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# THE MYSTICIAN

VOL. 81 ISSUE 3 BISMARCK STATE COLLEGE BISMARCK, N.D. November 7, 2019

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## Third Annual Recovery Reinvented

### Kathryn Burgum Works to Erase Stigma Surrounding Addiction in ND



**Kathryn Burgum, First Lady of North Dakota, sits down with Daniel Burbank, The MYX Production Manager, to discuss addiction and the details for Recovery Reinvented. (Credit: Mystician Archive)**

**By Robert Mechaley III**  
EDITOR-IN-CHIEF

The First Lady of North Dakota, Kathryn Burgum, is making the rounds to make sure that the third annual Recovery Reinvented is their largest event yet. She is encouraging people from all over the state to register for the event on Nov. 12 so that panels of guest speakers and testimonials from the public can bring an end to the stigma of addiction.

"The goal is to gather together people across our nation and work together to eliminate the stigma of addiction," said Burgum.

It does gather people from around the country, especially professionals working in the fields of addiction and treatment to spread the greater message, that addiction is a disease that requires treatment same as any other of its kind. Such speakers for this year's event include Gary Mendell, the founder and CEO of Shatterproof, Carol McDaid, the principal at Capitol Decisions Inc. and Dr. Leander "Russ" McDonald, the current President of United Tribes

Technical College. These speakers will not be the only ones to share their experiences; local stories of recovery will also be shared throughout the day.

The other key word to the event is that it is free and open to the local community and beyond. Registration for the event, attendance for the event, food and coffee will all be free to attendees. Considering that Recovery Reinvented is about community action and healing, it makes sense that the event is open to anybody that can be in attendance that day.

"It really is for a wide variety of people," said Burgum. "We talk about everything from behavioral health issues, of course addiction treatment recovery, peer support, sober living, eliminating stigma everywhere including corporate America."

Recovery Reinvented comes at an opportune time considering that it takes place the day before the annual behavioral health conference for the state of North Dakota as well. A number of other professionals tied to these fields will be in attendance as well including

law enforcement and faith-based groups tied closely to the subject.

What does it take to eliminate the stigma surrounding addiction? Burgum has carefully considered this grand undertaking and began by gauging the statewide understanding of addiction. The discovery from the poll revealed that 63 percent of people in ND thought of addiction as a disease rather than a choice or moral failing.

"I didn't believe it was a disease," Burgum said. "I thought for years that 'I need to do the right thing' you know. After struggling with addiction for most of my life and finally finding recovery for 17 years, now I'm able to look back at how it was a disease was a huge weight lifted off my shoulders."

Burgum described her experiences with alcohol addiction and how for much of her life she submitted to the very stigma her project seeks to end. In her coming to terms with addiction as a disease she was able to find sobriety and now uses Recovery Reinvented to help do the same for others.

## Details on Recovery Reinvented 2019

For more information on the Recovery Reinvented event go to [recoveryreinvented.com](https://recoveryreinvented.com). For additional updates on the event, follow @GovernorDougBurgum, @FirstLadyND on Facebook as well as @BougBurgum and @FirstLadyND on Twitter.

The website features not only links for event registration but a number of resources for addicts and the loved ones

of addicts in the State of North Dakota.

Registration, attendance and food will all be provided for free at the event. Make sure to register ahead of time so that the event staff can properly provide lunches and nametags to attendees.

Event officially begins at 8 a.m. on Nov. 12 and continues until 5p.m. that same day. Recovery Reinvented will feature talks from professionals

around the country as well as the local communities of Bismarck, ND.

The seminars will provide useful information to ending the stigma surrounding the disease of addiction and how to take action in your local community. If you or a loved one struggles with addiction, be sure to look at the provided resource links on the event website.

# THE MYSTICIAN

PUBLISHED BY THE STUDENTS – FOR THE STUDENTS

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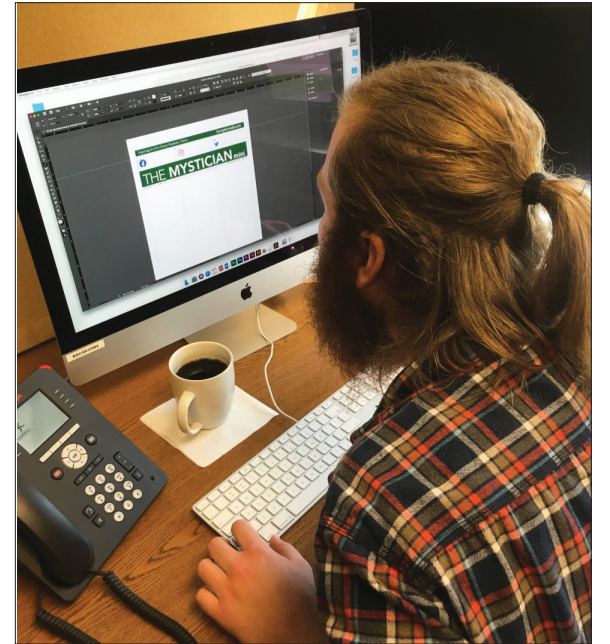
# Letter from the Editor

Thank you once again for picking up a copy of our school's very own Mystician. We are happy as always to keep you up to date on Bismarck State College affairs and events. Times here at the Mystician have never felt better as our staff continues to work and train as better journalists. The problem is with that, everything always feels like work and more work, all day and every day. This is a role we take very seriously, but should it always be so tiring?

At my old job, I frequently found myself drained of all energy after my shift was over. It didn't feel like normal physical fatigue though. Detailing vehicles from 8-5 certainly is a physically demanding job, but that level of soreness faded after the first week. As time passed it dawned on me that the problem was mental exhaustion and a worry that this would be my life day in and day out from that point onward. The job was wonderful, but not good enough to keep me around for the rest of my life.

