

# THE MYSTICIAN

[ NEWS ] PAPER

OCTOBER 2023  
VOL. 85 ISSUE 2



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STUDENTS ENJOY FREE PRETZELS AT OKTOBERFEST CELEBRATION  
PHOTO CREDIT: KAIA LEHMAN

# CULTURE FEST SHINES A LIGHT ON DIVERSITY

BSC students experience different ways of life.

BY KAIA LEHMAN  
THE MYSTICIAN EDITOR-IN-CHIEF

On September 20, the Bismarck State College Embracing Diversity team celebrated the 6th Annual

Culture Festival. Students visited booths featuring a variety of different countries.

“Our team’s goal is to foster diversity on campus,” Director of Library Services Marlene Anderson said. “We are preparing young people to go out into the world and understand each other.”

The Culture Festival started as a way to educate students around campus about the various cultures that live in the Bismarck area and around the world.

“It’s important to be able to engage with others, to know

about others, to understand each other,” Anderson said. “[Culture Fest] is a way to shine a light on some of the groups in our community.”

Many of the cultures represented at the event were present last year. Representatives of Puerto Rico, Serbia and Scandinavia are frequent participants of the event. The Culture Festival saw some new faces as well this year, including the group known as ‘K-Kota’.

‘K-Kota’ is a Korean club focused on teaching its

**CULTURE on page 4**

# CAMPUS ACTIVITIES CALENDAR

## CRAFT DAY

OCT. 2 | 11-1PM  
STUDENT UNION

## VOLLEYBALL

OCT. 3 | 7PM  
BSC ARMORY

## BANNED BOOKS WEEK

OCT. 3 | 11-1PM  
LEA HALL

## BOBA BAR COPING SKILLS

OCT. 4 | 11-1PM  
STUDENT UNION

## COCOA AND CANVAS

OCT. 9 | 11-1PM  
STUDENT UNION

## ALCOHOL AWARENESS

OCT. 10 | 11-1PM  
STUDENT UNION

## TRIVIA NIGHT

OCT. 10 | 6-8PM  
STUDENT UNION

## CANCER CAKE WALK

OCT. 11 | 11-1PM  
STUDENT UNION

## VOLLEYBALL

OCT. 11 | 7PM  
BSC ARMORY

## CANDY CORN COOKIES

OCT. 17 | 11-1PM  
STUDENT UNION

## SPOOKY SLUSHIES

OCT. 19 | 11-1PM  
STUDENT UNION

## FALL PLAY

OCT. 19 | 7:30PM  
SIDNEY J. LEE AUDITORIUM

## FALL PLAY

OCT. 20 | 7:30PM  
SIDNEY J. LEE AUDITORIUM

## FALL PLAY

OCT. 21 | 7:30PM  
SIDNEY J. LEE AUDITORIUM

## FALL PLAY

OCT. 22 | 7:30PM  
SIDNEY J. LEE AUDITORIUM

## GRAND THEATRE NIGHT

OCT. 23  
GRAND THEATRES

## MASHED POTATO BOWL

OCT. 24 | 11-1PM  
STUDENT UNION

## FALL CAREER FAIR

OCT. 24 | 4-6PM  
STUDENT UNION

## PUMPKIN CARVING

OCT. 25 | 11-1PM  
STUDENT UNION

## STUDENT HEALTH FAIR

OCT. 27 | 11-1PM  
STUDENT UNION

## HAUNTED THEATRE

OCT. 27 | 6-11PM  
SIDNEY J. LEE AUDITORIUM

## HAUNTED THEATRE

OCT. 28 | 6-11PM  
SIDNEY J. LEE AUDITORIUM

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with letters to the editor, comments,  
or concerns regarding this publication.

**Email: [bscmysticianeditor@bismarckstate.edu](mailto:bscmysticianeditor@bismarckstate.edu)**

## SAY CHEESE!



TIM SWANG, DYLAN ANDERSON, AND IAN HEISLER  
PHOTO CREDIT: KAIA LEHMAN

## Want to be in The Mystician?

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for a chance to be featured on one of our pages!

# REPORTS EXPOSE CONCERNS

## College campus safety concerns on the rise

BY LINNETTE MINER  
MYSTIC MEDIA REPORTER

In the early morning hours of Sept. 3, 2023, a freshman student from the University of Madison-Wisconsin was sexually assaulted and left in critical condition four minutes outside of the campus. According to the Wisconsin State Journal, a 26-year-old male was charged with sexual assault, reckless injury and strangulation in what officials are calling, “one of the most horrific sexual assaults in recent memory here in Dane County.” The victim was stalked and attacked at random, meaning the suspect and victim did not know each other.

Although this happened in a town 10 hours away from Bismarck, it can still happen anytime on or just outside of this campus. With a new school year comes new people and possibly new crime.

Student Jenna Wojahn, 19, says she feels safe on campus and says BSC Campus Police do a good job.

“I think Matt [Campus Police Chief] and his team work hard to ensure that us students and the staff are safe... I do appreciate that we are informed of things that occur on campus,” Wojahn said.

Another student, Brady Hanson, 19, says he feels safe but is concerned about people crossing the street.

“On campus I feel safe, but the campus itself I think is lacking safety regarding pedestrians,” Hanson said.

Students are also invited to check out crime statistics

to make informed decisions while on campus, because of a federal law put in place for colleges by the Clery Act. The Clery Act was passed in 1990, helping make crime statistics on campus more accessible. The act is named after Jeanne Clery. Clery was a student who was raped and murdered in her Lehigh University dorm room on the night of April 5, 1986. According to the Clery Center, her parents weren’t aware of the dan-

**“On campus I feel safe, but the campus itself I think is lacking safety regarding pedestrians.”**

ger she was in because crime statistics were not available for college campuses. If they would have known about the violent crimes on the campus the past three years before Jeanne attended, they said they may not have sent her to that school. BSC has provided an online link for all campus community members to view called the Campus Security & Safety Report. There, students can find all of the latest crime statistics from 2017 to 2021. The 2022 statistics will be available for viewing on Oct. 1.

Campus Police also said to check out the Safety and

Crime Prevention Tips tab on their website to get up-to-date tips for proactive crime prevention, like locking your doors at night, not keeping valuables unattended in Resident Halls and being alert of your surroundings outside or at night. Campus Police can also do safety escorts if requested.

If you or someone you know has been the victim of a crime or would like to report a tip to campus police, call 701-224-2700. For more information on the Clery Act, visit [www.clerycenter.org](http://www.clerycenter.org).

## EMERGENCY PHONE NUMBERS

- |  |   |
|--|---|
| <b>Bismarck Emergency Services (Fire, Medical, Police)</b><br>911          | <b>CHI St. Alexius Health - Emergency &amp; Trauma Center</b><br>701-530-7000 |
| <b>Bismarck State College Campus Safety &amp; Security</b><br>701-224-2700 | <b>Sanford Health - Emergency &amp; Trauma Center</b><br>701-323-6150         |
| <b>Central Dakota Communication Center Non-Emergency</b><br>701-223-9111   | <b>Suicide &amp; Crisis Prevention Center</b><br>701-328-8888                 |
| <b>Bismarck Police Non-Emergency</b><br>701-223-1212                       | <b>Rape Crisis Line &amp; Abused Adult Resource Center</b><br>701-222-8370    |
| <b>Bismarck Fire Department Non-Emergency</b><br>701-355-1400              | <b>National Weather Service</b><br>701-223-4582                               |
| <b>North Dakota Emergency Assistance, State Radio</b><br>701-328-8100      | <b>Road Report</b><br>511   |
|  | <b>Poison Information Center</b><br>1-800-222-1222                            |

# POLICE ON CALL

BY SHANE BIBERDORF  
MYSTIC MEDIA REPORTER

The month of August was a very busy month for the Bismarck State College Campus Police. In August of 2023, they got called a total of 144 times. For one month, they do a lot of work on our behalf. With over 40 years of experience combined, people around campus know they will be safe. These officers are actual real cops, not just security guards, they can do everything a cop can.

Breaking down those numbers further would lead to the overall number not being as impressive but still quite the accomplishment. To keep some of this confidential, the main reason the campus police were called was security checks, which happened a total of 97 times. The next highest reason for calling was to unlock a building or an office. That took up a total of four times. Except for that, they were called a total of 43 times, which all things considered is still a fair bit for August alone.

Officer Mark Thueson said, “A security check is basically making sure all buildings are checked, doors that need to be locked are locked, and no one is in buildings they shouldn’t be.”

When asked about being called 144 times Officer Thueson said “A lot of these we weren’t called, the security checks are

proactive, showing we are here for the campus.”

Thueson shared that if there is an emergency, call 911. The dispatcher will send everyone that’s needed to respond. For example, if someone isn’t feeling well in class and fears they might be having a heart attack, call 911. The dispatcher will notify the ambulance, fire and even the campus police all at the exact same time.

If anyone doesn’t have an emergency but needs to get a hold of the ambulance or the fire team, they can call 701-223-9111, dispatchers are there 24/7.

If people have any questions about campus or need to contact the campus police, they can call 701-224-2700 in the state of a non-emergency. The non-emergency campus police number will connect the caller to an officer, even if they are not in the office.

Campus police do substantial work for the campus that not everyone is aware of. Their office is located on the bottom floor of the Student Union. However, they are around campus and not in the office most of the time. The officers are approachable and willing to talk with anyone.

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BSC BISMARCK STATE COLLEGE North Dakota's Polytechnic Institution

# JOIN THE SCENE: STUDENT AND RESIDENCE LIFE ACTIVITIES

## Activities on campus begin to ramp up for the Halloween season.

BY ALIX DOBLER  
MYSTIC MEDIA REPORTER

Making the choice to further one's education is a big step toward success. Bismarck State College has students covered, preparing them for some of the many careers this world has to offer.

The college experience is an open portal for self-discovery and educational development. It is here, where students learn to manage their schedule with added classes, make peace with being away from home and open up to making new connections.

The Student and Residence Life department on campus aims to bring the student body together, harboring a space for social connection and interactivity.

Student Engagement Coordinator, Sarah Owens states that the main

goals of Student and Residence Life activities are "to educate students, help them meet new friends."

The Student and Residence Life department hosts many free food, craft, and mental health awareness events throughout the school year.

The beginning of the semester kickstarted a long list of student events during BSC's 'Welcome Week' featuring various activities to do around campus. "Casino night," "Movies at the Library," the "Welcome Fair" and a comedy show starring "Sailesh the Hypnotist" are just a few activities that students had the opportunity to experience during the first week of classes.

In addition, the Student and Residence Life team hosted a

handful of food events—starting the week with a "Cookout" and ending it with a "Brownie Bar."

Following BSC's 'Welcome Week' came September—bringing new activities and events along with it.

On September 20, the student union held a "Culture Fest" which featured exploratory trivia questions for various cultures around the world. The "Culture Fest" was also accompanied by food event "Knoephla and Brats," highlighting two foods that originated from Germany.

Tying up the end of the month, Bismarck State College's Homecoming Week hit September 24 – 29.

Events such as Wednesday's 'Party on Schafer'—in which

Schafer Street was blocked off temporarily for a few hours of cornhole tossing, ax throwing and inflatable racing—gathered a crowd of students to take part in new activities.

"I like how they have back to back events so that if you miss one, you can go to one the next day," Freshman Nortila Okwei said. "It really helps new freshmen get into the college experience."

Okwei also brought up the idea of having more student-led events.

"I'm a tarot reader and it would be cool if I could set up a booth and draw cards," Okwei said.

