

# THE MYSTICIAN

VOL. 83 ISSUE 3 BISMARCK STATE COLLEGE BISMARCK, N.D. November 2021

[bscmysticmedia.com](http://bscmysticmedia.com)



Bismarck State College students caught Mystics Volleyball in action against the University of Jamestown JV. on October 20 at the BSC Armory. (Credit Kay Harris)

# THE MYSTICIAN

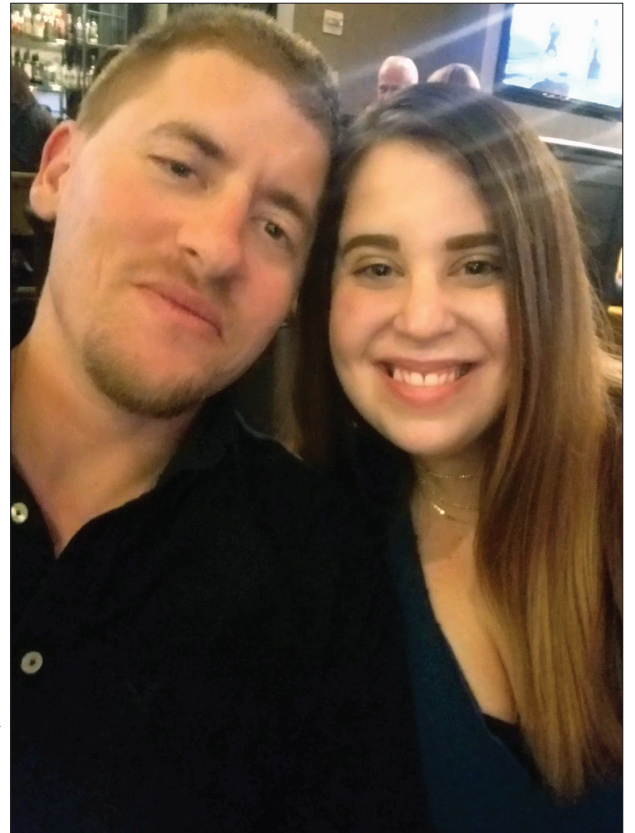
PUBLISHED BY THE STUDENTS – FOR THE STUDENTS

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# LETTER FROM THE EDITOR

‘Sup? Another month, another issue. Time seems to be flying this semester, which I am more than okay with. I cannot lie, it has been a struggle this fall—mentally and creatively. I am so happy to be here and have this opportunity to better myself and my life, but it has been hard to keep up. Luckily, I am surrounded by a great group of peers and instructors that take the time to listen to me and give me a break when it is needed. I have recently started painting as a means to stay inspired while taking a break from writing. It has helped immensely, and it is also a great way to redecorate my home. Long story short, if you are struggling—reach out. Many people are there to listen and help when needed. You are important, you matter, you are loved and you deserve to be happy.



Go big or go home,  
Amy

### The Mystic Media Statement and Disclaimer

The purpose of college media is to serve and give voice to the students.

We, as the student-based forum of journalism on the Bismarck State College campus, provide content that is informative, fair, concise and of importance to students and the community. With this goal in mind, Mystic Media is dedicated to accuracy and maintaining ethical journalistic practices.

We strive to give a voice to student issues and policies within the local community.

Our goal is to incorporate as many students as possible and be an outlet for student expression.

Mystic Media strives to be objective and is not affiliated with any outside organization.

Mystic Media upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining and thought-provoking material to the college community. Thoughts expressed may not be the opinion of all the staff or BSC community.

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# MYSTIC MEDIA

BISMARCK STATE COLLEGE STUDENT PRODUCTIONS



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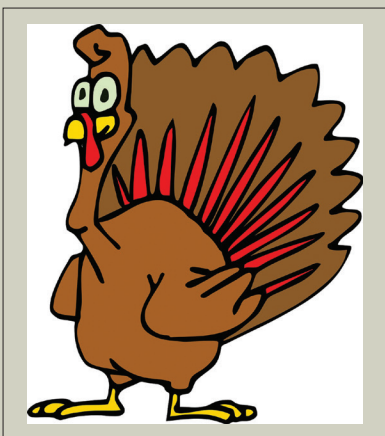
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KEEP AN EYE  
OUT FOR THE  
CROSSWORD  
PUZZLE IN THE  
DECEMBER  
EDITION!



# BEATING THE BURNOUT

By Amy Doll  
EDITOR-IN-CHIEF

A new thought is born every day, especially in the minds of college students. Multiple classes call for thinking of a variety of topics and creations. What happens when the ideas are not coming anymore?

According to 'Psychology Today', burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. This can have an affect on job execution as well as school or daily performance in life. Although burnout is not considered to be a medical diagnosis, it may have factors such as depression and anxiety as a cause.

"You don't have the fuel to sustain whatever you need to do. Either because you're tired from doing too much work or you have too many things," said Michael Tomanek, Associate Professor of English. "The proverbial 'too many sticks in the fire'."

Academic burnout can occur after weeks or months of studying material or from continuous years of studying. Symptoms may include

lack of motivation to attend class or complete projects, exhaustion, lack of inspiration or creativity and inability to concentrate. There may also be physical effects such as headaches and increased body tension.

Burnout can affect other areas in a person's life such as relationships, parenting or socialization.

"It's so easy to get pulled out of the moment or it's so easy to be distracted by the other things that we need to do that if we just don't give ourselves the mental and physical space to accomplish something, we're never going to be invested in that something," Tomanek said.

There are ways to deal or prevent burnout such as exercising, taking breaks when possible and developing good relationships with colleagues or peers.

"A full-time student is a full-time job," Tomanek said.

Counseling services are available through the Mystic Advising and Counseling Center. The MACC can be contacted at 701-224-5752 or bsc.counseling@bismarckstate.edu.



Academic burnout can affect students of any age. (Credit: Amy Doll)

## TUTORING CENTER AVAILABLE FOR STUDENTS

The Bismarck State College Teaching & Learning Center has created a visual display of the Fall 2021 tutoring schedule as a resource.

Math: Monday to Thursday 9 a.m. - 3:30 p.m. and Friday 9 a.m. - 1 p.m.

Writing: Monday to Thursday 10 a.m.- 2 p.m. and Friday 10 a.m. to 1 p.m.

