

# — THE — Mystician

[ N E W S ] P A P E R



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**From left to right: Tinashe Makuve, Seth Iverson and Veronica Bohrer sit in The MYX studio and record a MYX Talk on March 2, 2023. (Credit: Zachary Weiand).**

INFORMATION

# LETTER FROM THE EDITOR

Hello fellow students!

As I am writing this, it is the Thursday night of what has been a long layout week. How can you tell it's been a long layout week? Well, by the fact that I'm writing my LFTE at the very last minute.

If this letter from the editor isn't a perfect analogy for my life, I don't know what is. I'm not sure if it's "senioritis" or not (to be honest, I've been suffering from senioritis since my junior year of high school), but it needs to seriously take a chill pill.

It could be the weather. Is anyone else absolutely done with the weather? Usually, I'm not much of a complainer when it comes to snow; I even tend to make fun of those that are snow haters, but I'm breaking my cardinal rule this year.

The other day, Henry Blakes mentioned during the evening news that we've received nearly 75 inches of snow so far this season. That's too much even for me. I haven't even had the opportunity to enjoy it much. I did some cross-country skiing once and woke up the next day feeling sore. Fun times.

However, soon enough all this snow will be gone, and it'll be spring. Those days can't come soon enough. Until then, I'm going to enjoy the weather to the best of my abilities, and I hope you all will as well.

Either that, or take a trip to Florida or something. Whatever shivers your timbers.

As the prophecy foretells: good vibes and good times, Zachary



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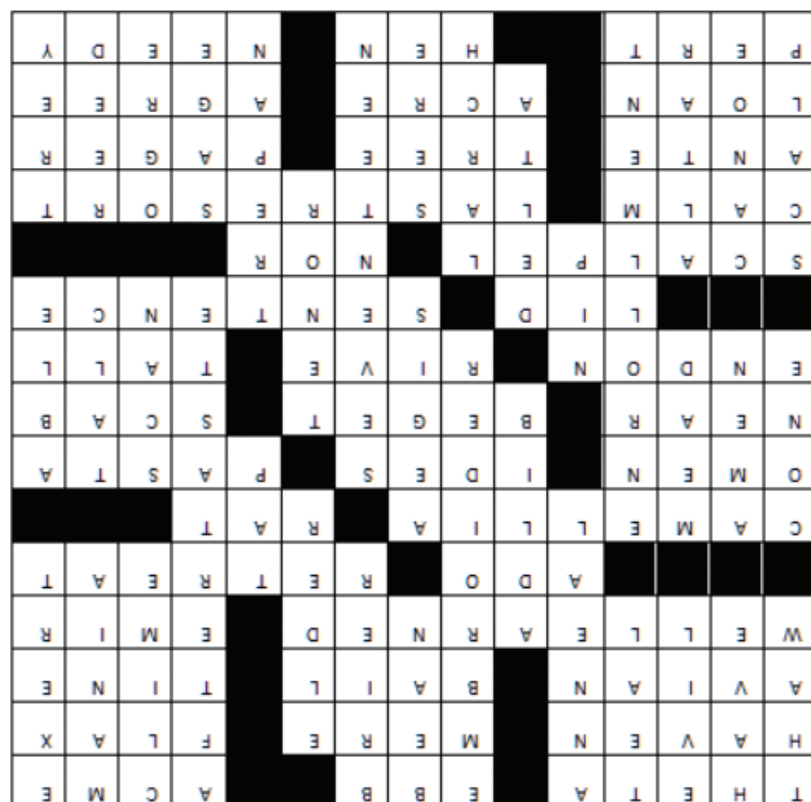
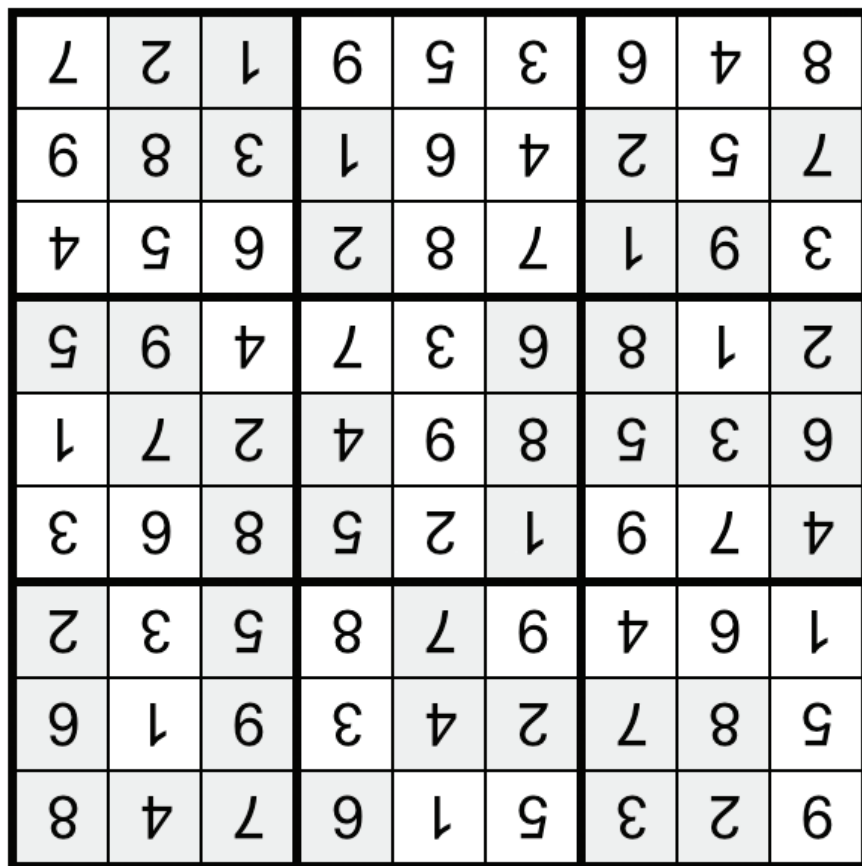
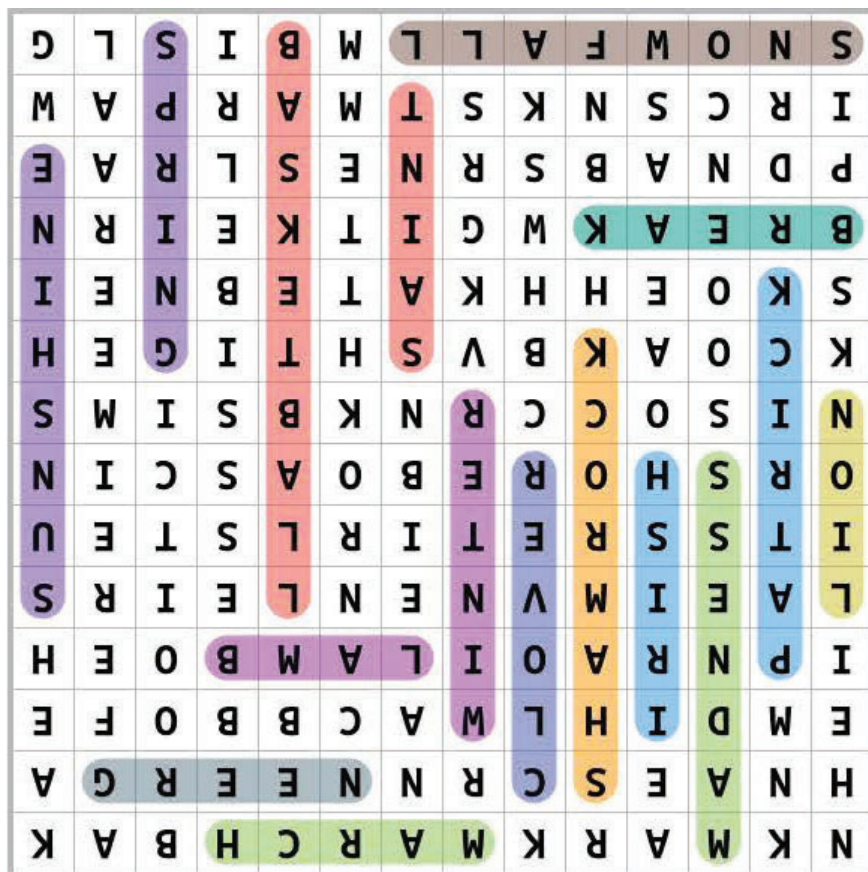
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### MYSTIC MEDIA MISSION STATEMENT AND DISCLAIMER

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 informative, fair, concise and of importance to students and the community. With this goal in mind, Mystic Media is dedicated to accuracy and maintaining ethical journalistic practices. We strive to give a voice to student issues and policies within the local community. Our goal is to incorporate as many students as possible and be an outlet for student expression. Mystic Media strives to be objective and is not affiliated with any outside organization. Mystic Media upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining and thought-provoking material to the college community. Thoughts expressed may not be the opinion of all the staff or BSC community.