Haha just kidding. Happy Thanksgiving and have a safe holiday. Check out our website and social media pages for news and event updates.

**Robert Mechaley III**



**EDITOR-IN-CHIEF**

## Event Calendar November - December 2019

<p><u>Nov. 7</u> -Mystic Media Day (SU) -Mystic Help Mystics (FREE, SU) 11 a.m. -1 p.m. -Baroque Concert (LMC 177) 12 p.m. -Chor Concert (SJL) 7:30 p.m.</p> <p><u>Nov. 11</u> -Veteran's Day BSC closed</p> <p><u>Nov. 12</u> - Patriotic Concert (SJL) - Recovery Reinvented 2019 Bismarck Events Center (Exhibit Hall) 7:00 a.m. - 5:00 p.m.</p> <p><u>Nov. 13</u> -Chili and Cinnamon Rolls (FREE, MM) 11 a.m.- 1 p.m. -GradFest and Transfer Day (SU) 11 a.m.- 3 p.m.</p> <p><u>Nov. 14</u> -Fall Craft (FREE, SU) 11 a.m. - 1 p.m. -ChamberConcert (SJL) 7:30 p.m.</p> <p><u>Nov. 18</u> -Game Day (FREE, SU Game Room) 9 a.m. - 3 p.m.</p> <p><u>Nov. 19</u> -Jazz Concert (SJL) 7:30 p.m.</p> <p><u>Nov. 21</u> -Caramel Fountain (FREE, SU) 11 a.m. - 1 p.m.</p>	<p><u>Nov. 22</u> -Men's Basketball (AR) 8 p.m.</p> <p><u>Nov. 23</u> -Women's Basketball (AR) 12 p.m. -Men's Basketball (AR) 2 p.m.</p> <p><u>Nov. 26</u> -Residence Halls close at 4 p.m.</p> <p><u>Nov. 27</u> -No Classes -BSC offices open</p> <p><u>Nov. 28</u> -Thanksgiving, BSC closed</p> <p><u>Nov. 29</u> -Thanksgiving Break -BSC offices open -No classes</p> <p><u>Dec. 1</u> -Residence Halls open at 12 p.m.</p> <p><u>Dec. 2</u> -Elf on the Shelf Trivia (SU)</p> <p><u>Dec. 3</u> -Elf on the Shelf Trivia (SU)</p> <p><u>Dec. 4</u> -Elf on Shelf Trivia (SU)</p> <p><u>Dec. 5</u> -Mystic Media Day (SU) -Elf on the Shelf Trivia (SU) -Nacho Bar (free, SU) 11 a.m. -1 p.m.</p>
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### The Mystician Mission Statement and Disclaimer

The purpose of college media is to serve and give voice to the students. Our goal is to incorporate as many students as possible and be an outlet for student expression. 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 BSC. With this goal in mind, The Mystician staff is dedicated to accuracy and maintaining ethical journalistic practices. The Mystician upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining and thought-provoking material to the college community.

**Contact:**  
**Robert Mechaley III, EIC,**  
**with letters to the editor**  
**or any concerns/comments regarding this publication.**  
**E-mail: [bscmysticianeditor@bismarckstate.edu](mailto:bscmysticianeditor@bismarckstate.edu)**

The next Issue of The Mystician will be published Thursday, Dec. 5. Deadline for any copy to be submitted is Tuesday, Nov. 26. Stop by Room 125 in The Armory for more information.



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**MYSTICAST**

### Answers to the Crossword Puzzle on page 7

1. maverick	4. piety
2. vilify	5. pejorative
3. iconoclast	7. syntax
6. daunting	13. transcendent
8. unilateral	14. emulate
9. superfluous	16. adulation
10. aesthetic	18. onerous
11. hackneyed	19. buttress
12. i.e.	20. condone
15. eclectic	
17. prone	

The Mystician would like to offer a formal apology and retract the misspelling of the following names in Volume 81 Issue 2 of the paper. To Amy Juhala, Caden Shean and Haylee Hebdon, I offer my sincerest apology. -Robert Mechaley III, Editor-in-Chief

# A New Gateway To Science Coming Soon

Gateway to Science will Inspire the Future of STEM Programs on Bismarck State College Land

By **Robert Mechaley III**  
EDITOR-IN-CHIEF

The sun shined brightly over the Missouri River, backlighting digging equipment on a dirt lot behind the Community Bowl. On October 7, staff of Gateway to Science broke ground on the new building that will occupy the lot in 2021.

**“Our vision is to inspire the scientist in everyone”**

**-Beth Demke, Executive Director of Gateway to Science**

“Our mission is to inspire scientific discovery through hands on experiences,” said Beth Demke,

Executive Director of Gateway to Science.

To fulfill this mission, the new Gateway to Science center will feature five and a half times the space of the current building they occupy. The building will use this new space to include a full laboratory as well as classrooms and expanded exhibit space. Demke said that it is important to make the science not just accessible to children, but to the parents and grandparents that bring them.

In terms of the exhibits that will be on display, they will be developed alongside the Science Museum of Minnesota. The exhibits on display in The Science Museum of Minnesota are developed in house and now they will serve as consultants for the development of North Dakota’s own science center.

“It is important for us to make the connection between the science that kids are learning in school, the science that we’re presenting in the gallery and what’s going on in science out in North Dakota,” said Demke.

Such topics include energy, agriculture, weather, water, transportation, space and nanotechnology. The new building will stand proudly over the river to better serve and teach about these relevant fields to a community affected by them.

The location on Bismarck State College’s campus is important as the history of Gateway to Science has close ties to the school. The founding member of Gateway to Science was Frank Koch who was a chemistry professor at BSC. He gathered scientists, business leaders and mathematicians from the school and the Bismarck Mandan Junior Service League to develop the first center. Demke was a member of the Bismarck Mandan Junior Service League.

