

# THE MYSTICIAN

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Artist Bill Jones demonstrates the art of claymaking on March 28 in LEA Hall. (Credit: Taylor Aasen)



# 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](mailto:bscmysticianeditor@bismarckstate.edu)**

# LETTER FROM THE EDITOR

Hey folks,

Another month gone and once again I have no idea what to write here. I am not the greatest at rambling, but here is a little something.

Signing up for classes for the fall semester has been surreal, as it will be my last semester at BSC. That is, as long as I keep on top of my schoolwork and pass my classes. I have been slacking. I blame it on the weather. Always blame it on the weather.

Coming back to school at an “older” age hasn’t been easy, but it has been worth it. I am proud of myself for coming this far, and will continue to push myself to finish and reach my goals. What is my biggest goal? Simply put, I just want to be happy. Happiness outweighs everything, anyway.

Go big or go home,

Amy

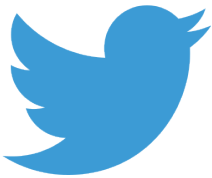


(Credit: Angela Nicole Creative)



# MYSTICMEDIA

BISMARCK STATE COLLEGE STUDENT PRODUCTIONS



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# COVID-19 VACCINE AND MANDATES AREN'T FINISHED

By Jordan Waldren  
REPORTER

The big talk and event in the world... COVID-19. From the vaccine to boosters to who must have the vaccine for work and who does not have to have the vaccine—let's talk about that. In the month of November 2021, "North Dakota House representatives have passed a bill that bans government entities, below the federal level, from ordering coronavirus vaccine mandates," according to by usnews.com.

With that bill being passed, workers of all sorts are allowed to opt-out of taking the vaccine and allow to regularly test for COVID-19 instead. If the worker has proven they have COVID-19 antibodies built up in their immune system, has religious exemptions, or claims a medical exemption as well, they are also allowed to opt-out. But, select companies and businesses such as Sanford, CHI St. Alexius and many nursing homes are allowed to install their own regulations on vaccine

mandates and the ability to work.

In the United States, over 544 million doses of the COVID-19 have been given, but only 212 million have been fully vaccinated. But with those statistics being said, 64.4% of the United States population has been fully vaccinated. In the state of North Dakota, 1.06 million doses have been given, 412 thousand people have been fully vaccinated, and 54.1% of the North Dakota population has been fully vaccinated.

When considering getting the vaccine, take into fact that it is a two-step series of getting shots. After a person receives their first dose, it is highly recommended by the CDC to get the second shot 3-4 weeks after the initial first dose. With the booster shot coming out in the news lately, it is recommended that if the patient received the Pfizer or Moderna vaccine, to get a booster shot 5 months after completing the initial series. If the patient received the Johnson & Johnson's Janssen vaccine, the booster can be taken two months after the completion of the vaccine series.

Recent data from the Center for Disease Control and Prevention suggests that COVID-19 vaccines become less effective at preventing infection or severe illness over time, especially for people age 65 years and older. This is why booster shots are recommended for people age 12 years and older who have completed their primary vaccination series. However, even as the vaccine's ability to prevent infection decreases with time, COVID-19 vaccination continues to reduce the risk of hospitalization and death when people become infected with COVID-19.

The level of protection people get from having COVID-19 may vary depending on how mild or severe their illness was, the time since their infection, and their age; and there is still not an antibody test available that can reliably determine if a person is protected from further infection.

While available vaccines have proven very effective in controlling COVID-19 and its variants, the virus continues to spread, mainly among unvaccinated populations. In the face

of flagging interest, officials across the United States have tried different approaches to increase vaccination rates. For example, officials launched incentive programs, sent out mobile vaccination units, and coordinated with corporate and community partners to encourage vaccine uptake.

Having exhausted those avenues, and with the rise of more contagious COVID-19 variants such as Omicron, some medical officials are going a step further. Federal, state and local authorities have announced that they are requiring certain categories of workers, such as medical workers, to be vaccinated.

Generally, under these types of mandates workers who decline vaccination must comply with measures that do not apply to their vaccinated counterparts—such as weekly COVID-19 testing and or mask-wearing.

Depending on the jurisdiction and the sector involved, however, unvaccinated workers might not have such alternatives.

## CAMPUS AND COMMUNITY INVITED TO READ

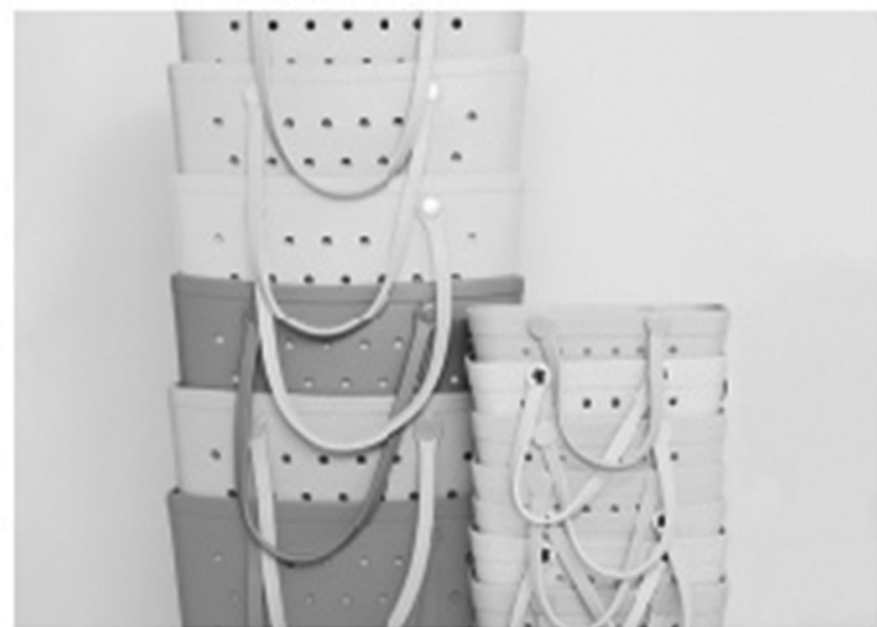
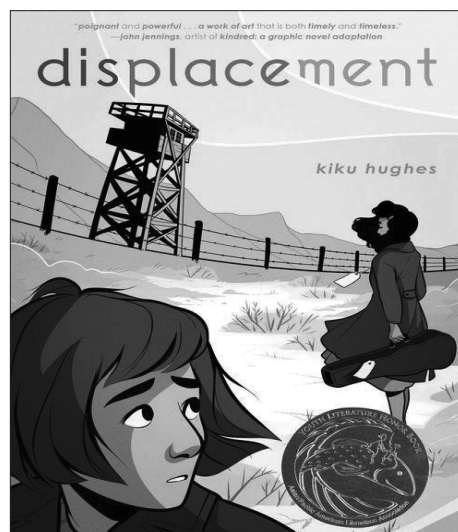
The Bismarck State College Campus Read, established in 2004, is designed to engage the campus community in a shared reading experience to enhance discussion and learning inside and outside of the classroom.