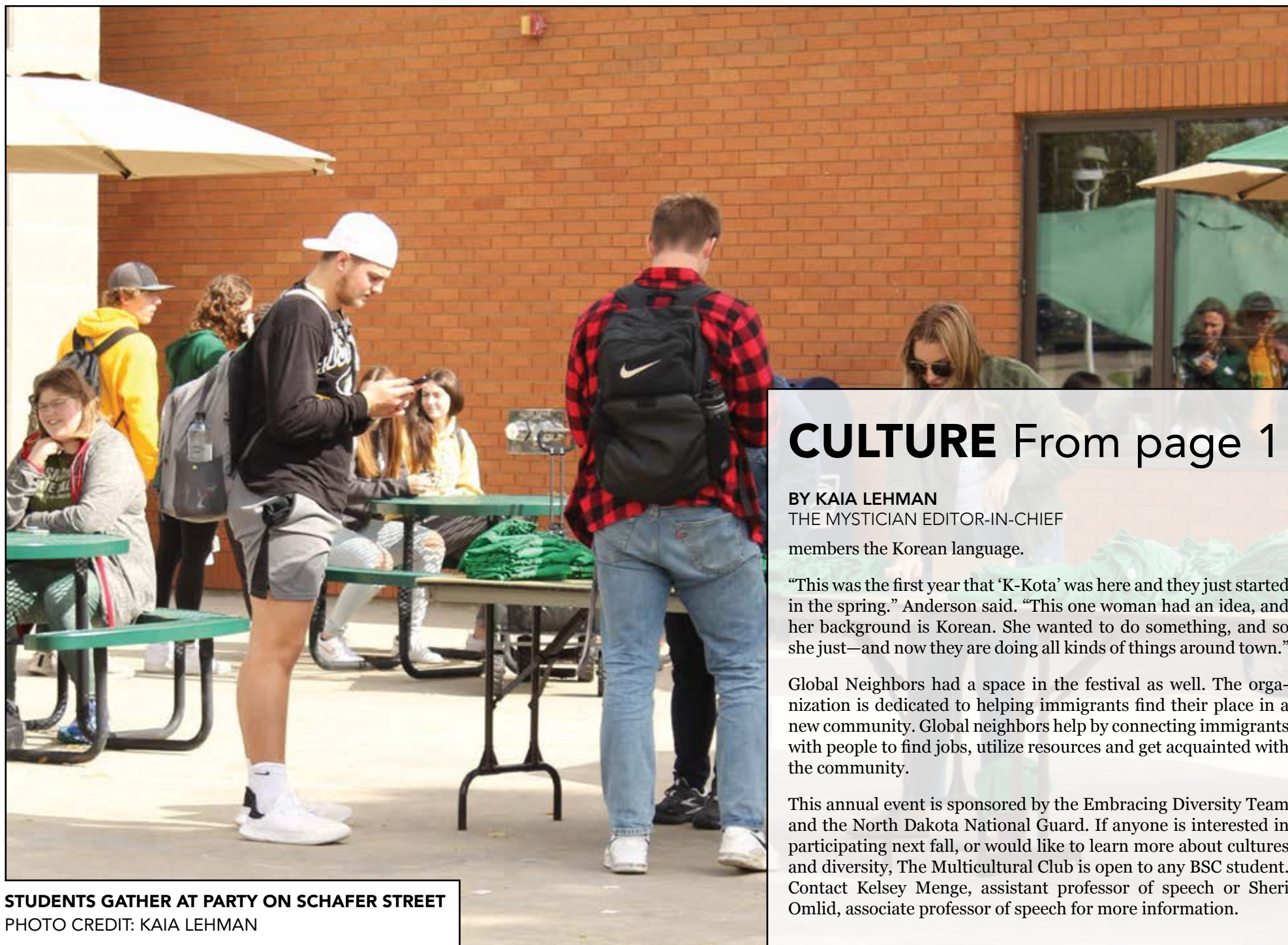
As Homecoming Week comes to an end, all eyes turn toward the future.

Student and Residence Life

holds many plans for the spooky month of October as we head into Halloween. Upcoming food events such as "Boba Bar Coping Skills," "Candy Corn Cookies," and "Spooky Slushies" are set to happen. Health awareness activities such as "Alcohol Awareness" and "Cancer Awareness" will also take place in October.

On-campus activities and events can be a fresh setting for meeting new people and adding a change of scenery to one's day.

"Students should always try out an activity, something new," Sarah Owens said. "All of our activities are free to them, and they are always welcome."



STUDENTS GATHER AT PARTY ON SCHAFER STREET  
PHOTO CREDIT: KAIA LEHMAN

## CULTURE From page 1

BY KAIA LEHMAN  
THE MYSTICIAN EDITOR-IN-CHIEF  
members the Korean language.

"This was the first year that 'K-Kota' was here and they just started in the spring," Anderson said. "This one woman had an idea, and her background is Korean. She wanted to do something, and so she just—and now they are doing all kinds of things around town."

Global Neighbors had a space in the festival as well. The organization is dedicated to helping immigrants find their place in a new community. Global neighbors help by connecting immigrants with people to find jobs, utilize resources and get acquainted with the community.

This annual event is sponsored by the Embracing Diversity Team and the North Dakota National Guard. If anyone is interested in participating next fall, or would like to learn more about cultures and diversity, The Multicultural Club is open to any BSC student. Contact Kelsey Menge, assistant professor of speech or Sheri Omlid, associate professor of speech for more information.

# ANTISOCIAL MEDIA

## Is instant access making us inaccessible?

BY HAILEE PRESSER  
MYSTIC MEDIA REPORTER

Ding! A notification. Buzz! A text message. Despite all these different ways to stay connected to others—both near and far—it could be possible that social media is doing more to drive us apart instead.

In today's world, social media is a staple. Whether it's used to keep up to date on current events, to stay in touch with family and friends, to relax while enjoying content, or to create branded materials and market a business, social media is everywhere and anywhere. The internet has no shortage of content: from homework help to funny videos, recipes and more, there are plenty of things online that aid us in our daily lives.

With a massive database of information about anything one could dream of at our fingertips, finding answers to our burning

questions and solutions for our problems has never been easier. But with so many notifications all vying for our attention at once, could social media be cause for alarm?

"I think any form of communication can have a negative impact on users," said Amy Hollar, a full time professor at the University of Mary and adjunct professor at Bismarck State College where she teaches Social Media, Writing and Design. "Social media is just such a new technology, and it's growing so quickly and it has come to the forefront so quickly that it really has met a lot of resistance and has faced some serious heat when it comes to the ways in which society views this medium in particular."

But it's not all doom and gloom. Though Hollar recognized that

social media has its negatives, she highlighted the positives of it as well.

"I actually feel like the positives of social media can outweigh the negatives of social media if done well, and if done ethically," Hollar said. "Overall, I think it does the best job connecting."

Social media can both create and foster communities that otherwise wouldn't have come together.

"One of the greatest benefits is a greater access to community and information," continued Hollar. "Second, it ensures that we have free flow of information—I mean, that can be a positive and a negative, but in the world of communication, that's our goal ... to have that free flow of information, and social media does allow for that, so I think we have to embrace the fact that that free

flow of information is what we aim to have—what we aim to achieve—and so that gives us one great avenue to do that."

But this constant connection could be creating a divide in real-life connections off-screen. According to the article "Social Media and Mental Health" by Lawrence Robinson and Melinda Smith, M.A. on HelpGuide.org, "It requires in-person contact with others to trigger the hormones that alleviate stress and make you feel happier, healthier, and more positive."

The article also states that, "Ironically for a technology that's designed to bring people closer together, spending too much time engaging with social media can actually make you feel more lonely and isolated—and exacerbate mental health problems such as anxiety and depression."

"I've worked with a lot of students who are socially isolated in the past," said Camille Gebur, on-campus mental health counselor at Bismarck State College, "and it's a lot easier to connect online. They feel, you know, more brave in that way. But it minimizes that ... confidence and connecting in real life, in the 3D, and having a real sense of presence in a real relationship."

Gebur acknowledged that social media can have a big role to play when it comes to connecting users to others, but she also expressed concern over the types of people users may encounter.

"We don't always have intimate relationships with people we're meeting, you know, in chat rooms or via Facebook, so they're kind of those acquaintance types, so ... they're not anyone super close and that could be dangerous, as well as, you know, who are we giving our attention to? What are we—who are we talking to? Who are the people in our lives? What are their motivations? So, just looking at that societal component where it can be great, but it also can be, you know, influential in a lot of different ways depending on what those voices are saying and who we're connecting to," Gebur said.

Additionally, Gebur suggested apps that limit users to a certain amount of time they can spend on social media to prevent "doom scrolling"—a stress symptom where users spend time scrolling, but are not connecting with the screen.

"There are apps that you can set ... like, 2 hours on social media to limit, which is great because those likes and stuff do exhibit dopamine and serotonin, so that can be really addicting," Gebur said. "It's almost like gambling ... as soon as you get that 'like' it's like winning, so it can be very addicting to want that attention—it's positive."

It's important to manage the way we interact with and think of social media individually to make sure we're not becoming dependent on it for happiness and that it's not becoming a source of stress. Meaningful connections can both be made and lost through social media, just as they can be made and lost in person. Social media is not inherently good nor bad—it's simply a tool. And, in the end, it seems it's all in the way we choose to use it.

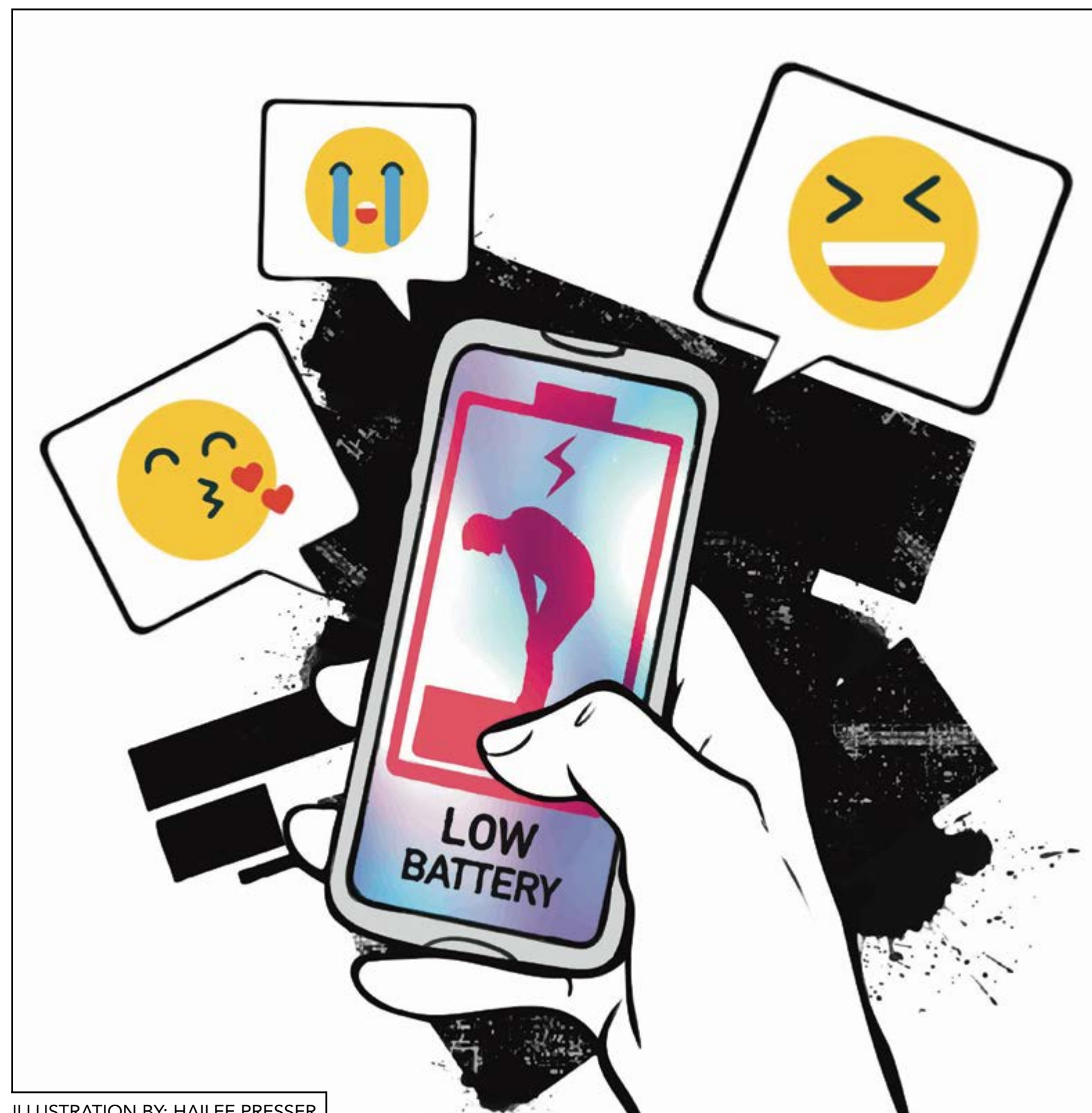


ILLUSTRATION BY: HAILEE PRESSER

# OCTOBER FEATURES OLD CLASSICS AND NEW RELEASES

BY TINASHE MAKUVE  
MYSTIC MEDIA CREW/REPORTER



October is not just a spooky month for movies but a month full of interesting movies worth your time. Horror is the defining theme for the month of October with a catalog of movies old and new.