The mission of Koch and his team was brought to fruition in the Gateway Mall with the first science center in 1994. In 2005 it would move into the current building across the street from the BSC Aquatic and Wellness Center with the same square footage of space as the

previous location. The new land was donated by the City of Bismarck to BSC on behalf of Gateway to Science.

“Our vision is to inspire the scientist in everyone,” Demke said. “You know a lot of times people think that science isn’t for them, but it is. Everything you do there is something sciency about it.”

Gateway to Science will finally be able to return to the campus where this vision began with new ways to inspire children to adults going into a STEM field. The new facility is projected to open in 2021 along Edwards Avenue on the Bismarck State College campus behind the Bowl.

**BSC officials, Gateway to Science staff and local news await for ground to be broken on the new facility on a bright day. (Credit: Robert Mechaley III)**



## Rent or Own?

By **Roger Marks IV**  
MYSTIC MEDIA COORDINATOR

Imagine getting paid and having to spend most of that money on the rent payments. No need to imagine—that’s a reality for lots of people today. The question: is it smarter to rent an apartment while young or get a loan and buy a house? The only difference is one will return the money.

**“It is not something that can be easily done by a college student.”**

**-Tammy Skogen, Mortgage Loan Officer at Gate City Bank**

Tammy Skogen, a senior mortgage loan officer with Gate City Bank, gives some advice on how to see if a bigger payment is possible.

“At least pay rent to yourself,” Skogen said. “moving into a higher payment is still really difficult.”

This allows the potential homebuyer to gauge the effect of the payment and the weight that it could potentially have. If everything is as wanted, then it comes down to a quality of life debate. Either live in a house but be scraping by or live in an apartment, unless the payment for the apartment is just as much of a beast

as the mortgage.

For most people buying a home while young is next to formidable. There are a lot of hurdles to clear, and it’s a much easier choice to rent first, then move to something bigger.

“It is not something that can be easily done by a college student.” Skogen said.

The risks involved with home buying are the added expenses on top of the house payment: utilities, insurance, property taxes, special assessments and Homeowners Association fees to name a few. Easier may not be smarter.

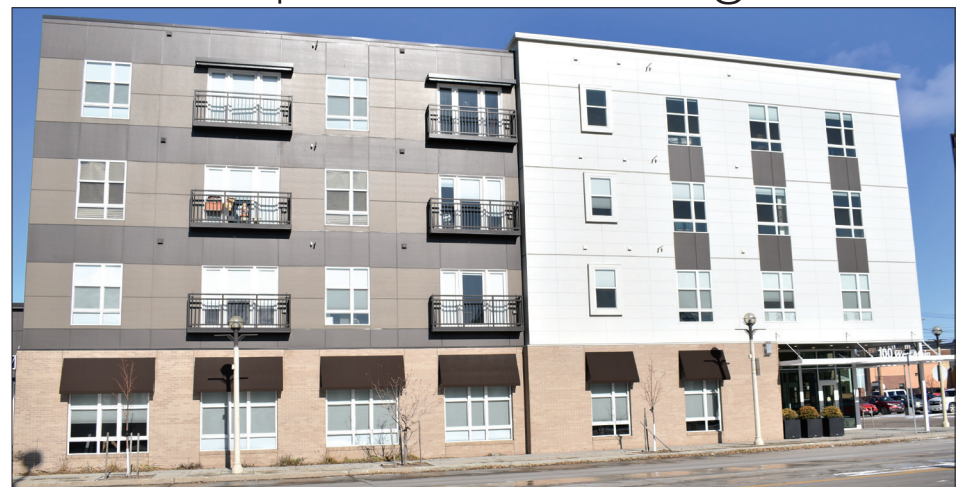
Is it possible, yes. Is it easy? No. Is it a smarter decision? That’s up for debate, because the answer is what is easier to accomplish without stretching the paycheck too thin.

Learning to budget is an important part of buying a home Skogen said. After a contract is signed the consequences for failing to meet those requirements can last far into someone’s life. It’s better to try budgeting before renting or buying.

Lexus Davidson, a Bismarck State College alumni, said that renting works for her now because it is cheap, and she gets to be around family. She also said that if she decided to settle down that she would see the benefits of buying a house.

Owning while young may be something that students can do. It’s not totally impossible but the risks may outweigh the rewards. Anyone considering owning or renting should consult a professional at their bank to see what is right for them.

## Options for Living



**Top: Renting is a viable option as a young person before the purchase of any actual property. (Credit: Roger W. Marks IV)**

**Bottom: While it is not outside the realm of possibility to buy property, failure to make payments can be detrimental. (Credit: Roger W. Marks IV)**





**Hours**  
Monday - Thursday: 7:30 a.m. - 8 p.m.  
Friday: 7:30 a.m. - 4 p.m.  
Sunday: 4 - 8 p.m.

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## Change of Chase

### Policy on Alcohol Changes for NDUS Schools

By Haylee Hebdon  
REPORTER

Each university under the North Dakota University System (NDUS) will get to decide on their policy for alcohol. Instead of Dr. Mark R. Hagerott, the Chancellor of NDUS and the other nine board members, telling each institution what they need to do for their alcohol policy, each campus has the ability to make their own rules and have different requirements.

There have been changes of policies in the past, mostly minor changes. In April, there was a change in a governance policy to increase the number of board members and decrease the term length back. In August, presidential contracts will also have a minor change to them, making it so there is less paperwork to be done.

In the beginning, the North Dakota University System did not allow universities to obtain any liquor licenses. Vice Chancellor for Student Affairs at NDUS, Lisa Johnson, said their policy change will not be significant.

North Dakota State University has some private entities on the campus where events are held, so it makes it different from Bismarck State College. From The Bismarck Tribune ran an article from Sept. stating that BSC will not be changing their policy.

