

THE MYSTICIAN

ISSUE 8 | VOL. 80 | BISMARCK STATE COLLEGE | BISMARCK, N.D. | MARCH 7, 2019



JOSH BITTERMAN (LEFT) AND JOSIAH PEARSON (RIGHT) GO HEAD TO HEAD IN THE FIRST BRACKET OF THE SUPER SMASH BROTHERS TOURNAMENT HOSTED BY MYSTICS GAMING CLUB AND FIGMENTS OF IMAGINATION
PHOTO BY DYLAN KAHL

BSC MYSTIC GAMING AND FIGMENT'S OF IMAGINATION HOST A SMASHING FUN TOURNAMENT

BY DYLAN KAHL

When one thinks of video game companies, if not the first, at least the second name to pop up would be Nintendo. With endless classics to choose from, one that quickly rose to fame is Super Smash Brothers.

Super Smash Brothers is a series of games made by Nintendo, and is an all out fighting game with an ever-growing roster with each new title that is released.

The latest edition, Super Smash Brothers Ultimate, has the usual characters that individuals would see in the game, such as Mario or Kirby, but also include characters from other licenses like Pac-Man and Ryu from Street Fighter.

Bismarck State College's Gaming Mystics have held

multiple Super Smash Brother tournaments for people on and off campus.

On February 27, BSC Gaming Mystics and Figments of Imagination teamed up to host one of their biggest tournaments yet. While most people in attendance were there for the Super Smash Brothers tournament, others were entertained by additional games the Gaming Mystics and Figments set up for the event.

If Smash Brothers didn't sound appealing, players had their choice of going on computers that were set up with the game Apex Legends, testing out the Virtual Reality headset or having fun playing Mario Kart.

One of the players attending

was Ben Arbach, a BSC sophomore who enjoys playing Super Smash Brothers.

"I enjoy playing games overall," Arbach said. "Recently I've been playing more Smash and then I saw this poster and I figured why not."

Arbach said his favorite Super Smash Brothers character to play as is Ike.

"Ike has easy movement and is a heavy hitter," Arbach said.

Arbach was a little hesitant in saying that he would take first place, but was confident that he would be in the top ten.

The president of the BSC Gaming Mystics, Morgan Drake, was also a participant in the tournament.

Drake was excited about the turnout of the event, with 20

people in attendance and 15 participating in the tournament.

Prizes were given out throughout the day with a free Mystic Java coupon to anyone who received the Apex Championship.

The Gaming Mystics also had prizes going out to first, second and third place winners in the Super Smash Brothers tournament. Prizes included a white lightstrip, a Nintendo Eshop card with values ranging from \$10-\$30 and the first place winner getting to choose one of two Nintendo Amibos with the one not chosen going to the second place winner.

With the crowd's excitement, at the Super Smash Brothers tournament, the next one is one that is surely not to be missed.

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EVENT CALENDAR

- March 10**
Daylight Savings Time begins
- March 11-19**
Spring Break
- March 18**
Game Day
Free, Student Union Game Room
9 a.m. - 4 p.m.
- March 19**
BSC Agriculture Programs Visit Day
11 a.m. - 1 p.m.
BSC Energy Programs Visit Day
National Energy Center of Excellence
11:30 a.m. - 2 p.m.
- March 20**
Coke & A Smile
Free, Student Union
11 a.m. - 1 p.m.
- March 22-24**
BSC Communications Programs Visit Day
1 p.m. - 3 p.m.
BSC Graphic Design Program Visit Day
9 a.m. - 11 a.m.
Men's Baseball
Ben Berg Classic
Mystics vs. Mesabi Range Community College
3 p.m. & 5 p.m.
- March 25**
Artist Reception: Prairie Plein Air Artists
BSC Gannon Gallery, LEA Hall
4 p.m. - 6 p.m.
- March 26**
BSC Health Science Programs Visit Day
BSC Allied Health campus
10 a.m. - 12 p.m.

CLUBS ON CAMPUS

- AMATEUR RADIO CLUB**
Adviser: Mike Holman
mike.holman@bismarckstate.edu
2nd Wednesday of the month at 4 p.m. in the Career Academy Room 234
- ART CLUB**
Adviser: Andrea Fagerstrom
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1st & 3rd Tuesday of the month at 3 p.m. in LEA Hall Room 322
- BSC GAMING MYSTICS**
Adviser: Karen Arlien
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Every Wednesday at 3 p.m. in Jack Science Center Room 126
- C&U**
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- CYBER SECURITY CLUB**
Adviser: Matthew Froehlich
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Fridays at 2:30 p.m. in Technical Center Room 108
- DRAMA CLUB**
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Every Thursday at 12 p.m.
- ENERGY CLUB**
Adviser: John Thilmony
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- GRAPHIC DESIGN AND COMMUNICATIONS CLUB**
Adviser: Jason Lueder
jason.lueder@bismarckstate.edu
- INTERVARSITY CHRISTIAN FELLOWSHIP**
Adviser: Tony Musumba
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- MYSTIC MEDIA CLUB**
Adviser: karen Bauer
karen.bauer@bismarckstate.edu
Every Tuesday and Thursday at 1 p.m. Armory Room 143
- PHI BETA LAMBDA**
Adviser: Vickie Volk
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first Wednesday of the month at 2:00 p.m. in the Technical Center Room 130
- PHI CHI TA KAPPA**
Advisers: Kevin Cavanagh & Michael Tomanek
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- POSTSECONDARY AGRICULTURAL STUDENTS CLUB**
Adviser: Marko Davinic
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- STUDENT NURSES ORGANIZATION**
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- SP&C CLUB**
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The Mystician



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Stop by Room 125 in The Armory for more information.