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 12 in LEA Hall room 204, from 12:05 pm to 12:50 pm. It is open to the public.

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.



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A STORY  
OF ILLNESS  
LEADS  
TO  
CAREER  
INTEREST



Taegan showing her matching medical bracelet on her teddy bear from the Juvenile Diabetes Research Foundation. (Credit: All photos by Daniel Grzesik)

By Daniel Grzesik  
REPORTER

A parent’s worst nightmare is having their child diagnosed with an illness. “It started when I was seven months old,” Taegan Buechler said. In 2001, Taegan Buechler was North Dakota’s youngest diagnosed baby with Type 1 Diabetes.

“You never think it’s gonna happen to your child,” Taegan’s mother, Leigh Buechler said.

Her mom noticed Taegan began getting sick and originally they thought it was a cold.

“My parents thought I had pneumonia,” Taegan said.

Leigh said she noticed Taegan was not getting better and one day her parents said they felt something wasn’t right and took her to the emergency room.

Taegan explained the story her mom told her. Taegan was in the hospital for days, only growing worse until additional test results came back and doctors quickly flooded the room.

“No one gets diagnosed this young,” Taegan said, repeating what her doctor had said to her mother.

“No one gets  
diagnosed this  
young.”



Taegan checks her blood sugar with a lancing device.

To understand Taegan’s journey, it is important to understand how the illness affects the body. Type 1 Diabetes is when the immune system begins attacking the body’s insulin producing cells in the pancreas. Every bite of food or drink causes the body to react by sending the hormone insulin to help store energy. Without this reaction, sugar in the blood continues to rise.

Navigating through this new world became a challenge for the Buechler family, but one they had to take on. At every meal and multiple times a day, Leigh would check Taegan’s blood sugar to make sure it was normal.

“It’s a constant battle to keep your child safe,” Leigh said.

Once Taegan was old enough to understand why she needed lots of shots and needle pricks, she started questioning why other children didn’t have to do the same.

“The illness isolated me from hanging out with other kids at a young age,” said Taegan.

By age 10, her interest in the medical field began. Taegan said the body is so complex, which opened opportunities to learn about it.

At 18 years old Buechler, still in high school, applied for a CNA position at a nursing home.

“It was my first real-world experience learning about medical illness,” Taegan said. “It gave me the opportunity to meet a lot of interesting people.”

A few months later, she graduated from high school and enrolled at the University of North Dakota for forensic science. After her first year, she returned to the Capital city and found another CNA position at Sanford Health in downtown Bismarck.

Medical decisions became learning sessions as a child and now she’s using that knowledge and experience to help others at the hospital. While she doesn’t know the exact career path she’s ready for, Taegan said she’s ready to help the next generation grow and be healthy.



Taegan poses outside her home in her CNA uniform.



# THOUGHTFUL THROWERS



On March 28 and 29, Bismarck State College hosted Red Lodge Clay Center out of Red Lodge, MT to demonstrate a variety of claymaking for students and faculty. Artists Bill Jones and Christopher Watt were on hand to showcase their skills and visit about the techniques and skills it requires.

Additional information about Red Lodge Clay Center events, artists and purchasing items can be found on the website: [www.redlodgeclaycenter.com](http://www.redlodgeclaycenter.com)



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# GRAND EXHIBITION

## SPRING SHOW

May 2-4 | 6am - 9pm  
Student Union

**BSC STUDENT UNION**  
1425 SCHAFER ST BISMARCK, ND 58501

May 4 | 10am - 12pm  
Alumni Room - Student Union

## STUDENT PORTFOLIO EXHIBITION

Support local design education and come out to see the innovative portfolios created by this year's graphic design and communications graduating class.

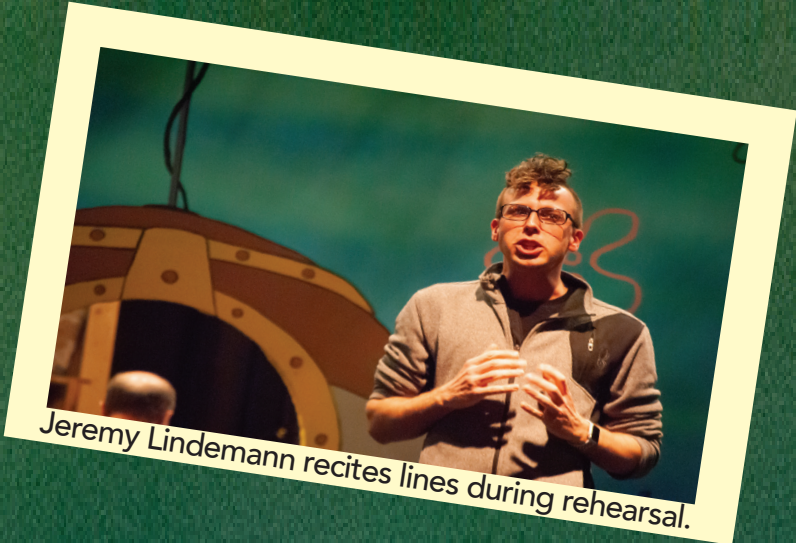




BSC BRINGS NAUTICAL NONSENSE TO STAGE

By Seth Iverson  
REPORTER

Are you ready, kids? Aye aye, Captain! From April 6-10, the Bismarck State College Theatre Department is ready to perform a brand new musical featuring the iconic cartoon character, Spongebob Squarepants.