Classics such as "Beetlejuice" where Michael Keaton plays the titular and iconic character doing his best to scare some new homeowners in this comedy for all ages.

"The Shining" is the widely beloved adaptation of Stephen King's novel of the same name. Which portrays a seemingly normal stay at an isolated hotel descend into madness as the father begins to lose his touch with reality.

"The Exorcist" is considered by many to be one of, if not the best, horror movie ever made, which is celebrating its 50 year anniversary. Catch the original and brand new follow up "The Exorcist: Believer" this month.

"Twilight Eclipse" is the third installment in the very popular Twilight franchise, which sees vampires and werewolves caught in a feud while one from each side desires the love of the main character Bella.

"Lord Of The Rings: Return Of The King" is the legendary conclusion to the beloved fantasy trilogy, which sees all the characters rounding out their journeys as they face off against the evil Sauron to determine the fate of Middle Earth.

"Killers Of The Flowers Moon" sees the legendary director Martin Scorsese's return to the big screen with this adaption of a book of the same name that details the real life conspiracy and seemingly ocrasted deaths of members of the Osage tribe leading to an investigation that led to the formation of the FBI.

"Five Nights At Freddy's" is the long awaited adaptation of the extremely popular series of games which sees an overnight security guard of a pizzeria facing off against animatronic animal mascots as he tries to survive the night.

Lastly is a fall event the Grand Theatre will be hosting called Cinema 100 where each week a different film will be played on Thursdays at 3 and 6 p.m. "Catch 22" a 70s anti-war satire starring Alan Arkin and Jon Voight where a bombing pilot

attempts to cope with the madness of war.

"Do The Right Thing" tells the story of racial tensions between an Italian pizza owner and locals in a primarily black neighborhood on one of the hottest days in the summer.

"The Talented Mr. Ripley" sees Matt Damon playing a man so desperate for the lavish life of another man played by Jude Law that he goes to disturbing lengths to get it.

"Precious" tells a heartbreaking yet inspiring story of a 16-year-old girl finding her way in life with all odds stacked against her and an abusive mother.

Always remember every Tuesday tickets are only \$6 and a pass to see all movies playing for the Cinema 100 is only \$10 or normal ticket prices to see one individually, releases are as follows.

- Oct. 5: Catch 22

- Oct. 6: Twilight: Eclipse, The

Exorcist: Believer

- Oct. 12: Do The Right Thing

- Oct. 13: Lord Of The Rings: Return Of The King

- Oct. 19: The Talented Mr. Ripley

- Oct. 20: Beetlejuice, Killers Of The Flowers Moon

- Oct. 26: Precious

- Oct. 27: The Shining, The Exorcist, Five Nights At Freddy's



GRAND THEATRE FREE MOVIE TICKETS FOR BSC STUDENTS  
PHOTO CREDIT: KAIA LEHMAN

## LETTER FROM THE EDITOR



The weather is immaculate. Not freezing the water out of your skin cold, but also not sweating though your clothes to the point that it looks like you just went swimming either. A happy medium. And Halloween, can't forget about Halloween. October just has that nice transition before everything turns to a frozen wasteland.

As the semester settles in and the work part of homework comes into play, don't forget to smell the roses. Carve a pumpkin, call your mom (she misses you), don't forget to change the oil in your car, and you'll be just fine. Live a little, have some fun. Not too much fun though, don't go to jail or the morgue. I'm not a fan of writing obituaries.

Later Dudes,

We are already a month through the semester, I feel like I just got here and like I've been here for 20 years at the same time. That might just be how October is though. Not that I'm complaining. October is the best month out of the year by far.

## Come Work For The Mystician!

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# EVERY STUDENT'S VOICE

What are you going as for Halloween this year?

## Mina Good Eagle

I want to go as a hot mess this year. It will match the theme for how awesome this year has been going for me.

## Robert Mechaley III

I don't dress up for Halloween normally but maybe this year I'll consider dressing up as a Vampire.

## Chloe Erickson

Debating on it being a Werewolf or something else that'll be scary.

## Emily Tryon

I created a home made costume for ghost and and we are both going to be dragons.

## Kaia Lehman

Budget Bob ross. I got a wig from an event that I cannot let go to waste.

## Matthew Vana

I got a sweet burrito costume that I will be wearing!

## Brandon Hagerott

Whatever my girlfriend tells me I have to wear lol.

## Hailee Presser

TBD, but it's gonna be goood!

## MYSTIC MEDIA MISSION 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 information, 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 organizations. 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.

## LETTER TO THE EDITOR

BY KERRIANNE BOETCHER & JACKSON HARPER  
NORTH DAKOTA LIBRARY ASSOCIATION

### The Freedom to Read

For as long as there have been libraries, there have been people who disagree about what belongs on library shelves.

Presently, there are an above average number of people who disagree with the books on library shelves. PEN America, a literary organization and advocate for the freedom of expression, has reported widespread activity in the United States to remove controversial literature from public and school libraries in the past few years.

Between July 2021 and July 2022, book bans occurred in 138 school districts across 32 states, affecting 1,648 unique titles.

(<https://pen.org/report/banned-usa-growing-movement-to-censor-books-in-schools/>)

Amidst this rising censorial tide, it is worth reflecting on the history of book bans in the U.S. In retrospect, one can see how bans typically reflect subjective interpretations more than objective evaluations. For example, in 2006, Charlotte's Web by E.B.

White was banned from classrooms in Kansas because a parents' group deemed the depiction of animals capable of human-like speech to be sacrilegious. In 1996, Shakespeare's Twelfth Night was rescinded from the curriculum of a New Hampshire school because the

heroine falls in love with a duke while disguised as a boy, which could potentially be interpreted by readers as promoting alternative lifestyles.

Many libraries across North Dakota and the United States will be observing Banned Books Week (October 1-7) to celebrate having the freedom to read as one chooses. It's as good a time as any to visit your local library and read a book today!

Kerriane Boetcher is the President of the North Dakota Library Association.

Jackson Harper is the chair of the Intellectual Freedom Committee of the North Dakota Library Association.

### Banned Books & 1st Amendment Rights

The list of banned and challenged books grows every year and so does political opinion on the subject. Join the BSC faculty and the ND State Librarian as we discuss this growing issue, how it affects 1st Amendment Rights and YOU.

**October 4, 2023**  
1 pm - 2 pm

Library Conference Room  
**LEA 204**

**Panelists**

Kim Crowley

Perry Hornbacher

Jason Matthews

Erin Price

Mary Soucie

SUBMIT LETTERS TO THE EDITOR AT: [bscmysticianeditor@bismarckstate.edu](mailto:bscmysticianeditor@bismarckstate.edu)

# STUDENTS ON THE STREET

## What is your first or funniest broken bone story?

BY EMILY TRYON  
MYSTIC MEDIA REPORTER



**Juliana Cook**  
Major: Social Work  
Year: Freshmen

“When I was younger me and my brother went Trick or Treating on Halloween and we were racing each other to a house. I ended up falling and my foot went all the way back and touched the back of my leg and it snapped the bone. (Doctors) They didn’t discover that it was broken for two weeks, because they didn’t want to take an X-Ray when I went in right away. They were like “You’re fine, you’re great”. I was like something is not right. I was in a boot for probably a month. Even after a boot I would say, for it to form or heal completely probably a year.”



**Lear Datz**  
Major: Computer Science  
Year: Freshmen

“I have never broken a bone. I guess, I don’t know if that’s true. When I was younger we were in Montana. I was sitting on a log, we were going for a hike and I was yawning. I was like seven to ten, and I fell off and ended up cracking my head open. So I guess I cracked my skull a little bit. It wasn’t, like, huge. I don’t really remember much of it, I was told the hiking guide ended up carrying me down to the mountain. From what my parents told me I was screaming and crying the whole way down. They got me to the hospital and stitched it up, they said. I don’t remember but I feel like I was out and about the next day or maybe in bed for a day. I think I still have the scar somewhere on my head. For some reason I just don’t remember it, you would think that I would remember something like that. All I really remember is sitting on a log and the hike up. I do remember watching the waterfall, I don’t remember falling and I don’t remember the trek down.”

# SGA NEWSLETTER

### October Newsletter

Student Government Association  
Bismarck State College

It’s October and time to start preparing for Halloween and winter...

But don’t let that discourage you to enjoy it to the fullest with LOTS of events around BSC Campus with both sports and different types of celebrations. The results for the vote on Sept. 27<sup>th</sup> are in and you voted YES!! Check your school email for more info.



#### Food Allergy Info

SGA has been in contact with the Mystic Marketplace regarding their plans to add allergen information to their website for those that may be allergic to dairy, wheat, nuts, eggs, etc. They have projected this to become live by the beginning of Spring Semester.

#### SGA Platforms

Some of the items of business SGA has been working on this year is, of course, the New Human Performance Center. While that is a major project, there are others that deserve some attention as well. The Schafer St. Safety Initiative is something SGA has been talking about since last year. We look forward to giving you all updates on what we are doing! The BSC Aquatic Center is a pretty awesome place and free for BSC students. However, we have heard about a few things regarding the building that we would like to address and possibly change going forward. More on that to come!

#### Volleyball Games

- Dawson Community College – Oct. 2<sup>nd</sup>
- Miles Community College – Oct. 3<sup>rd</sup>
- Dakota County Technical College – Oct. 5<sup>th</sup>
- Illinois Central College – Oct. 6<sup>th</sup>
- Johnson County Community College – Oct. 6<sup>th</sup>
- Kirkwood Community College – Oct. 7<sup>th</sup>
- Parkland College – Oct. 7<sup>th</sup>
- Lake Region State College – Oct. 11<sup>th</sup>
- North Dakota State College of Science – Oct. 16<sup>th</sup>
- Region XIII Winner – Oct. 29<sup>th</sup>

#### Events

- More details at [bismarckstate.edu/events](http://bismarckstate.edu/events).
- Oct. 2<sup>nd</sup> – Craft day
- Oct. 4<sup>th</sup> – Boba Bar & Coping Skills
- Oct. 9<sup>th</sup> – Cocoa & Canvas
- Oct. 10<sup>th</sup> – Alcohol Awareness & Trivia Night
- Oct. 11<sup>th</sup> – Cancer Cake Walk
- Oct. 12<sup>th</sup> – Cyber Club Meeting
- Oct. 13<sup>th</sup> – Pie with a Purpose
- Oct. 17<sup>th</sup> – Candy Corn Cookies
- Oct. 23<sup>rd</sup> – Grand Theatre Movie Night
- Oct. 19<sup>th</sup> – Spooky Slushies
- Oct. 24<sup>th</sup> – Mashed Potato Bowl & Fall Career Fair
- Oct. 25<sup>th</sup> – Pumpkin Carving & Decorating

## FUTURE STUDENTS EXPLORE BSC

BISMARCK, ND - Bismarck State College (BSC) will hold its Explore BSC day on Friday, Oct. 20, for prospective college students to explore program options and the BSC college experience. The event runs from 10 a.m. to 3 p.m. (CST) at the BSC National Energy Center of Excellence, 1200 Schafer Street, Bismarck.