BSC's policy prevents students and faculty from using or bringing alcohol on campus property. There are some events that can get preapproved permission from the college president to allow alcohol. BSC does approve a handful of alcohol permits a year but are not allowed to promote or sponsor any alcohol-related events on campus.

"We want to be supportive to students," stated Jay Meier BSC's Dean of Students, "We want to make sure this is a good learning environment."

## Alcohol Information

On BSC's official website, there is a page for those of age and underage that drink. The page holds facts about drinks and the safest way to consume them. It also holds a walk through of what it's like sobering up. The page talks more on the overall body weight and the healthy consumption amount one should have. The website mostly teaches students how to be safe when drinking and to make sure they're educated on the risks.

On this page there is a section that tells students signs of alcohol poisoning and what should be done to help that person while emergency responders are on the way.

There is also another link that sends the reader to a personal counseling page. The page has all the information on what personal counseling is, how to start, confidentiality, what services they have available and how to contact them.

## Learning More on Curriculum: Textbook Pricing and You

By Jon Fettig  
REPORTER

Edited by Robert Mechaley III,  
Editor-In-Chief

Students may be interested in knowing why textbooks are so expensive and especially where the money goes when they pay for their books.

Most students buy their textbooks from the campus bookstore.

Tammy Staudinger Textbook Associate at the Bismarck State College Bookstore helps students get their needed books. She also helps keep the cost of books in check.

"The textbook publisher creates the original price of the textbooks," Staudinger said. "Then the book has a small mark up for shipping costs."

To help with saving, the Bookstore offers rentals, eBooks, access codes, used books and loose leaf options. eBooks are cheaper but not the best choice for all students. Instant access books are available in some classes within Blackboard. Loose leaf books are available for some courses but then students need a binder to keep the pages

organized. The use of eBooks is popular with the Energy programs because of the high number of online classes.

"The Bookstore wants different variations of textbooks to accommodate different student learning to keep the cost down," said Staudinger.

The Bookstore also has a markup price that goes to the school for improvements to the facility and eventually back to students in the form of savings Sandness explained.

"When we talk about markup, that is the cost of the book plus the shipping and a profit margin for the Bookstore," Deb Sandness, BSC Bookstore Manager, said. "The average markup for stores is 25 percent. We look at the best affordable price for our students."

Another cause of higher priced textbooks is the decrease in the number of publishers. Fewer publishers changes the cost of textbooks because of less competition.

"The publishing company makes money when we purchase textbooks from them," said Staudinger.

At least two times a year, the Bookstore does a textbook buyback and

then sells the used books back to new students.

"That way they don't have to buy books from the publishers," Staudinger said. "This gives the opportunity for students to buy used books and helps lower the cost."

Faculty choose the books they use for their courses. When possible, Staudinger lets the instructors know about options that could help save students money.

Some faculty write their own books to use in their own classes. Then they just have printing costs, which are cheaper than buying a book. The Bookstore works with a local printing company that does this in a timely manner.

The staff at the BSC Bookstore encourages students to buy books from their online store vs. other online stores to make sure they are receiving the current materials and the correct edition.

For more information about buying textbooks, stop by the BSC Bookstore in the Student Union Monday-Friday 7:30 a.m. - 4 p.m.

**Students Amelia Haverkamp and Cece Carlson browse the selection of the Bismarck State College Bookstore. (Credit: Alyssa Simpron)**



## BSC Receives ASPEN Award

The Aspen Institute College Excellence Program has named Bismarck State College as one of 150 community colleges eligible to compete for the \$1 million Aspen Prize for Community College Excellence, the nation's signature recognition of high achievement and performance among America's community colleges. Based on strong and improving in student

outcomes—including in learning, completion rates, employment rates and earnings, and equity—15 percent of community colleges nationwide have been invited to apply for the Aspen Prize.

The top ten finalists for the 2021 Aspen Prize will be named in May 2020. The Aspen Institute will then conduct site visits to each of the finalists and

collect additional quantitative data, including employment and earnings data. A distinguished jury will make award decisions in spring 2021.

## Staff Ed

In a recent poll conducted by Bismarck State College Mystic Media, students were asked if they'd like to participate in a variety of events ranging from a school dance to a music festival outside the Armory. The results are shocking, students want large-scale events here on the BSC campus.

The voters favorite idea, with a 92 percent approval rating, was projecting a movie onto a wall in the Aquatic Center where students can watch it while relaxing on floaties during the film. People are excited about these proposals and would like to see them

implemented.

It's important to note that these events are not activities. So far BSC has offered opportunities such as a root beer float station and mashed potato bar, which are great to satisfy student's hunger but not much else. These activities do not offer students the chance to meet peers on a large-scale.

College is about stepping out of one's comfort zone and trying new things. It is difficult to do this when a campus does not offer things that promote this. Even though BSC is only a two-year college, it should still provide students

with the opportunity to expand their relationships and supply events that they clearly want to see implemented.

Students may meet one or two other people while waiting in line for a root beer float, but in reality, the "event" is more grab and go. There is little chance for communication and the chance to form relationships. However, the large-scale events, as mentioned in the poll, do just that. Students are guaranteed to have more exposure to peers in an event that lasts for a few hours rather than a few seconds.

If BSC wants to promote retention and

recruit new students, then supporting these events is a step in the right direction. The responsibility to follow through with these ideas fall on the Student Government Association, who should try to supply what students want as best as possible. Although activities are fun, they are not what students would like to see their fee money go toward. Because students pay fees to support events, they should see it going toward something they actually want. Hopefully, BSC and SGA show their support for students, listen to what they have to say and then implement it.