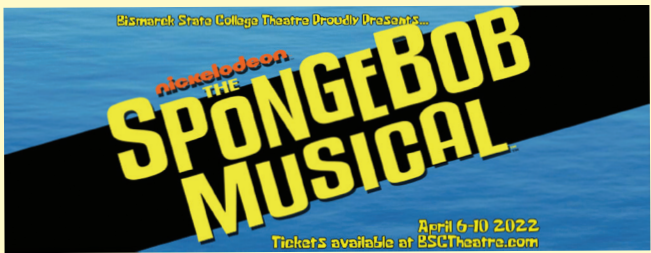


Jeremy Lindemann recites lines during rehearsal.

The cast of The Spongebob Musical gathers for practice. (Credit: All photos by Zachary Weiland)



Patrick Watson and Brittany Bearsheart interact while on stage.



MEETING THE MAN BEHIND THE SPONGE

Patrick Watson is a busy guy. He is not only a first year music student taking 25 credits while also working as a part-time barista at Mystic Java, he is also playing the titular character, Spongebob Squarepants, so it is now his job to try to balance it all while wearing a smile.

Patrick has performed in many musicals before, both within and outside of BSC. He started young with the Shade Tree Players, a children's theatre group in Dakota Stage LTD located on west Main Ave in Bismarck. He has played in multiple shows with them such as "Anything Goes" and "Bye Bye Birdie", with his most famous role being in "Oklahoma," where he played the main character, Curly McLain. He also performed in multiple plays ever since he was in elementary school.

Performing for BSC has been a difficult task. Originally, the rehearsals went from 6-8 p.m., but soon got longer as they extended to 10 p.m. Additionally, in order to get into the role, Danny Devlin, Associate Professor of Theatre told Patrick to act more like the character in his daily life. While this may be seen as a difficult task, he sees the character as an extension of himself.

"SpongeBob is easy for me to play because it's just me. I'm very like, I wouldn't say I'm bubbly but like annoying, I guess. I'm a very annoying person. So it'll be easy to get into this character," said Watson.

Patrick says that he wants to continue acting as a professional actor after BSC and is pursuing the music degree as a backup plan.



## THE ACTORS BRINGING BIKINI BOTTOM TO LIFE

The town of Bikini Bottom is very crowded, with a colorful cast of different characters played by many actors. Some actors are dedicated to one character while others play multiple smaller roles throughout the course of the musical. No matter how big or small the role, all these pieces align to create the iconic world of Spongebob.

Brittany Bearsheart is a theatre veteran, performing in multiple shows long before she attended BSC. Her first ever musical with the school being the 100 year anniversary performance of Titanic in 2012 where she played Eleanor Widener. Additionally, she has performed ever since she was in elementary school and has performed with both Sleepy Hollow and the University of Mary.

Additionally, Bearsheart said that the musical was written so that any character can be played by any gender in the musical—making it possible for there to be a female Patrick, a male Karen and a female Mr Krabs. After graduating in 2016 with a music degree, Brittany took some time off and recently returned to BSC to pursue a degree in theatre.

“Oh goodness, it’s a lot of fun,” Bearsheart said. “I had done theater my first round of college when I was out at University of Mary and I was still involved with some of the shows here at BSC as well but coming back as a student and back into the theater experience. I have learned so much more than what I already had known and getting to know a whole entire new group of people has been a lot of fun as well. It’s just been an overall great experience.”

On the other hand, Nicholas Zezeus is a BSC theatre debut. He was homeschooled his entire school life, so he had no prior chance to act in high school. His roles in the musical are smaller, playing characters such as an electric skate that’s like a rock star, a cowboy, a sardine devotee who is obsessed with Patrick Star and Old Man Jenkins. Because of the number of characters he plays, he has at least five to six costume changes.

Zezeus says that while he has sung publicly at performances before, he has never done it in a large performance such as this, so it’s a bit of a nerve-wracking experience.

“It’s always both, right?” Zezeus said. “I think that if you’re performing, you’re excited because you want to do a good job, and you know, everyone’s there to see you but you’re nervous. I’m motivated, but you just got knots in your stomach at the same time. So that’s bittersweet as well. It’s bad. It’s all of it.”



Cast members rehearse and take direction.



## TAKING A LOOK BEHIND THE CURTAIN

As the saying goes, “Rome wasn’t built in a day,” and that saying is also true when it comes to bringing the fictional town of Bikini Bottom to life. There are a lot of moving pieces to create a musical, from stage design to creating the music, it takes a lot of people to bring the iconic undersea town to life.

There were a lot of changes that had to be made from the original musical, with some more complicated sets having to be simplified. For example, during the original performances, when the characters climbed up Mount Humongous, they had to change it from climbing a massive prop to climbing up airplane ladders to simulate the experience. A lot of the experience is up to imagination.

“They’re mobile ladders. There’s a platform on top and so they can stand up there and they’ll be moved around on stage. They kind of mimic the climbing of the mountain scenes.” Dean Bellin, BSC technical director said.