# GAMES ANSWER KEYS

Games can be found on Page 8.



# BSC COMMUNITY IS GETTING SMART ABOUT ARTIFICIAL INTELLIGENCE

By Taylor Aasen  
MYSTICAST EXECUTIVE PRODUCER

The advancement of new technologies always raises some serious questions. Will computers take over? Will they take our jobs? What will our purpose be if everything is made up of A.I. technology?

A.I. stands for Artificial Intelligence. In layman's terms, technology can do things that humans can do. A.I. bots can speak different languages, solve math problems and even learn human emotions. A.I. technology operates by using algorithms that analyze data and identify patterns.

The latest chatbot released by Elon Musk-founded OpenAI is called ChatGPT. It's a text-generating A.I. system that allows users to ask the bot anything they want. Need to write a paper on quantum physics? The bot can do that. Want to write a story like this one? It can do that as well.

Professors at Bismarck State College are already preparing for the bot to influence their students' work in class.

"I'm certain there are students out there that will, are or have written papers with it," said Michael Tomanek, BSC associate professor of English.

Tomanek said the bot is not always accurate and can give generic and uncreative responses.

He said that if used in class it's not technically plagiarism, though, it is still considered to be academic dishonesty. Tomanek decided to get ahead of the curve and used the chatbot as a part of his class syllabus.

"I thought what better than to have the bot itself write a statement that says

it can't be used in the class. And it wrote a very straightforward, clean paragraph saying not to use it," Tomanek said.

It can be hard to distinguish writing made by ChatGPT from human writing. Apps can help detect them by determining if a field of text used a certain code.

Tomanek said that professors should be able to recognize the written voice of their students.

"We've had plagiarism checkers for years, but the biggest plagiarism checker is ourselves," Tomanek said. "You read something that either ... doesn't seem like the student who I've been working with, or ... you get to the middle of a paper and you're like 'wait a minute, the voice changed'."

ChatGPT can be useful. Tomanek said that he uses the chatbot for assignments in class to help students understand how the bot works and the importance of individual style and creativity.

Tomanek had the bot write up love poems in class and said the result was unoriginal and poorly written, with standardized rhyme schemes. Tomanek and his class used examples to discuss the characteristics and features of bad poetry.



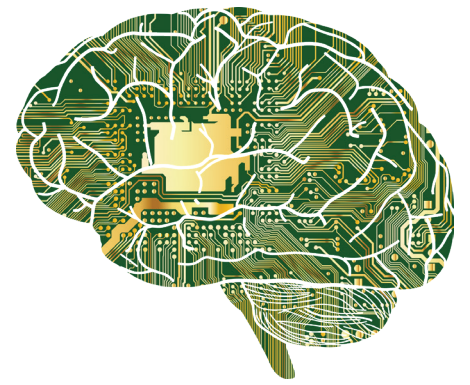
Michael Tomanek is an associate professor of English at BSC. (Credit: Taylor Aasen)

"We will eventually use it in other classes by simply analyzing it," Tomanek said. "If it were a literature class, you could ask it a question because it knows plenty about published texts. So, if you ask it the themes, it will tell you the themes."

Tomanek said by analyzing the answers the bot gives and fact-checking it, students can better understand proper uses for ChatGPT in the classroom and in everyday life.

"In conclusion, ChatGPT's responses may be limited by its training data and lack the nuance and complexity that only human educators can provide. Additionally, there is a risk of over-reliance on technology, which can result in a loss of critical thinking and problem-solving skills," ChatGPT

wrote. "Therefore, it is essential to use ChatGPT alongside human instruction and ensure that students receive a well-rounded education that includes the human element."



# STUDENT GOVERNMENT ASSOCIATION VOTES ON STUDENT FEE INCREASE

By Zachary Weiland  
THE MYSTICIAN EDITOR-IN-CHIEF

The Bismarck State College Student Government Association completes a multitude of tasks throughout the academic year. One of the most vital tasks is voting whether to approve changes to student fees for the following year.

Executive Vice President Rebecca Collins approaches SGA annually with changes to student fees. Collins takes into account the individual and organizational needs of those on campus and suggests increases or decreases. SGA then votes on the proposal.

"Just like how you and I have to look at our own checking accounts ... the Executive VP does the same thing for the school," SGA Adviser Catherine Brule said.

The budget this year features a few major increases. One is a 45 cent increase for the student activity fund. SGA says this increase is partly to address rising expenses with current events due to inflation; however, they

do plan on hosting more events on campus next year.

"[The increase] really is to support all of the fun student activities on campus that you see here in the union or all around campus," SGA President Ian Broxmeyer said.

Another major increase is for the technology fee, one that usually doesn't see an increase from year to year. A \$1.01 increase was suggested for the launch of a mobile app for students. This app would allow students to log-in to their Campus Connection and Blackboard accounts, along with other features. The app, which is already being used by two other North Dakota University System institutions, will replace Mystic Mobile—a social media app for BSC students that was discontinued by SGA last spring.

"In previous years [the technology fee] has stayed at \$7 per credit, for several years. And, so, the fact that inflation is always happening and that hasn't changed, is spectacular," Brule said.

Only one area of the student fee budget was decreased. Money

toward[a][b] student organizations is being slashed by 15 cents. Broxmeyer says this is due to student organizations having money already in their savings. With student fees changing annually, SGA would have the ability to raise this fund back up in the future if needed.

All student fees are billed to full time and part time students at BSC. Student fees are broken down into "college fees," which are relegated administration, and "SGA fees," which are regulated by SGA. Students can find

information regarding student fees on the BSC website under Tuition and Fess, or by emailing SGA at [bsc.sga@bismarckstate.edu](mailto:bsc.sga@bismarckstate.edu).



# DON'T PRESS THE RED BUTTON

By Irie Townsend  
MYSTIC MEDIA REPORTER

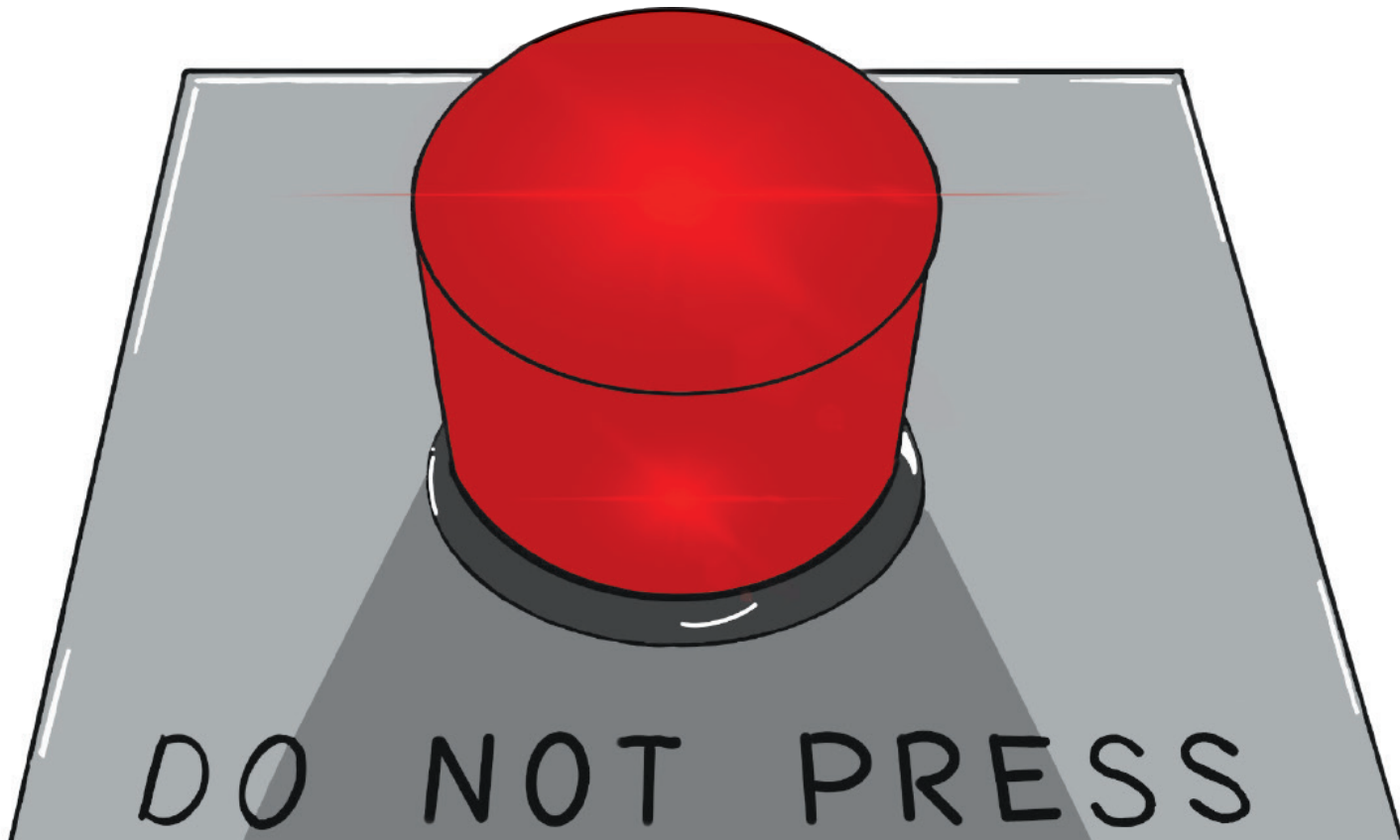
## Why do we touch things that say, "Don't Touch?"

