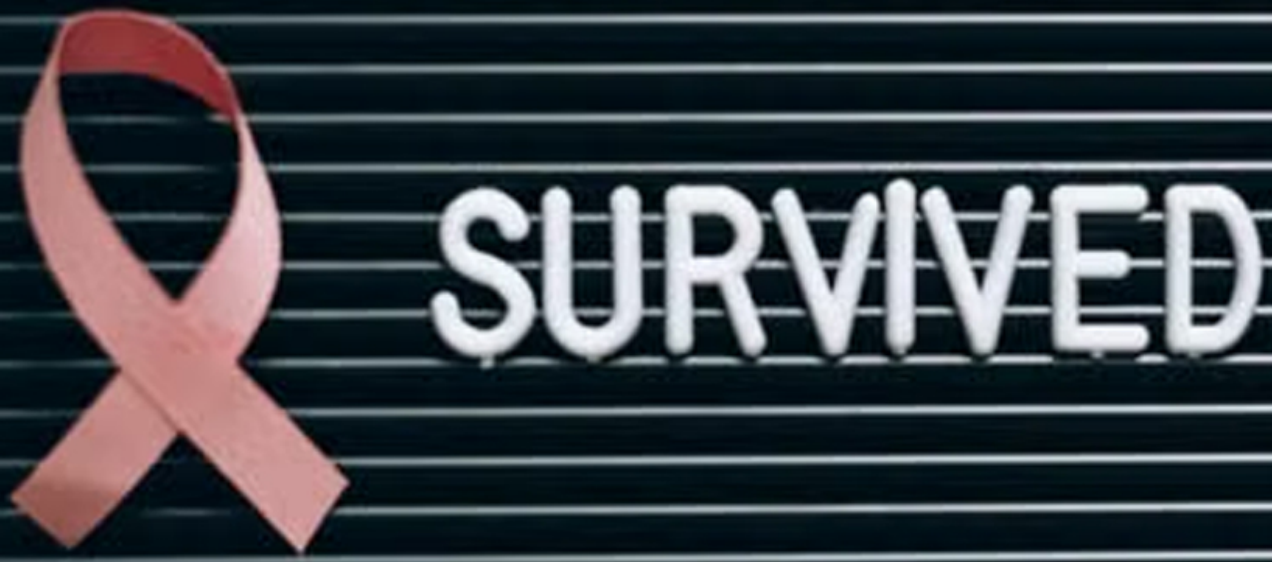
THE MUSTANG POST



BREAKING THE SILENCE

SHEYENNE HIGH SCHOOL'S OFFICIAL NEWSPAPER - OCTOBER 2026

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THE MUSTANG POST

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letter from the editor

Happy fall, as Mustang Post we give you the first article of the 2026-2027 school year.

This is my 2nd year of editing for Mustang Post and im pleased to give you these next articles about general media across the world.

I am in my 3rd year of jourlism so expectations have gotten higher but i still got these out in time with the help of my peers and teacher.

I hope you guys have a great fall!

Sincerely,

Savannah Swanson

DOLLY PARTON: BEYOND THE MUSIC

By Savannah Swanson

Dolly Parton was an amazing songwriter, singer, actress, and businesswomen. Who shaped pop and country culture today with her humor, sharp wit, and one of a kind vocals.

Dolly wrote over 3,000 songs including her most popular ones, “Jolene,” “Coat of Many Colors,” and “I Will Always Love You.” She became a beloved figure for feminism, LGBTQ+ culture, and country music singers.

By passing her music career Dolly was very kindhearted, as she founded her own library in 1995 called Dolly Parton’s Imagination Library. Which gifted over 330 million books to children from birth to the age of 5 across the world for free.

She donated $1 million dollars Vanderbilt University Medical Center in 2020, which help fund the COVID-19 vaccine research.

Dolly provided millions of dollars on emergency disaster relief including My People Fund for families affected by the 2016 Gatlinburg wildfires and aid for Hurricane Helene victims.

