

THE MYSTICIAN

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bscmysticmedia.com



BSC Media Production Coordinator/Mass Communications Instructor Dusty Anderson directs students from Will Moore Elementary during a Mystic Media visit on February 8. See more photos on page 5.
(Photo credit: Samuel Kraft)

THE MYSTICIAN

PUBLISHED BY THE STUDENTS – FOR THE STUDENTS

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The Mystic Media Statement and Disclaimer

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

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

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

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

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

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

Contact:

Amy Doll, EIC,

with letters to the editor

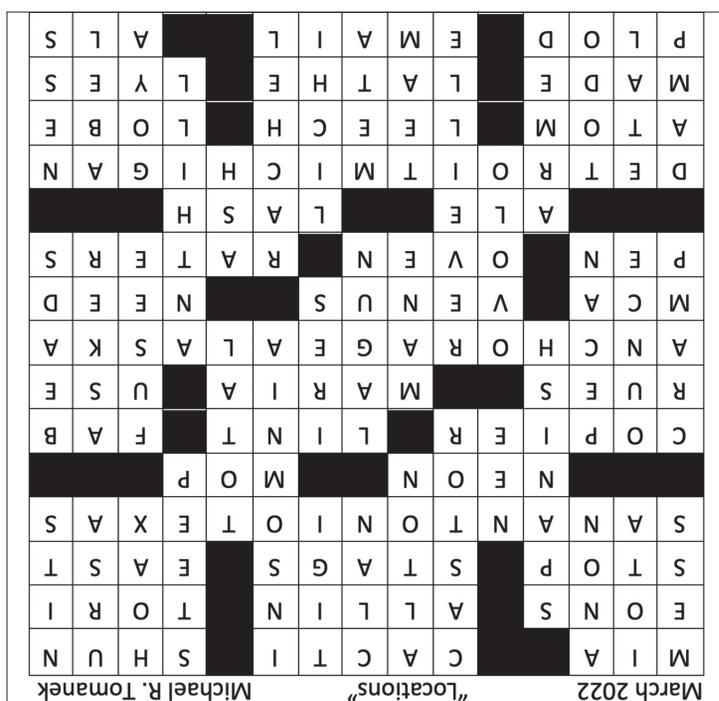
or any concerns/comments regarding this publication.

E-mail: bscmysticianeditor@bismarckstate.edu

Crossword Information

BSC's own Language, Literature and Communication Department Chair (and crossword aficionado) Michael Tomanek has created and submitted this month's puzzle. Experiment, explore and try to find the answers yourself for the most satisfaction.

The crossword puzzle can be found on page 8.



LETTER FROM THE EDITOR

Happy March!

Halfway through the semester, right? I barely know what day it is anymore, so I could be wrong about that. I hope you and things are all going well. The world continues to be tough and sad. I think we all need a well deserved break and a bit of a morale boost. Spring break is right around the corner and hopefully the weather will cooperate. If you are traveling, be safe and have fun. If you're like me and will be enjoying a staycation, I hope you relax and get caught up on things you may have been putting off. Hopefully, I will finish painting the three walls in my house that I have been working on for months. Take care of yourself because you are important.

Go big or go home,
Amy



MYSTIC MEDIA

BISMARCK STATE COLLEGE STUDENT PRODUCTIONS



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NORTH DAKOTA JOINS LIST OF STATES THAT HAVE BANNED CRT

By Zachary Weiland
THE MYX PRODUCTION MANAGER

Sitting in the gallery, you may have witnessed a familiar scene. Lawmakers scurry around the room chit-chatting as usual. Men in suits, ladies in blazers. Some sit at their stations and punch in their votes with a delicate click. At the front of the gallery, the votes are tallied on a sizable video screen; it flashes with colors of green and red. The vote succeeds, the bill passes. You've just witnessed a moment in history.

The North Dakota House of Representatives voted on a bill banning Critical Race Theory on November 11, 2021. The bill passed by a wide majority, with 76 lawmakers voting yay and 16 voting nay.

The Senate followed the next day, and by the end of the day the bill was on the Governor's desk. CRT has become a hot issue around the United States, but not too many people know what it is or why it's being discussed.

The frenzy around CRT first started near the end of 2020 when then-President Donald Trump signed an executive order banning a specific type of Diversity training in the federal government; this order was later revoked by President Biden.

Since then, states around the nation have pushed back against diversity training that asks white individuals to reflect on their privilege and promotes the idea that racism is driven by societal forces rather than individual prejudices. Parents have argued to their local school boards that teaching CRT is encouraging students to feel guilty about being white. These discussions have prompted more widespread political discourse in many states.

A growing trend has been emerging in state houses around the United States in 2021 to ban CRT. Already, 14 states have passed bills banning CRT from being instructed in their public schools, and many additional states have bills moving through their legislatures. The majority of these



Lawmakers voted at the Bismarck Capitol on the proposed Color Race Theory Bill.
(Credit: Zachary Weiland)

states are Republican-led states. North Dakota is now on that list.

In North Dakota, the bill's effects on higher education are limited. At the moment, the bill allows Superintendent of Public Instruction Kristen Baeler to create rules regarding the teaching of topics related to race. Superintendent Baeler has no jurisdiction over the curriculum of higher education institutions. This means that the bill only directly affects the public K-12 school system, leaving BSC unaffected. Despite this, some believe that similar movements can affect collegiate level education in the future.

"The impact could also be felt as a potential chilling effect, and create a precedent to have this overreach spread to the collegiate level if it gathers supporters and becomes politicalized," said Dr. Perry Hornbacher, who is a professor of history at Bismarck State College.