Anja Fritz  
"Upon seeing something that I am not supposed to touch, the urge to feel that thing under my fingertips becomes irresistible. It's not as though I would even touch that thing if there weren't a sign saying not to touch it. It's only when I know I'm not supposed to—when the curiosity behind what makes that thing so special—started a fire within my skin, begging to understand why that thing is supposed to be immune to oily fingerprints."

Baden Gilkerson  
"I take it as a challenge. It's right there, and I don't see a reason why I shouldn't touch it, so I do. Also, those signs never look like they are important."

Kelsey Valnes  
"The sign just makes it more appealing to touch in my opinion. You already want to touch whatever it may be because it looks cool or something. So, then the sign just takes it that extra step. I don't think there really is a reason why—you just really feel like if you don't touch it, you're missing out."

McKayla Guenther  
"I feel like I have the urge to touch things people tell me not to touch just because of the fact that they told me not to not touch it. It's like telling a child not to do something, but they still feel like they should just because you said not to."



## THE BSC FOUNDATION DISCUSSES LATEST SUCCESS AND EVENTS

By Robert Mechaley III  
ALUMNI REPORTER

When it was initially founded in 1939, Bismarck State College was called Bismarck Junior College. The organization responsible for handling the junior college's assets was called the Bismarck College Corporation.

As the name and goals of Bismarck Junior College changed, the Bismarck College Corporation would change with it and become what is recognized today as the Bismarck State College Foundation.

The BSC Foundation is a non-profit organization on campus that supports the college with student scholarships, grants and fundraising efforts.

Their stated goal is, "Engage in those activities that support and assist in the development and advancement of Bismarck State College."

During this past February, BSC Foundation Development Manager Cory Wrolstad and his team members were already looking ahead to the Fall 2023 Semester.

"It's that time of the year where we start giving out scholarships for the next school year," Wrolstad said. "We are giving out close to a million dollars, if not more, in scholarships for BSC

students next year in all fields and all walks of life."

Aside from a focus on scholarships, the BSC Foundation also played a part in Giving Hearts Day 2023, an annual 24-hour fundraiser for non-profit causes in the community.

The BSC Foundation will be donating \$4,700 in food and hygiene products that will go toward stocking the emergency food pantry on campus. They also raised money for the Project Care Program to assist students with emergency needs.

"Our goal is to keep those students engaged with college," Wrolstad said. "We don't want them to stress out over emergency situations."

The BSC Foundation is planning two upcoming events. In May, they will be hosting the Alumni Dinner with an awards and recognition ceremony.

On June 9, they will be setting up the 28th Annual BSC President's Cup, a golf tournament that raises money for athletic scholarships.

Registration is open now and can be accessed at [www.bismarckstate.edu/alumnifoundation/events/PresidentsCup/](http://www.bismarckstate.edu/alumnifoundation/events/PresidentsCup/)

Students can apply for scholarships to Bismarck State College by visiting [www.bismarckstate.edu/scholarships](http://www.bismarckstate.edu/scholarships).

## NEWS BRIEFS

### BSC CONTINUES TO SEE ENROLLMENT INCREASES

BISMARCK, N.D –Enrollment at Bismarck State College continues to see increases, breaking an academic year enrollment record from seven years ago.

BSC's enrollment increased by 20.19% for the spring 2023 semester according to a report from administration. An additional 3,941 students registered for class this semester.

This growth is the largest in the North Dakota University System and marks the first time in 10 years where spring enrollment is higher than fall enrollment during the same academic year.

Dual credit enrollment also jumped by 108%, with 41 high school students also being considered full-time BSC students.

The five programs with the largest growth are Surgical Technology, Medical Laboratory Technician, Electrical Power Technology, and Cyber Security and Computer Networks.

### FALL SEMESTER REGISTRATION NOW OPEN

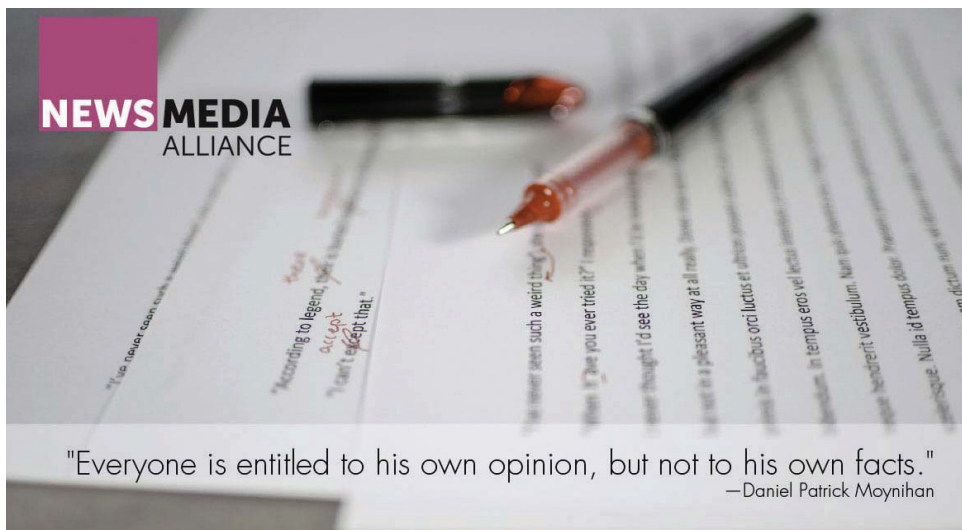
BISMARCK, N.D. – Fall 2024 semester registration is open to all BSC students.

Students can register for classes by logging into their campus connect and accessing the manage classes panel.

Students can also access the academic requirements panel to see which classes they may need for their degree path.

Students should sit down with their adviser and look at program requirements to make sure they sign up for the right classes.

Students can also register for summer semester courses or apply for graduation.



# BISMARCK-MANDAN SYMPHONY ORCHESTRA SPRING CONCERTS HAVE BSC CONNECTION

By Caleb Herr  
MYSTIC MEDIA REPORTER

With spring right around the corner, the Bismarck-Mandan Symphony Orchestra is preparing for their final two concerts, one of which has a Mystic connection.

The BMSO and Beverly Everett, Music Director and Conductor for BMSO and Bemidji Symphony Orchestra, have been planning their spring season for over a year. The music, musicians and everyone involved backstage have been practicing and rehearsing for months to present their concerts to the Bismarck-Mandan area.

"Typically for big concerts, we'll have five rehearsals," Everett said.

The Belle Mehus Auditorium, located in downtown Bismarck, will host the BMSO's last two concerts of the 2023 spring season.