## It's Time to Deliver on What the Students Want

### In Your Box

Artist: Jade Stocking



## "Lacked" Up on Campus

By RJ Tare  
COLUMNIST

College life can be a stressful mix of sleepless nights, lengthy study sessions and traumatic tests. But just like how the Powerpuff Girls were created, some of us add a mix of sugar, spice and everything nice a.k.a. partying or doing anything social in general. However, here on campus, the lack of social events and activities make it feel like we're just chugging chemical college stress.

Don't get me wrong, Bismarck State College is a great campus with beautiful buildings and excellent mentors, but there's a clear lack of events where students can socialize with each other. Last time I can remember having an engaging event with fellow students was watching Detective Pikachu at the Bowl. That was great. It was a good movie and people got to talk about their thoughts regarding the movie. However, after the welcome week this past August, BSC is back to its roots of minimal events. I mean look at the school's event calendar. It seems that there's at least one major event per month and a few free food days; even that seems pretty empty for a college of 3,000 plus students. As I've said, BSC is a wonderful campus inside out, so it is a bit disheartening that the price of having such a bougie school is the lack of events catered for a wide variety of students.

Lack of student participation on campus events is noticeable, but that's because plenty of on-campus events are

not that interesting. We're constantly juggling between schoolwork, our jobs and our responsibilities. This means that going to on-campus events is investing precious time in hopes that it's enjoyable. But so far, the events that we've had aren't enticing. Having more engaging events will most likely increase student participation.

The past few on-campus events that I've attended, such as Culture Fest and Pot-A-Plant were fun, but these activities tend to be recycled ideas rebranded as different ones. The trifecta of BSC's on-campus events are fairs, crafts and free food. From Culture Fest, Pot-A-Plant, and mashed potato bar, all these events and activities give out the same repetitive vibe. Where are the events that make students engaged? Here's some ideas: a college-friendly cooking class in the Union, a bonfire and smores night, or maybe even a Dogs and Donuts day. There are plenty more ideas out there, but the point is that there should be a variety rather than reusing the same idea over and over again.

I see these opportunities as a way to destress, meet new people, or simply reconnect with old friends. Plenty of students are here for a year or two, and then transfer on to bigger learning institutions. Students at BSC live by the mantra of "we're here for a good time not a long time," indicating that the best thing our campus can do is to make our experience at BSC memorable and fun not some remembrance of how we're "lacked" up in an uneventful campus.

## Looking Out for #1

By Brenna Malard  
EDITOR

It is undeniable that college-aged students are typically apathetic about government. The most common excuses include: I don't have time. I don't know where to get my news. I don't care.

To these excuses, I offer up these simple counter-arguments. If you have time to scroll through Instagram every morning, then you have time to scroll through a news app and browse the topics. If you don't know where to get your news, open a newspaper, download an app, ask someone. And for those who simply don't care, at least you're being honest, but it's time to grow up. It's not cool or trendy to be uninformed.

You may be wondering why it's important to be informed. To make a long story short, if you decide to be uninformed, you are actively choosing not to participate in the one reason most Americans take pride in their country—freedom of political expression without consequences.

Many other countries do not offer their citizens the same luxury, and it's

## We All Do It

shameful to abstain from something so essential to the success of democracy.

When it comes to political views, our generation has become very self-centered and lazy. People only care about what affects them, and if it doesn't— they don't. This mindset of only caring about oneself leads to drastic differences in opinions and no common ground. These differences contribute to what we can see in Congress now, complete political polarization. Our generation will soon replace those in power, and continuing with a lazy mindset will put a strain on politics in the future.

Now, I'm not saying if you don't read every news article, our country will collapse, and we will fall into a world of political chaos, but the future won't be pretty. Everyone is guilty of ignoring the political noise, but one day we won't be able to. Putting more effort into caring now, can lessen political apathy amongst college-aged students, and contribute to a more well-rounded and informed generation.

## Poll Results Oct. 2019

For the month of October, Mystic Media conducted a poll to see what the student body desires more of on our campus. They were

**Expanded hours for the Student Union**  
1=2 votes 2=None 3=7 votes 4=7 votes 5=56 votes None=1

**More campus food options**  
1=1 vote 2=1 vote 3=7 votes 4=10 votes 5=54 votes

**A Greek system on campus**  
1=27 votes 2=6 votes 3=14 votes 4=3 votes 5=17 votes None= 6 votes

asked on a scale of 1-5 whether or not they would like to see these options available to them. Here are the results:

**Thank you to everyone who participated in this poll. We ask that you participate again by dropping your votes in the Student Union. The winner of this raffle was Haley Feldhaus. If you would like to get a chance to win Mystic Media merch, please submit your name and phone number.**



## Shower Thought

Is it Christmas Already?

Labor Day! For the average consumer, they're still thinking about back to school shopping and not even in the mindset of fall, apple pie making, raking the leaves and Halloween vibes.

But there's actually a science behind the crazy early decisions. Yes, we all remember when the season of giving happens, but companies start pushing sales and ideas earlier so people have time to brainstorm. According to a 2015 poll on confused.com, more than 86 percent of people said decorating in November is too early. Although we may never find a time frame to make everyone happy, it's safe to say that decorations and Christmas deals before Nov. 15 are distracting.

By Daniel Burbank  
THE MYX PRODUCTION MANAGER

When is it too early to decorate for the holiday season? Nov. 30? Before Thanksgiving? Before Halloween? North Dakota already had its first snow storm of the cold season. Yet, car companies have begun changing the summer pickup truck adventures to snowy, holiday sweater wearing deals. Winter is my personal favorite season because of snow (not the cold), but when is it too early to decorate our homes? The King of Prussia Mall, about 30 minutes outside Philadelphia, put up the first Christmas trees around Sept. 1, before

# Starters Step Into New Roles

## Men's Basketball Look to Rely on Returning Sophomores

By Caden Shean  
REPORTER

BSC Men's Basketball Look to Rely on Returning Starters

The Bismarck State College Men's Basketball Team is set to kick off another season. The boys finished last season with a 9-20 record and are looking to improve. This season the team has many holes to fill. After losing three starters including the top three scorers on the roster, returning players are looking to step into bigger roles for this season.