Ultimately, she helped fund many charities, families, and anything that needed immediate help.

Dolly Parton’s warm personality was loved by many, as her approachable style to connect with people across the world with different backgrounds to her persistence in navigating the music industry and building businesses beyond preforming.

Her maintained and recognizable identity with her 1900s hair, style, and storytelling voice. She also maintained her Appalachian roots while becoming an international celebrity.

Her combination of confidence, humor, humility, and generosity has helped many people embrace their own confidence and style.

Diving into more of her personal life, she got married to Carl Dean in 1966, he was never seen with Dolly in her spotlight and rarely made an ap-



Iconic Dolly Parton movie roles

People.com

pearance publicly with her. She was 1 of 12 children, she loved to cook for her family growing up with her sisters since they needed help feeding their big family.

Her family was very poor but a very loving family which many think that's why Dolly has a loving nature. She credits her mother for her passion for music singing and writing. She reportedly wrote her first song at five years old with the help of her mother Avie Lee Parton.

She lived Locust Ridge, Tennessee, during her childhood but moved to Nashville as a teenager to pursue music. She met her husband Carl Dean there, they never had children as Dolly wanted to focus on her music business, she was known for being Miley Cyrus's.

Dolly was very family orientated and always spoke on memories from her childhood even if they weren't glamorous. Most of her songs are inspired by her family, husband, and her faith in Christianity.

Many described Dolly as a highly generous person, as she donated lots of money to different charities, research centers, and hospitals. She donated millions of dollars to natural disaster help centers like the major flooding in Tennessee in 2021 which her organizations helped raise 700,000 for the affected families, and the Tennessee wildfire in 2016.

In 2018 she helped rededicate Sevier County's senior center as the My People Senior Activity Center in honor of her parents and continued helping it after.

Her personal acts of kindness never went unnoticed by people as she wrote personal notes to people to congratulate them, encourage, or even to let them know she was thinking of them.

During the 2020 pandemic she read to children who were frightened, she recorded herself reading books for 10 weeks. She also remembered people who helped her and described her as attentive to the



Dolly Parton at age of 80

ABC11



Breaking the Silence

By Maleah Poitra

Suicide prevention and awareness mean educating the public to recognize the signs of emotional distress, decreasing the social stigma of people's mental health, and using direct action to support individuals at risk and save lives.

Globally, an estimate of roughly 5.3% of adults experienced suicidal thoughts within a single year. That's aproxamately 14.3 million adults who have considered suicide annually. In addition to those numbers, around 20% of high school students have also experienced suicide thoughts, underscoring why public officals and researchers closely track these things.

Advocates define effective suicide prevention as a mix of public education, stigma reduction, and immediate crisis intervention to reverse these trends. People do walks and fundraisers for suicide prevention to show that they are powerful community movements designed to shift the cultural conversation around mental health, honor those lost and raise vital funds for lifesaving initially.

On these walks however, people wear Honor Beads. Those who participate in these events wear specific color-coded necklaces that silently tell others how they are connected to the cause.

There are nine different colors that symoblize something. White represents the loss of a child to suicide, red is lost a spouse or partner, gold means lost a parent, orange is lost a sibling, purple shows that youve lost a relative or friend, green shows a personal struggle or current struggle with suicide (or suicidal thoughts).

The last three colors are blue, supporting the cause of suicide prevention, brown which is lost a veteran or first responder, and teal, meaning supporting someone who struggles with it. The money that is raised through the events is directed towards progam services, research, education, advocacy, and survivor support.



Cat in the Hat: Hoax or Real?

By Savannah Swanson

The Cat in the Hat trend is a viral social media trend that includes disturbing AI- generated images of the Dr. Suess character lurking in neighborhoods, schools, and homes.

People are making Cat in the Trend as menacing and Mike Mylers themed, by making it slowly approach homes and set them in a dark place to catch viewer's interest. The video includes captions with "I'm coming" or direct threats naming schools, communities, and students.