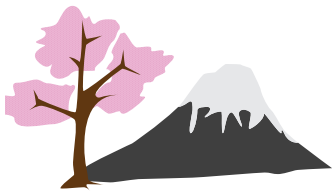
Dr. John Darling, professor of music said that the music style is a mix of different parodies of rock bands such as the Monkees and Bon Jovi, as it mimics rock and roll artists in a sort of tongue in cheek style mixed in with the traditional Spongebob music style of tropical music and sea shanties. The instruments in the pit include three pianos, two guitars, an electric bass, a drummer, an auxiliary drummer, violin, ukulele, cello, clarinet, flute, oboe, bass clarinet, saxophone and trumpet. Dr. Jason Thoms, assistant professor of music was the vocal coach.

“So I will add that it’s not just for children.” Bellin said. “Like I said before, anybody who grew up watching it, like, if you’re a college student who grew up watching it or if you just like musical theater because there’s a lot of really fun catchy songs in it, and it’s just a lot of fun and it’s a great story and I hope everybody comes sees it.”



## QUESTION: WHERE IN THE WORLD WOULD YOU LIKE TO WANDER?

**There** are so many places on this beautiful God-made planet that I would like to gallivant and appreciate. One of my favorite places that I have traveled to is Maui because of its paradise-like features—a place that is tropical and where the rain is warm. The nights are lukewarm because of the cool breeze that glides across the ocean with the smell of sea salt in the air.



The entire vibe is peaceful, calm and much preferred. One of the things that I would like to do if I went back is to venture out into nature and explore the beauties this place offers. To discover the waterfalls, forestry, beaches and ocean would be on my list of activities. There is almost nowhere that beauty is lacking in Maui. Another thing that I would like to enjoy would be the dining spots. Sushi is one of my favorite meals and being able to eat it freshly made would be delightful. Other traditional Hawaiian food is appealing to me as well. If I were to wander somewhere it would be Maui. There is so much to discover and admire.

Heaven is a place that is far superior to any other, but Maui seems to have some heavenly features. **-Mandy**

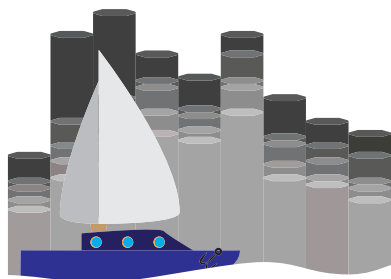


**I** would love to travel to somewhere in eastern Asia, preferably either Japan or Thailand. I have always had an interest in their general culture and cuisine, and would love to have the opportunity to explore that culture. Also, both places feature some unique landscapes that would be awesome to photograph. **-Zachary**

**What's** your familial heritage? —is a fun question to ask an American. Often, the response is followed by, “well, my mom’s side is from (insert countries), and my dad’s side is from (more countries).” I just recently learned that my family on my father’s great-great grandma’s side is from Scotland. I have been aching to go there for years, and to find out that I have ancestors that were born there is amazing. To be able to skim the Scottish Highlands on foot would connect me to my heritage and make me feel like, well, maybe that I belong. I could walk out into the mountains, gazing upon the frosted

tips with the moist air tickling the peach fuzz on my skin. I could hear the mooing of the fluffy, auburn haired highland cows and join them on their morning

stroll through the pasture—of course trying to avoid the unpleasant smells that may coincide with my companions. Scotland is a land of rich history. To have family members that were a part of that history is genuinely mind-boggling. But to explore that history would be an entirely new adventure. **-Autumn**



**I** would wander down to Rosemont, Illinois. Not only is it a place I have never been, but it is still in the midwest. I am unsure of the state’s history, but I am sure there are plenty of places to see and even more places to eat at, potentially trying new cuisine. The best part of going there would definitely be the Midwest Anime convention. **-Dante**



is unending; it keeps me curious and excited about life. There is nothing that makes me feel more alive than experiencing the landscapes, food, music, architecture, and traditions of farflung places. Everyone needs a sense of purpose and a source of joy in their lives and for me that means traveling, learning, wandering. **-Rikki**

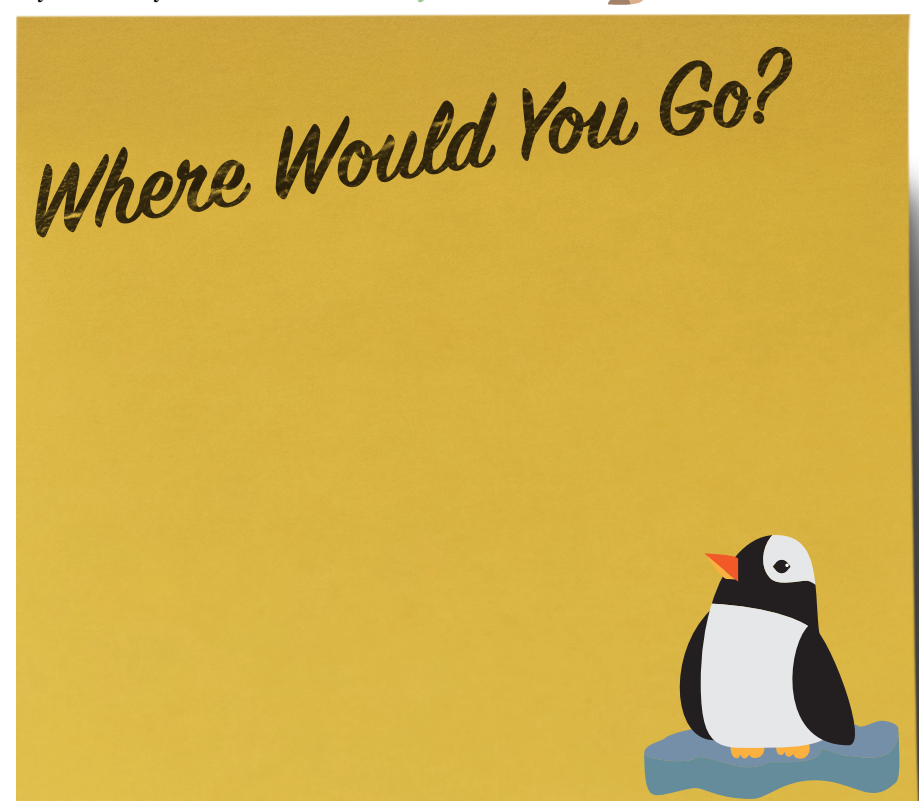
**If** I could, I would wander to Norway to visit the motherland of my ancestors. The pictures of Norway’s beautiful scenery are breathtaking, and I often daydream about the Norwegian coastline with its seaside cities, snow-capped mountains, and infamous fjords. The country also contains some of the largest and most amazing glaciers in Europe and a gorgeous view of the Northern Lights that dance across the sky. I would love to explore the history of Norway, visit their museums, explore their old castles and lighthouses, and discover what life was like for my distant relatives many years ago overseas. I have never been to another country, and I would also be very interested in sampling their authentic food, learning some of the Norwegian language, and comparing their ways of life to ours. I imagine that this would be a truly magical and memorable experience that would provide a lifetime of stories that I would treasure forever. **-Alecia**