One returning starter looking to step into a bigger role is the athletic forward Leyton Lang. Lang averaged 6 points, 5 rebounds and 1.6 assists per contest a season ago. Lang is looking to take on more of a leadership role with a team that consists of only six sophomores and fourteen freshmen.

"I have done what I can to get guys on the same page and mentor them as the freshman learn the ropes," Lang said about his leadership, "Although I may not be as vocal as some, I feel as if I know what it takes to be successful in this league."

The other returning starter looking to step into a bigger role is the sharp-shooting Kyler McGillis. McGillis is one returning starter from a season ago and

averaged 11.3 points, 3.1 rebounds and 2 assists per game in his first season.

The boys' team struggled early on but won three of their final six games gaining some momentum heading into this new season.

"The six sophomores, including myself, feel is if we figured it out on how to win and the hard work we have to put in day in and day out," McGillis said.

With the boys' team looking to fill three spots in the starting rotation as well as two reserve positions, everyone is fighting for minutes. Anyone can fill in these spots, including newcomers.

Cody Perkins, a versatile freshman from Mott N.D., feels he has a lot to offer this team.

"When I get into the game, I offer a strong outside threat but work hard on the defensive end," Perkins said. "I can make an impact whether I am in the game or on the bench by working hard and being a great team player, but if I get an open look it is going in."

"Even with losing a handful and adding many more players it is all about everyone knowing their roles," said Lang.

The boys look to start the season where they left off as they kick off another year on Nov 1 in New Town, N.D.



Macauley Young, a Freshman, six foot nine Center. Young looks to make an impact in the coming year. (Credit: Roger W. Marks IV)

## Student Health

By Kyleigh Hilbert  
REPORTER

Going to college is known for many different things, being on your own and getting out into the world, and often-times gaining the Freshman 15. We all fear it, but it somehow finds us eventually.

Metabolisms start to slow down as people start to age. Children are able to eat anything they want without having to worry as much, but as they age into young adults that is no longer the case. As time passes, people find it more difficult to eat those foods they want all the time and have to learn to restrict more

and work harder to shake off those extra pounds.

"People should be aware as you get older your body will normally adjust your metabolism down and that results in weight creep over time," said Jean Rolandelli, Bismarck State College Associate Biology Professor.

According to the Mayo Clinic website, a metabolism is what your body uses to convert food and drinks into energy for the body. This is much faster when people are younger because they are often times more active and also have less fat mass compared to when they age. The older people get, the more it slows resulting in a decrease in muscle mass and an increase in the amount of fat stored.

## Keeping Away the Freshman 15

"Gaining weight is just the basic calories in and not enough calories being burned" Rolandelli said, "High school students are usually involved in many different physical activities or sports and are often times away from home and away from the refrigerator. Students get to college and no longer do the same kinds of physical activities on a regular basis and the exercise level goes way down, but the amount of intake does not."

To keep away from gaining these extra pounds WebMD's website says people should aim for an accomplishment of 10,000 steps a day. Another way is also doing more strength training and aiming for doing it two or three times a week.

"Walking more! Especially in the winter," Rolandelli said, "Walking is good for burning fat and you tend to burn more of the fat stored with the low intensity exercises."

Food also plays a big role in managing weight. According to the website known as Eating Well, the foods that are best for us include proteins that can be found in eggs or oats, fish, fruits, and vegetables.

"Our food service is wonderful, but they are typically going to make foods that are fairly starchy and fairly fatty foods. And tasty," Rolandelli said. "In the end it's all just a matter of the amount of calories in and calories out."

## A Look at Epic Nutrition

By Molly Fitzer  
REPORTER

Attending college and staying healthy can be quite challenging for most students, but with the opening of a new nutrition club near campus, staying healthy gets easier.

Epic Nutrition opened on June 3 on the second floor of the BSC Aquatic & Wellness Center. They offer a wide variety of protein shakes and energy boosting tea flavors. The shakes are all by the brand Herbalife, which is a global nutrition company. Herbalife is committed to providing solutions to the worldwide problems of poor nutrition and obesity.

"Each shake has 24 grams of protein in them," Halle Sherek, an employee at Epic Nutrition said. "They are a full meal replacement."

On top of each shake having 24 grams of protein, each one also has over 26 vitamins. This makes them a healthy option for meal replacements. When ordering, not only do customers receive

a shake, but they also get a tea which boosts energy along with metabolism and an aloe shot to aid in digestion.

Protein shakes tend to go hand in hand with exercise.

Sherek said that it depends on what kind of shake you order and that the shakes are typically done after exercise but there's no direct order.

The reason it is recommended for the shakes to be consumed after is for muscle recovery. After working out the body needs protein to prevent muscle soreness and fatigue. The intake of protein within 30 minutes of working out makes the body stronger by preventing tears in muscles.

There is often debate over how often people should consume protein shakes and if there are negative effects.

Sherek said it depends on the reason someone is using them. If they are being used for weight loss they should be done "2-3 times a day with food."

Herbalife shakes help people lose weight by lowering the amount of calorie intake and boosting metabolism. They

can also decrease hunger and keep the body full longer.

If students are interested in trying a

different type of meal, Epic Nutrition could be an option.



The various sizes of shakes available at Epic Nutrition. (Credit: Roger W. Marks IV)

# Looking for a Hobby? Go Watch Birds

By **Travis Askerooth**  
REPORTER

What is a good way to relax? For some, it could be reading a book, watching T.V., going jogging or listening to music. For others, it is bird watching. Bird watching, as simple as it sounds, is a great way to relax, gets people to go outside and explore and enjoy what people are looking at: birds doing bird things.