On Saturday, March 11 the "BMSO Presents: Between Two Cultures" concert will start at 7:30 p.m. The event is a celebration of local culture and will feature music from Russell Peterson's "Between Two Cultures," Lakota "Victory Songs" and a concerto by Samuel Coleridge-Taylor.

This concert has several connections with people from Bismarck State College. Professor of Music Dr. John Darling's short tone poem "The Wolves of Yellowstone" begins the program. It is a piece dedicated to the reintroduction of wolves into Yellowstone National Park.

BSC Assistant Professor of Music Jason Thoms will be part of the Victory Songs performance. According to Everett, he's been a part of the planning process.

"Jason was the one that turned me onto this music. He came here in the fall of 2020 as the Choir Director of

BSC and I got to know him," she said. "Before he even arrived, colleagues of mine that went to school with him said 'this man is coming and you got to meet him. He's talented and a wonderful person' and they were right about that."

BSC Student Nathan Sagsveen has been performing in the BMSO this season on the Double Bass. Sagsveen first played with Everett during a student conducting recital last summer.

"I was playing piano at that recital, so [Sagsveen] was right next to me," Everett said. "It was really hard music, and I was kind of blown away. I thought, where did this guy come from?"

"So, he auditioned for our orchestra and got in. He has been fulfilling the principle bass role most of the time which has been really great. He deserves it. He's a leader. As a conductor every time I look over at him, he doesn't miss a thing. In the type of music we play, sometimes they have very difficult things to play, count and do advanced techniques, but he's been super."

The orchestra will present their season finale on Saturday, April 15 with "BMSO Presents: Young Artist Crescendo" concert. The orchestra will feature the Dvorak Symphony No. 8 and their Young Artist Competition winners.

Updates for the competition winners will be available on the BMSO website: [bismarckmandansymphony.org](http://bismarckmandansymphony.org).

Tickets for both concerts are available for purchase at the Bismarck Event Center box office or online on Bismarck Event Center's website: [bismarckeventcenter.com/events/concerts](http://bismarckeventcenter.com/events/concerts).

The concerts will be performed at the Belle Mehus Auditorium at 201 N. 6th Street in Bismarck, N.D. For more information call 701-258-8345 or send an email to [bmsomidconetwork.com](mailto:bmsomidconetwork.com).



BSC Student Nathan Sagsveen poses with his Double Bass in downtown Bismarck. (Credit: Provided)

## MODERN CLOTHES OFFERED FOR LESS

By Mina Good Eagle  
MYSTIC MEDIA REPORTER

Clothes are a modern means of expression. It's how we say who we are, or how we wish to be perceived.

The local thrift store Plato's Closet is helping students to find fashionable, reasonably-priced clothing within the store. From fun-friendly fashion to accessories and shoes, the store focuses on quality clothing at a discount.

Store co-owner Jerri Poppe-Werner started the Bismarck franchise in 2005. She knew about the chain from her time living in Minneapolis and saw it as a perfect opportunity to be her own boss after moving back to Bismarck.

"My mom is my partner—we went to training, found a place to rent and started to take buying from the public," Poppe-Werner said.

Success has not always come so easy. People in Bismarck were skeptical to the idea.

"In Bismarck, N.D. [this] wasn't always looked upon as favorable, and I get that because that's how I was growing up here," Poppe-Werner said.

Today, the business is thriving and Platos Closet helps with events around

the Bismarck-Mandan area. Nothing goes to waste, any overflow of clothing gets donated to help Youthworks during the "We've Got You Covered" event.

"[We've Got You Covered] is for all the people who can't even shop in places like this. They get to come and pick up free clothes, so I make sure the rest of my clothes that are leftover don't go into a landfill," Poppe-Werner said.

Poppe-Werner encourages clothes to be washed before bringing them in to be purchased by staff, even if they have not been worn for some time.

Students can also sell their gently used clothing to the store for cash or store credit. Most of the clothing comes from teens and young adults, but Poppe-Werner says all are welcome to donate.

"We have all ages shopping here—my dad, who is 74 and cool as heck—he shops here," Poppe-Werner said.

The store offers students a 15% discount when they show their ID. Plato's Closet can be found on all social media accounts.



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GLIKS.COM @GLIKSOFFICIAL

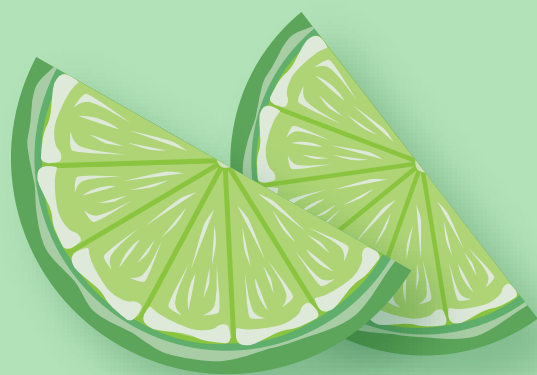
Visit [glik.com](http://glik.com) to find your nearest location

# SAINT PATRICK'S DAY SWEET DRINKS

## Virgin Mojitos

### Ingredients

- Mint Leaves
- Lime Juice
- Simple Syrup
- Sparkling Water
- Garnishes



### Directions

1. Muddle mint leaves and lime juice in a glass.
2. Add simple syrup
3. Add sparkling water
4. Garnish with a slice of lime, a sprig of mint, or fresh fruit

Recipe courtesy of Sustainable Cooks

*Celebrate  
saint  
patrick's  
day  
legally  
with a  
fresh  
virgin  
mojitio!*

Recipes found by Emily Tryon

*Make your  
own  
green  
milkshake  
at home  
with this  
cute,  
whimsical  
recipe!*

## Mint Matcha Milkshake

### Ingredients

- 1/2 cup milk
- 1 tbsp matcha powder
- 1 pint mint-chocolate chip ice cream (slightly softened)
- 3 tbsp chopped fresh mint

### Directions

1. Whisk together 1 tablespoon of matcha powder and 1/2 cup milk until no lumps remain
2. Combine matcha mixture and all other ingredients in a blender and blend until combined
3. Top with whipped cream and matcha powder if desired

recipe courtesy of better homes & gardens



# ROBERT BURNS NIGHT CELEBRATES THE FAMOUS SCOTISH POET

By Emily Tryon  
MYSTIC MEDIA REPORTER

Robert Burns was a 18th century Scotsman poet and a political satirist. He was married to Jean Armour, who was a daughter of a Master Mason.

Burns wrote many poems with the most recognizable being Auld Lang Syne. He got the nickname 'Horny Burns' from the content of some of his poems.

The friends of Robert Burns decided to celebrate his life in 1801. The celebration has grown around the world ever since.

"Robert Burns night started being celebrated at least 200 years ago,"

said John Young, who is a bagpiper in the Fez and Thistle Bagpipe Band and Drums. "Bismarck has been celebrating for eight years here [at the Masonic Lodge]." This year's Burns night was celebrated on January 21.

One of Burns poems, "Scotsman Selkirk Grace" is the poem said before eating. Robert Burns night is a celebration for many reasons, such as to remember an old Scottish poet, to honor the haggis with a poem written by Burns or to hear the bagpipes bringing in the haggis.

Haggis is a Scottish dish made of sheep's pluck and mixed with oats and spices. The bringing in of the haggis has a sword that goes first to protect

it after that the haggis goes next. The bagpipes are after the haggis with the drums following behind.

The poem, "Address the Haggis" is read aloud to the audience after the ceremony is done, people are allowed to eat and converse while bagpipes are played in the background.

"The ceremony of the haggis is to honor the Scottish national dish and in a way poke fun of the English," Young said.

Other dishes presented that night are scotch eggs, drunken cabbage, cullen skink and scotch beef stew.

The Fez and Thistle Bagpipe Band and Drums played throughout the night. One of the songs was played on

smaller pipes so that it could be duetted by someone who sang Auld Lang Syne.

The band has 15 active members. The band's members range in age from 16 to 80 years old. They are scattered throughout North Dakota and other states but they come together to perform and celebrate.

They are currently in a rebuilding year after Covid. The band is recruiting new members to learn bagpipes and drums.

The Fez and Thistle Bagpipe Band and Drums perform for the Circus in April and they perform for the highland games in Beulah, around the first or second weekend in October

## CAMPUS CALENDAR

**March 10:**  
**Clover Cupcakes**

Student Union | 11 a.m. - 1 p.m.

**March 10:**  
**Residence Halls Close**

Close at 4 p.m.