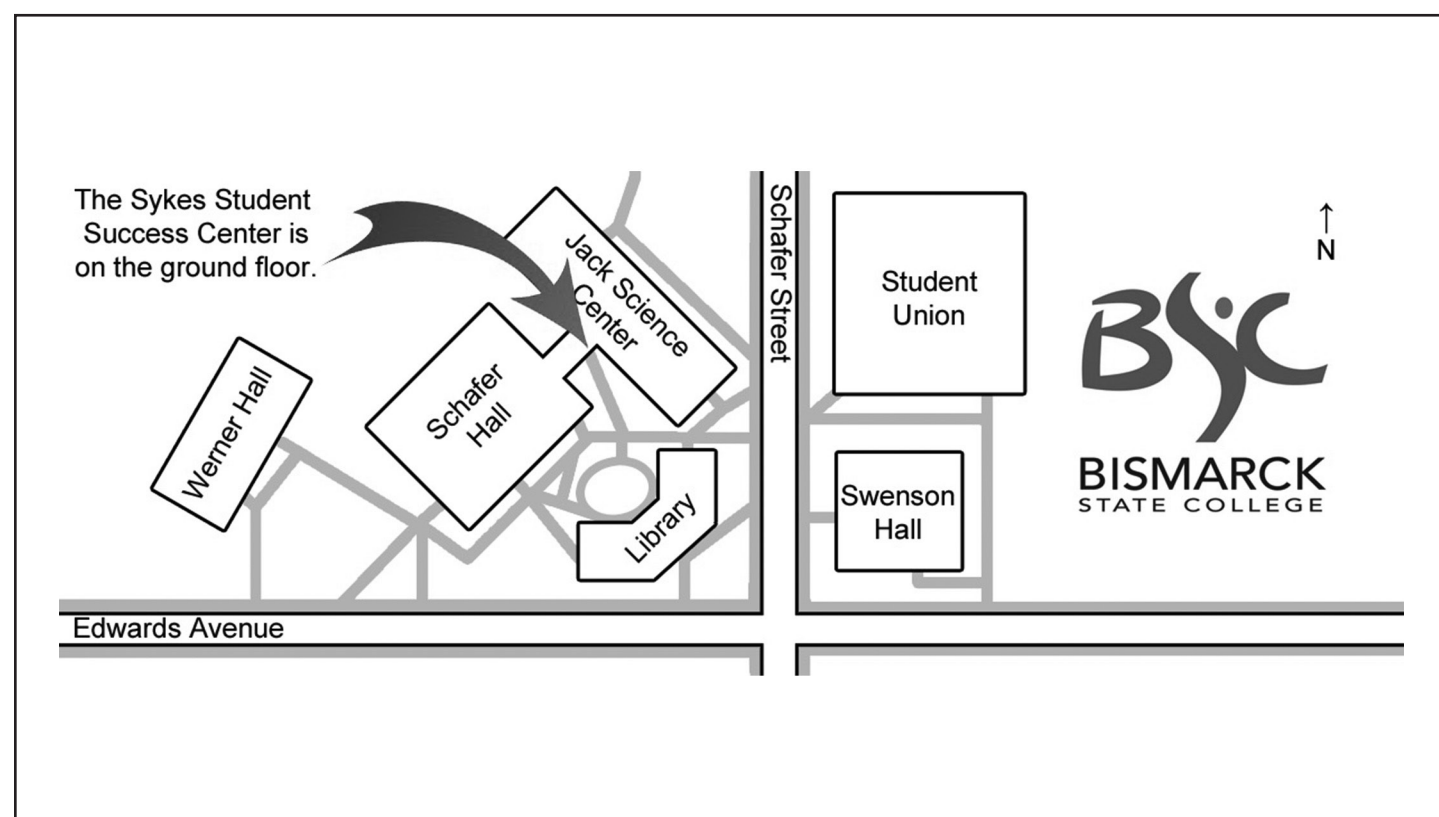
Biology: Tuesdays and Thursdays 8 a.m. - 10:30 a.m.

Spanish: Monday, Tuesday, Wednesday 2 p.m - 3 p.m. Friday 11 a.m. - noon

Chemistry: Monday, Wednesday and Friday 10 a.m. - 11 a.m. and noon - 1 p.m.

Tuesday and Thursday 11 a.m. - 1 p.m.

The Fall 2021 tutoring schedule is also available to students on our BSC website at <https://bismarckstate.edu/academics/academicresources/tutoring/services/>.



## MYSTIC JAVA OPENS A NEW CHAPTER



By Zachary Weiland  
THE MYX PRODUCTION MANAGER

Look out, Mystics. LEA Hall has received a hot new edition.

LEA Hall is already a popular study location of many Bismarck State College students. Along with its many classroom spaces for students taking English or art classes, the building houses the college library. LEA Hall is now the host of a new Mystic Java.

The new coffee shop, named The Book Bean, first started serving customers on Monday, Oct. 25. Book Bean is located in a small window-type space near the front desks of the library. The library is located on the first floor of LEA Hall. Store hours are 7:30 a.m. to 9:30 a.m. daily.

The new shop will retain the same menu as its sister locations. A variety of drinks, both caffeinated and not, are on sale daily. The full menu can be found on the BSC website.

Mystic Java is BSC's very own coffee shop chain. The coffee shop already has other locations around campus. The main location can be found on the main floor of the student union. Other locations are on the first floor of the National Energy Center of Excellence and in room 163 of the Health Science building.

The Book Bean is now open in LEA Hall on the BSC campus. (Credit: Zachary Weiland).

Remember to take care  
of yourself.  
Mental health is important!

### NEWS BRIEFS

#### KUDER JOURNEY AVAILABLE ONLINE

Bismarck State College students, who are still deciding on a program of study, can access an online career guidance assessment to determine student interests and help with career choices.

The Kuder Journey is an online interest inventory. Based on the student's specific needs, Kuder Journey provides reliable tools to assess interests and suggest education and career options. More information about this free tool can be found at <https://bismarckstate.edu/students/services/careers/>.

Students who complete Kuder

Journey receive their results in a format that is easy to understand and interpret on their own, but they can also set up an appointment in the BSC Mystic Advising & Counseling Center (MACC) to review their results. Students can also bring their results to their advising appointments as the results may help the student and adviser select classes for upcoming semesters that support the student's strengths and interests.

For more information about Kuder Journey, contact the MACC at 224-5752.



#### REMINDER TO STUDENTS

Bismarck State College students are reminded to use their BSC email to interact with faculty and receive notifications about campus events and activities. It is possible to set up the school email on mobile devices as well as on computers.

In addition to Blackboard, most faculty use email to correspond with students including information about class cancellations, due dates and upcoming unavailability.

# OLD 10 BAR & GRILL DEFIES ODDS

By Chad Erickstad  
COLUMNIST

Opening a new restaurant is a difficult undertaking, even in the best of times. Now imagine opening one just seven months before a major global pandemic.



According to Full-Service Restaurant Magazine, 60% of restaurants don't make it past their first year and 80% go out of business within five years. And, as stated by the news website Business Insider, since the onset of the pandemic, 17% of restaurants have shut down.

Starting a business that serves food and drink to people who are on edge over every microbe that comes within six feet of them is a tricky problem. But that is exactly what the owners of the Old 10 Bar & Grill did. Despite the pandemic, their restaurant is going strong and defying the odds.

The Old 10 officially opened its doors on Main Street in Mandan on Aug. 7, 2019, and immediately became a popular dining destination. The menu has a good bit of variety: steaks, pizzas, pastas, burgers—and this proved to be just what the city wanted. The business took off. “If anything, we were honestly too busy right away,” co-owner Curt Miller said.

New restaurants have many difficulties to overcome, and one of the largest obstacles is staffing. Having enough employees to run a restaurant—dishwashers, cooks, servers, bartenders, managers—can be a daunting task. And when a restaurant is new, few of the employees are experienced.

“That first month we were too busy for what our abilities were as a staff,” Miller said. “We were kind of learning on the fly. Our staff wasn't trained enough to do those numbers, to keep up.”

Miller and co-owner Nate Wolf spent long hours figuring things out. Juggling employee schedules, food and beverage orders, and financial matters was nearly overwhelming.