**If** I could wander wherever I want in the world, I would wander around on hiking trails in Iceland. I have always wanted to go to Iceland because they have some of the most beautiful views on their trails. I love hiking and being outside in general, and Iceland also has a cooler climate instead of being super hot and all the time, which I prefer. Iceland has spots to hike such as Laugavegur, Seltjarnares or Hengifoss which I would all love to visit and just wander around someday. It would be tough to get the time and money to be able to actually go out there sometime and wander around, but if I got the choice to be able to go anywhere in the world and wander around without having to worry about time or money or any other external factors like those, then I would go to Iceland and hike and wander around. **-Jeffrey**



**Where** would I wander and why? I would wander to Greece. I would enjoy learning about the ancient culture that they have there. I like history and I also really enjoy tropical weather. I have heard that Greece is beautiful and the water is as blue as the sky. That’s my dream destination. **-Taylor**



## 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.



## MIND'S EYE BLIND

By Zachary Weiland  
THE MYX PRODUCTION MANAGER

"Picture this" is a phrase that is associated with the simple action of imagining. For the majority of the population, this is an act that involves making a mental picture that is visible to some degree inside of the mind. However, for a slim minority of the general population, that picture doesn't exist.

Aphantasia is a neurological phenomenon in which an individual is unable to conjure visual imagery. In layman's terms, Aphantasia is when the mind's eye is blind. It is believed that people with the condition are able to use previous context to conceptualize what something might be like in their head, but they can't actually visualize the information vividly.

Visual imagery exists on a spectrum, with Aphantasia being on one of the extremes. The condition is incredibly rare, only occurring in less than 5% of the population according to the American Psychological Association.

So what is it like living with this condition? For a lot of people that have aphantasia, they aren't even aware that they might be different in

the first place. Aphantasia has only been termed for under a decade; it was first termed in 2015. The condition flies under the radar because it does not have any significant impact on individuals that experience it.

Aphantasia can look different depending on the person. For some people, Aphantasia comes with the inability to form imagery in dreams, usually instead having dreams with emotional or conceptual context. For others that's not an experience. Some with the condition will have a lack of ability to hear songs and other audio information in their head, while others don't.

Contrary to popular belief, Aphantasia does not have any correlation to lack of artistic ability or creative ability in general. Studies have found that people with Aphantasia perform just as well in these situations as people who do not have the condition.

Overall, the condition is incredibly understudied. Researchers are still spending time and energy trying to understand this complex condition. As technology improves, studying neurological conditions has become easier to achieve.

## SPREAD LOVE NOT HATE

By Taylor Aasen  
MYSTICAST EXECUTIVE PRODUCER

In a world of wars, plagues and fires it is easy to see that people are losing hope. Depression stats are rising every day as the world mourns the loss of houses and animals in wildfires, pandemics tainting our reality and young children dying in wars.

It's easy to focus on the negative when that's all there is to see. Hate, anger and sadness are the new norm in our society. Why is it so easy for us to spread these feelings around to others? Hate is a plague of its own kind.

It takes a lot more energy to spread negativity to others than it does to spread kindness and love. Spreading positive feelings reduces stress and anxiety. Having a negative mindset can cause headaches, chest pains, depression and anxiety.

Not only does positivity serve self-love, but also spreads joy to others.

Making someone smile is easy, yet we tend to stick to ourselves. It takes two seconds out of the day to tell someone they have a nice smile or complement their outfit. Almost all of the time, the person will respond with a gracious smile and a thank you.

On the opposite side of that spectrum, it's also easy to spread feelings of hate. Often when someone is in a bad mood, the feeling of negativity transfers to others. It takes one second out of the day and one wrong comment to shift the tone of a whole room.

The truth is that life is beautifully sad. We don't know why we're here, but we do know that we are only here for a temporary amount of time. The people who come into our lives and show us unconditional love and compassion—they're the beauty of life. Life is too short to spread around feelings of hate and anger.

## INSECURITY

By Autumn Beto  
COLUMNIST

Sometimes writing about the factual, fun stuff isn't possible. Today is one of those days. Mental health awareness is growing and there are more people in therapy than ever before. We are also learning more about the brain and why people are the way they are. Sometimes it's hard to understand why people act a certain way and why they respond differently than one might expect.

I apologize in advance, but this is about to get up close and personal. I am diagnosed with severe anxiety and depression. I've been going to therapy and trying out different coping mechanisms to help myself get through the day to day. What everyone says is true: it is hard.