**March 12:**  
**Daylight Saving Time Begins**

**March 13 - 17:**  
**Spring Break**

**March 14 - April 7:**  
**Century High School Exhibit**  
Gannon Gallery | 2nd Floor LEA Hall

**March 17:**  
**St. Patrick's Day**

**March 19:**  
**Residence Halls Open**  
**Open at Noon**

**March 20:**  
**First Day of Spring**

**March 20:**  
**Welcome Back Pretzels**  
Student Union | 11 a.m. - 1 p.m.

**March 21:**  
**Grand Theatre Movie Night**  
Get Tickets at Student & Residence Life Office

**March 22:**  
**Coke & a Smile**  
Student Union | 11 a.m. - 1 p.m.

**March 27:**  
**Munchies Mix Bar**  
Student Union | 11 a.m. - 1 p.m.

**March 28:**  
**Transfer Fair**  
Student Union | 10 a.m. - 1 p.m.

**March 29:**  
**Crafts**  
Student Union | 11 a.m. - 1 p.m.

**March 29:**  
**Century High School Exhibit Reception**  
Gannon Gallery | 2nd Floor LEA Hall | 4 p.m. - 6 p.m.

**March 29 - April 1:**  
**Spring Musical**  
Sidney J. Lee Auditorium | 7:30 p.m.

**April 1:**  
**April Fools' Day**

**April 2:**  
**Palm Sunday**

**April 2:**  
**Spring Musical**  
Sidney J. Lee Auditorium | 2:30 p.m.

**April 4:**  
**Red Flag Campaign**  
Student Union | 11 a.m. - 1 p.m.

**April 4:**  
**Summer Job Fair**  
Student Union | 11 a.m. - 1 p.m.

**April 4:**  
**Collage Concert**  
Sidney J. Lee Auditorium | 7:30 p.m.

**April 5:**  
**Passover Begins at Sundown**

**April 5: Wing Wednesday**  
Student Union | 11 a.m. - 1 p.m.

INFORMATION

# STUDENT GOVERNMENT ASSOCIATION MARCH NEWSLETTER

### Vote on Student Fees

Every year, the Executive VP of BSC approaches SGA with a budget for the upcoming year concerning mandatory fees. SGA then votes in support of increases or expresses their disapproval. We also have the power to increase some of the fees more or less than what the Executive VP suggested. This vote took place at the beginning of February. If you are interested in more details, keep an eye out for an article in the March edition of the Mystician. You can also reach out to us for further details.

### Food Pantry Amazon wish-list

For those interested in supporting our food pantry in the Student Union, we have created an Amazon wish-list. Check it out with the QR code below.



### Well Bean Cafe

At the end of the Fall semester, SGA was approached with a student concern that there are no electrical outlets in the Well Bean Cafe in the Health Sciences Building. This means that if students are studying in there, they have to move elsewhere to charge their computer or phones. The Student Affairs Committee was assigned this project and has been working with the head of maintenance to improve the space. Keep an eye out for further updates.

### Upcoming Events

- More details at [bismarckstate.edu/events](http://bismarckstate.edu/events)
- Mar 3 - Grad Expo
- Mar 7 - Mashed Potato Bowl
- Mar 8 - Consent Tanks
- Mar 10 - Clover Cupcakes
- Mar 20 - Welcome Back Pretzels
- Mar 21 - Grand Theatre Movie Night
- Mar 27 - Munchies Mix Bar
- Mar 29 - Craft Day

### Charging Stations

You may have noticed charging stations around campus that are placed on top of tables or work areas. If they have the SGA logo, then they are either recently updated or brand new. Let us know if you like them and if you want more!

# THE MYX ON-AIR SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Pop	R & B	Alternative	Hip Hop	Rock	Blues	Alternative
8:00	Country	Levon	Pop	R&B	Alternative	E.V Podcast	contemporary
9:00	Veronica	Zachary	Seth	MyxTalk 2	Veronica	Emily	Rock
10:00	Hip Hop	Humanities	Tinashe	Zachary	Hip Hop	MyxTalk 1	Hip Hop
11:00	Levon	MyxTalk 1	R & B	Blues	Country	Tinashe	Country
12:00	Humanities	Country	Emily	Humanities	MyxTalk 1	R & B	Humanities
13:00	Alternative	Seth	Blues	Hip Hop	Levon	Veronica	Seth
14:00	Pop	Blues	Alternative	MyxTalk 1	Pop	Humanities	Blues
15:00	Zachary	Veronica	Zachary	alternative	Seth	MyxTalk2	Alternative
16:00	R&B	MyxTalk 2	pop	Tinashe	Emily	Blues	Rock
17:00	Contemporary	Rock	Levon	alternative	Hip Hop	R & B	Tinashe
18:00	Alternative	Emily	Hip Hop	Levon	Blues	Zachary	Alternative
19:00	Hip Hop	contemporary	Alternative	Pop	Hip Hop	Alternative	R&B
20:00	Emily	Country	Country	Seth	MyxTalk 2	Country	contemporary
21:00	Blues	Tinashe	R & B	Blues	contemporary	Alternative	Country
22:00	Pop	Blues	Veronica	Rock	R & B	contemporary	Hip Hop
23:00	random	random	random	random	random	random	random
0:00	random	random	random	random	random	random	random
1:00	random	random	random	random	random	random	random
2:00	random	random	random	random	random	random	random
3:00	random	random	random	random	random	random	random
4:00	random	random	random	random	random	random	random
5:00	random	random	random	random	random	random	random
6:00	random	random	random	random	random	random	random



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## Consider Communications

### COMM 272 Advanced Video Production:

Learn to use video as an effective form of communication. Work as a crewmember of the student video production *MystiCast*. TTh 1 p.m.

### COMM 283 Video lab: *MystiCast*

TTh 2:30 p.m.

### COMM 206 Digital Communications Fundamentals:

Learn the basics of Adobe CC software and create portfolio productions. TTh 9 a.m.



Spring Semester 2023



# BSC WOMEN'S BASKETBALL REFLECTS ON THEIR 2022-23 SEASON

By Robert Mechaley III  
ALUMNI REPORTER

Every season of play for NJCAA basketball presents something new for the players.

This season, in particular, presented solid teams and close scores across the board, making the competition fierce for every women's team. This has not gone unnoticed by Bismarck State College Women's Basketball Head Coach Thai Haggin.

"Our conference this year is a bit of a pile-up. Meaning anything can happen on any day, anybody can beat anybody," she said. "That's what I think is different this season compared to last season. I don't think there's one team in our conference that can just run away with everything."

The Mystics Women's team presented a 16-11 overall regular season record, along with a 13-8 record in the MonDak Conference. Part of the Mystic's successes this past season was their ability to control the ball and swipe it from under the other team's noses. The four sophomores and 6 freshmen managed to find scoring opportunities in consistently close games with the victor coming down to the wire even in the final minute.

One final roadblock at the end presented itself in four away games

against tough opponents beginning with North Dakota State College of Science, who beat the Mystics in their first game together by 10 points and the second game by only one point. With a previous away record of four wins and one loss before this series of games, this presented a long road to the end of the season for the Mystics who played mostly at home.

"I say the same thing almost every game: When we prepare, we prepare for what we have to do, not for what they are going to do," Haggin said. Those final four road games saw the Mystics tally two wins and two losses. They pulled off victories against Miles Community College and Lake Region State College, but dropped their games against NDSCS and Dawson Community College.

With the Mystics season ending, recruitment of new players is on the horizon as the team says goodbye to the current sophomore roster and welcomes in freshman players.

"This year's group of athletes have been unbelievable as far as just great teammates. I'm proud to be their coach," Haggin said.

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Sydney Gustavsoon attempts a three-pointer during a game against Williston State College on Nov. 19, 2022.  
(Credit: Zachary Weiland)



# BSC BASEBALL AND SOFTBALL SWINGING IN THE SEASON

By Ashlee Presser  
MYSTIC MEDIA REPORTER

The student athletes comprising Bismarck State College's women's softball and men's baseball teams have been busy practicing as the start of the season draws nearer. BSC's baseball season begins March 12, in Tucson, Ariz., while softball season began in February, playing four games in the Minot Dome.

Head Softball Coach Kurt Grensteiner says that he likes the challenges and pressure that comes with being head coach and trying to grow the program. He also says it's good to see the team's efforts towards growing the program, including recruiting and giving tours on campus.