Teens and children are mostly reposting these videos which is causing terror across social media.

The trend started in late June 2026 on TikTok when someone posted an AI generated video of 2003 Mike Myers dancing as Cat in the hat. As the user posted this clip it quickly gained millions of views. This created online horror lore about the characters' hollow-eyed appearance.

By August 2026, the meme evolved into dark humor posts and horror- style videos circulating in Ireland and the United Kingdom. People in the US and Canada started jacking the trend by AI generating images and fake security footage to place Cat in the Hat in local homes, schools and sometimes targeted threats which has led to police investigations and juvenile arrests.

Many teenagers have even been arrested or charged over posts connected to the trend. Over month ago a 15-year-old Hutchinson high school student created TikTok account for the community referencing the trend and got charged with two counts of criminal threat.

14-year-old arrested in Grand Junction, Colorado for harassment and interfering with school operations.

Numerous school districts in states like Texas, Pennsylvania, Tennessee, Arkansas, and Massachusetts stepped up security and enacted a temporary lockdown.

People went out to buy Cat in the Hat costumes to continue the trend which caused many teens and children to videotape people walking in neighborhoods or Infront of schools with the costume.

Many posts also include names of people which teens or adults have reported to police. This has caused police to have to investigate and go through many videos of Cat in the Hat. Which Greg Mays, deputy commissioner of the Tennessee Office of Homeland security, told New York Times that the problem begins when the images are paired with threats. "That's where it

crosses the line," Mays said.

The pattern is familiar, in the warning about the trend the Bulter Police department compared it to the 'killer clown' scare in 2016, which was false reports of clowns spreading across the country. Just like how people are dressing up or making fake images of the Cat in the Hat "killer" lurking around cities. It's almost like history repeated itself.

Police advice residents to not share these false accusations as they have proven it is not real and there is no real threat to the residents.

As aggressive laws enforcement crackdowns, which made it clear that these posts were fake and that were posted for hoaxes the trend slowly started to die down. Multiple Juvenile arrest including the 14,15-year-old and 10 other unnamed juveniles nationwide in Texas, Mississippi, and Minnesota. Lockdowns of schools with heightened security measures like police patrols, bag checks, and some temporary remote learning pivots (Kentucky and Texas).

The official debunking, as multiple months went by in terror for surround cities impacted by these false accusations, police agencies and platforms activity debunked the rumors and clarified the eerie, AI- generated images of the Dr. Seuss character lurking outside of schools or homes were fake hoaxes with no credible danger attached.

Families are thankful that they have finally debunked this as teens, children and adults can now walk outside without a feeling of eerie creepiness.

Hoax or Health?

A Dive into Herbalife

By Fatima Diaby

As Herbalife stores have been popping up in the Fargo Moorehead area, it has become a trend to consume their products, with a local Herbalife shop near Sheyenne High amassing 1,115 followers on Instagram.

But the company has previously gotten into legal trouble for their business practices and whether their products are as healthy as they seem.

Herbalife has been selling shakes, teas and meal replacements since 1980, in this time they have had many customers.

According to their consumer affairs page, the negative reviews outweigh the positive. Many customers report serious changes to their body, such as one customer stating their menstrual cycle wouldn't stop after consuming Herbalife products for 20 days.(Narayani, Consumer Affairs)

Serious health issues have also sprouted from long term use of Herbalife products. Around the world, Herbalife products have shown a connection to liver problems and toxic hepatitis in healthy middle-aged people.

Cases in the United States, Switzerland, Isreal and many other places have shown hepatoxicity is a side effect. (Jurcic et al, 2017)

Herbalife may be science based to an extent, but the company does not take into account the harmful impacts of some of their ingredients, such as herbal drugs on the liver.

Hepatoxicity can be lead to liver failure and cause serious harm to a person. (Cleveland Clinic, Toxic Hepatitis) This teaches us that food trends can be dangerous if not researched.