The largest concern for educators

and lawmakers around the state regarding bills targeting CRT is that such a bill is unnecessary. The bill passed bans CRT but fails to describe any sort of punishment for teachers who violate the law. Furthermore, some Democratic lawmakers have pointed out that, currently, there is no school curriculum in the state that mandates the teaching of CRT. This sentiment is shared by educators.

"CRT is not taught in the public schools, yet this legislation creates a shadow over the field of education," Hornbacher said.

In many districts, a concern of teachers is from the general gray-areas surrounding the concept of CRT. In many cases, teachers are not entirely sure what constitutes CRT. In an effort to avoid violating the law, instructors will change their lesson plans, removing lessons surrounding more widely discussed racial topics, such as slavery.

"This legislation creates a threat that can intimidate and create self-censorship that will prevent in many cases the teaching of needed but difficult topics in our history," Hornbacher said.

Self-censorship is reaching further than racism as a result of CRT bills. The same effects are being used to stop discussions of sexism, gender expression and sexuality. Though bills specifically banning these topics have not become a reality yet, in some ways it is beginning to happen. They have been the topic of discussion in school board meetings.

"Recent events indicate that polarization and anger are often expressed on the local levels in school board meetings," Hornbacher said.

Bills like Florida's "Don't Say Gay", and in other states the banning of books regarding these topics is becoming a reality. In North Dakota, bills of this nature have not been proposed.

CONTACT US:

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CAMPUS AND COMMUNITY INVITED TO READ

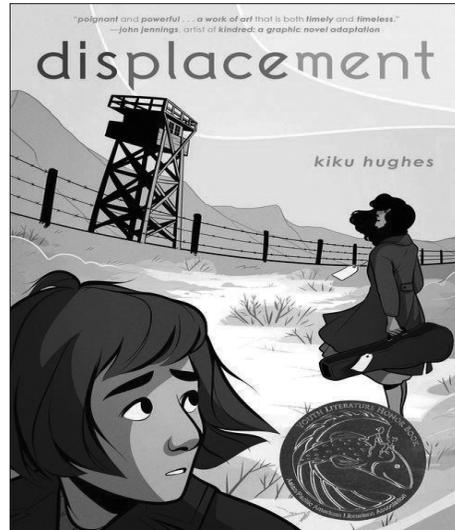
The Bismarck State College Campus Read, established in 2004, is designed to engage the campus community in a shared reading experience to enhance discussion and learning inside and outside of the classroom.

This year, BSC students, faculty and staff are invited to read *Displacement* by Kiku Hughes (2020).

According to the publisher synopsis: “Kiku ... finds herself displaced to the 1940s Japanese-American internment camp that her late grandmother was forcibly relocated to during World War II ... Living alongside her young grandmother and other Japanese-American citizens in internment camps, Kiku gets the education she never received in history class ...”

The Campus Read Committee is collaborating with BSC’s Visiting Writers program to bring Author Kiku Hughes to campus virtually, April 11-12. Watch for more details!

Copies of *Displacement* are available for purchase at the BSC Bookstore. The Library also has a couple of copies on reserve for readers to check out on a short term loan. Ask for them at the front desk.



BSC WILL SHOWCASE LOCAL ART IN SPRING 2022

During the Spring 2022 semester, the Bismarck State College Gannon Gallery will feature art exhibits showcasing local talent.

“The Art of Writing” by the BisMan Writing Guild was on display through March 7. This collaborative exhibit brought together writers and artists to create original pieces based on each other’s already established pieces. The exhibition was sponsored by the North Dakota Art Gallery Association with support from the North Dakota Council on the Arts.

Two additional Gannon Gallery exhibits will showcase local student talent. Starting March 14 through

April 7, the gallery will feature works from Century High School students. An artist reception will be held on Tuesday, March 29 from 4-6 p.m. And beginning April 19 through May 6, the gallery will display the Juried Visual Art Student Exhibition with pieces by BSC visual art students. The artist reception will be held Thursday, May 5.

Gannon Gallery is located on the second floor of LEA Hall, 1400 Schafer St., on the BSC campus. All exhibits are free and open to the public Monday through Thursday from 9 a.m. to 8 p.m., and Friday from 9 a.m. to 4 p.m.



Left: Paul Noot “Celestial Path” acrylic on canvas.
Right: Beverly Anae “The Peace of Pause” print.
(Credit: Chad Erickstad)

FALL 2022

CURRENT STUDENT
**REGISTRATION
OPENS**
MARCH 7, 2022

- Meet with your advisor to discuss your Fall 2022 schedule
- Check Campus Connection to take care of any potential holds
- Register in Campus Connection for your Fall classes



Student Registration Guide located at bismarckstate.edu/registernow

INTRAMURAL BASKETBALL

BEGINS

Students are invited to sign up for Intramural Basketball. Registration for both Men’s 5v5 and Women’s 5v5 will be open until March 21. Games will be played at 6:30 p.m. in the BSC Armory Wednesdays beginning March 23 to May 4. For more information, contact Intramural Sports Coordinator Amanda Morse Intramural Sports Coordinator at BSC.Intramurals@bismarckstate.edu or 701.224.2554

KIDS SCRUB CAMP APRIL 18

The Bismarck State College Student Nurse Organization at Bismarck State College is hosting a Kids’ Scrub Camp on Monday, April 18 from 10 a.m. to 2 p.m. at the BSC Health Sciences Building.

Children ages 7-13 are invited to participate in nursing activities and games, learn about the body, listen to the heart and lungs, check blood pressure and care for wounds.