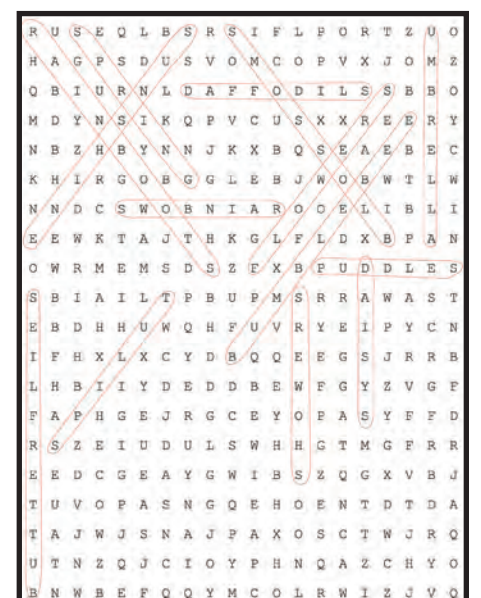
The Mystician Mission Statement and Disclaimer

The purpose of college media is to serve and give voice to the students.
We, as the student-based forum of journalism on the Bismarck State College campus, provide content that is informative, fair, concise and of importance to BSC. With this goal in mind, The Mystician staff 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.
The BSC Mystician strives to be objective and is not affiliated with any outside organization.
The Mystician upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining and thought-provoking material to the college community.

WORD SEARCH AND SUDOKU KEY FOR SECTION B PAGE 6

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NEWS



**WHAT'S UP WITH THE CAPITOL?
UPCOMING LEGISLATIVE BILLS**

PHOTO BY HUNTER L. ANDES

WHAT CAN HELP PEOPLE COPE?

BY JUSTINE EMILY SMITH AND BAILEY SCHMIDT

Depression has been around since the beginning of time. The first record of depression travels back to millennium B.C. in Mesopotamia and was known as a spiracle condition and not a physical condition. If an individual had depression, it was believed that a demon or evil spirit was traveling through the body.

People experiencing depression don't know how others cope with it and those who suffer from it don't know how to explain the feeling.

With many ways to cope with sadness, the feeling of being forgotten, etc., one thing can't work for everyone. Everybody is different.

"Music helps. I can play it in my head when I'm stressed," Alexis Whittey, a North Dakota resident who struggles with depression said.

Music has been known to reduce stress levels and helps with relaxation. Music is also known for calming panic attacks.

"Every medicine I've been on, after six months I start noticing very negative things," Whittey said.

Because medicine isn't for everyone, finding other ways to cope could be challenging, but helpful at the end.

Reducing stress can be a big step to overcome. According to the Anxiety

and Depression Association of America, over 40 million Americans struggle with anxiety. Causes of stress could be school, work, moving up in a relationship, or losing a loved one to name a few.

When stressed, the human body produces a hormone called cortisol. Creating this hormone prepares the body to cope with whatever situation is coming, but it causes depression in the long-run. Finding the source of the stress and focusing on it, will benefit the body's physical and mental health.

Individuals who experience sleep disturbances is a leading cause of depression. Struggling to fall asleep or staying asleep can be the cause of staying on electronics right before bed. Instead, reading a book with little light can give the brain a relaxation at the end of a long day.

Finding a support group, such as family or friends, can help a person calm down and feel better when they need someone to talk to or even just have someone listen.

A therapist is another option. Therapy is open to everyone but it is especially helpful to those who can't find a family member or a friend to talk too. Usually, therapy sessions go for one hour in their office or in a separate room specifically for those wanting to seek help.

Therapy can be expensive even if insurance covers most of the full cost. Luckily, Bismarck State College offers free individual counseling to students.

The Mystic Advising and Counseling Center or the MACC, gives students an opportunity to talk about anything with

a trained counselor. All information that is shared in each session is complete confidential.

For more information about the MACC or to schedule an appointment, call 701-225-5752.

Free Crisis Hotlines:

National Alliance on Mental Illness: 1-800-950-6264

NAMI is trained to answer any questions about any mental illness including depression and anxiety.

National Suicide Prevention Lifeline: 1-800-273-8255

Counselors are there to get individuals back in the right headspace.

Substance Abuse and Mental Health Services

Administration: 1-800-662-4357

This number is for individuals not in immediate danger of causing harm to themselves or others around them, but realize that help is needed.

Boys Town National Hotline: 1-800-448-3000 and

Teen Line: 1-310-855-4673 or 1-800-852-8336

With the national increase in teenagers suffering from anxiety or depression because of school, jobs, and becoming a real adult, Teenagers and their parents can call Boys Town, or for those that want to talk to someone their age, call Teen Line.

INTERVIEW SUCCESS IS AS EASY AS PIE

BY DYLAN BINDER

With graduation coming up, students can do many things to stay busy. They can travel, hang out with friends, or visit colleges for the following year. However, not many think of applying for a job and moving forward economically. Most students don't know what job interviewers are looking for, and their interviews could end up leading nowhere.

Kate Millner, who is the director of the Bismarck State College Mystic Advising and Counseling Center, recommends students go to the Career Services page of the BSC website.

On that page, students can find occupations that will suit them using Kuder Journey. With this resource, students take a survey to see potential career paths and jobs they would be suited for.

The Job Seekers Network is available for all BSC students and alumni to find employment. Websites on this page lead students to what is available in their career path.

Another career website offering entry level positions for college students and recent grads is collegegrad.com. It also provides information on résumés, cover letter, interview preparation, etc.

The United States Newspaper Listing website lists job opportunities in newspapers outside of North Dakota.

Students need to make sure that their résumés have the right amount of professionalism and flair. Students that have a weak and bland résumé may not

get any calls from the employer. However, students that have too much style on their résumés could have the same result. The Mystic Advising and Counseling Center in the Student Union is available for students to see how they can improve their résumés.

Having adequate job interview skills is a step in the right direction to finding that dream job. However, there are students that do not possess these skills. Marcie Larson, Human Resources Coordinator at Pride Inc., offered many suggestions on how students can improve their job interview skills.

"Showing up on time, being confident, avoiding strong body spray or deodorants, and knowing about the company are important steps to take before an interview," Larson said.