"I think I'm hoping, mostly, just to be able to play to our potential, and I think if we can put things together and are able to play to our potential, I think we can really make a strong run towards the end of the season," Grensteiner said. "That's what I'm mostly hoping for, is just to build momentum and win some games that people don't expect us to win."

But it's not just winning or losing games that affects the team, it's the

weather. Bad weather can significantly reduce the number of games played. Last year, the softball team only played two home games due to the weather.

"The biggest thing I think with mindset is expecting to play and then having something in your schedule change," Grensteiner said. "But softball is a sport where you relax and explode and relax and explode, so I think for softball it's a little easier to overcome that type of adversity."

The Mystics softball team will be taking a trip to Florida to play 8 games, and despite the snowy weather at home, are looking forward to the start of the new season.

Brooklyn Benno, who is a pitcher and plays first base for the BSC Mystics, is looking forward to sticking together as a team and picking up many wins along the way.

"The work that you put in, it will show in some way. You might not see it all the time, but this game rewards hard work, and sometimes you have to look harder than others, but you'll see it eventually," Benno said.

Hannah Fischer, who is an outfielder for the softball team, is excited to get outside and play with her teammates.

"My favorite thing about softball

is just being able to be around all the girls," Fischer said. "You get to know everyone pretty good and get to meet new people and just create good relationships with everyone. And you probably will meet lifelong friends."

Gracie Gunderson, who mostly plays left field, but also catches, and plays first and third base for the BSC Mystics, hopes to keep growing and improving together as a team, as well as get further in the conference than they did the previous year.

"I just hope that we have a good season and everyone plays to the best of their ability, and we can just all work together to achieve our goals in the end," Gunderson said.

For BSC's men's baseball team, starting the season in snow won't be a concern. The team will travel to Arizona on March 10 to play ten games over spring break. The conference season starts March 23, in Miles City.

Head Baseball Coach Jaden Scott says that he has high expectations for the team and is looking forward to the start of the season.

"Our goal is to always go compete for a conference and regional title, and we made it to districts last year and we're kind of hoping to kick that door

in here," he said. "But just to go and compete every single game and leave it all on the field is the expectation."

The team shares similar sentiments. Wyatt Tweet, a catcher and first baseman on BSC's baseball team, is excited for the season ahead.

"We got a good team this year. I'm really excited, and we're gonna be the team to beat. We're going to be good," Tweet said.

Riley Pearce, who plays second base for the BSC Mystics, hopes to win a lot of games this season, and says that one of the most important things he's learned from playing baseball is to keep going when things get tough.

"The ones who succeed are the ones who get back up," Pearce said.

Kyle Odenbach, a starting pitcher for the BSC Mystics, feels this year's team is a special group.

"I think we could do some pretty good things, maybe go pretty far in the conference and hopefully maybe even farther than that," Odenbach said.

Both teams will conclude their regular season schedule at the end of April. For more information, visit [www.bscmystics.com](http://www.bscmystics.com).

## OPINION

# YOU'RE NOT BEING KIND YOU'RE MAKING ME UNCOMFORTABLE

By Jamila Williams  
MYSTIC MEDIA REPORTER

The most common compliment I have been rewarded while living in a predominantly white state has been that I am pretty for a Black girl which was said with an eerie smile on the strained faces of those whose teeth have been straightened by \$3,000 wires.

I am expected to appreciate the sentence with open arms and feel universally accepted because a person who fits Eurocentric beauty standards finds my ethnic features accommodating in comparison to those of my race.

That is no compliment. The idea of needing to include one's race or background in order to converse with them is an idea that is entirely inappropriate.

Calling on Native-American students to pronounce words in a book centered on Native-American culture or asking a person of color where "they're really

from... like actually from" after they have answered with one of the 50 states— is micro-aggressive despite believing it is done with positive intentions.

Asking a woman if she is pregnant is deemed inappropriate, and just as that question is humiliating, so are microaggressions. The notion that what is said is always interpreted as it's meant is fueled by ignorance. The assumption that we know the impact and how to censor all of our sentences is impractical.

If the entirety of humanity were to censor itself to accommodate every individual, communication would cease. Though this may seem hyperbolic, the point still stands that no person is all knowing.

This does not diminish the concept of common sense. If a person with curly hair came up to a person whose hair is bone straight and started petting them

frantically while displaying a childlike wonderance, bystanders might find the interaction odd—especially when the person being petted looks uncomfortable.

It is one thing to be ignorant of a matter, and it is another to knowingly remain ignorant simply because it would take too much effort to change. Dark humor is not an excuse to make racist jokes nor can it be justified by being a member of a marginalized group or having Black friends. There are things that are appropriate to say and do and things that just shouldn't be said and done.

I can recall several times where I have been followed in a store simply because I had "looked suspicious" to the workers when in reality I was just a Black woman in a hoodie.

The uneasiness that settles in my bones because I recognize I look criminal in skin that I cherish is

a feeling that can be avoided with education.

Microaggressive comments and actions do not provide the comfort that people believe they do, and when done on purpose those comments make the person they're directed at feel uncomfortable.

I am not stealing; I am just shopping. I do not care if you have several Black friends.

You do not know what I go through as a racial minority because you are a member of the LGBTQIA+ or because you're a woman. No, you may not touch my hair without permission. I am from the United States, so stop asking. I am not pretty for a Black girl, I am just pretty.

# MOTIVATION: THE CONSTANT STRUGGLE OF GIVE AND TAKE

By Seth Iverson  
THE MYX PRODUCTION MANAGER

Ever since the day of my high school graduation, I have had a rocky relationship with my sense of motivation when it comes to achieving my goals. Like most high school students, I have suffered from senioritis since the end of my junior year, which intensified during the quarantine in the spring of 2020.

Defined in the Merriam-Webster Dictionary, senioritis is the "ebbing of motivation and effort by school seniors as evidenced by tardiness, absences and lower grades."

When I was in high school, a lot of motivation for doing well in my classes was based on my grades and the consequences that came with failure. For the longest time, this was a satisfactory method for appeasing my teachers and parents, but I should've known this wasn't going to last in the future.

While I was able to achieve satisfactory grades—bar the quarter spent online at the start of the pandemic when my grades took a nosedive—I never felt satisfied with my work.

In hindsight, this time of my life reminds me of a Machiavelli quote from English class that I unconsciously took to heart: "It is better to be feared than to be loved, if one cannot be both." If I were not to love a class, I thought

it would be a better idea to use the fear of the numbers on my report card and the disappointment from my authority figures as a motivating leader to complete my homework.

When it came to said classes, I did not care whether I would forget

I had to take, I had options to fill my requirements.

Although I am now free of parental and teacher expectations, I have a shifting balance of my own expectations—pushing myself too hard or being too lax.

about the details of the photos and feeling that they were inadequate. In reality, my pictures were completely fine, and I worried for nothing, wasting my own energy.

Another semester, I had an online class that I forgot to do until the very last minute. Because of the lack of a classroom environment, I normally did not realize the work existed until I checked on Blackboard. I fell into a habit from high school where I didn't do my work until someone told me or it affected my grade.

"Where do I go from here?" This is a question I have asked myself daily for the past couple years. While I no longer have senioritis in its most intense form, I still feel the lingering effects to this day in my sophomore year of college.

Similar to the long term effects of COVID, when I was finally given my freedom after graduation, I had no idea what to do with it, so I just kept following their suggestions even if they were not what I truly wanted because I was scared of thinking otherwise.

Now in my last semester at Bismarck state college, I have the experience of making decisions of what I want to do. As I transfer to another college to complete my bachelor's degree, I am better prepared for the mental hurdles of responsibility on the path to independence.

**"Although I am now free of parental and teacher expectations, I have a shifting balance of my own expectations—pushing myself too hard or being too lax."**

or remember anything I learned. The main thing that mattered was retaining the information long enough to pass the exams.

When I graduated from high school and transitioned to college, I felt a sudden shift in my perspective and the expectations placed on me. While it was recommended by everybody to attend college, the degree I took was my choice. With my specific degree, I was not required to take many general classes, and with the generals

Throughout my two years in college, there were times when I put too much effort into a class that turned out to be easy and other times, when I did not put enough effort into my work, and it affected my grades in a negative way.