The event for the children includes lunch, a free scrub top, stethoscope and other supplies.

Cost is \$50 per child. To register visit bismarckstate.edu/scrubcamp.

SPONGEBOB THE MUSICAL APRIL 6-10

NEED ADVICE? TALK TO TAY



Hello readers, how are you? No really, tell me how you are. I genuinely care. I know what it feels like to go through rough times and not have anywhere to turn. Whether it be relationship issues or just a small daily annoyance, let me help you and be your outlet. Submit questions for advice by sending us a message on our Facebook, Instagram or Twitter. State how you would like to be addressed and responses will be posted on our socials or printed in an upcoming issue of the *Mystician*. I will extensively research the issue you are facing and make sure you get the best possible advice and care you deserve.

Let’s talk together.
Taylor P. Aasen

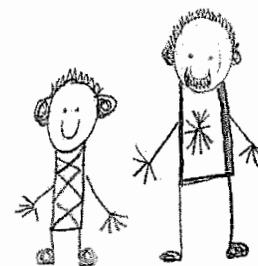


Mystic Media Third Grade Tour



A group of Will Moore Elementary third graders meet in the main lobby of the BSC Armory.

Right: Two students learn to operate a video camera.



Left: Students sit at a table in The MYX radio booth after shooting.

Right: Students had to recite their lines in preparation to shoot the scenes.



Students enjoyed operating the camera and learning its functions.

Right: While waiting to shoot, students gathered in The Mystician office to practice lines.

(Photos credit: Samuel Kraft)



Third graders from Highland Acres Elementary and Will Moore Elementary Schools in Bismarck visited the Bismarck State College Armory. During their visit, students had the opportunity to learn about how Mystic Media is run, including a tour of our office and studios and a hands-on lesson with our equipment. Students also recorded a weathercast to be played for their school programs.

WHERE ARE THEY NOW? BSC ALUMNI EDITION

By Samantha Rosario
MYSTIC MEDIA COORDINATOR



Ty Hagerott graduated from BSC in 2002. (Credit: photo submission)

Ty Hagerott

What was your program of study at BSC?

I attended BSC from 2001-2002 and earned my Associates Degree in Science before transferring to NDSU to finish my Bachelor's degree.

How were you involved with Mystic Media?

I worked on the BSC Mystician for 3 semesters. I was encouraged by an English teacher to write for the paper and I loved the experience. We were challenged and given the autonomy to learn to write, explore our creativity and dive in and develop technical skills. I started working with the newspaper wanting to be a writer and I immediately fell in love with graphic design.

What did you end up doing as a career?

I completed my degree in Mass Communication with a minor in Web Design in 2004. I immediately began working in various roles within the industry. My ultimate goal was to be an independent designer and I gained experience at a screen printing company, print magazine, as an in-house creative director at a church and as a web designer. Throughout that time, I began freelancing in the evenings working on any project I could find including a creating and running a custom wedding invitation business with my wife where we served over 100 couples for 5 years.

Where are you now with life?

In 2007, I began operating under my business name Coloring Outside the Lines. In 2014, I stepped out on my own after contracting with Microsoft for several years. Today, I work with several local and national businesses as an independent marketing consultant. I help businesses establish their brand and elevate all aspects of their marketing from web, digital, print, large format and apparel.

Do you have any stories you would like to share? Anything you would like to mention?

First, I encourage students to embrace your experience during college and engage with your teachers. I can't count the number of teachers who saw a gift in me and sparked my passion to grow...especially the staff at BSC. From my experience at the Mystician, to speech class, Spanish class and pottery, my teachers encouraged my dreams and passions. They gave me the fuel and tools to continue to pursue my dreams.

Secondly, do not be afraid of hard work. You can push yourself to accomplish more than you think. The key is to never give up! It is hard to accomplish your dreams, but it is worth the effort. Establish an unwavering focus to succeed and to value people over winning. Find mentors and read books. Never stop growing.

Chris Erickson



Chris Erickson graduated in 2005. (Credit: Mystician Archives)

What was your program of study at BSC?

While I was at Bismarck State College (Go Mystics!) I studied and was ultimately awarded an Associate of Applied Science in Computer Information Systems.

How were you involved with Mystic Media?

I had a lot of opinions of varying tenacity and truthiness that I wanted to write about, and the Mystician has never been the type of outfit that would deny space to people, even

low-brow amateurs like I was. So, I started as a columnist in Spring 2002, then for some reason Karen decided to grant me editor status from then on forward. Must have seemed like a good idea at the time.

What did you end up doing as a career?

My career can be summed up as "Professional Communications, Focus: Writing." After BSC, I co-founded an alternative paper with another former Mystician editor. That ran all of two print issues and then was alive online for several years. I deployed twice as an Army journalist/photojournalist. In between those deployments I finished my Bachelor of Science in Mass Communications from Minnesota State University Moorhead (Go Dragons!) because, ya know, constant deployments didn't strike me as the type of thing you really wanted to make a life or a career out of. Following that second and final deployment, I was a newspaper editor for a little less than four and a half years at the Beulah Beacon (where I learned, to great effect, how many parentheticals a person can get away with in any given article). For a grand total of three weeks, I was the sole editor of the Beacon, the Hazen Star and Center Republican, which was a bit of a nightmare. Those four and a half years were a storied journey and prompted me to switch things up again via different writing and strategic communications at North Dakota University System.

Where are you now with life?