Photo by: Alisha Mishra

How They Are Solving Hunger

By Fatima Diaby

Many students at Sheyenne participated in a schoolwide volunteer effort to pack food for Feed My Starving Children in February 2026. This day of giving brought my attention to the local food banks in the Fargo-Moorehead Area. In the FM Area, there are around 15 food banks, but how do they embark on the ambitious goal of feeding hungry people?

The Great Plains Food Bank is a major food bank serving North Dakota and Western Minnesota. Their process starts with donations. People, organizations, schools, businesses and others donate frozen, close to code, and non-perishables to their Fargo and Bismarck warehouses. (Great Plains Food Bank, “About”)

Next, volunteers spend their time packing food to be donated. The packed food has many different fates from there. From food pantries, food distributions to rural areas, youth summer meal programs or a senior citizen food pack program. The Great Plains Food Bank way of operating is an effective plan to battle hunger. (Great Plains Food Bank, “Pantries and Meal Sites”, “Feed Seniors”, “Feed Rural Communities”)

But do the requirements of these food banks prevent some needy people from getting the nourishment they need? At the Great Plains Food Bank, many programs have little to no requirements. In the areas near Fargo, there are a few.

West Fargo Eats is one of the food banks with rules for recipients. Recipients may only go once a month, not including their pop-up pantries. For their in-person shopping experience participants must not come earlier or later than 5 minutes and may shop for 15 minutes. (Lutheran Church of the Cross, West Fargo Eats)

These rules are in place to make sure all recipients are treated fairly. The reception of these rules will be different for every person.

Photo by: Julia M Cameron

Photo by: Maria Merlin

What impact does social media have on teens

By Maleah Poitra

Most teenagers in the U.S. are active on social media. Over 90% of teens between the ages of 13 and 17 use at least one major platform almost constantly, like YouTube, TikTok, Instagram, and Snapchat.

Although social media is not intentionally harmful to teen mental health, its impact may depend heavily on how teens decide to use it. Specific or unusual patterns of social media use are mainly linked to depression or anxiety; it can be both. But social media can also support connections, identity exploration, and mental health for many young people.

Multiple studies link the topic of heavy social media usage, often ranging over 3 hours a day, to the higher rates of anxiety, depression, body image concerns, and low self-esteem in adolescence.

These can lead a teenager to want to constantly compare themselves to others online eroding their self-worth. Or begin to late-night scroll, which disrupts a regular sleep schedule and can affect their moods or academic performance.

Cyberbullying and harassment happen in some online environments which expose teens to harmful interactions. Lastly, there's fear of missing out, or FOMO, and social anxiety which can amplify stress and self-isolation.

Some parents use time schedules for how long their teens use social media. Windows of opportunities are like after homework or chores are completed before they use social media, they also can promote other things that don't involve a screen, such as sports, hobbies, or outdoor activities.

FASHION REVIVAL BRINGS BACK THE 2000S



Bella Hadid & background image courtesy of vogue.com & blog.layreen.com

by Naomi Kennell

Often called "Y2K fashion," is surprisingly returning into the fashion world. Clothing, accessories, and aesthetics from the late 1990s and 2000s is turning into a modern everyday thing in pop culture. These trends come to a fashion cycle from 2 decades making it become more popular, nostalgic, and cool again. So, why do we recapture everything that happened in the past to now?

In the 2000s, Low-jeans, velour tracksuits, and layered tops were a typical popular suit for many people in their teenage and young adult years. Plenty of the time, people especially young girls would dress up for fun, and love to go out.