This fall’s Explore BSC event gives high school juniors and seniors and prospective adult students the opportunity to explore academic programs and career pathways, learn about the BSC college experience from a panel of current students, tour campus and residence halls and get answers to questions about the admissions process, student success services and much more. Participants will also learn more about the cost of attendance, scholarships, waivers and the Free Application for Federal Student Aid (FAFSA).

Participants can attend one of two informational sessions, or both for the full experience. A free lunch will be served from 11:30 a.m.-12:30 p.m., and the campus will remain open until 4 p.m. for attendees to visit with BSC representatives and check out the BSC Bookstore and Mystic Java coffee shop.

Attendees who apply to BSC during the event will have their admissions application fee waived and be entered into a drawing for a chance to win a \$500 BSC scholarship.

Pre-registration is encouraged. For more information and to register, visit [bismarckstate.edu/ExploreBSC](http://bismarckstate.edu/ExploreBSC).

## CYBERCON 2023 TO BE HELD AT AT BSC

BISMARCK, N.D. - CyberCon 2023, a critical infrastructure and cybersecurity conference, will be held Oct. 3-4 at the Bismarck State College (BSC) National Energy Center of Excellence. The conference features opportunities for participants to attend in person or virtually.

This year’s CyberCon speakers bring broad expertise and national reputations for excellence. Tuesday’s keynote speaker is Robert Gaskamp, director of corporate physical security for True Companies. Dave Bittner, producer and host of “The CyberWire,” “Hacking Humans,” “Caveat” and “Control Loop” podcasts is the keynote speaker on Wednesday.

Educational breakout sessions led by diverse local, regional and national experts will round out the two-day event.

CyberCon 2023 is the only event of its kind in the region and is sponsored by global cybersecurity company and BSC educational partner, Palo Alto Networks. Other major sponsors include Dakota Carrier Network, High Point Networks, MDU Resources, Microsoft, ND Dept of Emergency Services, Cloudera, CloudFlare, Evolving Solutions, Marco, NorthRiver IT, Tenable and more.

Registration for CyberCon 2023 is still open for virtual and face-to-face participation. Virtual tickets for the two-day event are \$150 and face-to-face is \$175. For more information, visit [cyberconbsc.com](http://cyberconbsc.com) or call BSC Continuing Education at 701-224-5600.



AMY HARRIS WORKING WHILE SPENDING TIME WITH HER FAMILY  
PHOTO CREDIT: ROBERT MECHALEY III

# BSC ALUMNI CONTINUES TO PURSUE EDUCATIONAL ASPIRATIONS

## Making the most out of a day as a business owner, mom, community leader and student

BY ROBERT MECHALEY III  
ALUMNI REPORTER

In Kenmare, ND, there is a cabinetry store called Modern Woodworks owned by Amy Harris and her husband, a Bismarck State College alumna. Beyond the front door is an array of samples of wood, handles and tiling. To the right is an office space where emails are answered - their three young children sometimes spend their time after school.

"My husband and I started our custom cabinetry business about 17 years ago in 2006. And so when we started our business, I helped stain and do some of those initial starting steps for the business," Harris said. "I also did, and still do our office roles and responsibilities. My journey to start my college education didn't really come into play until several years later."

Harris graduated from high school in 2004 and enrolled in Minot State College. Because of family circumstances, she had to drop out after only one semester of her higher education journey and returned to Kenmare, ND, her hometown. As a result, she began work as a paraprofessional and opened the doors of Modern Woodworks alongside her husband.

She would attend another semester through online courses, this time at Dakota College at Bottineau - that was before work and volunteering in the community left her with no choice but to put higher education on hold again. But Harris wanted to return to being a student again, especially because of her desire to learn in her early life.

"I think as a child, education and going to school was always a really big part of my life," Harris said. "Being in a school setting was always a really safe and encouraging supportive time for me. Just as a child - just embrace being in a school setting. I love learning. I love

**"I love learning. I love just growing and finding out more about all the things."**

just growing and finding out more about all the things."

Harris resumed her educational journey again by enrolling at BSC for classes in the Fall 2020 while still working full-time, being the mother of three kids and remaining involved in her community.

Over the years, she has served in many different roles such as a board member for the Association of Commerce in Kenmare, organizing community events for the country club and volunteering at the local church.

"It wasn't easy with a full-time job owning a business, trying to be active in the community, trying to participate as much as I could with our family, while also trying to meet some of those other expectations from each one of my professors," Harris said. "But I, you know, along with all of those challenges, you know, when you reach those goals, and you get through a program, I was able to really appreciate those rewards and those victories."

Harris is now a graduate of BSC with an associate degree from the administrative assistant program and another from the business administration transfer degree. She is now enrolled at Dickinson State University earning her bachelor's of business administration.

On Sept. 14, she was voted in to serve as a member of the City of Kenmare's Council. With all of this on her plate, she attributes her success to her family.

"I hear their excitement in conversation with others that their mom is in college learning, and we joke that I most likely will be taking a course when they pursue higher education," Harris said. "I hope my kids see with determination, support, and pushing through challenges; they can overcome many obstacles to reach their goals and life passions."



AMY HARRIS AND HER HUSBAND (HUSBAND) LOOK OVER BLUEPRINTS IN THEIR WORKSHOP AT MODERN WOODWORKS  
PHOTO CREDIT: ROBERT MECHALEY III

# DIGITAL HIVE: CREATING THE FUTURE OF TECHNOLOGY

## How a club started new degree options at BSC

BY MATTHEW VANA  
MYSTIC MEDIA GRAPHIC DESIGNER

This year has seen the birth of two new certificate options that Bismarck State College offers: Additive Manufacturing and Unmanned Aerial Systems.

Emerging technologies are a huge benefit to all students in any field. Health sciences, retail, agriculture—the list of applications goes on. If there are any doubts

about this claim, do an Internet search with the name of any profession followed by either virtual reality (VR), drone technology or 3D printing.

A good amount of credit for the implementation of these classes goes to the Digital Hive Club, a club for students that began last year with the purpose of building interest in these technologies.

So, what's in store for this year? One idea has floated around, such as building a "marble run wall" that would decorate a map of the college campus. This would act as an interactive tour for prospective students.

The main purpose of this club will remain the same: to link talent to opportunity. Certificates earned alongside degrees give graduates an extra step up in employers' eyes, giving them a competitive advantage.

Students enrolled in the Digital Hive Club last year were given many opportunities to build working relationships with people in the community. The robotic dogs many of the students have seen roaming around

at events are operated by the Hive Club. The talks that students have had with city officials have jump started the newly offered programs.

Getting the community involved has always been and will continue to be one of the focal points of the club. Club advisers Luis Vilella and Alicia Ulde have said that their dream of the Digital Hive Initiative is to grow a community in Bismarck where people of any age may learn these skills.

Achieving a goal such as this would only be made easier with more club members—if any students are interested, please send an email [bsc.DigitalHive@bismarckstate.edu](mailto:bsc.DigitalHive@bismarckstate.edu). Bring a friend and have fun learning about the tech of the future!



# DRAMA CLUB FUNDRAISES WITH THE HAUNTED THEATRE

BY LEVON SCHULZ  
MYSTIC MEDIA REPORTER

With the fall semester now in full swing, student clubs across campus have started to meet. Our BSC Drama Club is one of the many gearing up for another active year. Also like most clubs, they are eager to sign up as many interested students as possible.

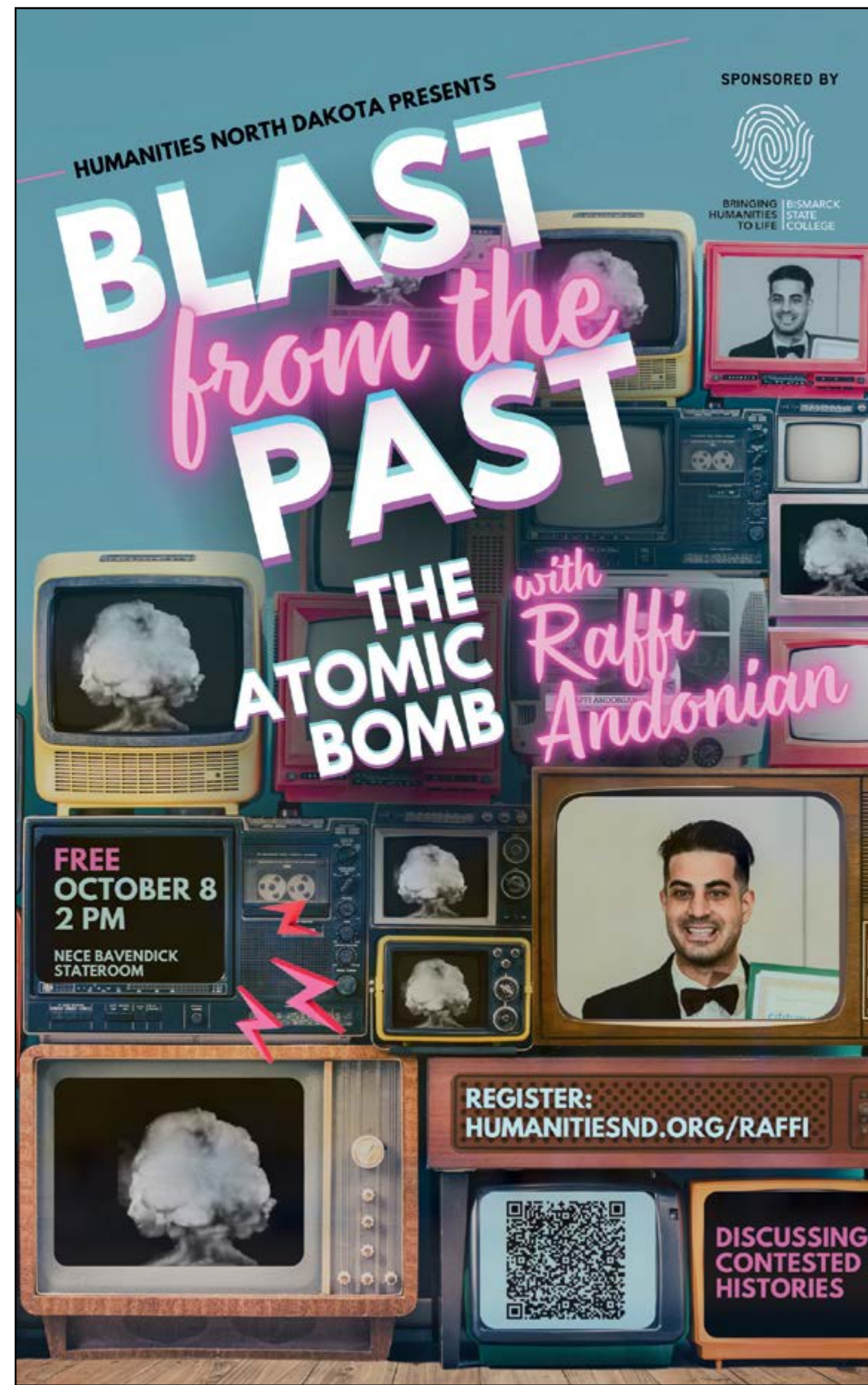
The students in Drama Club partake in a wide variety of activities. The club is often anchored by theater students who work in or behind the scenes of the various plays the school produces. However, drama club is accepting of all students affiliated with theater or not.

Students work on sets for the plays, act as ushers during performances, participate in bake sales and the designing and building of the haunted theater experience in the Sidney J. Lee Auditorium.

The Drama Club focuses on fundraising for two annual student trips. This year those trips will take them to Des Moines, Iowa and Minneapolis, Minn. To make these trips viable for students to attend, the Drama Club has come up with a few creative strategies to raise funds such as bake sales and the Haunted Theatre.

"Our biggest event of the year for Drama Club fundraising," club advisor Dean Bellin said about the event.