I work at NDUS as the public affairs manager, which means I handle all the communications related to products (strategic plan, information campaigns, speeches, presentations, brochures, etc.). After starting out in BSC in 2001, I made it back to Bismarck in 2015 after my Uncle Sam-sponsored journeys around the world. In 2017 I finally bought a house, where I live with my dog, Rascal. I serve on the BSC Mass Communications Advisory Committee. Finally, I just finished the first draft of my second novel after many early mornings, late nights, and tireless weekends. As of this writing, the first novel is still under consideration by a publishing house (fingers crossed, knock on wood, hope for the best – that sort of thing).

Do you have any stories you would like to share?

As an editor, BSC was the first place where I began taking more of a focused view of the world around

me, not just on campus in places like student government, but off campus as well. I credit that directly to the Mystician and the world it opened for me. This led to two decades of being a somewhat recovering current events junkie.

I think it's crazy to look back on the notion of how I started and wonder what would have happened if I hadn't gone down to visit the Mystician for the first time in 2002. I wasn't in school for writing back then, and I was already starting to mentally NOPE out of my program of study, so I get a bit of anxiety when I think about what my options would have been going forward if I didn't commit to writing and editing at that time. Karen was the first mentor I had, and I was extremely fortunate that she was—and continues to be—the person and adviser that she is. That mentorship guided me forward on a path that was previously unknown to me.

Anything you would like to mention?

I hope that the students involved with Mystic Media today get as much out of it as I did when I was a student. Karen, Cole and Dusty have a ridiculously high amount of skill and experience and are the people best suited to run the program. Plus, they're very active in making sure that the Mass Communications Advisory Committee has all the information necessary so we can keep supporting this fantastic program!



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WHY WOULD YOUNG PEOPLE STAY IN NORTH DAKOTA?

By Chad Erickstad
REPORTER

Clay Jenkinson's latest book, "The Language of Cottonwoods," covers ground from oil booms to enchanted highways to the neglected esteem of Eric Sevareid.

Clay Jenkinson is a factotum of intellectual curiosity—he is an author, historian, public humanities scholar, educator, radio personality, historical impersonator, documentarian—and his passions drive his curiosity. He is passionate about Thomas Jefferson. He is passionate about Theodore Roosevelt. He is passionate about Lewis and Clark. He is passionate about the outdoors, Great Plains literature, traveling and the Constitution of the United States. He is especially passionate about his home state of North Dakota. And this passion has led him to ask a question:

Why would anyone stay in North Dakota?

"There's an identity problem in North Dakota," Jenkinson said. "We don't have a sense of identity the way Montanans do, or Texans do, or

Coloradans do, or Californians do. We know we're kind of a throwaway state, and I think that hurts us. I'd like us to develop a more vibrant North Dakota culture."

He said he is earnest in his desire to keep young people in North Dakota. His latest book, "The Language of Cottonwoods: Essays on the Future of North Dakota," is meant to be a catalyst that ignites conversation. And, he said, hopefully the talk can lead to real change.

Jenkinson said he believes that the state's creative people, its writers and artists, aren't given enough reasons to stay.

"Look at the North Dakota writers, they almost all live somewhere else. Louise Erdrich lives in Minneapolis," he said. "Too bad, we need her here, really. Debra Marquardt lives in Iowa. Because life is hard here, the winters are really brutal, there's not enough for them here. The gene pool isn't even big enough for creative people."

Jenkinson said he made two strong arguments in the book.

The first: "We should save the Badlands. It's a tiny little fraction of North Dakota. 95% of North Dakota

is private, meaning for sale. Can't we save anything?"

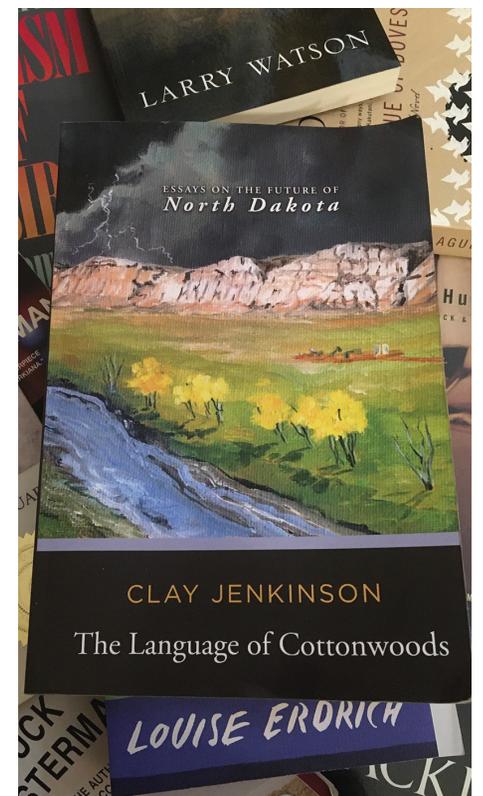
And the second: "We need to make more of our connection with Native Americans. We're lucky to have Native Americans in North Dakota. We need to listen, and we need to find ways to live and work together instead of being two separate cultures."

"The Language of Cottonwoods" is Jenkinson's fourteenth book. He said he hopes, because of some of its controversial topics, it creates a statewide debate on the future of North Dakota.

"If I'm not going to tell the truth now, when am I ever going to tell the truth?" he said. "I don't expect every North Dakotan's going to read my book, of course not, but you only get a few chances in life to say what you think. If I don't say it now, when am I going to say it?"

The Language of Cottonwoods
Essays on the Future of North Dakota
By Clay Jenkinson
Illustrated. 392 pages.
Köehler Books. \$21.95.