“That was tough, that first month and a half,” Miller said. “There was a lot of, one of the two of us sitting on the office floor with our head in our hands, just kind of wondering if we were going to pull this off.”

By October, business had slowed—a period Miller described as “honeymoon's over”—but by January, commerce had once again reached strong levels. Business stayed bustling until March; that is when COVID-19 changed everything.

“Those first couple weeks in March were weird,” Miller said. “You'd come into the restaurant and there was a feeling in the air—people were insecure about being close to each other. No one knew what was going on. Business started divebombing down those first couple weeks of March.”

Miller and Wolf had to make an agonizing decision.

“I remember the exact day—it was one of the worst days of my life,”

Miller said. “We were just seven months in and the decision I had just made at that moment was: we're closing the restaurant. Our first priority was to keep people safe.”

That was March 18. The next day Governor Doug Burgum signed an executive order directing all bars and restaurants to close by noon Friday, March 20. The Old 10's chances of surviving through its first year were looking like a longshot.

During the six weeks that the Old 10 was closed, Miller and Wolf paid their employees their full wages, including tips.

“We just thought it was the right thing to do,” Miller said. “And honestly, I'm not going to make it seem like I was a saint. There was also the reality that we knew we would be reopening at some time, and we are going to need a staff, and if these people all just left to find another job—part of it is the right thing to do, but we have to do what is best for us, too. I'm proud that we did it, but it was expensive.”

There was also the problem of what to do with all their perishable foods bought in bulk. Miller and Wolf gave as much as they could to their employees, but who wants a gallon jug of tartar sauce?

“We lost thousands of dollars in inventory,” Miller said.

On Thursday, April 30, the executive

order expired, and Governor Burgum allowed restaurants to reopen with limited seating. The Old 10 reopened its doors on May 1.

It took a while for things to become normal again for both the employees and the customers.

“It was just a bizarre scene,” Miller said. “It was like alien lifeforms who had never been in a restaurant. They would walk in and ask what they could do and what they could touch and where they could sit.”

“That first month after reopening was terrible,” Miller said. “No one was really coming in. And then in June it got a little better, and July was actually pretty good. Then in August daily coronavirus numbers skyrocketed and we had another dive in sales. That August and September were rough. Then around the holidays, maybe two weeks before Christmas, the numbers leveled off. People were tired of being cooped up—they needed social interaction, a sense of normalcy. Shortly after that, January, February, March, all through the summer, business was gangbusters for us.”

Even though business is booming, COVID-19 continues to offer challenges for Miller and Wolf. Prices have escalated and availability of common food items can be spotty.

“Take our fryer oil, for example,” Miller said. “We're paying 300% more than we paid a year ago. We used to pay \$22 a jug, now it's \$65. A boil-out went from being \$60 to almost \$300.”

Despite these new and ever-changing hurdles, the Old 10 keeps moving forward.

“It's weird to say, but COVID made us better at our jobs—out of necessity,” Miller said. “We're not going to make a penny unless we're really good, really smart. We just got better.”



Top: The Old 10 Bar & Grill sign located on Main Street in Mandan.

Left: Co-owners Curt Miller and Nate Wolf pose inside of the bar & grill. (photos submitted by Chad Erickstad).

# EVERY STUDENT'S VOICE

**ASPIRING TO GIVE EVERY STUDENT A VOICE:**

This is our mission statement at The Mystician. It is often said that in higher education, we grow as people and become who we are through learning and experience. We know you would like to let yourselves be heard, and this new addition to our student newspaper is just the way to do that. You will often see our reporters and columnists out and about getting interviews. If you would like to have your voice heard here, answer openly and honestly to them and allow your picture to accompany your opinion.

## QUESTION: WHAT ARE YOU AFRAID OF?

**“Ever since the start of college, my fear of failure has shot up spectacularly. It has gotten to the point where I have no idea what to do after college—out of fear that anything I choose would crash and burn.”**

**“I am afraid of what the future may hold. We currently live in a very polarizing time, and I’m afraid the current culture war will only lead to more divide. Hopefully things will improve.”**