The Haunted Theatre is a haunted house built by students that will be open Oct. 27 and 28 from 6-11 p.m. in Schafer Hall and the Sidney J. Lee Auditorium. Drama Club students participate all throughout the experience to provide some genuine scares to all attendees. The entry fee is \$5.



# MAZASKAZI MADNESS

## THE MIND BEHIND THE MUSIC

BY MINA GOOD EAGLE  
MYSTIC MEDIA REPORTER

Bismarck State College alumnus Lawrence Luger is making waves with the release of his new single. Going by the stage name 'Mazaskazi', the song has a somber melodic feel with lyrics that are just as hard hitting. He stopped by the Mystic Media studio to drop off a copy of the song "Prescription."

"I come from the Standing Rock reservation and it's Dakota/Lakota people there, I am not fluent in the language," Mazaskazi said. "I just wanted a word that sounded cool and meant something. I found Mazaskazi that translates to gold."

Mazaskazi attended BSC in 2015, where music made an impact on him.

"In 2015, I enrolled in classes to do the digital audio program," Mazaskazi said with animated hand gestures. "I did that for a semester and through that I got curious about the choir. The instructors encouraged me to switch to music education. I did that for a while then life happened — I unfortunately had to leave school."

Despite leaving school, taking music classes at BSC left a lasting impression on him. He continued his passion to create and perform music.

"Even though I don't have a degree from here I learned a lot," Mazaskazi said. "I started as a musician on my own, I actually learned how to read music here. I still utilize everything I learned even with the new song I put out."

Mazaskazi originally played in rock bands, but eventually he decided to go solo. He also made a shift in genres to a more hip-hop feel.

"I have been in and out of bands," Mazaskazi said. "Being in a band is sort of like being in a relationship, but the difference is you are dealing with three or four other personalities—trying to make the schedules make sense or trying to have the same goals artistically."

Events in Mazaskazi's life are what inspired "Prescription."

"When I left BSC—I try to put it in a light way that 'life happened'" Mazaskazi said. "The song explains one of the things that was going on at the time. Music was always a way of figuring out feelings and emotions. It's our own kind of therapy. I think most musicians or artists feel that way. It's how we deal with things—making art. The struggle of that time or the pain of that time is what I put into that song. I am not a sad person. The music is just sad."

Mazaskazi plans to release more music with the intention of putting out a song every other month. Mazaskazi's music can be found on Apple, Youtube, and Spotify. Check out his Facebook to see upcoming shows.

PHOTO CREDIT: MOHREZ LABAF

### FEATURE STORY



MINA GOOD EAGLE AND LAWRENCE LUGAR IN THE MYX STUDIO  
PHOTO CREDIT: ASHLEE PRESSER



THE MAZASKAZI'S NEW SONG, PRESCRIPTION  
SUBMITTED BY: LAWRENCE LUGAR



THE MAZASKAZI AT WORK  
SUBMITTED BY: LAWRENCE LUGAR



LAWRENCE LUGAR (THE MAZASKAZI)  
SUBMITTED BY: MINA GOOD EAGLE

# ANNUAL POW WOW DRAWS A CROWD

BY EITTOL MARTIN  
MYSTIC MEDIA REPORTER

The United Tribes Technical College had hosted its annual Pow wow on the weekend of Sept. 8-10, and for every individual, young or old, those in attendance saw that the community was at the heart of it all.

"It's fun to see friends, you never know who you'll run into," Layla Fricke said.

Fricke was with her family as they were enjoying a local vendor's arts.

Enjoyment of the events laid in the hands of the local businesses of the community; when the arts and crafts of the vendor animated the passerby who would celebrate their purchase, the vendor would celebrate the passerby.

Marie Nelson, a vendor who at the time was enjoying the process of weaving vibrant beadwork, said that the passersby were very nice.

NTVS, Natives without the vowels, has

been coming to the UTTC Pow wow for three years, saying similar things about the people in attendance.

"We enjoy the opportunity to educate others about our culture," An NTVS sales representative had said. "It's a great experience."

In addition to the breadth given to the ceremony, the vendors were also very familiar with one another.

Adrian Brady, who was present at a stand containing beadwork of necklaces and earrings, said that many of the other vendors were familiar to her.

On the events adjoining the ceremony, the young women's and men's dance granted a cash prize to those judged most impressive in their display of skill.

Among these participants was Jaycon, contestant 902, "Dancing is healing," Jaycon said, "I dance for my family and

for my enjoyment, I would dance every weekend if there was an event like this."

Jarrett and Tairyan Kelly had both participated in the High School Basketball Tournament, an event that pitted the teams who had paid for their entry against each other. The High School Basketball tournament was one of many events hosted by UTTC around the weekend of the Pow Wow.

"Pow wows and basketball go hand in hand," Tairyan said, adding that he also enjoyed seeing tribespeople from all around.

People and vendors came from all around. Food from New Mexico, a frybread stand named Where's The Frybread, a hot dog stand named Hound Dogg, and a few nameless stands serving pizza, popcorn, and fair deserts. These few vendors served food worthy of lines like those of Rez Famous Lemonade's, perhaps the weekend's most popular spot.

There were organizations present outlining the pervasive issues on reservations as well.

The First Nations Woman's Alliance - a tribal coalition representing victims of abuse, MMIW, and drug addiction - had been greatly impactful in the words they had shared, the people they could sympathize with. Where one can find the greatest place of support and community is in those willing to recognize the commonplace issues.

When speaking to a representative of the First Nations Woman's Alliance, the message, "You just can't pick any one message, everyone has a story, no one message can speak to all people, but there is support from us, and if not us others" resonates deeply with victims and individuals.

Individuals who participated in the events made it a more enjoyable and enriching an experience for the community.

# THE DAKOTA ZOO ENTERTAINS EVERYONE

## A study of a family-oriented activities in the lives of college students

BY JORDAN NADEAU  
MYSTIC MEDIA REPORTER

In the whirl of college life, Bismarck State College students have found a secret retreat at Dakota Zoo. Nestled along the Missouri River in Bismarck, N.D. This local gem offers an escape from academic pressures and deadlines.

As BSC students dive into the academic year, familiar patterns of college life re-emerge: the early alarms, late-night study sessions, and the hustle to meet deadlines. With these challenges, many students seek a sanctuary, a place to rejuvenate. An often-overlooked gem remains undiscovered by many, the Dakota Zoo.

### A Place to Relax for College Students

The Dakota Zoo isn't just about animals. The Bismarck Tribune Discovery Center provides a hands-on learning environment filled with live animal displays, aquariums, and computers—all aiming to educate about the natural world. And, if anyone's looking for a moment of tranquility, the Carol Bothun Memorial Rose Garden awaits. Created by the Bismarck Mandan Garden Club and maintained by the dedicated members of the Garden Club and the Prairie Rose Club, this space

offers a floral escape. This area also features occasional sightings of Canada Geese and red-tailed hawks.

### An Array of Animals

From hands-on animal interactions guided by knowledgeable zoo volunteers to watching African penguins swim with finesse, the zoo is filled with wonders. And while the African penguin might charm with its unique look, the Bengal tiger, with its strength and grace, offers a majestic view. These cats, recognized for their swimming abilities and adaptability to diverse habitats, are subjects of research. Their numbers have decreased in the wild due to habitat loss and poaching.

### Fun Day Out with Friends and Family

The Dakota Zoo isn't just about quiet moments or animal observations. It hosts a variety of events suitable for everyone. The upcoming "ZooBoo!" In October promises to be a hit for those who love dressing up. And as winter arrives, "Story Time with Santa" offers a festive touch.

For students with younger siblings or family, the zoo provides activities and camps like Brawny Bison Camp or Rambunctious Reptiles Camp. Both events can also

provide a chance to relive some nostalgic moments.

### Insights from Inside the Zoo

Terr Lincoln, director of The Dakota Zoo, shared the zoo's mission.

"Our primary goal," he said, "is to inspire a deep appreciation for animals and nature in every visitor."

**"Our primary goal is to inspire a deep appreciation for animals and nature in every visitor."**

He also shared opportunities for students, noting the potential for internships and volunteering roles for those keen on entering the zoo field.

For Dawson Corning, a visitor to the zoo, it's a family affair.

"Me and my girlfriend come here with our little one when she has a good week at school," Corning said.

The Dakota Zoo, providing natural displays, educational opportunities, and events, serves BSC students and the wider community. Individuals often visit for breaks from academic activities, exploration, or to view the flora. The zoo is one of the many attractions the bismarck area brings.

# HOROSCOPES

Written for the purpose of being fun, these horoscopes were written with the astrological sun signs in mind using tarot cards and guided by the spirits.



**Aries (March 21 - April 19)**  
Take your time when making important decisions. You will be blessed this month with an unexpected surprise.



**Taurus (April 20 - May 20)**  
Don't let the voices of others drown out your own, give yourself time and patience when working on new ventures.



**Gemini (May 21 - June 20)**  
New possibilities are in store, make sure not to let them pass you by.



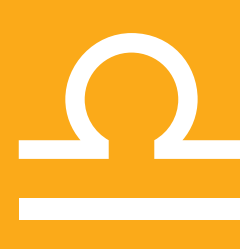
**Cancer (June 21 - July 22)**  
You are about to enter a time of calm and serenity. There will be a new understanding of what makes you happy.



**Leo (July 23 - Aug. 22)**  
Maintaining strong relationships is important for moving forward. Taking risks with new ventures will be tricky, move with caution.



**Virgo (Aug. 23 - Sept. 22)**  
Take this time to reassess career goals. Selfcare is crucial during this time.



**Libra (Sept. 23 - Oct. 22)**  
A major shift in your finances is about to begin. You are entering a time of abundance.



**Scorpio (Oct. 23 - Nov. 21)**  
This is a time where you will begin to thrive under adversity. However, remember to stay open to new concepts.



**Sagittarius (Nov. 22 - Dec. 21)**  
New breakthroughs in work or projects are in store. Trouble may be in the distance, keeping a clear mind will help during this time.



**Capricorn (Dec. 22 - Jan. 19)**  
Staying honest and true will help guide you through this time. Keeping strong with your faith and ethics is crucial.



**Aquarius (Jan. 20 - Feb. 18)**  
Feelings of unease will soon come to an end.



**Pisces (Feb. 19 - March 20)**  
Your hard work is not going unnoticed, keep up the good work.

BY MINA GOODEAGLE  
MYSTIC MEDIA REPORTER

## CREATIVE WRITING

# ROARING OF THE WATERFALL

BY CHLOE ERICKSON  
MYSTIC MEDIA REPORTER

Matthew leaned back in his seat as the car rumbled. The car slowed and turned onto a dirt road. The farther he drove, the more of the road disappeared into the forest. Matthew slowed the car down and stopped. He stepped out and took a deep breath. He turned to his car and began unloading his camping supplies. Soon, he finished unloading and surveyed his campsite. As he stood alone, he could hear a nearby waterfall. He followed the sound and found himself at a river's edge. There, a waterfall roared and the river flowed downstream. It was a beautiful sight.

Matthew decided to explore and headed downstream. After a while, he stopped. The stench of death clung to the air. He covered his nose and mouth, then spotted where the stench was emitting from. A dead deer laid on the ground in front of him. Matthew gagged and turned away. A twig snapped.

Matthew whipped his head around, looking into the forest. Nothing.

"I should get outta here ..." Matthew shivered, and headed back to his campsite. He calmed himself down and spent the rest of his day, and the next few days relaxing. But, the longer he stayed, the less activity there was in the forest. Birds were leaving, small forest critters ran away, and crickets disappeared. It got to a point where it was nearly dead silent except for the roaring of the waterfall. But Matthew didn't pay much attention to the lack of animals. He was just there to enjoy his trip.

That following night, he started to regret.

A sound from the forest—a roar.

Matthew jolted awake, sweat dripping from his forehead. He grabbed a flashlight and left his tent.