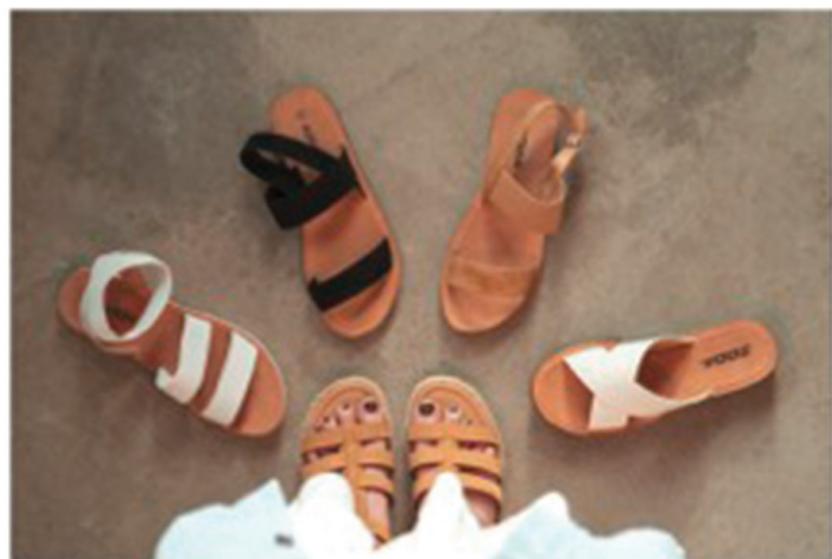
Available online and where books are sold.



The Language of Cottonwoods by Clay Jenkinson. (Credit: Chad Erickstad)



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TALK TO TAY: LOVE VS IN LOVE

By Taylor Aasen
MYSTICAST EXECUTIVE PRODUCER

What is the difference between "love" and "in love"? The answer may seem simple to some, but this is a good question. The two terms hold different meanings but they are also similar. Both feelings give a sense of warmth and joy; however, they differ significantly. For example, one may love their grandmother, but they're not in love with her.

When a person is in love with somebody it feels distinctly different than normal love. One cares about the other individual, but usually, there is also some sort of physical attraction

between the two people. You want the person that you are in love with to feel the same love and affection toward you.

Many think that being in love with someone is a choice. We choose to love and care for those close to us such as our grandmothers, but we cannot choose who we fall in love with like our significant others.

Elvis Presely belts his tune about how he can't help but to fall in love with his significant other. Carrie Underwood sings about her unconditional love for her mother.

Love is weird.

EVERY STUDENT'S VOICE

ASPIRING TO GIVE EVERY STUDENT A VOICE:

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

QUESTION: If you could meet any person, dead or alive, who would it be? And why?

Meeting

Morgan Freeman has always been on my bucket list. I feel like he would have a deep intellectual conversation. Clearly, everyone loves the sound of his voice but I think he must have so much knowledge to share. If I could meet anyone who has died, it would be Bob Marley because he stood for peace and love. He was a true inspiration in this world, and his legacy lives on still.



If I could meet any person dead or alive, it would be the author Wayne Dyer. I have read some of his books and he seems to have so much insight through personal experience and connections that he has made with people throughout his life. I think he would be a great mentor and offer valuable advice as he truly came to peace with where his life ended and understood how he got there and why.

For a living person, I would like to meet Billie Eilish. I'm a big fan of her music, and I feel like she would be really chill to hang out with. For a dead person, I would like to meet Mozart.



He was a musical genius, and it would have been amazing to have him transpose some type of musical piece in front of me in real time.

I would want to meet Dave Grohl. He is the frontman for my favorite band The Foo Fighters and I would love to hear him talk about his music and get to know him personally.

I would want to meet my late grandmother because I never got the chance to. It's always grandmothers who carry on a family's traditions, culture and knowledge, and I imagine she would be like an encyclopedia of cooking, preserving, gardening and farming—all things that I love. But I also know she was much more than a farmwife. She was a voraciously independent woman and ahead of her time in many ways. I would give anything to meet this strong, wise and inspirational person who just happens to be my grandma.

Aside from Jesus, whom I already talk to, I think it would be awesome to meet the Apostle Paul. He has an intriguing background that led him to living a completely different lifestyle. I would ask him questions about his journey to becoming a better man. I would also question his past before he found God and investigate why he would do such horrible things to Christians. To my knowledge, by the end of his life, he was completely reformed and lived a much better life than he was before having God in his heart. He is a true example of how your past does not define you.



March 2022			"Locations"					Michael R. Tomanek					
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Across

- 1 British rapper
- 4 e.g., several saguaros
- 9 Reject or ignore
- 13 Ages
- 15 Going for it
- 16 Pianist Amos
- 17 [red light]
- 18 Fraternal parties
- 19 Sunrise locale
- 20 SAT/Alamo
- 23 Sign gas
- 25 Xerox machine
- 28 Drier waste
- 30 Beatles adjective
- 33 Regrets
- 34 Tennis' Sharapova
- 35 Take advantage
- 36 ANC/Cook Inlet terminus
- 40 Mike D, Ad Rock, and _____
- 41 Tennis' Williams
- 42 Require
- 43 e.g., Bic
- 44 Baker's tool
- 45 Reviewers
- 47 Beer
- 48 Eye irritant

Down

- 1 Disaster
- 2 Tiny amount
- 3 Soon
- 4 Gemini star or an oil
- 5 TV chef Brown
- 6 Family group
- 7 Bed Head Hair company
- 8 Sleepless condition
- 9 Hot water soak
- 10 A deception
- 11 Major or Minor bear
- 12 Louse eggs
- 14 e.g., Latinate language
- 21 Originally called
- 22 Complete
- 24 Janitor's tool