**“I’m afraid of uncertainty. Not having a plan or not knowing what comes next.”**

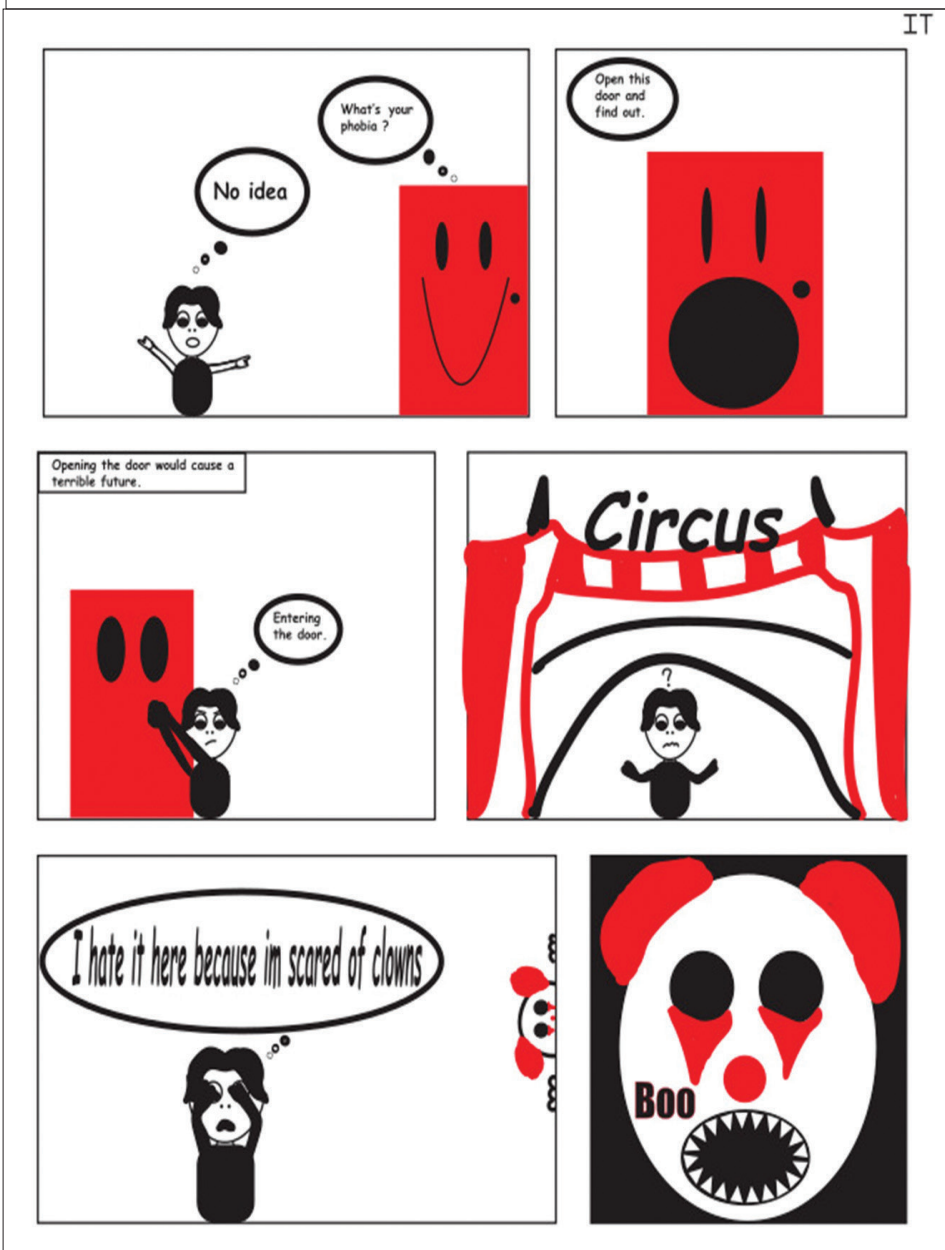
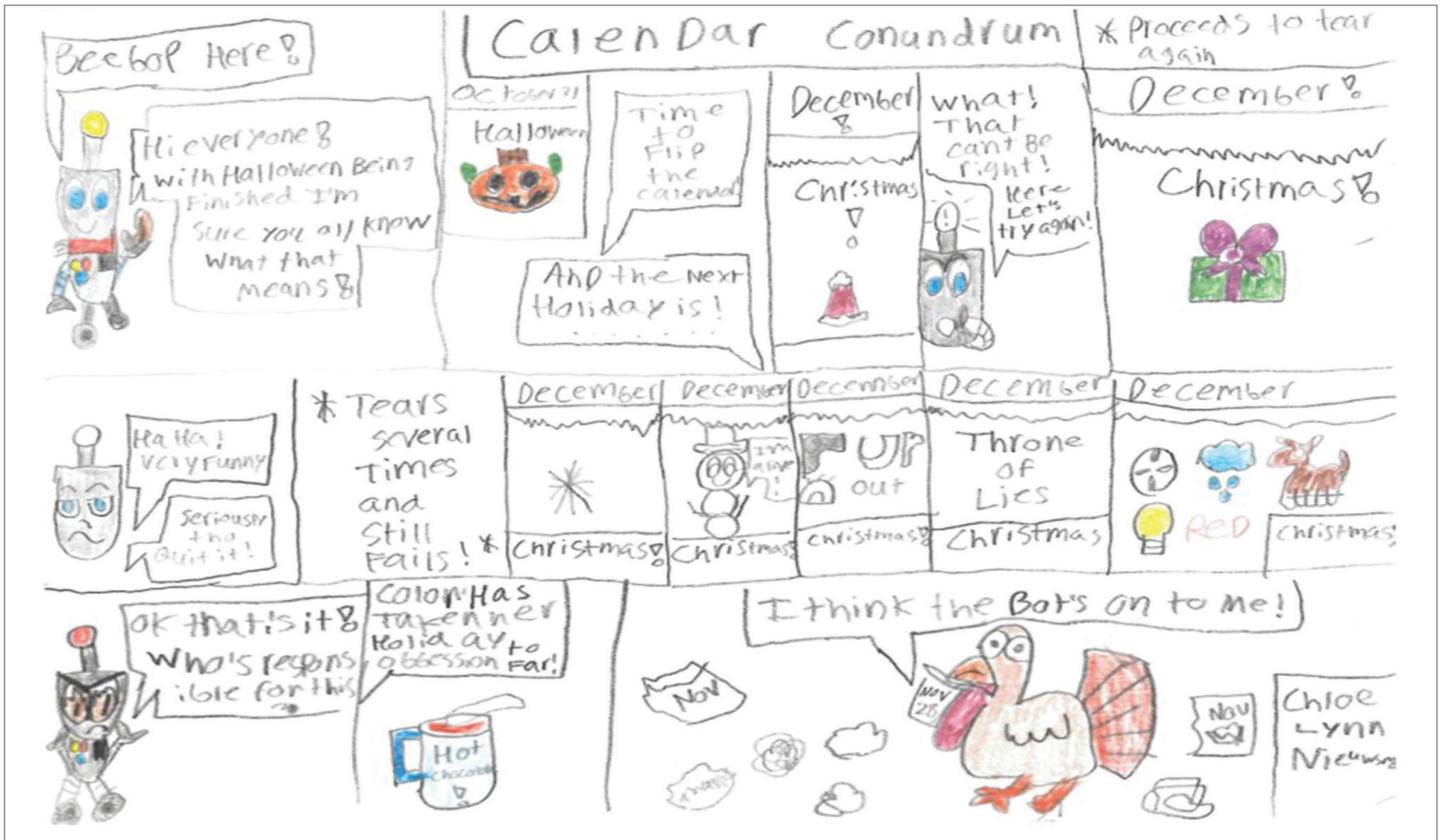
**“I’m afraid of not being able to protect the people I care about.”**

**“I am afraid of swimming in lakes and rivers. I don’t like the dirty water and the terrible feeling of the floor in the water—not to mention the fish.”**

**“Being forgotten. I get scared that the people I know will forget about me and not talk to me anymore.”**

**“I’ve always feared heights or high places, because I am a short person.”**

**“The woods at night unnerve me. Just knowing that there are other things out there in the dark is mysterious.”**



**Favorite Fall Drink?**

- "Pumpkin Spice Latte"
- "Hot Chocolate"
- "Dirty Chai Latte (chai with expresso) made with vanilla and almond or oat milk."
- "Apple Cider, but fall coffees are up there"

**Favorite Fall Food?**

- "I love white rice casserole"
- "My dad's pecan pie"
- "I really love pumpkin pie"
- "I love stuffing. It's my go-to comfort food."

**Favorite Thanksgiving tradition?**

- "We would watch the Macy's Parade/visit my grandma. She makes the best apple cider and gravy."
- "My tradition is to go to my grandma's and eat food."
- "My favorite tradition is seeing my extended family. I usually only see them on major holidays."

**What are you thankful for?**

- "I am thankful for the beautiful leaves on the trees."
- "I'm thankful for the people that care about me and having a roof over my head."
- "Being able to spend time with family and friends."
- "Lefse."



# FALL FASHION

By Taylor Aasen  
MYSTICAST EXECUTIVE PRODUCER

When the seasons change, fashion changes along with it. It's now time to put aside summer shorts and sandals and trade them out for warmer knits and boots. Here are some fashion trends to expect this upcoming colder season.

Colors that are popular in fall and winter fashion are fuchsia, light yellows, and darker hues of blue and green. These colors give a warm feeling as they help transition into the upcoming winter season.

Fashion seems to be hopping into a time machine back to the 1990s now that corduroy and sweater vests are making a comeback. Corduroy is a textured fabric that first made its debut in the 1970s, and then, the rigid rags rebounded in the '90s when sweater vests originated. It's 2021, and these two styles are in vogue once more.

A popular fall fashion fad is flannel. Throw on a t-shirt underneath and a plaid flannel over. An important tip to keep in mind with all fashion is color coordination. With this style, make sure the flannel matches the color of the shirt underneath. The plaid pattern usually consists of two to a dozen more colors. Pair the ensemble with jeans and boots for a fashionable fall outfit.

Other cool patterns that are in style this autumn are stripes, animal prints, checkers and houndstooth. These patterns are associated with success and give good impressions when going to interviews, on dates, or dinner with the boss. These tips will help you dress to impress. Fashion is more than just colors and patterns and staying up to date with current trends. For some, fashion means more.