"Alright that's it! I'm gonna look around and prove myself there's nothing here." Matthew reassured himself. As he stood and listened, all he could hear was the waterfall. It roared louder as Matthew walked to the river. He stopped and scanned the area with his flashlight. Nothing was there. He was alone. Matthew turned to leave. Then, he heard a low, ragged growl behind him.

Matthew whirled around, and stared into the fog on the other side of the river. A dark figure was hidden within the fog and trees. The figure was large and hunched over. It was slightly bigger than a bear, with yellow glowing eyes. Matthew wanted to scream, he wanted to run. But he knew if he did, this creature would kill him. So he stayed still and held his breath. Matthew and the creature stared at each other. Then, the creature backed away into the darkness. Matthew let out his breath.

"I have to get out of here, NOW!" Matthew thought to himself. He turned around, facing away from the river. Then, a roar. Matthew turned back around, his flashlight following his eyes. He saw the creature's jaws wide open, it's wild yellow eyes, jagged fangs, and blood-stained muzzle. The creature's jaws clamped around his head. Matthew screamed. Then Matthew was quiet. Only the roaring of the waterfall remained.



THE WATERFALL  
PHOTO CREDIT: TOM COE



# CHOCOLATE COOKIES DELIGHT

Bringing home a little bit closer to you, one cookie at a time.

BY KAIA LEHMAN  
THE MYSTICIAN EDITOR-IN-CHIEF

This might be a hot take, but up until about two years ago I hated chocolate chip cookies. They had too much chocolate and not enough cookie base for me. I started to come around to them as a freshman in college, and now I can not get enough of them.

sugar, white sugar, butter, and any additional flavorings or spices. Cookie Butter usually contains vanilla extract, and can also have espresso to bring out the chocolate flavor. Other spices that cookie butter may contain are things like Nutmeg and cinnamon.

After a long bout of trial and error through various recipes and boxed mixes, I have found the best chocolate chip cookie recipe, with a few tweaks. Personally, I like having mini chocolate chips over regular size, and I don't add the chocolate chunks that the recipe calls for either. But to each their own. This recipe can be customized similarly to all food products, with mix-ins such as pretzels, m&m's, or other candies and snacks.

After the formation of the cookie butter comes the mix-ins. Personally, I use mini chocolate chips in my recipe because I don't like globs of chocolate in my cookies, but any chocolate chips work well to balance the flavors and keep the sweetness down a little bit. Another flavor balancing tip is to add flaky salt to the tops of the cookies after they are done baking. The salt balances the intense sweetness of the cookie, and as an added bonus, it makes me feel like I'm the next Gordon Ramsey.

What really makes this recipe stand out is the use of cookie butter as the base. Cookie butter is a combination of brown



CHOCOLATE CHIP COOKIES  
PHOTO CREDIT: JENNIFER PALLIAN

## Chocolate Chip Cookies

### INGREDIENTS

- 1/2 cup granulated sugar
- 3/4 cup brown sugar, packed
- 1/2 cup salted butter, melted
- 1 egg
- 1 tsp vanilla extract
- 1 1/4 cups all-purpose flour
- 1/2 tsp baking soda
- 8 oz of your choice of chocolate chips

### DIRECTIONS

- 1 In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps.
- 2 Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.
- 3 Sift in the flour and baking soda, then fold the mixture with a spatula (Be careful not to overmix, which would cause the gluten in the flour to toughen resulting in cakier cookies).
- 4 Fold in the chocolate chunks, then chill the dough for at least 30 minutes.
- 5 Preheat the oven to 350°F. Line a baking sheet with parchment paper.
- 6 Scoop the dough onto a baking sheet, leaving at least 4 inches of space between cookies and 2 inches of space from the edges of the pan so the cookies spread evenly.
- 7 Bake for 12-15 minutes, or until the edges have started to barely brown.
- 8 Cool completely before serving and enjoy!



PAIGE MCALLISTER AND BROOKE HAAS BLOCK WILLISTON STATE COLLEGE  
PHOTO CREDIT: CODY EISENBEIS

# VOLLEYBALL TAKES OFF

BY CALEB HERR  
MYSTIC MEDIA REPORTER

The Bismarck State College volleyball team got off to a hot start for their 2023 season after losing all but one starter from last season.

Consistency. That is the word Kyle Kuether, Head Coach for the BSC women's volleyball team, used to describe his 2023 team.

"That's the one thing we've been working toward all year with this group," Coach Kuether said, "We want to be very consistent."

Coach Kuether lost five starters from last year's 33-win team and is looking toward the only returning starter, Paige Mcallister, to be a leader. The sophomore middle hitter was described by her coach as a competitive player with a fun personality. He added that she brings good energy to the team and gets the girls in order.

Along with Mcallister, Coach Kuether listed three other players who bring different leadership traits to the team. He mentioned how Emily Degree, a sophomore dual-position player, brings a loud and encouraging voice to her teammates. He added sophomores Piper Harris and Breana Sand to the list.

"[Harris] has a natural leadership style," Coach Kuether said. "Sand brings a quiet leadership style. She just kind of just leads by example. [Sand] has a very calm presence on the court."

Coach Kuether said those four girls can help lead this team to their ultimate goal of returning to the national tournament.

At the end of August, BSC led the Mon-Dak Athletic Conference in total rotation points, but it is the team's defense that Coach Kuether said has seen the most growth from the beginning of the season.

"Defense, that is what has gotten them the most improvement—our blocking plus our back row defense," Coach Kuether said, "I think they're very in rhythm with each other which is good."

Coach Kuether was quick to mention the importance of the development between each skill for his team.

"We've been preaching consistency," Coach Kuether said. "I think our passes have just steadily been getting better."

The girls started the season with a seven-game winning streak before traveling to Iowa for the Iowa Central Invite. In the Hawkeye State, BSC bumped into a four-game losing streak facing some tough competition.

"Those teams we played down in Iowa are national tournament contending teams," Coach Kuether said, "It's a faster game down there. They run a lot faster offenses."

After a 3-0 loss to Neosho County Community College,

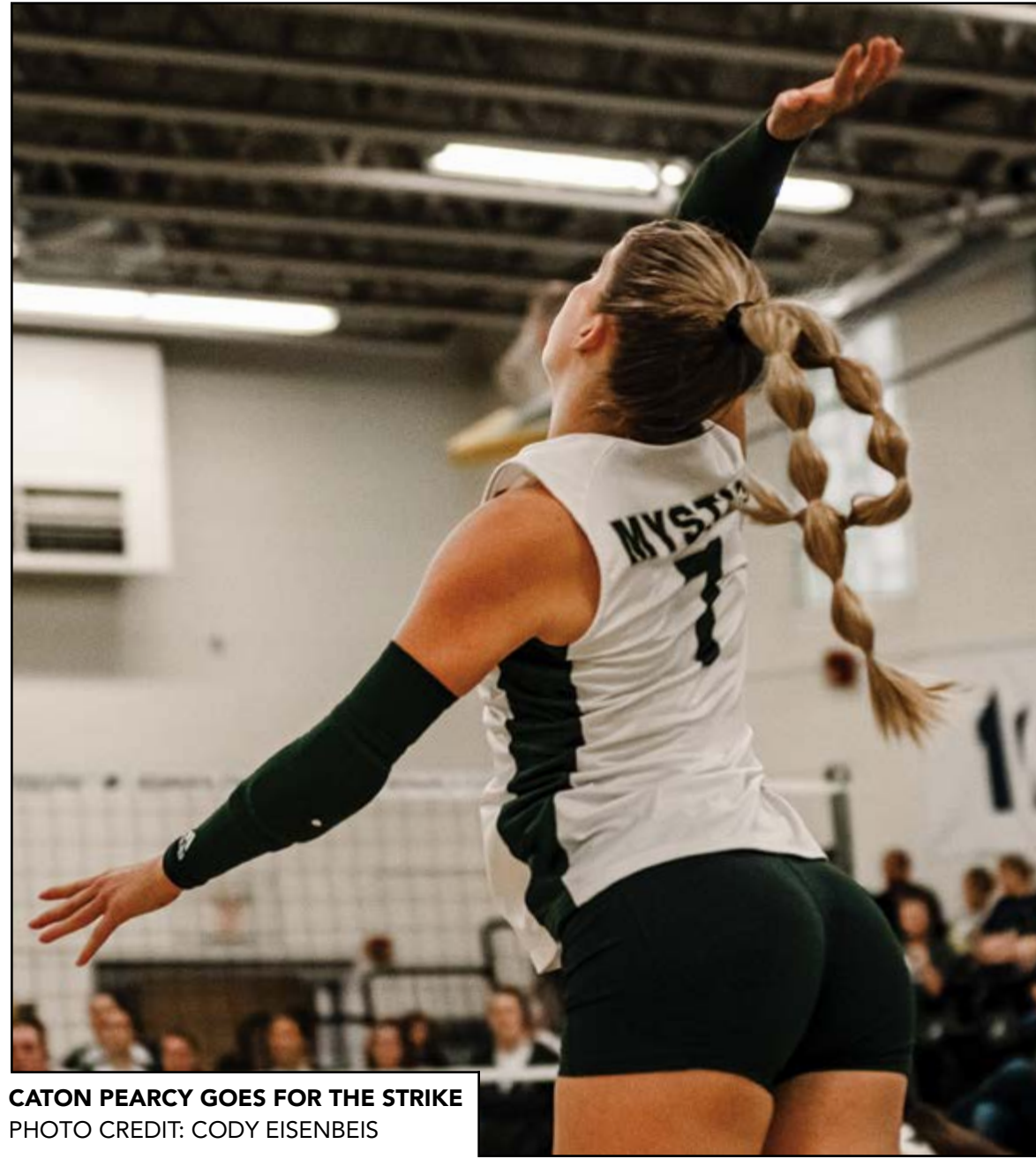
the Mystics managed to extend the following two games into the fifth set.

"The longer the weekend went, I feel like we got better," Coach

Kuether said, "We learned what we need to improve [for] when we go back to Iowa."

The team travels back to Iowa in early October for the DMACC

Tournament. For more game and team information visit <https://www.bscmystics.com/sports/vvball>.



CAITON PEARCY GOES FOR THE STRIKE  
PHOTO CREDIT: CODY EISENBEIS

# TRENDS EMERGE IN ATHLETE INJURIES

## National and local athletic injuries make headlines

BY CODY EISENBEIS  
MYSTIC MEDIA REPORTER

Many think the advancements in healthcare equipment and research is lowering the number of sports injuries. The injuries are on a decrease; however, the severity of those injuries are on the rise.

According to The American Academy of Orthopedics Surgeons, there are about 3.5 million athletes becoming injured every year. Throughout the United States, every school is being equipped with an AED and properly trained medical personnel. These are some examples of athletes around the United States suffering extreme medical emergencies during their sport. Bronny James, LeBron James' son, went into cardiac arrest during a normal University of Southern California basketball practice. With the quick speed of the medical staff, Bronny was resuscitated and rushed to the hospital. Bronny has now fully recovered and was released from the hospital three days later. Bronny is still currently undergoing tests and does not know if he will be playing at the beginning of the USC season.

Damar Hamlin, Buffalo Bills safety, went into cardiac arrest after taking a hit to the chest during the Bills versus Bengals game. Damar underwent CPR for

nearly ten minutes, but ultimately was resuscitated.

According to a study published at the Mayo Clinic Health System earlier this year, sudden cardiac arrest is the leading cause of death in young athletes. The incidence of sudden cardiac arrest in the general population is 1 in every 1,000 people annually, while the incidence for young athletes is reported to be much more rare – roughly 1 or 2 for every 100,000. Men's basketball players are at the highest risk of suffering sudden cardiac arrest among all demographics.

"Studies now show that the chance of serious injury from repetitive microtrauma. The more an athlete works, the more likely they are to become injured," Dr. Jones, Orthopedics Sports Medicine Doctor, said.

Even with the lower injuries per year from previous years, we are now experiencing the increase in severe medical emergencies. Throughout the United States, athletes are being pushed by their coaches every day.

In recent news, a young individual died after being forced to run after not wearing proper attire for gym

class. The gym teacher made the 12-year-old boy run on a 90 degree day. The lack of training contributed to the boy's death.