I've spent years trying to figure out what the heck is wrong with me and why I freak out over situations that are by no means life or death. My brain just thinks they are. It is truly a constant battle.

Today, as I was sitting and scrolling through my phone, my brain started going off and thinking—per usual—and I started to feel jealous, and it just kept growing. It grew from jealousy, to realized insecurity, to me shedding the hurt I was feeling in an Alice-sized meltdown—nearly drowning the white rabbit—he's always late.

I sat there in my tears thinking to myself, why am I so insecure? Why is it that I don't feel good enough? And then I realized, something or someone taught me that I wasn't good enough. Of course, that's not true and never will be. But the audacity! For me to think that I am not good enough in any way shape or form is wrong.

Every single person reading this is going to think at some point in their life that they are not good enough.

Oh, how wrong you will be.

I know that there will be bad days and days where you feel like nothing matters, but TRUST me, you matter.

You are enough.

**FOR MORE OPINIONS:  
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## TALK TO TAY: TOXIC LOVE

By Taylor Aasen  
MYSTICAST EXECUTIVE PRODUCER

Is your relationship toxic? Probably. Haha, just kidding.

Toxic relationships can vary from romantic, to professional, and sometimes they can even be family members. There are many warning signs of toxic relationships, or as

some like to call them— "red flags." One can easily search on The Google for the various warning signs of toxic relationships. The basics of every article say that if your partner does not support you or make you feel loved, then your answer should be clear. It's most likely not a healthy relationship.

If you have to ask the question of

whether or not your relationship is good for you, there are probably some issues that need to be addressed between you and your significant other.

Unfortunately, the signs may be easy to recognize, but the hard part can be getting out of the relationship. Many times, people find themselves in this

never-ending-toxic love story. There is only so much a person can put up with until they realize that this cycle needs to end.

Walking away from a relationship that isn't good for you is not easy, but once you're out of it, and that fog lifts, you'll never want to go back. Get out now.



# PAVING THE WAY FOR A BRIGHTER FUTURE

By Dante Ames  
COLUMNIST

“Arcane” is a show that does not hook the viewer but immerses them. The show may redefine what video game adaptations can be. The show does the best job in making viewers care about characters not because they play League of Legends but because the show forces the viewer to care about them. It drops the viewer in a new world that instantly starts the gears turning. The attention to detail makes it feel as though the viewer has been transported into a living breathing world.

There are different characters living their own lives out in the world. Individual storylines and plot threads occasionally pass, converge and inevitably crash into each other. One of the most impressive features of “Arcane” is how it is able to take multiple champions with eccentric, larger-than-life elements and turn them into very personified characters with compelling backstories. It goes that extra mile to humanize its cast. The characters are no longer archetypes. The viewers end up feeling as though they are real people. Every single character in the show is compelling because of how fleshed out

they are and how much care and detail went into each one. The animation and art, overall, looks phenomenally unique and fresh. “Arcane’s” animation is borderline movie level quality. Whether it is an information scene or a high-energy action scene, the animation never differs in quality. The viewers have Riot Games and Fortiche Productions, a French animation studio, to thank for the beautifully designed show. “Arcane” is the best video game adaption as of now and it has the potential to grow into one of the most exciting fictional franchises of the modern day. It is difficult to write a

series with a single interesting story for a single interesting character, but “Arcane” manages to do that for multiple characters. The writers balance all the characters without feeling like any single one was getting too much individual attention, while weaving all their individual stories into a compelling overarching narrative. It is not fast and it is not slow. All nine episodes feel perfectly paced, with twists and turns right until the end. “Arcane” is an incredible show that deserves to be enjoyed by fans of all backgrounds.

# KIM’S “ADVICE” TO WOMEN IN BUSINESS

By Alecia Biel  
COLUMNIST

I never fully understood all the hate received by the Kardashian sisters and their “momager” mother. To me, their reality television show was entertaining, and it was interesting to watch the daily lives of these women living a lifestyle that I could not imagine ever being able to afford for myself. Recently, however, almost every online news source has had articles calling out the most famous of the sisters, Kim, for her poor use of words when giving advice to women in business during a televised interview with Vanity Fair. As a woman who thinks that she works hard for her money, these words have me pretty lit up. What are Kim’s words that have me

so heated? When asked what advice the Kardashian sisters had for women in business, Kim replied, “I have the best advice for women in business: Get your f---ing a—up and work. It seems like nobody wants to work these days.” Now, some people may take this advice with a grain of salt. Afterall, Kim is a billionaire businesswoman, and I am certainly not in any position to give advice to women in business because of my success. However, I do think this is a good example of how people that are born into privilege in our society view those beneath them on the social ladder. It is certainly true that we must work hard for the things that we want in life. It seems hypocritical, however, for a woman who was born wealthy and has never had to struggle for anything. To say that nobody wants to

work when giving women advice. More women are in the workforce now than ever before. Many of these working women are leaving their jobs to go home to a second shift that includes taking care of children and a household. Some of those same women are also working second and third jobs to make ends meet and may even be pursuing an education because they still do not feel like they are doing enough. These are not women that need to be told to “get to work.” For most women, even if they worked themselves to death, they would not be able to reach the level of success that Kim has. This is because she was born into a situation where she has had many resources and opportunities available that 99% of the population does not. Most of us do not have families with wealthy and famous connections,

or large sums of money to start a business. We certainly do not have people following us around filming us simply because of the fabulous lives that we are able to live. The Kardashians do, and that provides them with a large following, product endorsements and money for their time simply because of their last name and social status. While I do not think that the Kardashians are to blame for the misconception that people who are not rich and successful do not want to work, I do hope that the backlash is a wake-up call that will open the eyes of the wealthy as to the reality of their privilege. Maybe it will humble them to the reality that so many women in their fanbase were offended, because these are hard-working women that already feel like they are not doing enough.