"During the interview, you should maintain eye contact, sit up straight, and avoid constant movement. Be yourself. Never try to be someone that you aren't," Larson said. If you do not know the answer to a question, ask about a situation, and be honest if you do not know. After the interview, thank them for their time. If you are really interested in the job, follow up with an additional email thanking them for their time."

Students can practice these skills with practice interviews at the MACC. This area is located on the second floor of the Student Union. Students can make an appointment by visiting a counselor, or by calling 701-224-5752.

LEGISLATIVE BRIEFS

BY MORGAN DRAKE

Below is a collection of the current legislation that our readers might be most interested in. For more on a specific bill or resolution, go to legis.nd.gov.

NEW ETHICS FOR NORTH DAKOTA

House Concurrent Resolution 3028 is a resolution urging the Legislative Management to study the newly created Article XIV (Ethics Commission) of the North Dakota Constitution and determine the impact it could have on the constitutional rights of North Dakota citizens. This legislation received a "Do Not Pass" recommendation and is on the calendar for March to be voted on.

PROTECTION FOR LGBTQ+

Senate Bill 2303 was introduced in January of this year to prohibit the discrimination of individuals in North Dakota based on sexual orientation. This bill received a "Do Not Pass" recommendation, and in the closing days of January, it failed. A follow-up amendment with different language also failed to pass.

A FREE SENIOR YEAR

Senate Bill 2334 was an amendment created to form a senior year waiver program for currently enrolled college seniors. The amendment would have allowed for seniors in North Dakota Higher Education Institutions to have their final year of Education be paid for by the State of North Dakota. This bill received a "Do Not Pass" recommendation and failed to pass the State Senate in a 7 to 39 vote.

FREEDOM OF SPEECH

Senate Bill 2320 would create restrictions on faculty and student speech, as well as grant students the right to file a lawsuit against an institution that fails to meet the standards set by Senate Bill 2320. This amendment would remove details of and provide framework for State owned Higher Education to create policy regarding on campus time, place and manner restrictions. It would also protect the freedom of a guest speaker to be on a campus regardless of protestations of students or staff. This bill received a "Do Pass" recommendation and passed in the house.

WHAT REALLY MAKES PEOPLE HAPPY?

BY BAILEY WILHELM

College can be a stressful time. Being away from home for the first time can be quite the change to students. Balancing a busy schedule of classes while trying to make money to afford wants and needs, brings about anxiety. This stress can cause multiple problems, not just physical problems such as gaining weight and losing sleep, but emotional problems as well.

In 2012, the United Nations held its first ever conference to determine a day dedicated to happiness. In 2013, The International Day of Happiness was first celebrated worldwide on March 20. From then on, this day is celebrated annually and is thought to inspire and advance the global movement of pure happiness. This day is a reminder to everyone in our world that a ray of sunshine can be found in a time of darkness.

Many say that the main goal in life is to be happy—genuinely, constantly, and profoundly happy.

According to the dictionary, happiness is defined as “the state of being happy.” But, what does that mean? What does it look like, feel like, or even smell like?

Lauren Moser, a freshman at Bismarck State College gives her take on happiness.

“Happiness is sunshine: It is when you are sitting in your car as the sunlight hits the windshield and the feeling of warmth in your body overflows,” Moser said. “It is the sight of your waiter bringing food to your table. It is random babies smiling at you, or going to bed at night knowing you don’t have to set an alarm in the morning.”

An article in the American Journal of Epidemiology suggests that individuals who exercise and stay active on a regular basis tend to be happier in the long-run. Exercise releases endorphins, and endorphins make people happy. Whether it is a pick-up basketball game at the gym with friends, or an outdoor activity spent in the nice weather, staying active will help create a healthier and happier life.

Amber Stevahn, a freshman at BSC has stayed active with uplifting activities in and out of the gym.

“Working out itself is not always the most fun, but the feeling of accomplishment after is the best,” Stevahn said. “Outdoor activities like tubing or jet skiing also bring ultimate happiness.

Having those tan lines after a long day in the sun are so rewarding.”

Being away from family can cause sadness for college students. Living on one’s own for the first time can cause difficulty. Adjusting to life with roommates can be new and the feeling of homesickness may arise.

“When you get to your house from not being there for a long time and the smell just reminds you of home, that has got to be the best,” Moser said.

Courtney Olson, another freshman at BSC agrees.

“Family and the little things in life are what truly matter,” Olson said. “My grandparents have not missed a single basketball game of my high school or collegiate career so far. I am so thankful that they enjoy watching me do what I love and what brings me happiness.”

Life is full of highs and lows, good times and bad times, but at the end of the day there are so many things to be happy about. Doing more of that is the key to contentment.

“Whether it is making a good marshmallow, having deep talks with

my friends, or even wearing my favorite scrunchy, that brings me happiness,” Moser said.

A sensation known as a “helper’s high” is produced when your brain releases endorphins. When an individual does something good for someone else, their center of their brain lightens up and releases endorphins, which produce this high.

“Doing something good for someone else and the chain reaction of random acts of kindness are important,” Olson said. “Along with that, sunsets, concerts, and even making a snowman in the cold weather can bring happiness.”

Research from The Journal of Personality and Social Psychology gave insight that pets provide important foundation for owners, improving their lives and making them happier.

“Animals and pets running up to you, good hugs, uplifting music, and being surrounded by the best people, that is what truly brings me happiness,” Stevahn said.

At the end of the day, happiness is what an individual makes of it.

NEWS BRIEFS

THE GREAT ALONE

Champion sled dog racer, Lance Mackey and the documentary that follows him, The Great Alone is being shown at the Belle Mehus Auditorium on April 4th, 2019 at 7 p.m. Lance Mackey will be doing a Q and A after the film as been shown.

The Great Alone is a feature length documentary film shot in the arctic wilderness of Alaska that captures the inspiring comeback story of champion sled dog racer, Lance Mackey. From his sunniest days as a boy by his famous father’s side to cancer’s attempt to unseat him, The Great Alone pulls viewers along every mile of Lance’s emotional journey to become one of the greatest sled dog racers of all time.