- 25 Runner's bane
- 26 Tiny amount
- 27 Pie nut
- 28 e.g., Axl Rose
- 29 Hot tempers
- 30 Railroad flare
- 31 One who requests
- 32 Abacus units
- 34 Lion's locks
- 37 Curved molding
- 38 Wake-up tune
- 39 Ground keeper's bane
- 45 Ross's love
- 46 Soot
- 47 Set, as in a trap
- 48 African antelope
- 49 Dank
- 50 And others
- 51 List title
- 52 Side
- 53 Self-reference
- 54 Bean and rice company
- 55 Fourth person
- 56 Monster's loch

EASY DORM ROOM MEALS

By Jeffrey Savadel
COLUMNIST

Getting food from the food court at school can get a little old after a while, and that is why it is important for college students to have some ideas for simple meals they can cook in their dorm rooms. Being able to make your own food is a valuable skill that will be easy to develop now and will help you later in life as well. The following meals are a few of my favorites, using minimal ingredients and only requiring equipment that students will be able to use in their dorms or find on campus.

The first recipe is for a simple quesadilla. You need a hot plate or stovetop, a spatula and a pan. The necessary ingredients are tortillas and cheese, but I like to add other things like beans, chicken, peppers or jalapenos. You can add anything that you think will be good in it! Here are the steps to make it:

1. Start by heating up the pan on medium heat. If you have cooking oil, add it to the pan now.
2. While the pan is heating, assemble your quesadilla on a separate surface. I usually use one tortilla and add my fixings on one half and then fold it over—that way I can make two at a time. Or you can fill up a whole tortilla and place another on top.
3. Put your quesadilla in the pan and press down on the edges with your spatula to meld them together. Let it cook on this side for about three minutes; then flip it and let cook for another three minutes.
4. After it is done cooking, take it out of the pan, cut it into slices, and you are all set!

This next recipe is a personal favorite of mine and is incredibly simple to make: pizza in a mug! For this one, all you need for equipment is a mug and a microwave. For

ingredients, you need flour, baking soda, salt, milk, shredded cheese, pizza sauce and virgin olive oil.

1. Begin by mixing 4 tablespoons flour, 1/8 teaspoon baking powder, a pinch of baking soda and a pinch of salt in a mug.
2. Mix it up a bit and then add 3 tablespoons milk and a tablespoon of virgin olive oil to create a dough.
3. Spread the dough out evenly and then add pizza sauce, cheese and any other toppings that you want.
4. Microwave on high for 40 seconds and it is all done!

The last recipe is white chocolate and lime mini cheesecakes. There is no cooking involved, but it does take longer than the other two since the cheesecakes need to sit in the fridge for a while. The only ingredients you need for the crust are crushed graham crackers, sugar and butter. For the filling you need cream cheese, sugar, vanilla extract, lime juice and zest, whipped cream and white chocolate

chips.

1. To make the crust, mix 3/4 cup graham cracker, 1 tablespoon sugar and 3 tablespoons butter in a bowl.
 2. Pour the mixture in a 6-cup muffin tin and press the crust down evenly.
 3. To make the filling, combine 12 ounces cream cheese, 1/4 cup sugar, 1/2 teaspoon vanilla extract, three tablespoon lime juice and four teaspoons lime zest.
 4. Once whipped, mix in 1/2 cup whipped cream and three tablespoons of white chocolate chips. Pour filling in the crusts in the muffin tin.
 5. Let chill in the fridge for at least four hours to become firm.
- These are just a few examples of meals that are easy and fun to make in dorms. If you have a few basic kitchen tools and ingredients, you can make tons of different meals on your own. The best part is that these meals are cost-efficient so they can be a good alternative to fast food or the food that your school gives you.

KILLING WINTER

By Rikki Roath
COLUMNIST

Around the world, festivals celebrating the arrival of Spring abound. There is the famous festival of colors, called Holi in India, the Cherry Blossom festival in Japan, and the parades and parties of Carnival. But after the dark, damp and sometimes deadly winters of Europe, locals tend to celebrate the arrival of spring a bit more—violently. For them, these festivals are not about welcoming spring but about killing winter.

In Spain they have a festival called Las Fallas. Their preferred method of killing winter? Fire. This was derived from the old carpenter's tradition of burning the pieces of wood used to prop up their lights in the winter as a way to celebrate the equinox and return of longer daylight hours. Gradually, old bits of clothing and belongings were added to the burning structures and they started to resemble the shapes of people. Today, in the fully evolved version, millions of euros are spent creating doll or puppet-like statues out of wood, cardboard or paper mâché—all destined to be set ablaze in a vicious goodbye to winter.

Poland also participates in the spring violence. In traditional Slavic mythology, the goddess of winter is known as Marzanna, the bringer of death. To represent her, locals construct a straw woman and dress her in a colorful skirt and headscarf. Perched on a wooden post, Marzanna

is carried through the town and fields, only to be thrown into a river and drowned. Children chant “Marzanna, Marzanna, swim across the seas. Let flowers bloom and fields turn green,” as winter takes its last symbolic breath for the year.

Perhaps the most dramatic of these spring festivals takes place in Switzerland where they put an end to winter with explosives. Called Sechseläuten, the name of this festival translates to ‘the six o’clock ringing of the bells’ and comes from the switch from winter to summer working hours. In medieval times, winter meant that everyone worked until the sun set; in summer, they only toiled until the church bells chimed six.

To celebrate this joyous occasion, and the fact that people had some non-working daylight hours, they began to symbolically kill winter by loading a snowman shaped Böögg (bogey) with explosives and watching it burn. Tradition has it that the less time it takes between lighting the pyre and Böögg’s head exploding, the drier and sunnier the summer will be. Either way, that’s a dramatic end to winter.