These are questions the American Academy of Orthopedics Surgeons are trying to answer. Are more people being born with heart problems? Are the coaches pushing these athletes too hard?

Kevin Rice, head men's basketball coach at BSC, talks about how they prepare for a disaster like this.

"All coaches and staff are CPR certified," Rice said. "We have all the equipment needed to help until EMS arrives."

It is important for the coaches and medical staff to monitor these athletes. With the unexpected events like Bronny and Damar, the staff need to take a closer look at everyone. Physical exams may need to go more in depth. Though the injuries are on the decrease, medical teams are constantly learning why severe injuries are increasing.

# OUT OF STATE STUDENT SHARES EXPERIENCES

BY ARIANA GONZÁLEZ RODRIGUEZ  
MYSTIC MEDIA REPORTER

Bismarck State College's diverse population continues to grow as more student athletes from all over the country and the world continue to enroll.

BSC is home to women's basketball, cross country, softball, track and volleyball teams as well as men's baseball, basketball, and wrestling teams. This selection also includes co-ed sports, such as Clay Dusters and E-sports.

With the variety in sports students can choose from, BSC's student athlete population rises dramatically with every year. While many of these athletes are from Bismarck, Mandan or North Dakota in general, others have also come to BSC from many other states and countries.

Many of these students have been scouted and recruited, while others simply learned of BSC's existence and chose to attend. The arrival of these students onto the BSC campus has influenced the diversity and culture.

One student athlete attending BSC from out-of-state is Rydell Adair, a baseball player from

Swift Current, Saskatchewan, Canada. A deciding factor for Adair to come study at Bismarck State College and play on their baseball team was the program itself.

"They have a great baseball program and have a winning culture," Adair said.

Adair heard about BSC through a teammate on a previous team that had played here. Despite its proximity to Bismarck, Adair has noticed notable differences between playing baseball at BSC and back home.

"The skill gap is smaller and there is better competition," Adair said.

Overall, Adair's experience has left him with no regrets regarding his decision to enroll here.

"I feel I made a good decision coming here," Adair said. "I like how class sizes are small and I love the culture of the baseball team."

Another student athlete who is attending school far away from home is Tsitsi Karanda, who is on the women's track team. Tsitsi is from Zimbabwe and is

doing Liberal Arts. She found out about BSC through their social media.

"I came across some of their posts on Instagram," Karanda said.

BSC's tuition is one of the lowest in the state and is affordable for many; not only for North Dakota residents, but for students outside of the state as well. For Karanda, a large part of BSC's appeal was their offers.

"Their offers were quite good and it's a nice school," Karanda said.

The athletic department's constant improvements has also made BSC more appealing to those pursuing sports during their college career.

"The training facilities are more developed than we have in Zimbabwe," Karanda said. "It's really different from home."

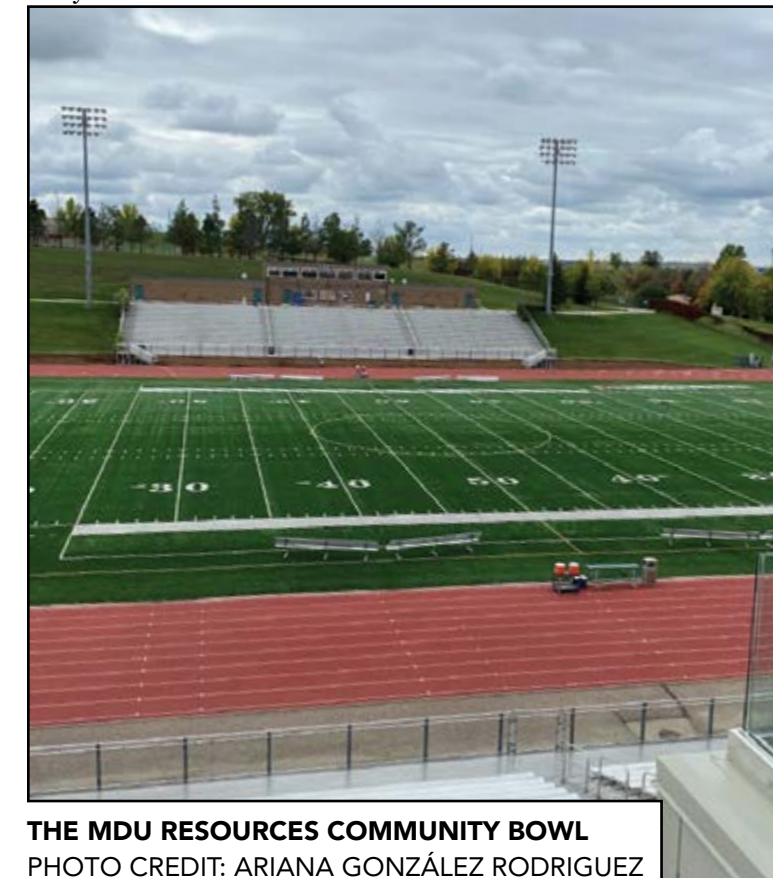
Despite being far from home, Karanda is happy with her decision to come to BSC and has had a good school year so far.

"I have no regrets," Karanda said. "Everything has been well so far, and I believe it will stay so."

As for the people, Karanda's experience with BSC's student body has also been positive.

"The way they treat international students is pretty awesome, they make you feel at home," Karanda said. "BSC is home away from home."

With the athletics department putting a high emphasis on recruiting and scouting student athletes for the upcoming terms, the culture at Bismarck State College will continue to shift as more people continue to migrate here.

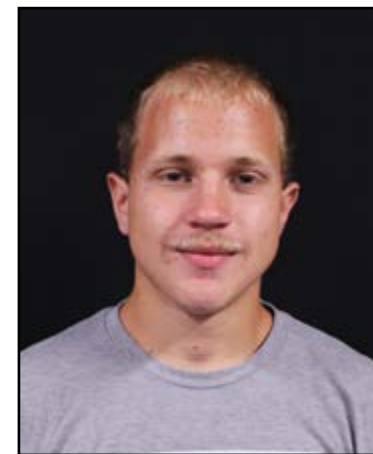


THE MDU RESOURCES COMMUNITY BOWL  
PHOTO CREDIT: ARIANA GONZÁLEZ RODRIGUEZ

## FANTASY FOOTBALL: MORE THAN A GAME

# THE ROOKIE REVIEW

BY CALEB HERR  
MYSTIC MEDIA REPORTER



Week One of the National Football League season started on Thursday, Sept. 7 and ended on Monday, Sept. 11. The games were surprising, to say the least. From upsets to devastating injuries, many fans' high hopes were dragged down. But there were still plenty of positives that came from the games in week one, especially for fantasy managers.

The scary thing for fantasy

managers to do is put their trust in a rookie player to lead them to a fantasy football championship. There were both good and bad takeaways from week one fantasy football performances for highly drafted rookie players.

### Jahmyr Gibbs, Detroit Lions

Jahmyr Gibbs saw limited action during the 2023 NFL Kickoff game against the reigning Super Bowl Champs. The Lions decided to give most of the running back snaps and touches to four-year veteran, David Montgomery.

Gibbs had 19 plays in his NFL debut while Montgomery was in for 55 plays. Those numbers are not as encouraging to Gibbs' fantasy managers as they were expected to be for a fourth-round fantasy draft pick. Luckily, Gibbs' production during those 19 plays looked very reassuring for

managers. The rookie had seven carries for 42 rushing yards. He had two runs over 15 yards and led the league in week one with six broken tackles. Gibbs also caught both of his targets for 18 yards.

The low usage worries managers, but it is important to remember this was his first NFL game ever, and the Lions will be looking to ease him into a workhorse running back role rather than forcing a workload onto a rookie right away. The small sample size Gibbs showed in week one looked productive and explosive. I would not be panicking on Gibbs, and I expect his workload to increase in every game.

### Bijan Robinson, Atlanta Falcons

Bijan Robinson finished as the seventh-highest-scoring fantasy running back with 20.3 fantasy

points in the point-per-reception (PPR) format. He had ten carries for 57 yards and caught all six of his targets for a total of 27 yards. The rookie also had a receiving touchdown on a designed screen pass in the second quarter.

The Falcons ran eight more rushing plays than passing plays in the win over the Carolina Panthers. With a run-heavy offense and a 65% snap share in his first NFL game, Robinson should be a very reliable running back option for the rest of the fantasy season.

### Jordan Addison, Minnesota Vikings

The Vikings showed their offensive game plan for the 2023 season early in week one. The team had 17 combined rushing attempts compared to 44 passing attempts. Star wide receiver, Justin Jefferson, had the most targets with 12, but Addison

had the third most targets with six. The Vikings seemed to be easing the rookie in because he only played 36 offensive plays, but Addison still showcased his talent with a 39-yard receiving touchdown in the second quarter. Along with the touchdown, he had four catches for 61 yards in his debut. He was the 19th-highest-scoring wide receiver with 16.1 fantasy points in the PPR format.

The 23rd overall pick fit in very well with the pass-heavy Vikings offense. He looked explosive and seemed to have the trust of Vikings quarterback, Kirk Cousins.

There will be plenty of opportunities for Addison to become a startable wide receiver for fantasy managers, but for now he should be a reliable flex option week-to-week.

# MYSTICS VOLLEYBALL



STACI KEMPENICH AND PAIGE MCALLISTER JUMP TO BLOCK A SPIKE  
PHOTO CREDIT: CODY EISENBEIS



CATON PEARCY PREPARES TO BUMP THE BALL  
PHOTO CREDIT: CODY EISENBEIS



PAIGE MCALLISTER STRIKES AGAINST WCU  
PHOTO CREDIT: CODY EISENBEIS



MYSTICS HUDDLE UP FOR TIME OUT  
PHOTO CREDIT: CODY EISENBEIS



STACI KEMPENICH SETS TEAM UP FOR SUCCESS  
PHOTO CREDIT: CODY EISENBEIS



CHELSEA KROM AND BROOKE HAAS JUMP FOR THE BLOCK  
PHOTO CREDIT: CODY EISENBEIS



BREENA SAND SERVES AGAINST WCU  
PHOTO CREDIT: CODY EISENBEIS



STACI KEMPENICH SERVES  
PHOTO CREDIT: CODY EISENBEIS



MYSTICS CELEBRATE A SCORE  
PHOTO CREDIT: CODY EISENBEIS

## EISEN PRODUCTIONS

### CODY EISENBEIS

"Sports has always been something I have been into. I picked up a camera one day and now want to capture special moments for sports families." My name is Cody Eisenbeis and I am the owner of Eisen Productions.

Throughout my whole life, I have always loved participating in sports. When I first picked up a camera, that is what I wanted to do. Sports is something I enjoy watching and I love capturing the moments for the athletes to remember for years on end.