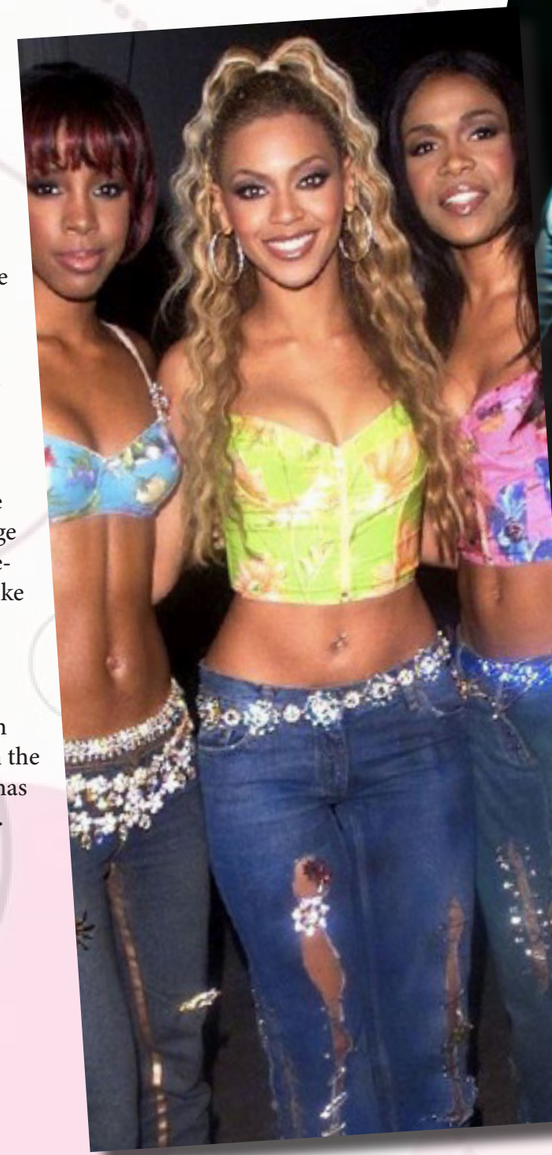
Many people born during Gen-Z are driven to platforms like TikTok and Instagram making this style occasional since on the internet, Celebrities and icons like Gwen Stefani, Bella Hadid, and Destiny's child have embraced the fashion of their childhoods and could be an inspiration for younger generations.

Gwen Stefani unfailing to bring out her inner self that involves accessorizing, crop tops, low-rise or cargo pants with platinum blonde hair and red bold lips. Stefani has always been a fashionista; she has also worked with stylists making her dreams come true.

During the late 2000s, She was on the show "The Voice" 8 consecutive seasons with her husband Blake Shelton, and both worked together for 6 seasons coaching. Gwen Stefani continues to have style statements and fashion presence.

Today, Gen Z has changed drastically over the years. Those who do not have massive budgets have led them to get vintage 2000s clothes from resale markets online like Depop and Grailed.

To sum up, this revival is a powerful reminder that fashion never really dies with the significant impact it has had over the decades.





Gwen Stefani & The Destiny child image courtesy of rollingstone.com & universityoffashion.com

Sandlercore

by Naomi Kennell

Adam Sandler was born on September 9th,1966 in Brooklyn, New York City. He is an American actor, comedian, producer, and writer. He is known as a hilarious guy doing films and has become a fashion icon all over the world. Sandler's wardrobe reflects who he represents to the public and his family. "Whatever is clean in the closet, I will take that." He openly tells the community that he does not care about fashion rules and genuinely wants to feel comfortable if he is in public or not.

During the Oscars in 2025, he wore a bright blue neon logo hoodie from "Aviator Nation" and navy-blue basketball shorts instead of wearing a suit. He jokingly tells people at the Oscars, "I like the way I look cause I'm a good person." Anywhere he goes, you can always find him wearing simple clothes whether he is walking down the street, attending an important interview, or going on the red carpet.

This style makes the public love him more because of his humor, and the way he presents himself in front of everyone because he does not care about looks. On social media, people have made themselves dressed up as Sandler himself and have over millions of views.

Sometimes Adam Sandler reacted to young people's videos, which he was incredibly happy seeing those videos online. Sandler's daughters even borrowed his shorts for school since it was "Adam Sandler dress up day." No matter how much money he has or how famous he is, his modest clothes in his closet still have a place in his heart, and many others around the world who loves his sense of style.

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