I propose that we also do our part in killing winter.

After the snow, wind and freezing temperatures of a never-ending North Dakota winter, don’t we deserve to have a party, set something on fire, get rowdy and cheer in the coming spring?

I can’t think of a tradition better suited to the Great American Plains.

THE FUTURE OF HEALTHCARE IN A POST-PANDEMIC WORLD

By Alecia Biel
COLUMNIST

The Covid-19 pandemic has brought many unexpected changes to the world but one place where we have seen the greatest change is in the world of healthcare.

North Dakota is a state where we highly value our freedom of choice and walking into a clinic or hospital might be one of the only places that we would expect to wear a mask or be subject to more stringent COVID-19 safety measures even with the virus surging. Dealing with this ever-evolving virus, this doesn’t seem like something that will change anytime soon, and it seems like we can expect to be masking up in the healthcare setting for a long time to come.

Aside from masks, upon arrival at a hospital or clinic, we can expect to be greeted with a series of questions about any symptoms we might be having that are related to COVID-19 or any recent exposures that we might have had. This seems to place the COVID-19 virus as the front-runner for any illness and leads many people to wonder if other illnesses have disappeared entirely since the beginning of the pandemic.

Extremely long wait times are another thing that we have come to expect because of the pandemic. It is common to have to wait in a lengthy

line just to check-in when going to the walk-in clinic and then wait over an hour to see a physician due to overcrowding and staffing issues.

Nursing homes are another area of healthcare that has been affected by the pandemic. Because of the vulnerability of the residents, the restrictions are more stringent than anywhere else, and the burnout of healthcare workers in this area has created a void in staffing.

Hospitals and nursing homes have both been facilitating the use of travel-nursing agencies, which seems unlikely to change anytime soon as most places are failing to retain full-time nursing staff.

Can we ever expect healthcare to return to the way things were before the COVID-19 pandemic?

Things such as masking up while at the clinic might be a minor inconvenience, but wearing masks in a clinic where many people are sick with contagious illnesses may benefit us more than we realize and might be a practice that is here to stay. The pandemic has certainly educated us on the importance of hand-hygiene and staying home when we are not feeling well, which can also be seen as positive changes. It seems unlikely that things will never be completely the same as before the pandemic, however, some of these changes may be good and hopefully there will be more positive changes in the future.

STOP SEXUAL ASSAULT

By Taylor Aasen
MYSTICAST EXECUTIVE PRODUCER

About 10 million people in college are victimized by sexual assault. Some don't realize that it can happen to anyone at any time regardless of age or gender.

According to a 2018 survey done by Stop Street Harassment, 81% of women and 43% of men will experience sexual assault in their lifetime. The nature of the sexual assault is so heinous and putrid because of the effect it has on its victims. A victim of sexual assault will live with feelings of disgust and memories of the attack for their entire lives. That's what makes rape so disturbing. What can people in college, or in general, do about this epidemic?

For starters, we can educate ourselves on consent. Consent is when all parties agree to a sexual act, but keep in mind that just because someone agrees to one act, does not

mean they consent to anything in the future. Verbal communication is the best form of consent.

There are many forms of the act, and it is easy to recognize when it occurs. Any unwanted sexual touching or penetration is considered sexual assault.

Often times sexual assault on campuses happens at parties where drugs and alcohol are involved. This can lead to an assault on people who are passed out or in a state of mind where they are unable to make decisions.

What should one do if they see something suspicious at a party or somewhere else? There are a lot of ways to take control. Tell the person of interest that what they're doing isn't right. If they don't see a problem with their actions, then distract them by trying to lead them away. Sometimes, the best thing to do is directly intervene in the situation. Let the person know what they are doing is not okay. Use the disappointed mom

tone and say, "I thought you knew better than that ..."

If all else fails, gather around others and alert the police as soon as possible. If there are multiple witnesses, the assailant is unlikely to continue. There is power in numbers and may help prevent the crime until authorities arrive. Finally, be a friend to the victim. Offer the person a shoulder to lean on. Remember that they have just been traumatized and are in need of comfort.

As a young girl, a safety tip my mother taught me was to yell fire instead of rape because people are more likely to run for help. It is sad that we have to learn these little lessons in order to defend ourselves, but that is our reality.

Ways to stay safe include walking with a key between fingers, staying in groups at night and hanging out with familiar people. If separation occurs during the night, be sure to check-in regularly with one another to ensure the safety of friends.

According to the National Sexual Violence Resource Center, more than 90% of sexual assault victims in college do not report the crime. If nothing is said about these crimes, nothing will ever get done. Yes, it is scary and difficult, but saying something may save someone else from being a victim.

Unfortunately, this crime is not something that we can stop. In fact, studies show that the problem is getting worse. Statistics are rising as more people start to come out with their stories. Sexual assault or rape is a nasty part of the world we live in today. Feel uncomfortable talking about this subject? Imagine how the victims feel. Stop sexual assault.

**If you or anyone you know has been a victim of sexual assault, call the national sexual assault hotline 1-800-656-HOPE

Efforts were made to reach out to several Bismarck State College Personnel but one didn't respond and others refused to comment.

GOVERNMENT RETIREMENT EQUALS GOVERNMENT TRAGEDY

By Gavin Raschke
COLUMNIST

Social Security was created during the Great Depression by President Franklin D. Roosevelt to help individuals get a cushion for retirement. Most people during this time had lost everything in the stock market.

