older students, promotes empathy, kindness, respect, and foster sibling-like supportive relationships. Academic and learning benefits help improve motivation, reinforce content knowledge and study skills, and provide peer explanations of instructions and norms. Finally, the schoolwide benefit can strengthen school community and belonging, support smoother transitions between year groups, make school environments feel safer and more familiar.

Ways to implement the buddy programs into a school are defining the purpose and mission, choosing a pairing structure, and providing training and guidance. First, to define it you need to align the buddy program with the school's mission. Second, having to choose or decide pairs are like pairing older students with younger ones or using surveys or structured criteria for academic buddy pairings. Third, teaching the older buddies how to support younger peers and offering clear expectations and supervision is a way to provide training and guidance to the students.

The buddy programs are a proven way to build stronger, more supportive school communities and enhance students' social, emotional, and academic development. Research and practice shows that well-planned buddy programs in schools can help with all these things, especially for those who need extra support.

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The Rise of Modern Filipino Fashion