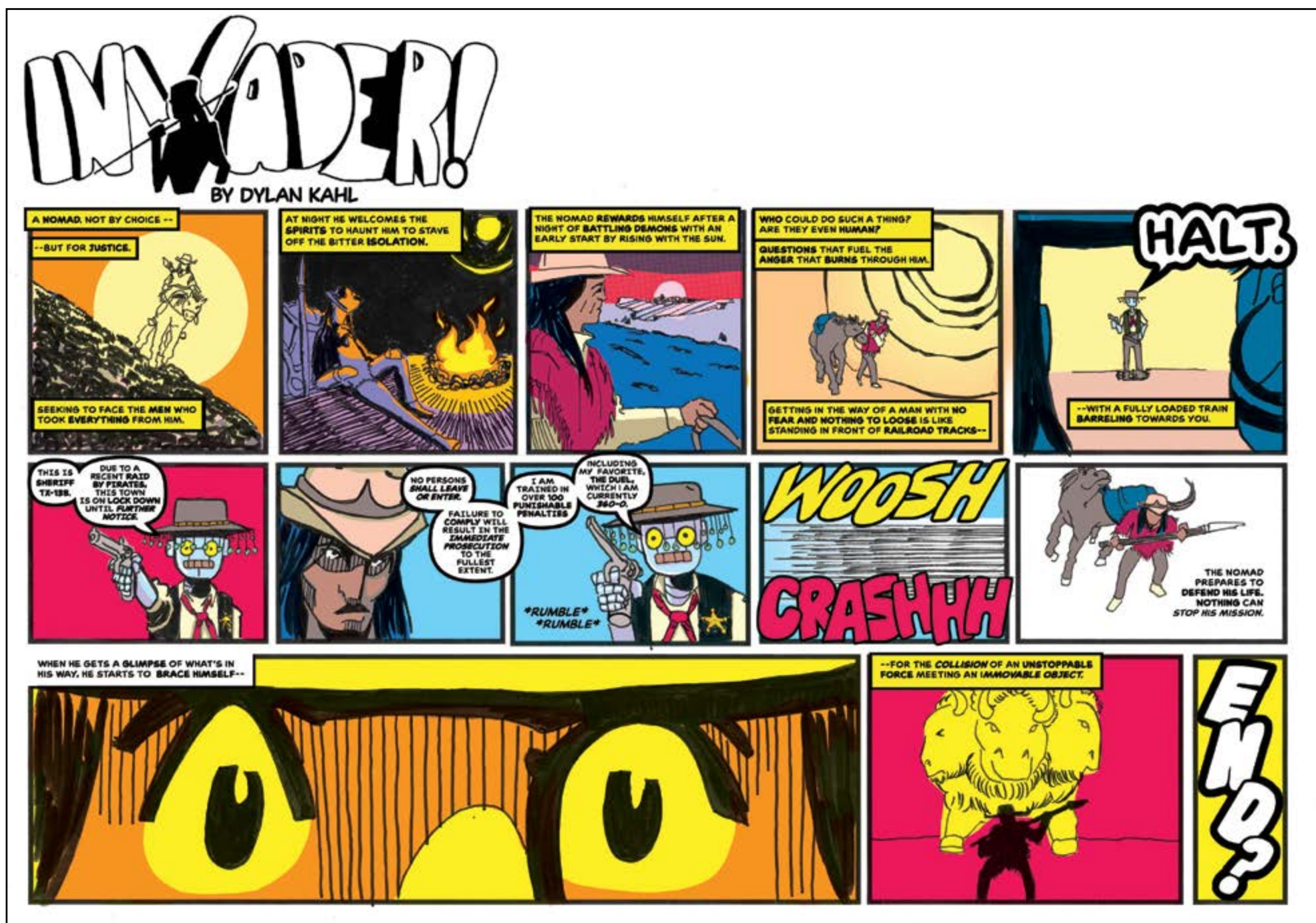
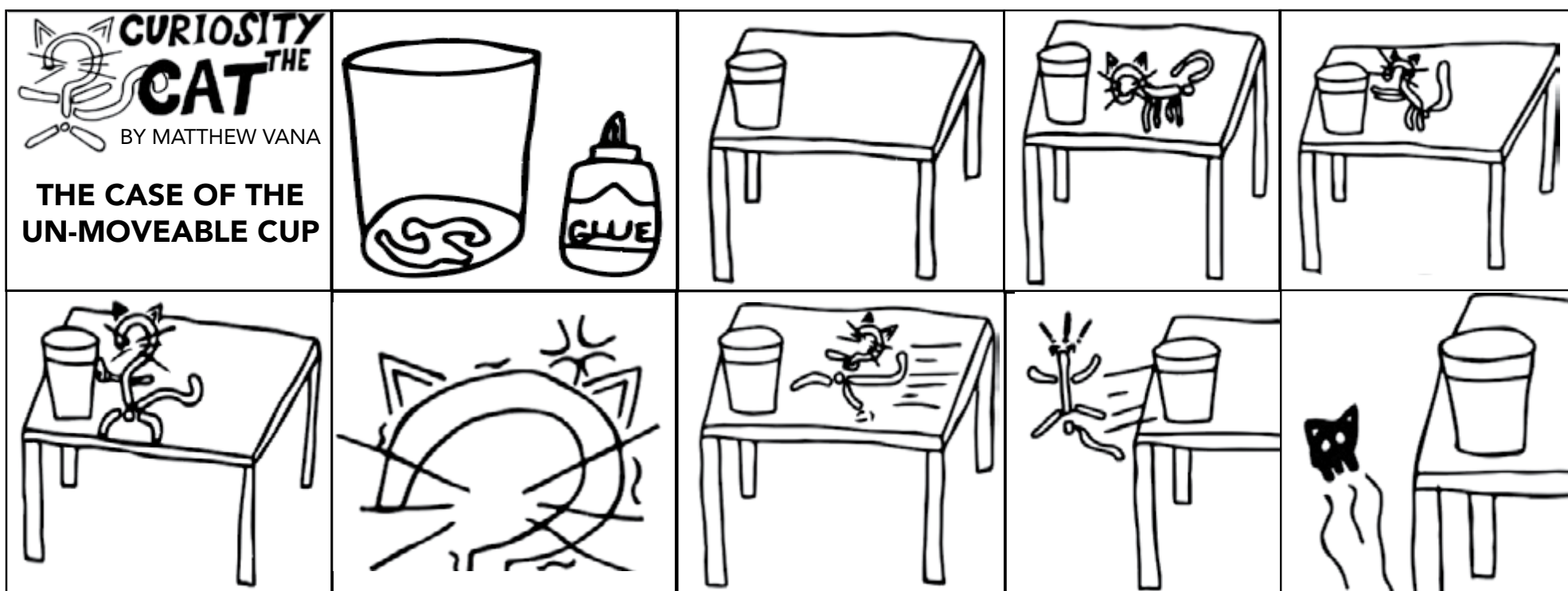
I have always loved receiving pictures of myself while I was competing in sports I loved. Being able to supply parents and athletes with pictures they can hold onto forever is something I strive for. Being able to capture different emotions the athlete may not feel during the game due to adrenaline, is something I also enjoy being able to capture.

**Contact:**  
Email: [cleisenbeis@gmail.com](mailto:cleisenbeis@gmail.com)  
Phone: 701-520-2828

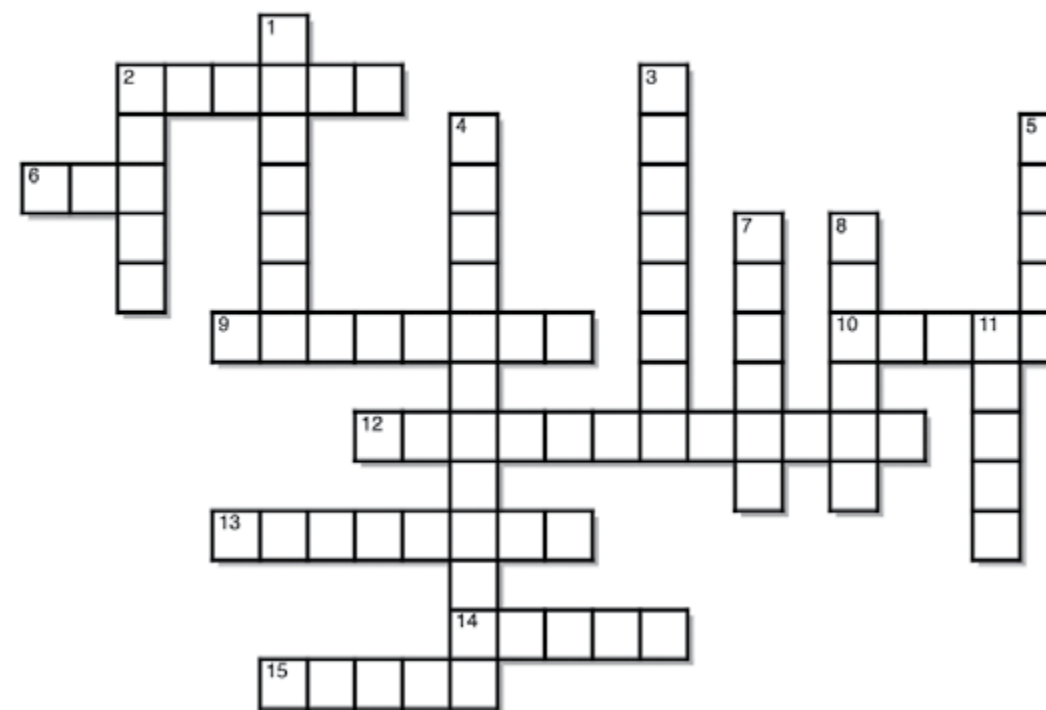


# COMEDY CORNER

# PUZZLE PALOOZA



GAME ANSWERS CAN BE FOUND ON OUR WEBSITE  
BSCMYSTICMEDIA.COM



Y A D Z W Y C O F F I N B H N  
 R E P A E R M I R G W B C M I  
 Q T M W R T B Z E Q I T A P K  
 B E W B O C U L R R I S Y O P  
 S K E L E T O N A W K G I T M  
 Z O M B I E S N M C A T V I U  
 E I W A C T A Q T S K J D O P  
 N N D E T N U A H K W C D N R  
 S P O Q R G N E G U B D A E C  
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 I W O Q S I W B N L Q S I C S  
 L X H D P B E O H J N C A H T  
 B Z J M A Q M G L O M N U N U  
 O S A R V H M O M F D S P D M  
 G V T Y T P S E T Y K O W H E

GRIMREAPER MONSTER PUMPKIN SKULL WEREWOLF  
 HAUNTED NIGHTMARE SHADOWS TOMBSTONE WITCH  
 MASK POTION SKELETON VAMPIRE ZOMBIE

### ACROSS

- 2. Has a staff and usually a beard and a pointy hat.
- 6. This small flying creature was thought to turn into a vampire.
- 9. Changes at the sight of a full moon.
- 10. This monster is wrapped in toilet paper or cloth.
- 12. This monster was made with lightning by a crazy scientist.
- 14. Scary black bird.
- 15. Has a red nose and sometimes curly hair with bright colors.

### DOWN

- 1. Drinks blood.
- 2. Rides a broom.
- 3. Witches make their brew in this.
- 4. What you carve on Halloween.
- 5. What you get on Halloween.
- 7. Also known as spirits.
- 8. Also known as the living dead.
- 11. Little rodent that likes to hangout in a witch's house.

					2	8
		2	5	3	1	9
		1	9		3	
7			6			
	1					4
			5			2
		4		6	9	
9		5	3	1	2	
3	6					

**GOT A COMIC OR ILLUSTRATION? WE WANT TO SEE IT!**

**SEND AN EMAIL TO**  
[bscmysticianeditor@bismarckstate.edu](mailto:bscmysticianeditor@bismarckstate.edu)

**Writing Prompt**

A group of BSC students encounter a candy-stealing gremlin on Halloween night.

They come up with an elaborate plan to stop him.

Best/craziest story will win a prize and be featured in next month's Mystician!

ILLUSTRATED BY MATT VANA

SEND STORY SUBMISSIONS TO:  
BSCMYSTICIANEDITOR@BISMARCKSTATE.EDU

Bismarck State College Proudly Presents

# tiny beautiful things

based on the book by  
**Cheryl Strayed**

adapted for the stage by  
**Nia Vardalos**

**Sidney J. Lee Auditorium**  
Schafer Hall, BSC Campus

October 19-21 **7:30 PM**

October 22 **2:30 PM**

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Reduced rates available for students,  
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**BSCtheatre.com**

For more information, contact BSC Theatre at (701) 224-5627.  
[bsc.theatre@bismarckstate.edu](mailto:bsc.theatre@bismarckstate.edu)

"Tiny Beautiful Things" is presented by an arrangement  
with Concord Theatricals on behalf of Samuel French, Inc.  
[www.concordtheatricals.com](http://www.concordtheatricals.com)

**BSC**

BISMARCK  
STATE COLLEGE

North Dakota's  
Polytechnic Institution

**CONTENT WARNING:**

This play contains strong language and subject matter intended for mature audiences. Recommended for ages 16 and up. ART-048-1023

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