PHOTO SUBMITTED

ND MEDICAL MARIJUANA CONDITIONS EXPANDED

On February 19, North Dakota’s legislature passed House bill 1519 expanding conditions for medical marijuana patients by a vote of 89-4.

The 12 new conditions include: Anorexia, Bulimia, Anxiety, Tourette syndrome, Ehlers-Danlos syndrome, Endometriosis, Interstitial cystitis, Neuropathy, Opioid use disorder, Opioid withdrawals, Migraine, Rheumatoid Arthritis, and Autism spectrum disorder.

This bill will go on to the Senate for a final vote. On February 28, the first medical dispensary opened in Fargo at 4302 13th Ave. South, Suit 19.

For more information on medical marijuana patients and dispensary applications, visit The North Dakota Department of Health Division of Medical Marijuana website at www.ndhealth.gov/mm.

BSC FOUNDATION LAUNCHES \$8 MILLION HEALTH SCIENCES CAPITAL CAMPAIGN

The Bismarck State College Foundation released their campaign to bring back the Health Sciences programs to the main campus.

By addressing the healthcare workforce shortage, BSC will be able to accommodate to more students.

A virtual hospital will be in the process of being made in the new facility to collaborate with more programs and provide more training for any student going into healthcare.

The Foundation has begun its renovations in an existing building adjacent to the main BSC campus.

Naming and recognition opportunities are still available. for more information or to donate, contact the Foundation at 701-244-5700.

For more information about the campaign, visit bismarckstate.edu/healthsciences.

BSC PROGRAM VISIT DAYS

Agriculture Programs Open House
March 19, 11 a.m. - 1 p.m.

Programs Include: Agriculture Industry and Technology (Agronomy), Farm and Ranch Management, Agribusiness, Agriculture

Energy Programs Open House
March 19, 11:30 a.m. - 2 p.m.

Programs Include: Lineworker, Mechanical Maintenance, Nuclear Power, Water & Wastewater, Energy Services & Renewables, Petroleum Production, Power Plant, Process Plant, Electric Power, Electrical Transmissions Systems, Instrumentation & Control

Graphic Design Program
March 22, 9 a.m. - 11 a.m.

Communication Program Open House
March 22, 1 p.m. - 3 p.m.

Programs Include: English, Foreign Language, Mass Communication, Speech Communication

Health Sciences Open House
March 26, 10 a.m. - 12 p.m.

Electronics/Telecommunications Program
April 5, TBA

Geomatics, Engineering & Mathematics Programs Open House
April 18, 12:30 p.m. - 2:30 p.m.

OPINION



STAFF ED: WINTER DRIVING

LETTER FROM THE EDITOR

Greetings and salutations, are you a Heather? If there is anyone reading this that's a fan of the 1989 film *Heathers*, I hope you got that reference, and for those that didn't, go check it out on Netflix. Or maybe go see the talented individuals over in the theatre department put on their rendition of *Heathers: The Musical*.

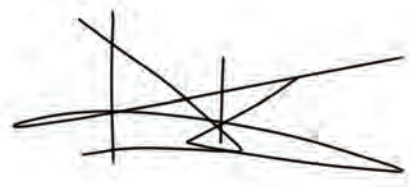
Adapted from the '89 film, the musical will still feature fan favorites and take certain elements of the film and make it stand out.

If this sounds like an endorsement from yours truly, shamelessly it is. The poster is designed by myself and is my favorite poster I've made so far. So, if at a glance it catches



anyone's eye feel free to snatch one up and hang it in your room for forever.

I'm only kidding though, I would not promote poster theft. But if you do see a few that have gone missing, sorry, Danny it was me.



Dylan Kahl

STAFF ED

Time and time again, North Dakotans have struggled through winter, whether it's because of the extremely cold temperatures, the copious amounts of snow or attempting to drive anywhere without getting into a car accident.

People that live in state complain about out of state drivers, younger drivers and older drivers. People that live out of state complain that North Dakotans drive too quickly and recklessly. Whatever way it's looked at, there will always be a problem with winter driving.

We here at *The Mystician* have put our heads together, and come up with some of the reasons why winter driving is the worst.

There are two kinds of drivers in the winter. The first type, who drive like they would in the middle of the summer, whether they are driving 20 miles over the speed limit at all times, riding other driver's bumpers, or just being reckless on the highway when snow is blowing everywhere, and people are sliding into ditches.

The second type are the ones who go so slow that they cause accidents.

They go only 10 miles an hour on a 55 mile per hour highway. They have four wheel drive and enough horsepower to get through all of it, but still drive like a snail.

Either way, it seems like most car crashes in North Dakota happen when snow hits the ground and everyone in the state forgets how to drive.

This month has been an example of how terrible the driving conditions are and how people have responded; such as, drivers going way too fast down the hill near the Student Union and sliding right through the four-way stop.

One day it's going to cause a huge accident, and could seriously injure someone walking across the sidewalk.

People in North Dakota need to learn that there are different driving techniques at different times of the year, and trying to rush when you can't get traction on slippery ice and snow, leads you nowhere but the ditch. If drivers could put aside that "me first" attitude, and take a few extra minutes to travel, there wouldn't be as much to worry about.

GET YOUR SASS BACK TO CLASS

BY AMANDA JOYCE

Hi and hello once again, so as some people know, I am one of the lucky people from *Mystic Media* that gets to go to the Spring 2019 College Media Association Convention in New York.

I'm not trying to brag or make anyone jealous, but I wanted to let everyone know that while my fellow editors and I will be there, I plan on making a travel vlog for everyone to enjoy.

"Oh Mandi, how original, another person going to an overcrowded city and holding up a junky camera and filming themselves walking around," said every single person I've told about this idea.

Listen, don't @ me. I will do it, whether the masses want to see it or not. I'm hoping to make it more fun and upbeat though because instead of one person's point of view, it'll be from five. Plus, the five of us going are communications students, so we will try and make sure

there are some great shots in it, and it won't just be of us walking around.