Marlene Anderson, Bismarck State College Director of Library Services, is an avid bird watcher during some of her offtime. She became interested in bird watching when she got to know Janelle Masters, who was the dean for a number of years.

They've been planning on going birding for quite some time, but on one spring day, they finally had the chance to go birding.

"We went to MacKenzie slough, which is only about ten miles away, and it was a beautiful spring evening," Anderson said. "So the sounds are mostly what

I remember ... lots of yellow headed blackbirds and there were so many, you can see them with the naked eye ... but it was fun, it was really fun."

Anderson knew of birds when she grew up in northern Montana. She didn't develop an interest in them until the first time birding.

After going birding at Cross Ranch one day, Anderson decided to tell her husband, Dan, "You know, I think you would like this."

"So the next time Janelle called," said Anderson, "What we did was we just walked around our neighborhood within and we saw a Lazuli Bunting and Dan was hooked."

From then on, they became frequent birders.

When it comes to bird watching, it is a fairly simple concept: go out, travel anywhere, and walk around while looking for birds. When birding, Anderson said, "I would say get a basic book; just a basic kind of birding book and you can check them out at libraries or maybe you can borrow one from a friend ... take a

look at it a little before you go out. Ideally, go out with somebody who is already a birder because there are so many things that they can point out to you."

If interested in birding, there is a Bismarck-Mandan Bird Club to check out. They have monthly meetings and have occasional field trips. Right now, the

birds are migrating South, so birding is not ideal. That is just what birds do.

**A bird perched serenely in a tree. This kind of subtly beautiful moment is what draws people to birdwatching. (Credit: Roger W. Marks IV)**



# Criticism of "Joker"

By **Morgan Drake**  
GUEST WRITER

"Joker" has nothing to say. This is not to say that the film itself doesn't say anything, for that is simply not the case. The film says that there is a lower class that is frustrated by being put upon. The film says that the mentally ill are not able to access healthcare. The film says that violence creates change. What the film does not say, however, is what it thinks of all of this.

The film follows Arthur Fleck, a character struggling with his mental illness, as he learns to live with and eventually embrace his illness. "Joker"

does not express any desire for the audience to relate to the main character, though. In the opening scene, a demonstration of excess cruelty is put on display for the audience as Arthur, working as an advertising clown, has his sign stolen from him by young children, and has to chase them through the streets as no one moves to help him. Eventually, he follows them into an alley, where he is cruelly beaten. This is followed up by a scene with him and his co-workers, one of whom offers him a gun and tells him he "has to protect" himself "out there" from the "savages".

This scene represents a microcosm of what the film has to say. This scene has been read by many people, with multiple

critics seeing something different in this scene. CNN's Jeff Yang saw this scene as a promotion of white supremacy, writing,

"... the movie opens with an attack on Fleck by black and Latinx youth, referred to by one of Fleck's fellow white-male clowns as "savages" and "animals." This man subsequently offers Fleck a gun ..."

In an article repeatedly comparing Joaquin Phoenix's Joker with President Donald Trump. The issue being that the film does not do anything to promote or discourage such comparisons. The film shows issues with wage gaps, mental health, and violence in society, but it doesn't take a stand on any of them. It shows the main character benefitting

from the outrage sparked by his actions, but at no point does he agree with it. His actions just so happened to create a movement, he doesn't do it for any political reasons.

It is for this reason that "Joker" is not a dangerous film. It does not tell anyone that there's a solution to the problems in the world, all it says is that the world has problems. The creation of the "Eat the Rich" campaign sparked by Arthur Fleck's actions is not the film promoting such a movement, it is just the film giving it's main character validation of his own existence. He did something, and the world noticed.

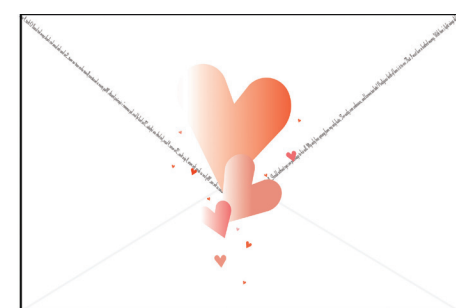
# Letters to Petra

By **Petra Davidson**  
MYSTICAST EXECUTIVE PRODUCER

Dear Petra,  
Hi, my name is Rolanda and I need your advice! I think there's a special guy out there for me, but I'm way to nervous about asking him to go steady with me. Plus, I think he's nervous as well, since he's stopped texting me! Petra, what should I do? Should I ask him out, or let him go?