Danette Jacobs, owner, and founder of Boutique 23, first opened up shop in Linton, N.D. in 2015. A couple of years later, a second store in Bismarck emerged. When she opened, her goal was to accommodate her products to all age groups with a variety of styles to offer. They have everything from comfy and casual to conservative and classic business styles.

Jacobs talked about the patterns and colors that are in this fall, but it was clear that her passion is more than just fashion.

Her son, Jared, died of cancer at the young age of 19. Jacobs said 23 was the number Jared proudly wore as a running back for the Linton Lions football team. Boutique 23 then got its name.

"Angels In Heaven" is one of the store's clothing lines. The styles in this collection are inspired by Jared's life. According to their website, proceeds of this collection go to families experiencing a traumatic event or other organizations in need of funding. A dedication display can be found inside the boutique to honor Jared and his short-lived life.

The store's warm atmosphere makes for a comfortable shopping atmosphere and friendly faces at the checkout counter. The boutique also sells a variety of clothing for all and home decor.

At the end of the day, no one can tell a person what to and what not to wear. The most important tip to keep in mind is that fashion is all about expressing individuality and what makes a person comfortable. Life is too short not to express one's own uniqueness.



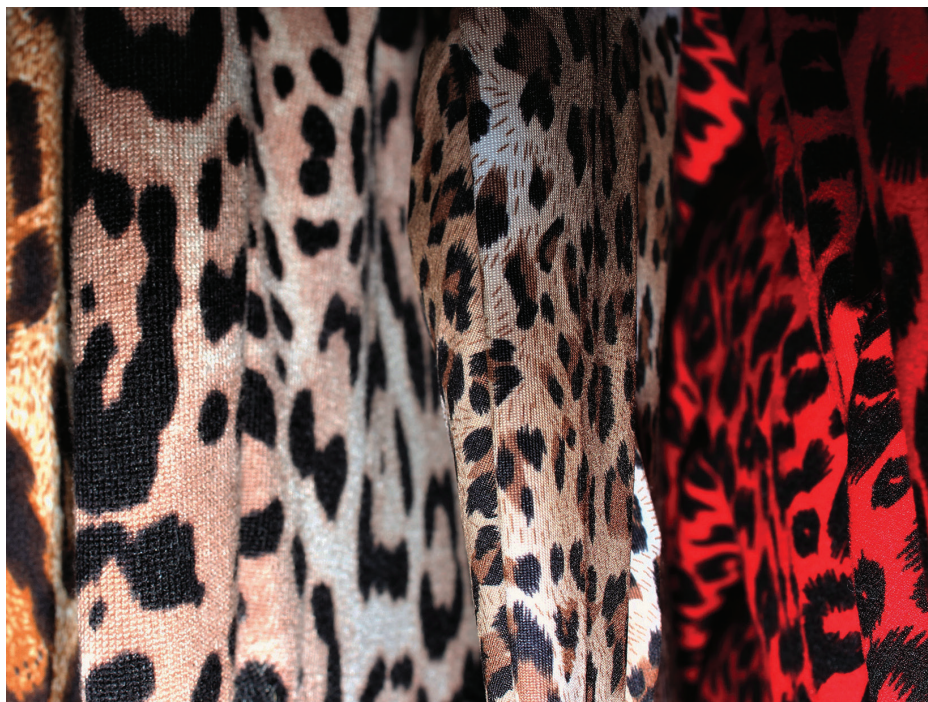
Zachary Weiand poses in plaid patterns for the fall. (Credit: Taylor Aasen)



Display in Boutique 23 in honor of Jared Jacobs. (Credit: Taylor Aasen)



# FLYING HIGH



"Angels in Heaven" is a clothing line at Boutique 23 that is inspired by owner Danette Jacob's son. (Credit: Taylor Aasen)



Fall colors include dark hues of red, green and blue. A popular pattern is animal print. Corduroy makes a comeback. (Credit: Taylor Aasen)



SWEATER WEATHER HAS ARRIVED

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## KOLBY'S KITCHEN



Kolby Gourneau shares his fresh baked cuisine. (submission via MystiCast)



### CHEESY BEEF AND MACARONI CASSEROLE

**Ingredients:**

- 1 pound dry macaroni noodles or similar
- 1 pound lean ground beef
- 2 cloves garlic minced
- 1 cup diced onion
- 1 cup diced green pepper
- 1 can crushed tomatoes 28 oz
- 1/2 cup tomato sauce
- 3-4 tablespoons tomato paste
- 1/2 teaspoon dry basil
- salt & pepper to taste
- 3 cups shredded cheddar cheese divided
- 1/4 cup freshly shredded parmesan cheese
- 3 tablespoons chopped fresh parsley divided]

Preheat oven to 375°F.

Cook noodles for 3/4 of time according to package. (My noodles said 9 minutes so I cooked them for 6). Drain and rinse under cold water.

Meanwhile, brown beef, garlic & onion in a frying pan. Drain.

Combine green peppers, beef, noodles, tomatoes, tomato sauce & paste, basil, salt & pepper, 1 cup of cheddar cheese, 2 tablespoons fresh parsley. Pour into a 9x13 casserole dish.

Combine remaining cheeses & 1 tablespoon of parsley. Sprinkle on top of casserole. Bake uncovered for 35-40 minutes or until bubbly and cheese is browned!



**November  
Bismarck/Mandan  
community calendar**

Vintage Christmas Shoppe at Buckstop Junction  
11/06/2021 - 12/18/2021

Bismarck Bobcats vs. Aberdeen Wings  
11/12/2021

Festival of the Arts  
11/18/2021

12th Annual Bismarck Christmas Show  
11/19/2021 - 11/20/2021

Bismarck Bobcats vs. Aberdeen Wings  
11/20/2021

Turkey Trot  
11/25/2021

Santa's Arrival & Shop Small Business Saturday  
11/27/2021

For more information visit [www.noboundariesnd.com](http://www.noboundariesnd.com)

**Community  
volunteer  
opportunities**

Volunteers Needed  
Home Delivery Drivers  
Home Delivery Packers  
Burleigh County Senior Adults Program

Volunteer Social Media Specialist  
Volunteer Videographer  
Dakota Cares

Mentors to New Americans  
Bismarck Global Neighbors

Disaster Responders  
Red Cross

Sorters  
The Arc of Bismarck

Food Pantry Assistance  
Ministry on the Margins

Volunteer Classroom Assistant  
Adult Learning Center

More information for these opportunities can be found at [volunteerbisman.com](http://volunteerbisman.com)

**Register for  
spring and  
summer  
classes now!**

# STYROFOAM BAN: A STEP TOWARD SUSTAINABILITY



By Mikaela Sanders  
COLUMNIST

Consider this: You run into your favorite restaurant on a blustery fall day and come strutting out with a steaming hot serving of vegan pho, chicken pad Thai, or insert-your-favorite-take-out-here. As soon as you finish enjoying your meal, the plastic container that held your food for just twenty minutes gets tossed in the trash, along with the plastic knife/fork/spoon you used to eat it with and probably the plastic bag to boot.

Sound familiar?

Styrofoam containers and various other versions of single use plastic have become commonplace in many businesses for ease of convenience, especially during the recent pandemic with restaurants having to resort to serving take-out only.