Anyway, the point is that I'm very excited about this and hopefully it'll open up what I do in the media world and that it's not all serious hard hitting news. We're not robots, we know how to have fun outside of the newsroom, even though it's pretty fun inside it too. I just want to give an inside perspective on all that we have had to do to reach where we are, and the work that we will still be doing even at the convention.

That's it, that's my quick little blurb on what you guys can be expecting soon. I hope that everyone will enjoy it, and maybe it'll convince some of you to join our wonderful Mass Communications programs.

With that being said, I'm going to get back to recording, and I want you to get your sass back to class.

19 AND STRUGGLING

BY BAILEY SCHMIDT

During this semester, I've sat in the student union almost every day to enjoy a warm chai tea while doing my homework. With about two months left before graduation, I have a few comments to make about the different students on campus and how they act.

I graduated from high school a year early to get a head start on my college life and my career. Throughout the two years after high school, I have seen myself maturing more than others my age.

I don't know a lot of 19-year-olds that want to buy their own home straight out of college, but if so, congratulations! We are on the same page, come join me in the struggle to succeeding as a younger adult.

With maturing faster, I see many students that haven't moved out of their high school phase.

Don't get me wrong, there is nothing bad about staying young at heart, but there is a limit. It might be time to start acting like a real adult, don't call someone an idiot or a loser behind their backs. Don't try and act like you're a bigger and better person.

We aren't in high school anymore. We, as college students, are out in the real world now. We need to find our paths here. We need to find our careers that we love. We need to start being more mature as a generation.

It breaks my heart to see people putting others down. I know so many individuals

that, once they got into college, can finally be themselves without having that feeling of being judged every day of their lives.

Students love it when they find their calling. They can express themselves more and find new friends that they feel comfortable around. It's amazing to see what kind of new person comes out, even if you have known them your whole life.

I have been in the shoes of someone who was put down because of the type of career field I wanted to go into. With doing construction my whole life and seeing and hearing the other guys laugh at me, even during the first couple days of classes, was one reason why I switched careers.

I love what I am doing now, but it hurts

to see people not wanting to grow up and act like adults for once in their lives.

Graduation is coming fast around the corner, and it would be nice to see some students starting to buck up and find their path in life and stop acting like little freshmen from high school.

Stop judging the girl who walked into the party with sweatpants and a t-shirt on. Stop judging the guy who wants to engage the students to come to a college event. Stop judging the couple who wants to start their lives right away.

Grow up. You never know who you might be working for in the coming years of your life. Start acting your age.

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PHOTO BY DYLAN KAHL

SHOULD YOU PLAY IT COOL?

BY RJ TARE

Imagine this. After countless hours of begging for your phone number at a party and hopeless beer pong bets, you finally decided to give it to Chad or Chadette.

They said “hey” and you replied with “hi,” instead of receiving an instant reply, they respond hours later. You’ll reply again, and they reply years later with “Day 8: The apocalypse left North Dakota devastated.”

This scenario of replying late to appear uninterested is an example of “playing it cool” in the dating realm.

Why do people play it cool anyway? Should you play it cool?

Playing it cool makes one appear uninterested and difficult to get, which in

turn makes a person desirable.

For example, going to a restaurant that requires at least months of reservation time will feel more satisfying to go to than a nearby bistro. The restaurant may serve mediocre meals compared to the bistro, but the time and effort it took to be in the restaurant makes it desirable.

It is something built into our psychology. When we achieve or acquire something difficult, our brain rewards us dearly.

Part of playing it cool is becoming uninvolved, which makes a person difficult to impress. Thus, when a person that has been playing it cool does show some interest from a suitor that has been

bombarding them with “wanna hang out?” texts, the brain rewards the suitor with satisfaction and euphoria.

It might sound like playing it cool is a good way to get yourself in a relationship, but it encompasses a problem in dating.

By playing it cool, a person appears casual, detached, and afraid of commitment, which attracts relationships with no strings attached.

If you’ve been longing for that dreamboat of your life, playing it cool might lead to you being the booty call or none at all.

Looking for a long-term relationship filled with mutual happiness and you’re

playing it cool? This ain’t it, chief.

Playing it cool has its advantages, but it isn’t something we should do when we absolutely admire someone. I’m not an expert, and I probably googled “why playing it cool doesn’t work,” but the best way to find yourself inside someone’s heart is by being honest.

Show some interest and tell this significant person how you feel, and if this person doesn’t reciprocate, move on and stay true to yourself.

In a far far future, maybe Chad or Chadette’s next reply is “just chilling,” and as you lie in your deathbed surrounded by your loved ones, you can finally say “same.”

CONSPIRACY CORNER: TIME TRAVELING TRUMPS

BY JACOB IRVING

Is President Trump a Time Traveler? The question, although strange, may not be as far off as you think.

In the early 1900s, a scientist named Nikola Tesla was working on many state of the art and futuristic experiments. One of Tesla’s projects in his New York City laboratory was time travel. The year of his death, Tesla stated he was very close to figuring it out. At one point, he claims he came close to death when he got caught in the current of one of these experiments and saw the past, present and future all at once. Tesla thanked his assistant for saving his life. Tesla was found dead in his room Jan. 7, 1943.

Tesla was known to be on the forefront of modern technology. Following Tesla’s death, the government and the FBI deemed his material too important and immediately sent in the Office of Alien Property to collect any and all of Tesla’s research and findings.

The government has since been in denial about cover-up situations dealing with the release or even the possession of

Tesla’s work. Their story has changed many times over the years, and recently the FBI has declassified an approximately 250 pages of work related to Tesla. They have never admitted to the full picture of what the FBI, the Office of Alien Property or their scientists ever found.

This is when things start to get ... weird.

Along comes John G. Trump, President Donald Trump’s uncle, and a profound inventor, physicist and professor at MIT. He was tasked with going over the findings that had been seized to try and make sense of them.