A quarter of all government spending in 2016 was for Social Security. It is the second most expensive government program at \$910 billion dollars. Also in 2016, 96% of people between the ages of 20-69 are paying into Social Security. However, the program is running out of funding, and this could have dire consequences on the Americans that have paid into the program their entire lives.

Social Security is a mandatory government retirement program.

Every paycheck a person pays into the program for retirement via a portion of their income tax. At the age of 62, they can start to receive limited amounts of Social Security money. If an individual is at or past the age of 62, but is not retired, that person cannot receive a full social security check.

Another important fact, not everyone receives the same amount of money. It depends on the amount paid into the program. The impoverished overall get less money from Social Security, but they get a higher percentage of what they put in compared to wealthier people.

One of the problems Social Security faces is America's aging population. We have more elderly people in the United States than ever before, and that demographic of people is only growing. America, along with most of the western world, is facing an aging population due to advances in medical

technology. This has allowed people to live longer.

Social Security is also in trouble from the fact that Americans are having fewer kids. The average American woman will only have about 1.8 kids, which is below replacement levels at 2.1 children per woman.

The aging population and lower birth rates are damaging to Social Security because there are more people that are receiving benefits, while fewer people are paying into the system. Congress doesn't have enough funds to continue paying for Social Security with their current budget. The nation is \$28 trillion in debt—more than the economy is worth. In short, the program is running out of money fast, and there is no quick fix to this issue.

Some solutions to this problem could be taking federal money outside of Social Security to invest in the system. This would pay for the

program, but with Congress already in short supply of money, this is an unlikely option. The government could also raise the Social Security tax, but this could harm the economy, especially smaller businesses that can't afford to take financial hits.

There are options to solve this problem, but they all have their downsides, and there is no perfect solution.

With so many people dependent upon Social Security, the program going bust could result in the devastation of millions of lives. It's best if an individual is not dependent on government programs. Other options include having a 401K, Roth, and plenty of cushion money in their savings accounts.

The last thing a person wants is to wake up at 65 and say, "What's the Governor's number? I need to ask him where my money went."

FOR MORE OPINIONS VISIT
WWW.BSCMYSTICMEDIA.COM

BSC MYSTICS WRAP UP 2021-22 SEASON

By Seth Iverson
REPORTER

The Bismarck State College Men's and Women's basketball teams finished their season after 30 games from Oct 28 to Feb 27, with a total win-loss ratio of 23-6 games for the women's and 14-16 games for the men's.

During the season, both teams competed in multiple ranks of competition. At the beginning of the season, the teams played in preseason games, which do not count for their conferences. These games are a way that the team can learn to work together and figure out each player's strengths and weaknesses in order to prepare themselves for the regular season. During these games, the Mystics played teams from multiple areas that are not part of the main conferences, such as teams from Montana, Minnesota and Arizona.

Thai Haggin, Athletic director and women's basketball coach said that while these games do not affect their scores, they are still important to the team as it helps prepare them for the main conferences.

"They're pieces and games [that] are put in place to kind of get to know your team, understand the team to see what combinations work best on the floor, just so it's a growing process as a team," Haggin said.

In January, the conferences begin. Conferences are played between teams from across North Dakota and Montana. Schools include North Dakota State College of Science in Wahpeton, Miles Community College in Miles City, Montana, Dakota College at Bottineau, Williston State College, United Tribes in Bismarck, Dawson Community College in Glendive, Montana and Lake Region State college in Devils Lake.

Through these conferences, they advance further into a bracket that

leads to quarterfinals, semifinals and then the finals.

While the Mystics did not win their bracket and placed second in their league, they were still able to continue playing into the quarterfinals.

"Yeah, we won some games. We lost some games we shouldn't have lost, and we just straight up lost some games. But other than that, it's good." Seth Nelson, men's basketball player said.

Because of COVID-19, many of the Mystics are sophomores, but they were offered another year to play for the team. Sophomore athletes include Jerrick Baines, Garrick Baines, Seth Nelson, Jaden Hamilton, Jaden Mitzel, Kaity Hove, Reile Payne, MacKenzie Boone, Astacia Conica, Kayleen Kihle, Sam Oech and Jenna Rust.

Sophomore athletes will be able to play next year if they meet the requirement by enrolling in at least 12 credit hours.

Nelson said he is debating on the decision to continue because he was offered a full-time job with his Agronomy degree back in his hometown of Carrington.

Reile Payne of the women's team said that she will play for another year with the BSC Mystics and might play for another school, but she will not go professional.

"I think we played really well together, and I think we all understand how each other plays," Payne said. "I think, overall, we all got along on and off the floor, which also helps us play better together."

While the team was supposed to keep playing in the semifinals, their last game was on Feb 27 with both teams losing their respective games. The men's team lost to the North Dakota State College of Science with a score of 87-77 and the women's team lost to Williston State College with a score of 69-61.



Seth Nelson (10) goes up for a shot against Miles City players.
Top Right: Reile Payne (5) looks to pass to teammate Kaity Hove.
Bottom Right: Reile Payne dribbles up the court along with Kaity Hove and Jaiden Baker.
(Credit: Taylor Aasen)

Dakota Film Festival

Two
nights at
the Belle Mehus
Auditorium

Reel Local

Thursday, March 31 • 7p

An evening of films with a local focus, including BSC alum Greg Berger's 1979 short, "Lost Due to Incompetence" and panel discussions with area filmmakers.

Free to attend

Night of shorts

Friday, April 1 • 7p

A night of award-winning short films from our region and around the world.

\$19 in advance • \$25 at the door



Tickets at
dakotafilmfestival.org