Have you ever thought about how

wasteful our normalized habits are?

Expanded polystyrene or closed-cell extruded polystyrene, also known as EPS or Styrofoam (the trademarked name), is foam that is not biodegradable, difficult to recycle, and can take an estimated 500 years to decompose. Long before that, EPS degrades into tiny, toxic microplastics that contaminate the ocean and its wildlife. As we consume the earth's natural resources, these microplastics eventually reach our bodies, too.

According to the U.S. Department of Health, styrene is a known carcinogen.

These products are cheap and convenient, but just because it is easy to ignore the reality that comes along with using them does not mean that we should.

Is convenience really worth contaminating the earth for hundreds of years?

The answer should be a resounding no.

However, change is possible, and convenience does not have to be the enemy. By making our habits more sustainable, we can still enjoy our favorite take out in a way that is less damaging.

There is a myriad of Styrofoam alternatives readily available to businesses in the U.S. such as PET (Polyethylene terephthalate) plastic, PLA (polylactic acid) plastic, double poly-coated paper, plant fiber and post-consumer paperboard, all of which are more environmentally friendly.

Legislation has passed in many

states, counties, and cities all across the United States, placing bans on plastic bags, plastic straws, and the use of the Styrofoam to-go containers in businesses such as restaurants. It's becoming more common to see paper, biodegradable, and compostable products around the country as industries adapt to new sustainability standards and the sentiments of consumers.

Some argue that bans on businesses would be too harsh or too expensive, but we already have proof that polystyrene food containers can be banned successfully. Cities in 13 states have started phasing in new requirements slowly, allowing businesses time to adapt. Six states have enacted a statewide ban. Berkely, California was the first American city to bar the use of polystyrene in 1987. Tax breaks and other incentives to stop using Styrofoam would help to lighten the load for smaller businesses. If the demand for sustainable alternatives goes up, supply will follow, and prices for these products will eventually go down. In the not-so-distant future, we may not have to choose between cutting costs or creating unnecessary waste.

North Dakota is nowhere to be found on the growing list of places pushing for change around single-use plastics; but with so many other states leading the way with strong examples and taking plastic alternatives seriously, there is no reason to follow suit.

Why is our state so far behind the

curve?

North Dakota could take responsible steps towards sustainability by implementing bans on single-use plastic and requiring businesses like restaurants to gradually switch over to Styrofoam-alternative products. Bans such as these effectively prevent their further utilization and harmful effects. We deserve sustainable options, and we have the right to ask our representatives for these changes to be implemented. Businesses should also be held accountable for making better and healthier choices for us as consumers. Something so simple as switching to biodegradable to-go containers would make a dramatic difference.

Small actions bring about substantial change and there are things you can do that will make a difference. Not only do you hold the power to skip the straw for your iced latte, bring a reusable bag to the grocery store, and choose paper plates instead of plastic, but you can also encourage your place of employment and local businesses to switch over to a biodegradable version of their current to-go container option. You can contact your local legislator or board of health. You can support a Styrofoam ban if North Dakota considers implementing one.

By holding each other to a higher standard, we are not only taking better care of the environment, but also taking better care of ourselves.

## WHAT IS NORMAL?

Everybody's idea of normal is different. What one might do on repeat, could be something completely foreign to somebody else. Or someone can do something unusual, and you get told that's not normal. Does anybody know what normal is?

Ever since I was little my mother and I have had this disagreement about the definition of normal. My ex used to say that my family is not normal. We are a very outgoing, close, and funny kind of family. His family is quiet, distant, and serious. Does that mean his family is normal? Or is my family normal?

Everyone has their own perception of what normal is. They may have been raised with certain values and expectations and to them it's

completely normal. Then when they are placed into an environment that is different it becomes foreign and unknown to them. They consider it not normal. But who is to say the new environment is not the "normal" way and their ways are abnormal?

I hear a lot of people claim they know what normal is, but I don't think that there is one definition for the term normal. I think everyone's idea of normal is different. Everyone has experienced things in their lives that have defined them into the people they are. Some people see bad habits and behaviors and because that is their idea of normal, they follow suit. Then that becomes their normal, and the people raised by them as well—not all the time but a great majority of time.

The people you surround yourself with are the ones that will challenge your ways. Then you take on their ways and your own ways and meet in the middle and find a happy medium that you both can consider normal. Then you two take your normal and teach your children their idea of normal.

Nobody's normal is correct. Nobody is wrong for thinking a certain type of way is normal or not. They were just taught differently. As they get older, they will get to decide if what those people taught them is right or wrong and adjust from there. Life is all about choices and consequences for those choices. They will figure out what is acceptable and what is not.



By Katie Pertile  
COLUMNIST

## THE HARMFUL EFFECTS OF MISSION TRIPS



By Sam Rosario  
MYSTIC MEDIA COORDINATOR

Mission trips can be very impactful on the people they assist. They provide resources including food, housing, supplies and more. Mission trips can also impact local communities in negative ways.

One problem is that missionaries seemingly provide necessities in exchange for religious conversion. They might not do this consciously, but most missionaries are ignorant in the way they do not see how damaging their agendas can be to local communities. Missionaries can hinder and harm the local communities if they are not trained properly. Most of these individuals are not professionals.

In the 1600s through the 1900s, during the Catholic missions of the Spanish Empire, clergy members were sent to the Americas in order to spread the gospel to the indigenous people. The missionaries felt they had the religious duty to “civilize” the native people who they labeled as savages.

“Civilizing” the indigenous

people included converting them to Catholicism, and encouraging them to adopt Spanish culture among other things. Spanish missions played a major role in the colonization of the Americas. Although mission trips today may not be as extreme as they were in the past, the many negative aspects of mission trips still continue to affect communities.

In an article for the New York Times, “I’ve Thought a Lot About Whether I Did Good or Evil: Missionaries on the Death of John Allen Chau,” by Lela Moore, many missionaries were interviewed on how they felt about the death of Evangelical missionary John Allen Chau. Chau died as a result of trying to make contact with the Sentinelese people who are an indigenous group in voluntary isolation on the remote North Sentinel Island. One of the few missionaries who were interviewed was Jamie Arpin-Ricci, a missionary of 25 years who served mostly in Canadian cities.

“I have a deep commitment to addressing the history of colonization attached to missions and the damage we have done as a result. The “lone ranger” hero missionary story is VERY popular among Christians, while being very unhelpful as an example. This furthers my resolve that missions need to be reformed,” Arpin-Ricci said in the article referenced above.

Much of the work done by missionaries will not help communities long term. Instead of actually solving issues at the root, mission trips provide limited relief. If communities have a large number of child displacement or are stricken with poverty, money should be put into long-term community development instead of short term projects.

Rather than directly allocating funds to provide infrastructure like schools and homes, money is spent on sending untrained individuals to build. Projects for the community should also include locals. How many more houses could be built if money meant for the mission expenses were spent on hiring contractors from those communities?

“People should go with open minds, and they don’t. And they often don’t ask people on the ground, or they have one partner on the ground that does that. There are these short-term mission groups that go with one project. They build a house. They do something. That’s great. But for the longer-term efforts, I think you really have to understand the culture first.” John Donnelly said in an interview, “Missionaries In Africa Doing More Harm Than Good?,” for the National Public Radio. John Donnelly is the author of, “A Twist of Faith: An American Christian’s Quest to Help Orphans in Africa,” and former foreigner correspondent for the Boston Globe.