The 2018 declassified FBI files show that John G. Trump stated the papers did “not include new sound, workable principles, or methods for realizing such results.”

Many people theorize and claim that this is when John G. Trump found and stole Nikola Tesla’s technology for time travel.

Take a few steps back to the late 1800s. There were two important books written at that time that seem to be out of place. The author Ingersoll Lockwood published

two pieces around 1893. The first titled “Baron Trump’s Marvellous Underground Journey” is about the main character Baron Trump. The story begins in Russia, and a mysterious man named Don guides him.

The sequel to that book published only a few years later is titled “1900: Or, The Last President.” It begins in a state of uproar in November after a presidential election. There are mobs in the street, and everyone is upset about the rich who have oppressed and wronged them for many years. Trump’s election brought about marches and mobs that mirrored the destruction in this book.

Lockwood also writes, “The Fifth Avenue Hotel will be the first to feel the fury of the mob.” In current day New York City, the Trump Tower skyscraper is located at Fifth Avenue.

The pieces to this puzzle are all laid out over time, and admittedly have a very weird fit when put together. But the interesting thing is that all of these little coincidences exist. Do they all add up

to mean that Donald Trump is a time traveler? No one is certain, but the pieces do make an interesting hypothesis.

John G Trump found Tesla’s work on time travel and stole it for his own development. Upon reaching his goal, he sent his nephew Donald Trump into the machine where he was able to see and visit the past, present and future. Unable to do any good in the nuclear war-torn future, he went back in time to stop Tesla from finishing another one of his end of life projects, the “death beam,” and put himself in line to become president to help the world become better than the one he saw in his travels.

President Trump is always giving credit to how smart his uncle was. He has said many times that his uncle “taught him nuclear before nuclear was nuclear” – quite a strange thing for a man to say that was born in 1946.

The answer to our questions all lay in one place: the future. We can travel there ourselves to find out, but for now, we have to get there at regular speed.

HAVE A STORY IDEA? WE’D LOVE TO PRINT IT.

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ARTS



THE 80.8 SECTION B MYSTICIAN

PHOTO BY DYLAN KAHL



(ON THE COVER) DIRECTOR DANNY DEVLIN HELPING NAOMI CHAFFEE WITH THE PERFECT "HEATHERS POSE" (ABOVE) NAOMI CHAFFEE REHEARSING FROM THE TOP
PHOTOS BY DYLAN KAHL



(FROM LEFT TO RIGHT) MARISSA CARPENTER, NAOMI CHAFFEE, CIANNA CARLSON, AND STEPHEN LOFTSENESS SETTING UP THE STAGE DURING REHEARSALS



DANNY DEVLIN POSING FOR NAOMI CHAFFEE

HEATHERS: THE MUSICAL

This April, Bismarck State College's very own Sidney J. Lee auditorium will be host hit musical "Heathers: The Musical." Director Danny Devlin puts his own creative take on the movie-turned-stage performance, which is sure to blow audience members away.

The cast is made up of mostly BSC's own college students, although to make this even more special, three students from local high schools are involved and acting in this show. Hayden Pederson, Laura DeGraw, and Kylee Gifford all bring that essential high school energy and know-how to help charge and renew this dark version of the hit movie "Heathers."

This performance of Heathers is set to be unlike any other. There is nothing better than a cast and crew that really fits together, and Heathers will be a great example.

Taking place in the 1980s, this play is a story of high-school drama, outcasts, fitting in, and as Stephen Loftness, playing Jason Dean (J.D.) put it, "the perfect recipe for an awesome show."

With all of the exciting technical feats in store, crafted by BSC's own wizard of tech, Dean Bellin, this is a show definitely worth seeing.

Come to the Sidney J. Lee Auditorium on BSC campus April 3-6 at 7:30 p.m. or April 7 at 2:30 p.m. to see the show. Tickets available at the campus information center 701-224-5677 or at BSCTheatre.com



(FROM LEFT TO RIGHT) STEPHEN LOFTSENESS, NAOMI CHAFFEE, AND MARISSA CARPENTER GETTING DIRECTION FROM DANNY DEVLIN

DATES: APRIL 3-6 AT 7:30 P.M. AND APRIL 7TH AT 2:30 P.M.

| ArtsQuest 2019 | | | | | | |
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| *BE SURE TO CHECK THE BISMARCK STATE COLLEGE WEBSITE FOR ANY UPDATES OR ADDITIONAL INFORMATION | | | | | | |
| APRIL - MAY 2019 | | | | | | |
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| HEATHERS:THE MUSICAL | | COLLAGE CONCERT | | CHOIR CONCERT | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | WIND ENSEMBLE CONCERT | | | | EASTER BREAK | EASTER BREAK |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| EASTER BREAK | EASTER BREAK | CHAMBER ENSEMBLE CONCERT | | SHORTCUTS | JAZZ CONCERT | STUDENT RECITALS |
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2019 ARTSQUEST ACTIVITIES AND INFORMATION

March 15 - April 15

Polage Art Show
 March 26 Polage Art Show Reception 4 p.m. - 6 p.m.
 In the foyer by the Elsa Forde Gallery outside the Sidney J. Lee Auditorium
 Austine Wood Comarow and her daughter Cara Wood Ginder
 will be speaking at 5 p.m. www.austine.com

April 4 The Great Alone – Dakota Film Festival –

Belle Mehus in downtown Bismarck at 7 p.m.
 Question and Answer after the show with Lance Mackey
 The Great Alone: <https://www.youtube.com/watch?v=6V4BoehXPVI>
<https://drive.google.com/drive/folders/1nD5O0RLL8W83huX8z4M0TWOA1MwMZyBM>

April 4 Poetry Contest: watch for upcoming details

April 9 Collage Concert

Sidney J. Lee Auditorium 7:30 p.m.
 Artists Brian Hushagen and Andrea Fagerstrom will be painting on stage during the concert.
 Students will be reading from the literary arts journal Figments of Imagination.

April 11 Concert Choir Concert

Sidney J. Lee Auditorium 7:30 p.m.