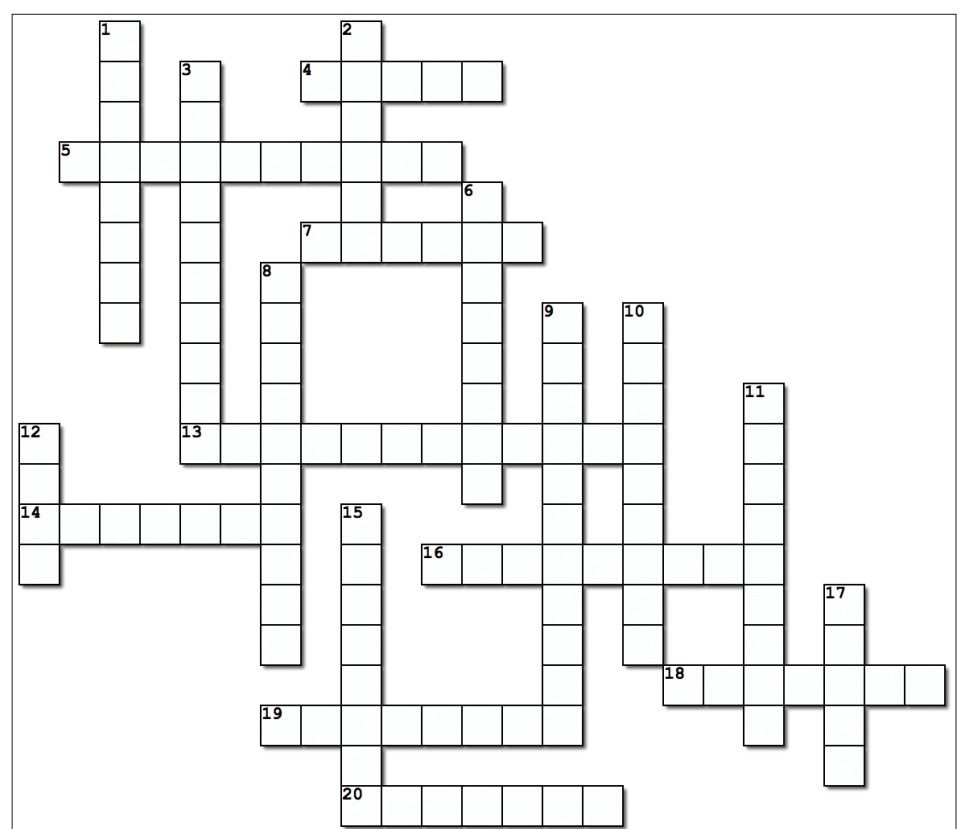
Love,  
Rolanda

Dearest Rolanda,  
I understand the struggle you're going through, and I believe almost every other person has experienced a similar situation. In this day and age, relationships are more tricky because of social media and the fear of rejection or replacement. I know that's a



common excuse for individuals to stay single and "free" but everyone, in their own personal way, enjoys having a form of relationship in their life. Nerves are a very natural thing to feel when a relationship is progressing; however, ghosting someone via text or another form of communication without explanation sounds like a bad situation. If the lack of communication continues, I think it would be time to let him go, as hard as that would be. I know you will find someone who is 100% committed to you, whether it's with him or a man in the future!

All my love,  
Petra  
Song Suggestion : Someday (feat. Meghan Trainor), Michael Buble



- Across
4. Comparable or similar
  5. To clear from blame and suspicion
  6. Relationships between people that are mutually beneficial, or dependant, to each other
  7. An extremely large, uncountable number of things
  9. Seeing events in the future
  12. A perfect, model example of a specific quality
  14. Relating to human existence or the experience of existing
  16. Still pure and in its original condition
  17. Lacking originality so its boring binary
  18. Something that consists of two parts
  19. Having wisdom with the future in mind
- Down
1. The fact of placing two things side by side, usually in contrast
  2. A difference between two opposite things
  3. Calm and peaceful
  8. Someone who attacks cherished beliefs or institutions
  10. To take back, repeal
  11. Relating to money or currency
  13. Someone who is uncompromising and fanatical about an ideal
  15. Having or displaying sharp judgement, being clever
  16. A model of excellence or perfection

# She Killed Monsters: A Retrospective



Agnes is attacked by a trio of Bugbears, monsters within the TTRPG of “Dungeons and Dragons.” Roleplaying and combat are two massively important pieces of storytelling and plot progression in both the game and on the stage in this Bismarck State College production. (Credit: Alyssa Simpron)



The Narrator (Kennedy Sundsbak) establishes the setting for this tale. The two sisters, Agnes and Tilly, are explored largely through Tilly’s handwritten fantasy adventure game. (Credit: Alyssa Simpron)

## A Triumph in Combat and Stagecraft

By Robert Mechaley III  
EDITOR-IN-CHIEF

A play primarily about a game of “Dungeons and Dragons” sounds like it shouldn’t work on paper. Bringing an action driven narrative to the stage is not an easy task, which is why I say that Bismarck State College’s production of “She Kills Monsters” was well executed with work that shines in timing.

“She Kills Monsters” is a play written by Qui Nguyen based on the classic table top roleplaying game, “Dungeons and Dragons.” The story stars two sisters, Agnes (Naomi Chaffee) and Tilly (Alisha Letzring), the former coping with the death of the latter. Upon finding Tilly’s personal notebook containing a homemade campaign, Agnes asks a friend of Tilly’s, Chuck (Matt Masse),

to run it for her in an attempt to grow closer to her sister.

Ultimately the story of loss and discovery after death has a few problems on the part of the written text. There are stark tonal shifts between comedic scenes suddenly becoming very serious with very little build up. The fast pacing of the show often makes one wonder if it is possible to get whiplash in an auditorium. This is not a criticism of the players however, but rather the writer.

A core piece of the play is ultimately the fantastic design decisions and fight choreography, both brought to life fantastically by BSC Theater.

The large-scale battles are adrenaline filled and chaotic with enough great timing to ensure the audience can pay attention to as much detail as possible. One on one encounters such as the

combat between Agnes and Miles (Cullen Mitzel), feel personal and manage to hold the audience in suspense far more than scenes of main characters actually dying.

The overall design of the show works wonders with both a physical set and leaves a great deal to the imagination. The costumes gave a fun, fantasy appeal while not being overly complicated. Where the set design falls short is certain projector sequences, especially the scene introducing the main

villain Tiamat. As much as the images projected on the back of the set are supposed to establish Tiamat as a grand threat, it just comes across as cheesy.

Ultimately, the production of “She Kills Monsters” is a fun adventure through a fantasy world. While it suffers a few awkward moments, a large majority of the jokes land with choreography that draws and retains attention.



Top: The cast of “She Kills Monsters” take a bow after a successful tech rehearsal.

Bottom: Lillian (Ryann Steiner) receives a letter from Tilly after her death. As Agnes becomes more invested in the game, she takes a more active role in the lives of those Tilly left behind. (Credit: Alyssa Simpron)