# CULTURAL SANCTIONS AGAINST RUSSIA: ETHICAL OR UNETHICAL?

By Rikki Roath  
COLUMNIST

Most of us have heard of the harsh sanctions imposed on Russia to punish the country for its invasion of Ukraine. Assets have been frozen, pipelines halted and tariffs imposed. I, like a lot of us, have been trying to stay updated on the situation. But between the shocking headlines and dark coverage of the issue, another type of article has become indispensable in Russia-Ukraine newsfeeds: cultural sanctions. Whether it is Disney refusing to release their movies in Russia, banning Russian athletes from competition, or my personal favorite, stripping Putin himself of his black belt in taekwondo, these sanctions seem irrelevant—miniscule when

compared to massive sanctions that threaten to choke the Russian economy. So, what’s the point? What are these sanctions trying to do and are they ethical? The most prevalent of all these sanctions are aimed at hitting Russia where it really hurts—in the sports arena. Russian athletes in sports, ranging from tennis to triathlon and soccer to skiing, have been barred from competing in international competitions. Even comparatively small events in the amateur and outdoor sports world have followed suit. Allowing a country to compete in international events requires showing them a certain amount of respect, which many don’t have for Russia at the moment.

These bans are also aimed at taking away an important part of Putin’s propaganda machine. For years, the success of Russian athletes has been used to show citizens of Russia and the world their greatness as a nation. The importance placed on this issue can be seen in the state-sponsored doping of Olympic athletes, which prevented Russia from formally competing in the last two Olympics. Taking away their ability to display greatness in the athletic realm also takes away their ability to invoke pride in their citizens and remind the world of their status. In addition to reducing Putin’s propaganda powers, cultural sanctions are thought to reduce Russian citizens’ tolerance for the isolation their government has imposed. Over time,

not only the economic despair, but the lack of access to entertainment and simple things they enjoy is likely to wear Russians down. But the question remains: Is this fair? Should athletes—or fans of sports and entertainment—who may have never supported Putin or those too young to vote, be punished for something their country officials have done? The answer is debatable. But I believe that many international businesses and organizations would reply, “I don’t care.” The world has taken a utilitarian stance on this issue. If sacrificing the enjoyment, or even the careers of a few—okay, a few million—Russians means saving lives in Ukraine or other invadable countries, then I’m all for it.



## BSC BASEBALL BUILDING OFF 2021 CONFERENCE CHAMPIONSHIP



The BSC men's baseball team are defending their conference championship in the 2022 season.  
(Credit: BSC Athletic Department )

By Chad Erickstad  
REPORTER

After a 2021 season in which the Bismarck State College baseball team compiled 29 wins to 10 losses and won the Mon-Dak Conference Tournament Championship, expectations are sky-high for the 2022 season.

"We had a really good year," said head coach Michael Keeran. "We were top five in the country in offense. We finished ranked in a couple different polls. We're trying to build off of that success."

The team got off to a fast start this year. After sweeping all four games at Miles Community College on March 26 and 27, the team's record stood at 17-1. After that weekend, they had scored 199 total runs to 49 allowed.

Keeran said they have a good idea of who they are. Because of COVID-19, several players are playing for a third year.

"We have about 70% of our team back," Keeran said. "All the guys who played last year are labeled as freshmen, because last year didn't count towards their eligibility. So we've got seven players who are in their third year—they're still technically freshmen because of all the COVID mess."

One such player is Kyler Stenberg. After playing baseball for Minot High School and graduating in 2019, Stenberg signed a letter of intent to play outfield for BSC. He said he had to change his plans because of the "COVID year."

"It pushed back a little of my four-year plans," Stenberg said. "I bumped up to a five-year. I plan on going an extra year here—I took a few extra classes. Baseball-wise, it pretty much stayed the same. I'll get the full two years of baseball to be able to develop, and then go on from there with it."

According to Coach Keeran, watching young players develop into more mature men is what it's all about.

"It's kind of cool to see them grow up in those two years and then move on—we've seen guys from this program from last year who moved on who are doing really well at four-year schools. We pride ourselves on that."

### Remaining home games:

April 3 vs Dakota College at Bottineau  
April 6 vs Lake Region State College  
April 10 vs Dawson Community College  
April 13 vs Mayville State University JV  
April 15 vs Williston State College  
April 24 vs North Dakota State College of Science  
April 30 vs Dakota County Technical College  
May 1 vs Dakota County Technical College

## A SECOND NATIONAL PASTIME MAKES AN IMPACT

By Jordan Waldren  
REPORTER

This is a game where a sack of beans or rice is thrown from a minimum of 10 feet away from the opposing player's board. A popular game most often played in the backyard with families and friends, typically with a beverage in one hand and a bean bag in the other. Cornhole has now turned into one of America's most well-known pastimes, after baseball. But did anyone know that cornhole is now a professional sport?

The American Cornhole Organization was started in 2005 by Frank Geers. Geers started playing the game in the late 1990s in the

Cincinnati Bengals' parking lot. For years, Geer was laughed at when he was trying to make the sport of cornhole go pro. Yet, there are now three professional cornhole leagues in the United States.

There is not a clear clarification on how the game of cornhole was started. Research shows Chicagoans were playing the game in the 1970s.

The rules of cornhole are simple. Four players place two cornhole boards a minimum of 10 feet apart with four bean bags given to each team. Players toss the bean bags, trying to land them on the opening in the board or landing the bag on the board. Landing a bean bag on the board collects one point and getting a

bag through the hole is three points. The game is played up to 21 points. If a team surpasses the total of 21, some people take the points back down to 11 points of the team that surpassed 21 points.