For example, I took a photography class in my first semester where all I had to do was take some photos according to the requirements such as having them angled properly or making sure to take photos staying in one spot. This normally led me to overstress

## COOKING IN COLLEGE

# SAVE MONEY, LIVE BETTER EAT AT HOME

By Kaia Lehman

MYSTIC MEDIA GRAPHIC DESIGNER

When people think chicken, they think chick-fil-a. The establishment came to the Bismarck-Mandan area back in November and there is never downtime at the restaurant.

Dinner time rolls around, and one is craving chick-fil-a, the drive-thru is at least a half hour wait time, Dine in is even worse. Save on time, gas, and food cost and make the sandwich at home.

The large Chick-fil-a deluxe sandwich combo with waffle fries and a drink costs \$10.29 which is not including gas and wait time. However, this can be made at home for seven dollars with four servings instead of one.

Keep in mind, eating out is not a sin. Several people eat out because they don't have the time to cook, or it's a special occasion, or just a treat to oneself. Ordering take out is not the enemy. These recipes are designed to help satisfy cravings or substitute for food allergens on a budget.

This recipe replicates the sandwich well. Be sure to marinate the chicken for the full time in order to allow for optimal marinade.

When making this recipe, if using cheese, American cheese works the best due to how evenly it melts.

If one would like the spicy version of

this sandwich, all one would need to do is add one to two teaspoons of cayenne pepper to the dry breading mixture.

There's a few tricks to cooking that allow for well crafted food. First, everyone makes bad food sometimes. Not every dish will be Gordon Ramsey level cuisine, but the important thing is the attempt at improvement.

Second, cooking is not an exact science. Adding a little over or under on the garlic powder is not going to make or break a recipe.

A recipe is more of a roadmap versus a protocol. The recipe tell how to get to the end result, but there is more than

one way to get there.

The last trick is to taste the food while it's cooking. Many go into cooking with an expectation on how something is supposed to taste, but wait until the end to try it. Especially when making sauces, it's important to try the food as it's simmering.

There is not always a way to taste test, an example would be fried foods, but when applicable, it's important to try and adjust along the way.

With these thoughts in mind, be adventurous, try new foods, experiment with flavors, and don't be afraid to fail, take out is always an option.

## Breading

### Dry ingredients

- 1 c. Flour
- 3 tbsp. Powdered Sugar
- 1/2 tsp. Paprika
- 1 tsp. Black Pepper
- 1/2 tsp. Chili Powder
- 1/2 tsp. Salt
- 1/2 tsp. Baking Powder

### Wet Ingredients

- 1/2 c. Milk
- 1 Large Egg

## Chicken

- 4 ct. Chicken Breast
- 1/2 c. Pickle Juice
- 1/4 c. Water
- 2-3 c. Oil for Frying
- 4 ct. Hamburger Buns

## Copy-Cat Chick-fil-a: Chicken Sandwich



## Directions

1. Cut the chicken breasts in half and marinate the pickle juice and water for 30 minutes
2. Mix dry breading ingredients
3. Mix wet breading ingredients
4. Add 2-3 cups of oil to a large saucepan and heat to 350°F degrees
5. Coat chicken in breading. Start with the wet; end with the dry, repeat once.
6. Pan fry for 3-4 minutes on each side
7. Toast sandwich buns and assemble sandwich

### NOTES

1. Be sure to cook the chicken all the way through. Chicken should have an internal temperature of 165°F
2. This sandwich can also be made in the air fryer. Set at 370° grease the interior and lightly spray the chicken as well. Cook for 11 to 13 minutes.

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"In America the President reigns for four years, and Journalism governs forever and ever." – Oscar Wilde

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# NEW YORK CITY

## Mystic Media Experiences the Empire State of Mind

Photos Credit: Seth Iverson



By Seth Iverson

THE MYX PRODUCTION MANAGER

New York City is a city of many things: tall buildings that stretch to the sky, streets covered in billboards blaring the latest advertisements day and night, crowds of people flowing like traffic on a busy highway without stopping and a rich, ever-changing multi century history on every corner—much different than the small towns and flat plains of North Dakota.

Back in December, MystiCast Executive Producer Taylor Paige submitted her documentary “For My Mother” to the Intercollegiate Broadcasting System.

The documentary was soon nominated for a “best documentary” award at the College Media Awards. BSC Mystic Media was given the chance to attend the conferences from February 23-26 in the Sheraton Times Square Hotel in Manhattan.

During the conference, Taylor was given the Award for Best Documentary.

Her documentary “For My Mother” can be found on her YouTube channel “Tayloraasen3346.”





Seth Iverson, Cole Bernhardt, Irie Townsend, and Taylor Aasen pose for a photo in Central Park

Photo Credit: Taylor Aasen



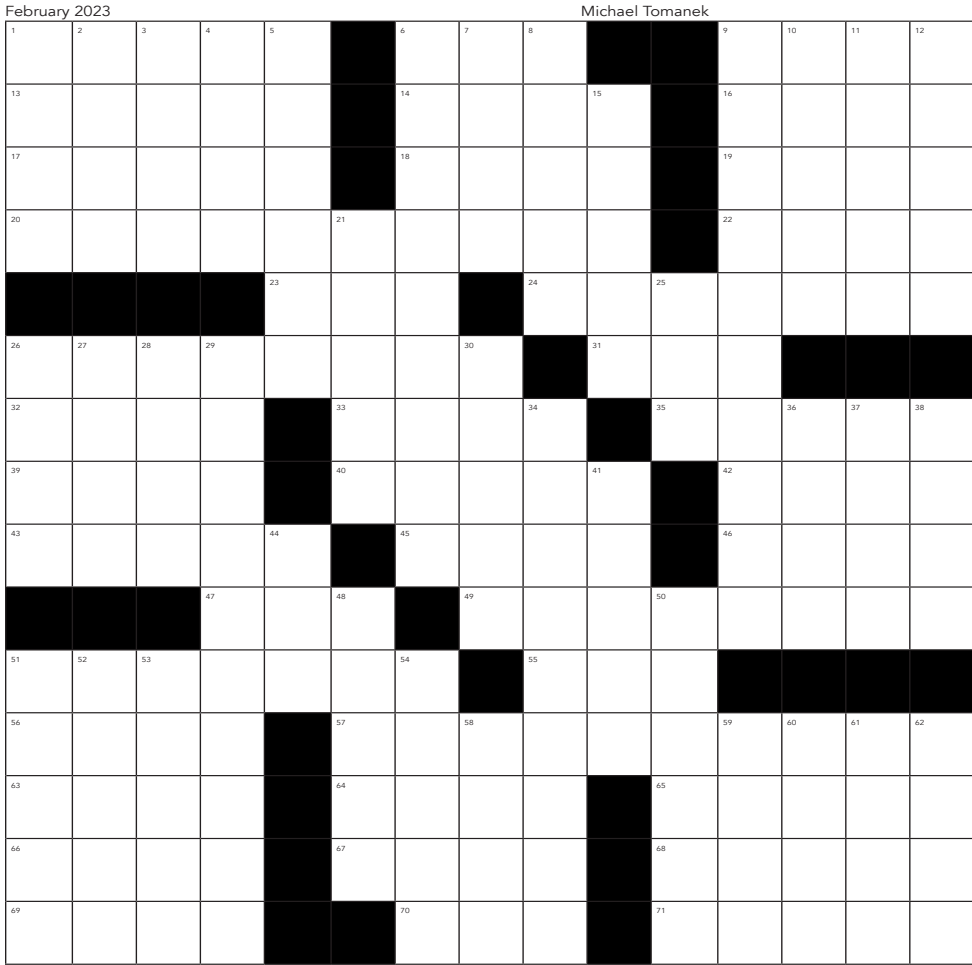
Taylor Aasen after winning best documentary at the International Broadcasting System awards