Mission trips are expensive in the way that funds are needed to provide travel, food, housing, etc. The churches, and in some cases, the missionaries themselves, will pay out of pocket or fundraise for the trips. Trips can range from hundreds to thousands of dollars depending on the country and the duration of the stay.

Sometimes referred to as a savior complex, many missionaries hold the belief that they are doing work in the name of God when it is actually self-fulfilling work. Missionary work has a more meaningful and beneficial impact for the missionaries rather than the locals who they are there to provide for. Missionaries with this

savior complex often see themselves as a hero in a way that they are providing for someone in need under the command of God.

Although these trips are mostly self-beneficial for missionaries, they do focus on educating communities, building infrastructure, and spreading the gospel as well as emotionally supporting communities.

“Well, first of all, I don’t want to be critical of this incredible movement. I think it’s very important that Americans go and have this passion they do. It’s amazing they do it. I just wish they would be amazingly effective, as well. So what happens is - and I saw this over and over and over again. Americans feel like they know better than people in different countries in Africa. And they feel like they’ve made money. They’ve put together programs. They’ve been successful in their communities, and so therefore it should work,” Donnelly said.

According to the U.S. Department of State of Diplomatic Security, proselytising is outlawed in several countries including, Angola, Benin and Cameroon among others.

It is as if missionaries feel that it is necessary to not only disregard but also demonize one’s cultural identity, beliefs, and way of life. This pushes the idea that their religion is somehow superior to any other religion and without the Lord’s guidance, the locals will not be saved from damnation. Not only is that completely dismissive behavior but these people do not realize how offensive their intentions can be and how they can harm communities with their agendas.



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# LITERARY MOVIE NIGHT: “BLADE RUNNER”



By Chad Erickstad  
COLUMNIST

Science fiction is often called “the literature of ideas,” and it is easy to see why. Countless books and movies have been produced that fall under its categorical umbrella, and the variety and scope of interesting ideas that are covered is enormous and mind-bending.

“Blade Runner” is a dystopian sci-fi film that proves this concept

true. Directed by Ridley Scott, who also directed the horror/sci-fi classic “Alien,” it is a movie bulging with big ideas. Themes of paranoia, memory, genetic engineering and mortality make it more than just a typical action movie.

While “Blade Runner” is considered by many to be one of the greatest sci-fi films ever made, the novel it is based on, “Do Androids Dream of Electric Sheep?” by Philip K. Dick, is not as well known. But it should be.

Dick’s novel covers the same themes as the movie but does so differently. While both use a “noir detective” style that is reminiscent of the works of Raymond Chandler and Dashiell Hammett, the novel splits the story between two protagonists: bounty hunter Rick Deckard and John Isidore, a “special” who has been brain-damaged by radiation that is left over from a world war that destroyed much of Earth, including most animals.

Because animals are rare, it has become fashionable on Earth to own them. Deckard becomes obsessed with finding a living animal, and he makes do with an electric sheep for most of

the book. Much of the novel delves into this animal fixation and the effect it has on people and society. The movie only lightly touches on this.

In both the movie and the book, Deckard hunts androids—robots that look like humans. The androids were created to perform manual labor on Mars or in space, but they have escaped to Earth.

The movie concentrates mostly on Deckard. Isidore—in the movie renamed J. F. Sebastian—is relegated to a supporting role. This works to help the movie stay focused on Deckard’s mission: to find and kill six dangerously upgraded androids—renamed replicants in the movie—who have murdered humans while escaping from Mars. These replicants, who only have a four-year lifespan, seek to find a way to lengthen their lives. They use violence and torture to get what they want.

In the novel the androids have a different goal. They want to destroy the human’s belief system, called Mercerism, by proving it is a lie. Mercerism is grounded in empathy, something that androids seemingly lack.

John Isidore aids the androids. Being a “special,” he is treated like an outsider by most humans, yet he feels he has much in common with them. He hides them in his building and vows to help them reach their goals. It is here that Deckard and Isidore finally confront one another, and the novel reaches its climax.

“Blade Runner” is justifiably honored as a masterpiece of filmmaking. Its cinematography alone is regarded as a milestone in the craft. The use of strong shafts of light, interesting backlighting and saturated color was groundbreaking. Add to that strong acting, a tight script and unique camera angles, and it’s clear that this movie is first-rate.

But so is the novel. Philip K. Dick is easily as influential to science fiction writers as Ridley Scott is to film directors. His work, though well-known to sci-fi readers, deserves to be ubiquitous.

The book “Do Androids Dream of Electric Sheep?” by Philip K. Dick, 1968 and the movie “Blade Runner,” from 1982 directed by Ridley Scott, are both available at the Bismarck State College Library

# THE PROS AND CONS OF LIVING IN A SMALL TOWN



By Taylor Aasen  
MYSTICAST EXECUTIVE PRODUCER

Small town living is not for everyone. I was born and raised in a small town in North Dakota with a population of about 700 people. As a kid going into my teen years, I didn’t like it much.

## The Cons of Living In a Small Town:

- Fewer job opportunities: When there are less places to work, it makes it less likely to find a job in a desired career path, or it

may mean driving for hours to work.

- Fewer entertainment choices: Smaller towns have less things to do. Going to the mall or movies may be an all day adventure.
- Can get boring: The lack of entertainment can also cause boredom and depression. For the youth, this can be a problem.
- Costly transportation: The cost of going to the movies or the mall or even just McDonald’s could be spendy both in time and in gas.
- More rumors: People in a small community spend most of their days in town, and their source of entertainment becomes conversational. Think of a large game of telephone that starts with one story, and down the line the story becomes twisted from the original.
- Risk of running into someone you might not want to: Exes. That is all.
- Everybody knows everything about you: It may be a rumor. It may be the truth. Never assume. (This can also be a pro—they know your mother’s uncle’s

second cousin, so they know everything about you.)

- However, there are some perks to living in a small town. In a tiny community, people are more close knit than others. This means that you probably know your neighbors well, and everyone is a neighbor. Some say it feels like family, probably because half the town is your family.

## The Pros:

- Less Crime: It tends to be pretty quiet in smaller towns. Because of the low population, this means less crime. It is uncommon to hear sirens, and if you do, you likely know the source of the siren.
- Lower cost of living: One nice thing about living in a small town is that the cost of living is low—renting an entire house is half the cost of an apartment in a city.
- No traffic jams: Watch out for the one stop sign.
- People are more friendly: If you do see your mother’s uncle’s second cousin in the grocery store, chances are you will be friendly with one another and

engage in small conversation.

- Smaller classes: Smaller classes in schools and colleges mean that you are more likely to get to know your classmates and teachers on a personal level. Students from smaller schools are also more likely to place higher in academic achievement.
- Natural scenery: With lower levels of pollution, small towns make it easier to experience nature and lots of it—meaning brighter stars and vibrant sunsets—but watch out for deer.

When tragedy happens: Life can suck sometimes. When tragedy strikes, the whole community comes together. Parades of honor go down the middle of main street where the whole community becomes one. People love and support one another in hard times and celebrate each other’s successes.