Before the regulated American Cornhole Organization bags were established and rules of cornhole were put in place, and the bags were filled with either bean, corn or rice. Now the bags are filled with resin pellets to make the smoothness and weight of the bags consistent and add to the standardization of the game. Years ago, the American Cornhole Organization created a two-sided bag with one side being smooth and slippery and the other side being sticky. These bags

work for trick shots by professional cornhole players.

From being turned into its own American Organization and now pro sport to one of America's most-played pastimes, cornhole was started by a man determined to make this sport something more than just being played in backyards by friends and families. No one really knows the origin of cornhole—from stories of the game being started by Chicagoans in the 1970s to Frank Geers playing the game in the Cincinnati Bengals' parking lot. The game of cornhole will keep growing for years to come. Maybe the Olympics are next.



# BSC ATHLETICS SPRINTING TO ADD NEW TRACK PROGRAMS

By Zachary Weiand  
THE MYX PRODUCTION MANAGER

The Mystics can already be found on the field and on the court, but soon, they will also be found on the track.

Starting in fall 2022, Bismarck State College will be adding four new athletic programs on campus. These include indoor and outdoor track and field, cross-country and half-marathon. These programs will compete in NJCAA Division I in the Mon-Dak Conference, except for cross-country, which will be competing in Division II. All of these programs will feature women's and men's teams and will run in both the fall and the spring.

While the half-marathon will be brand new, BSC has featured track and field and cross-country in the past. The last time that a Mystic competed in track and field was back in 1985. Since then, BSC has become home to the MDU Community Bowl, which features one of the best track venues in the state. The Community Bowl has manifested a prominent track and field culture in western North Dakota according to the BSC Athletic Director Myron Shultz. The Bowl hosts the state track competition for both Class A and Class B high schools in the state annually.

"We have a huge track culture [in western North Dakota]," Schulz said. "We have a facility and our city cares about it."

Schulz is confident that people in the area will support the new programs.



The MDU Resources Community Bowl hosts a variety of track meets. (Credit: Zachary Weiand)

Schultz has had students reach out to him asking to join the new teams. These new sports can also add a few new faces here on campus, and there is potential for future growth.

Another factor that was considered when advocating for these new programs was how they would compete against other schools. Unlike with team sports that require another team to be present to actually compete, track and field allows a similar opportunity to what eSports has been doing already.

"We can compete locally and go national," Schultz said. Track and

field can do this by competing in more local events, such as in Dickinson or Jamestown, and submitting those times and scores to qualify for national events.

One of the new events has been demanding more creativity with its planning—that event is indoor track. BSC does not currently have an indoor track facility, and facilities are limited in the area.

"Indoor is where we have to get imaginative right now," Schultz said.

Currently, Schultz is looking at spaces on campus that can be used, along with indoor tracks at the YMCA

and at local high schools.

Overall, Schultz recognizes the opportunities adding new sports will add. Sports allow the campus to be more visible and vibrant, and allow for connections to be made. Students get to reap the benefits from these programs. Just like other athletics programs, scholarship opportunities will be available.

Schultz said that there will never be a perfect time to start, and he is excited to get rolling next fall.

## DREW GIBSON TAKES HOME THE LAS VEGAS CHALLENGE

By Jeffrey Savadel  
COLUMNIST

The 2022 Professional Disc Golf Pro Tour has officially begun! The first tournament of the year, the Las Vegas Challenge, took place on February 24-27. The pros gathered in Las Vegas, NV to kick off the season and it was the first of 15 stops on the professional tour. Tournaments happen about every other weekend from now until October, concluding with the Disc Golf Pro Tour championships where the best players from the year compete for the top spot.

The Las Vegas Challenge provided plenty of storylines and standout players. The most notable was the performance of Gannon Buhr who is only 16 years old, which in and of itself is impressive; however, at the Las Vegas Challenge he had the first standout performance of his career. Buhr had scores of -10, -9, -10, and

-10 throughout the four rounds of the tournament for an overall score of -39. He was in first place for nearly the entire tournament. As a statement performance, competitors need to take him seriously this year. In previous years, Buhr played erratically and took too many risks. At the 2022 Las Vegas Challenge he showed the field that he is a new player this season.

As good as Buhr played, he did not win the tournament. First place went to Drew Gibson, a seasoned veteran of the DGPT who has played professionally since 2011. Previous to this win Gibson has a reputation of always being close to winning but never being able to finish strong and win a major tournament. This is evident in his career average of 6th place but only one DGPT win previous to this year's Las Vegas Challenge. Gibson battled with Buhr for all four rounds as he recorded scores of -5, -13, -8, and -13.

Going into hole 18 of the final round, Buhr had a one stroke lead on Gibson, and Gibson was up first to the tee. The hole is a par 4, and Gibson had to birdie and gain a stroke on Buhr in order to push the tournament to a playoff.

Gibson stepped up to the tee and threw an absolute perfect shot that set him up for the birdie. Buhr then matched his shot and landed next to Gibson's shot. All Buhr had to do was get his next shot close to the basket and he would win.

Buhr threw his shot a bit too hard and went out of bounds behind the basket, leading Gibson to get a birdie and Buhr getting a par.

They were both at -39, so they went to a playoff to decide the winner. After four holes of intense match play, Gibson took the win as Buhr went out of bounds again on Hole 4 of the playoff.

The battle between Drew Gibson and Gannon Buhr was instantly a classic in DGPT history. Between Buhr's breakout performance and Gibson's come from behind to finally get his long-awaited DGPT win, there was drama and excitement in every shot.

There are other storylines from the tournament, such as Tristan Tanner's return from injury last year or the new layout of the courses from previous years.

The tournament can be found on YouTube on the JomezPro channel. All four rounds are on there including the playoff between Gibson and Buhr. I highly encourage you all to watch it. It will have you on the edge of your seat and you may get hooked on Disc Golf just like many others! Other channels on YouTube that produce disc golf content are GK Pro and GateKeeper Media.