April 15 Wind Ensemble Concert

Sidney J. Lee Auditorium 7:30 p.m.

pARTy

Thursday, May 2
 10 a.m. - 1 p.m.
 Student Union Activities:
 Graphic Design screen printing
 Student Art Sale
 Photo Booth
 BSC Foundation/Alumni Activity
 The MYX 11 a.m. - 1 p.m. outside the Union
 The Mystician Volume 80 Issue 10 available
 Figments of Imagination Volume 27 available
 Figments Reading: Noon on the Mystic Stage

Gate City Bank sponsored lunch: 11:30 a.m. -
 supplies run out
 1 p.m. - 3:30 p.m.
 Plein Air Painting with Prairie Plein Air Artists
 including guest artist Karen Bakke
 Plein Air Painting Critique: 4 p.m.
 Attendees are invited to Plein Air painting
 around campus with a group critique in LEA Hall
 outdoor courtyard. Inclement weather: paint in
 LEA art studios with critique on 3rd floor student
 lounge.

April 23 Chamber Ensemble Concert

Sidney J. Lee Auditorium 7:30 p.m.

April 25 Shortcuts: watch for upcoming details

NECE Bavendick Stateroom 7 p.m. - 9 p.m.

March 25 - April 11 Art Exhibit in Gannon Gallery

"Capturing the Moment" by Prairie Plein Art Artists
<http://prairiepleinartists.com/>
 Reception: watch for upcoming details

April 30 - May 1 Visiting Plein Art artist Karen Bakke

Bakke will be giving one hour demonstrations in the following classes:
 Tuesday, April 30
 LEA Hall (room 323) at 10:30 a.m. with the Drawing I class

Wednesday, May 1

LEA Hall (room 322) at 8:30 a.m. with 2-D Design & Drawing II class
 LEA Hall (room 317) at noon with Painting I & II class.
<http://www.karenbakkeart.com/>



DAKOTA FILM DASH RETURNS FOR SECOND YEAR

Dakota Media Access offers the opportunity for everyone in the Bismarck-Mandan area to participate in the film contest, the second Dakota Film Dash.

Teams can be formed of all ages and experience levels. Contestants must sign up by midnight March 21 to participate. The registration fee is \$20 and can be paid at the kick-off.

The film dash begins March 22 at 7 p.m. at Laughing Sun Brewery Bismarck. Contestants will be assigned a genre, line of dialogue, a character and a prop to be included in the film.

Following the kickoff contestants will have nine days to write, cast shoot and edit their film. Films must be submitted by midnight March 31. The films will be shown at the Dakota Film Festival Matinee Screening, which will include an award ceremony. The matinee is scheduled for April 6. The Dakota Dash Films will be shown from 2 p.m. - 4:30 p.m. at the Belle Mehus Auditorium.

THE GREAT ALONE

SHOWING APRIL 4TH, 2019 AT 7 p.m.
 AT THE BELL MEHUS AUDITORIUM
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synopsis

The Great Alone is a feature length documentary film shot in the arctic wilderness of Alaska that captures the inspiring comeback story of champion sled dog racer, Lance Mackey. From his sunniest days as a boy by his famous father's side to cancer's attempt to unseat him, The Great Alone pulls viewers along every mile of Lance's emotional journey to become one of the greatest sled dog racers of all time.



THE MYSTICIAN

TO MOVE FORWARD, WE NEED TO LOOK BACK

BY ROBERT MECHALEY

There exists little to no information on the next generation of video game consoles, yet rumors abuzz. The most recent gossip on the next generation regards the backwards compatibility of Sony's next project, the PlayStation 5.

Due to a patent taken out by Sony, there is conjecture that the next PlayStation console may be able to play not only PlayStation 3 and 4 games, but possibly games from the second and original as well. This comes as no surprise, considering Microsoft has been consistently updating their library of compatible games from the Xbox and Xbox 360 for the Xbox One.

For readers unfamiliar with the term, backwards compatibility is when a current generation game console, example the Xbox One, can play games from the previous generation, like the Xbox 360.

As much as it sounds like Microsoft is not doing much, backwards compatibility is a massive selling point considering it accounts for customers already owning games that they like which they may not find available on the current generation. Sony does have classic games available for download, however they are limited, and the consumer is forced to purchase them from the online store even if they already own the original disc.

Backwards compatibility is more appealing on the Xbox One when the games are able to be played and updated for free.

Microsoft may not be worthy of applause often, but in this instance, they know what the consumer wants and have knowledge of a market longing to play older games they either no longer have a

way of playing or who were too young to experience these games.

I don't know about everyone else, but I grew up on the old PlayStation classics and hold fond memories of playing them. Very recently, I purchased on the PlayStation store the classic game "Parasite Eve," a personal favorite. While I was arguably too young to play it, the game "Parasite Eve" and other old survival horror games on the PlayStation systems were formative to me and I owe much of who I became to them. I still adore these games and if I could play the few original discs I still own, it would mean the world to me. Backwards compatibility serves a secondary purpose in my eyes. In more recent games, immersion is incredibly important and with more immersive and realistic games, it's far more difficult to notice the game's design.

If a player were to look at the original "Resident Evil 2," there are obvious and clever design decisions used and these important designs are what make it effective survival horror. In last month's release of "Resident Evil" and "Biohazard 2," a reimagining of the original, there are still complex design decisions, but you must look deeper through the immersion to spot them. This is further complicated when the most obvious design choices are those carried over from the original and the more nuanced are hard to spot.

Backwards compatibility will most likely not make or break for the next console generation, but it will serve as a nice flavor text. I won't burst into tears if the rumors of backwards compatibility to the original consoles proves untrue, but it would make me beyond happy if I was



able to pop in the disc of "Parasite Eve" on rainy days when I'm not feeling up to playing the next action blockbuster.

If future game designers took a page from older games being made more accessible, then that furthers the appeal. We still have a few years to go before releases of the next console generation, but even without rumors, I don't doubt the customers and critics will be impressed and gleeful with what Sony and Microsoft will bring to the table.