TAYLOR AASEN AND IRIE TOWNSEND



COMICS & GAMES

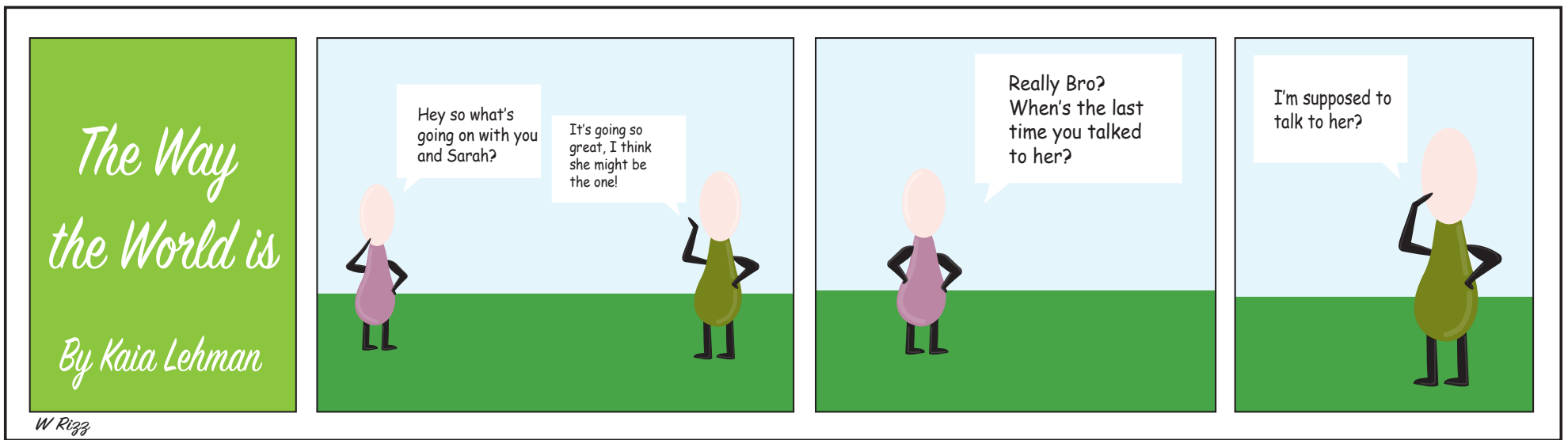
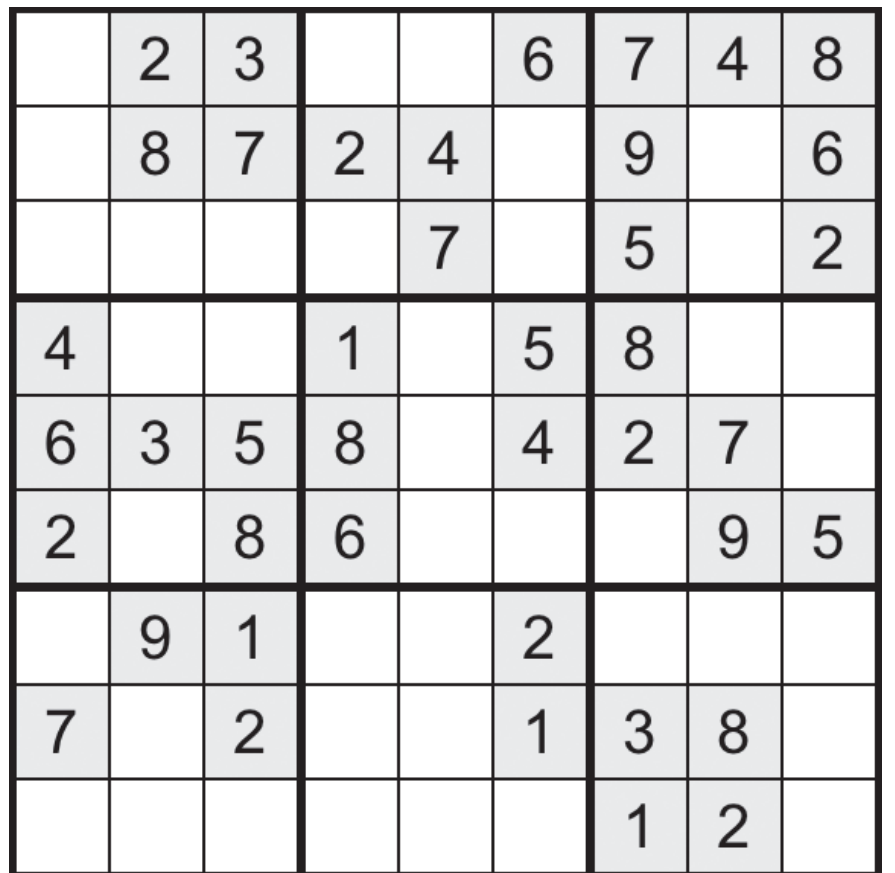
# COMEDY CORNER



- February 2023
- ACROSS
- 1 Before iota
  - 6 Go out, as in the tide
  - 9 Pinnacle
  - 13 Harbor
  - 14 Slightest
  - 16 \_\_\_\_\_ seed oil
  - 17 Bird related
  - 18 Something to jump, e.g.
  - 19 Fork point
  - 20 Deserved
  - 22 Muslim leader
  - 23 Fuss
  - 24 Team building activity, e.g.
  - 26 Asian flowering plant
  - 31 Fink
  - 32 33-across, to Caesar
  - 33 \_\_\_\_\_ of March
  - 35 Spaghetti, e.g.
  - 39 Close
- DOWN
- 1 Melt
  - 2 Own
  - 3 Sinister
  - 4 Blue shade
  - 5 Heat and allow to Cool slowly
  - 6 Stitched, artistically
  - 7 Lima or Navy
  - 8 Shrubby patch type
  - 9 A following flavor?
  - 10 Zone
  - 11 Craze
  - 12 Use, as in energy
  - 15 Senior
  - 21 Freestyle
  - 25 Spout
  - 26 Ice cream holder
  - 27 Prayer ender
  - 28 Honey wine
  - 29 Student head-count
  - 30 Support
- ACROSS
- 40 Sire, Biblical
  - 42 Line crosser
  - 43 "This is a good point to \_\_\_\_\_"
  - 45 Split or crack, archaic
  - 46 Large, in beer terms
  - 47 Cap
  - 49 Prisoner's term
  - 51 Surgeon's tool
  - 55 The N in FAN-BOYS
  - 56 Settle
  - 57 Final attempt
  - 63 Stake
  - 64 Family structure
  - 65 Beeper
  - 66 Give, for awhile
  - 67 A field's count
  - 68 Concur
  - 69 Neat and jaunty
  - 70 Rooster's mate
  - 71 Dependent
- DOWN
- 34 Girls' magazine
  - 36 Read quickly
  - 37 Powder type
  - 38 Can
  - 41 Saxophone type
  - 44 \_\_\_\_\_ & Tuck
  - 48 Gamma follower
  - 50 Cranium opener
  - 51 Cranium cover
  - 52 Small river vessel
  - 53 Religious table
  - 54 Tamarack, e.g.
  - 58 Withered
  - 59 Smudging grass
  - 60 Monster
  - 61 Velvet Underground's Lou
  - 62 Phish's Anastasio



- MADNESS  
WINTER  
BASKETBALL  
SUNSHINE
- PATRICK  
CLOVER  
BREAK  
LION
- SHAMROCK  
SNOWFALL  
GREEN  
MARCH
- LAMB  
SAINT  
SPRING  
IRISH



# EVERY STUDENT'S VOICE

What is something popular that you could never get into?

**Taylor:** TikTok. I have never got into TikTok, and I have tried to, but I just don't care to waste more of my time on pointless videos on the internet. I get enough of that through Facebook and YouTube. I really dislike TikTok. I also can't stand the people who try to get you into it. "Oh, Taylor! You HAVE to get TikTok." No I don't. I won't and you can't tell me what to do.

**Emily:** The Miniature Trend. From buying tiny plastic toys or cooking tiny food, I just didn't care for that stuff. I felt like that stuff would get lost easily. My younger sibling likes Mini brand and it seems fairly popular with elementary kids. Just not for me.

**Caleb:** The Star Wars franchise. I have watched most of the movies and seen a bit of The Mandalorian but I never got into all the other shows. I did not totally dislike the movies but they were not something I ever thought about watching again. I did not keep up with the timelines and characters after "The Last Jedi" movie.

**Ashlee:** The Harry Potter Series. I read the first book but just couldn't get into the series. I was interested in a completely different genre of books at the time, and instead gravitated towards "The 39 Clues." I'm sure the Harry Potter series is good, it just wasn't for me.

**Jamila:** Boba drinks. I can understand the craze about the texture and the variety of flavors but I could never truly appreciate it as much as other people seemed to. I don't deny that they're good, but they're just not for me.

**Kaia:** Stranger Things. I watched the first episode and I just couldn't get hooked. Never understood why people were raving over the show.

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**ROBERT REALE**

Book and Lyrics by

**WILLIE REALE**

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