Now that I’m in a city, it’s convenient to have my food delivered, or I can go to McDonald’s at any time, but I have to admit I miss the small town atmosphere. And that’s no rumor.

## INTRAMURALS IGNITE INTERACTION

By Seth Iverson  
REPORTER

Volleyball, Basketball, Softball, Baseball and Esports. These sports are normally associated with Bismarck State College. What many students may not know is that they have other choices for sports on campus.

Intramurals are co-ed sports activities that any student can join, regardless of physical status or competitive demeanor. Activities in the fall semester include co-ed flag football, spikeball and a cornhole tournament. Spring sports consist of co-ed volleyball and separate women's and men's 5v5 basketball. Intramural bowling is offered year round.

"Anyone can join as long as they are a BSC student," Amanda Morse, BSC's Intramural Coordinator said, "so at least taking one BSC class, whether taking online or in person or if they're

a collaborative student through, like, Dickinson or Minot, but still their home campus is BSC."

Morse also said that if an individual has a disability, they're still more than welcome to come and join.

"There is no discrimination with Intramurals at all."

In 1996, the student body funded an on-campus clinic where the MACC currently resides. Because of low attendance and poor turnout, it was soon shut down. It was decided that they'd allocate the money to other student organizations.

Unlike other sports at BSC, students don't need particular skills to join Intramurals. "Experience is helpful but not required," Morse said. "A lot of it is like in-the-moment training, like we don't have practices or anything, we just kind of go straight into the games." She also said that the only

problem that may arise during the games is the level of skill a player has, but their teammates would be there to help teach the games and improve their skills.

Bowling takes place at Midway Lanes located on Memorial highway in Mandan. Outdoor sports, such as flag football and cornhole are played on the grassy area between Werner Hall and the Aquatic Center. The remaining sports will be played in the Armory.

Depending on the season, Intramurals happen at different times. Registration for fall leagues is open right now, and the spring leagues will open at the beginning of spring semester and stay open until the season begins. Spring sport schedules are still being figured out because intramurals have to work around the athletics sports schedule.

Bowling started Tuesday, Nov. 2 at 6 p.m. Because of other bowling leagues being held at the same time, Intramurals has only reserved enough lanes for those who registered. If someone did not register by the deadline, they will not be able to join afterwards. Students will be able to join again by the beginning of spring semester.

"It's a fun way to stay active," Morse said "It's a fun way to meet new people, It's a healthy competition and a different way to be involved and have a good time on campus."

For more information, visit the BSC website under Student life, Campus life and Get involved. Students can register on [IMLeagues.com](http://IMLeagues.com).

## STUDENTS GET INTO THE GAME WITH ESPORTS

By Samantha Rosario  
MYSTIC MEDIA COORDINATOR

The Esports team at Bismarck State College is the competitive gaming athletics team on campus. Most of the athletes play at a high competitive level, yet there are members that still play for fun.

"Right now in the season, our program has two teams- an A team and a B team. The B team usually competes for fun and acts more as a social club whereas the A team competes against other schools in the National Junior College Athletics Association Esports," said Kolby Gourneau, a member of the A team in the esports program.

The Esports team was formed in 2019 but abruptly brought to a pause because of COVID-19. Players were forced to practice and compete from home. Having to adapt with the restrictions in place brought opportunities to implement more games. Since then, the Esports team has participated in a variety of competitions.

"With regular sports you're playing teams in your conference and with Esports— one week we're playing

with somebody in New York and another week we're playing someone in California," said Lance Geving, assistant coach of the Esports program.

The Esports team competes in mostly PC games. These consist of third person shooter, survival, as well as competitive open world games, including Valorant, Overwatch, Rocket League, Super Smash Bros. and more.

The Esports athletes compete against other schools every night on weekdays in the Gate City Bank Esports room located on the first floor of the Student Union. They are required to practice for two hours once a week but usually spend most of their afternoons competing, practicing, or just playing with each other.

"They're only required to practice once a week," Geving said. "but they made the semi-finals last year and they also made the quarter-finals last year so they're one of those elite teams, so they put in a lot of work."

The NJCAA holds a tournament in the spring through their platform Generation Esports. This tournament has a duration of nine weeks and allows players to compete in most games played by the Esports team.

Riot, a gaming publisher, hosts a tournament for their own game, League of Legends, that also happens in the spring.

"It's really nice to be on that competitive side of our community here at BSC," said Gourneau. "It is a really good outlet for people who want to play games and kickback. For the program I am a substitute for Rocket League— it is basically car soccer if you can imagine that."

Posters with information regarding involvement in Esports can be found all over campus and students can register for the team directly on the Esports website.

"I saw a poster in the union and I said it could be fun to join a college team. My first thoughts were it might be a little scary, a bit of a daunting process to become a part of a team and good enough to play, but realistically they accept people with a variety of skill levels," said Gourneau.

There are 16 PC stations inside the ESPORTS room using HP OMEN Obelisk Gaming Desktops. Each station has an i7-9700K processor, a 1 TB SATA hard drive, an HP Shadow Black tower with 750 watt platinum efficiency power supply and side

window. The stations also include OMEN HP 25" Display desktop, OMEN gaming keyboard 1100, OMEN gaming mouse 600, OMEN gaming headset 800, and an OMEN mouse pad 300.

Players have opportunities to win scholarships playing games. Some scholarships depend on the game and the ranking of the player. The higher the player's rank, the more money they could receive from scholarships.

"In each of these games there are different skill levels, for example if you're playing League of Legends and you're an Iron player, which is kind of the lowest, or playing Diamond which is a higher rank, the Diamond player would receive more for a waiver because they put the team in a better position to win." Geving said.

The BSC Esports team holds many titles for the NJCAA. Titles held for "Overwatch" include 2020 Spring Runner-ups, 2020 Fall Quarter-finals, and 2021 Spring Quarter-finals. Other titles that are held for "Valorant" include the 2020 Fall Semi-finals and 2021 Spring Quarter-finals.

# MYSTICS VOLLEYBALL SEASON COMES TO A CLOSE

By Amy Doll  
EDITOR-IN-CHIEF

The Bismarck State College Mystics Volleyball season came to an end on Oct. 27 after a close 3-1 match upset by The Miles Community College Pioneers. This was the first time the Pioneers have defeated the Mystics in volleyball action.

The Mystics started out quick—taking

the first set from MCC 25-15.

In the second set of the match, the momentum began to shift toward the Pioneers. The Pioneers took the second set from the Mystics 22-25.

Set three was a close back-and-forth battle. Later in set, a replay was done after the referees could not come to a conclusion on who should earn the point. That replay point ultimately went to the Pioneers, and they

captured the third set 23-25.

The fourth set was another close battle, but the Pioneers came out victorious 23-25.

The Mystics Volleyball team ended their season with an impressive 25-4 record, and were previously rated 20th in the nation by the 2021 NJCAA DII Women's Volleyball rankings.



The Mystics Volleyball Team huddles after scoring a point against The University of Jamestown JV.



Megan Klein gets ready to tip the ball against Lake Region State College.



Players Jossi Meyer (6) and Greta Gibson (5) go up for a block against Lake Region State College. (All photos credit: Kay Harris)



Setter Camaryn Beasley sets the ball for action.



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