JUSTINE'S RECIPES: BREAD PUDDING WITH WHISKEY SAUCE

Spray a 9" x 13" pan with nonstick cooking spray.
Take two cans of cinnamon rolls, cut into pieces and spread in pan.
Mix together:
1 c milk
1 1/2 c sugar
1 1/2 tsp cinnamon
2 eggs
Pour mixture over cinnamon rolls and bake for 45 minutes at 350°F.

For the sauce:
Melt 1 cup butter.
Cool for 10 minutes.
In a separate bowl mix 2 tbsp water and 1 egg. Add mixture to butter.
Add 1 c sugar.
Mix and bring to boil.
Remove from heat.
Add 1 shot whiskey/bourbon.
Mix and pour over bread pudding.



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BLAST FROM THE PAST

BY BAILEY WILHELM

The world has changed drastically since 2009. Technology has evolved into bigger and better things. News and politics have taken a toll on our country, along with societal changes.

Sports, music and entertainment keep the generations connected, it enlightens moods and continues to be a huge staple in our society.

Education remains vital within young generations. It prepares them for the future. Clothing styles will always be changing. But, what goes around comes, usually comes back around. Our generation has seen a lot within the last ten years.

In 2009, Apple came out with iPhone 3GS. This \$99 third generation iPhone had a 3.5 inch display and could hold up to 32 GB.

Now in 2019, Apple's \$1,099 iPhone XS Max carries a 6.5 inch display and can hold up to 512 GB.

Obama's Inauguration was the main political story in 2009. Being the first African-American president served to be of

great importance. America was coined as "a new era" from that moment on.

10 years later, we are now in the second half of Donald Trump's presidency. There seems to be a lot of division within our own country, along with another country just south of us as well.

10 years ago, in February of, 2009, Super Bowl XLIII was taking place. The Pittsburgh Steelers beat the Arizona Cardinals 27-23.

Just this past month, Tom Brady and the Patriots took home another Super Bowl win. They ended up beating the LA Rams 13-3.

In 2009, music consisted heavily of Pop. The Black Eyed Peas ruled that time, with hit songs such as "Boom Boom Pow" and "I Got a Feeling." Lady Gaga, who is still big in the news, rose to fame with her hit singles "Poker Face" and "Just Dance."

Now in 2019, Ariana Grande, Travis Scott, and Post Malone keep busy in the entertainment business. All are consistently producing top chart singles such

as: "Thank U, Next," "Sicko Mode," and "Sunflower."

Michael Pfennig, sophomore at BSC, gives his take on how music has changed a lot within the past ten years.

"In the present, artists are expected to put out more regular content, trap music has a major foothold in the marketplace, and "clout" chasing artists have taken the music industry by storm," Pfennig said. "The entire industry is flooded with higher quality content and it will be interesting to see where it goes from here."

In education, college tuition has increased within the last 10 years. The average tuition for the 2008-09 academic year was \$25,143 for private institutions, while in state public universities average cost was \$6,585.

In present day, the average cost of tuition and fees for the school year is \$35,676 for private colleges, and state residency colleges are estimated at \$9,716, according to data reported to U.S. News in an annual survey.

In 2009, neon was the new black. Jeggings and leggings were making a name for themselves, along with sundresses paired with gladiator sandals on the women's side.

Fast forward ten years later and neon is out and black is back in. Neutral colors are the go to. Leggings are still a popular item, in contrast high-wasted jean attire is the new trend.

Time flies by and trends fade out. Our technological world is advancing, but that comes with a price to pay... literally. Political events will always cause conflict, our country will continue to strive towards peace.

Sports and music will continue to entertain future generations. Along with that, education will continue to be a passport for the future.

History may repeat itself, or it may change an immense amount. But, so much has changed within the past ten years. One can only wonder what 2029 will bring.

SUDOKU

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WORD SEARCH SPRING FEVER THEME

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SPORTS

FIGHT NIGHT



ZACH *"the denier"* EBACH

VS.

DYLAN *"the yes man"* BINDER

★★★★ SHOULD BSC ★★★★★
HAVE A FOOTBALL TEAM?



DYLAN "the yes man"

I personally think having a football team will benefit this college for many reasons. Being that Bismarck State College will be moving to a polytechnic university, it will remove that "community college" atmosphere that BSC once had.

Having a football program will further remove that stigma. The financial benefits that will arise from having a football team will be huge. Although creating a football league will be expensive, it will be worth it because people will be intrigued by the new league.

The cost for shoulder pads, helmets and knee pads will be very low. The cost of having scholarships and trainers will be much higher. However, football is the most popular sport in our area of the United States and we have a football stadium right in our backyard.

The most expensive part of owning a football team is building a stadium, and we have already

achieved that task. This will help generate ticket sales and reduce any financial burden that BSC would have.

Next, there are many students that want to play college football but cannot because of financial reasons. Many former high school football players have enrolled in programs that are exclusive to BSC, such as the lineman program. BSC would offer scholarships or cheap tuition to students who joined this football program. This would gather more students to our college. It would also allow BSC students who played football in high school to return to the sport that they love.

Finally, it would allow students to become better at the sport for two years and then earn a scholarship to a bigger school program. There are tons of advantages to having a football team, and they far outweigh the disadvantages.



ZACH "the denier" EBACH

When it comes to sports at Bismarck State College, they are limited. With rumors spreading that football will come back, I believe it shouldn't happen, so hear me out.

Football at BSC is not a bad idea. But with that more salaries for coaches and scholarships for students to play would be needed. How are they going to pay for those?

In my opinion, if they make a team, they won't have enough fans to cover the costs. It will have the same atmosphere as high school. It seems like a great idea because in North Dakota, people like to drink and watch sports. By bringing football back, it would impact students who want to play at BSC, bringing in more students.

With BSC being a two-year college, it means that if after two years they are good enough go somewhere else, they can play for four or five more years

depending on if they redshirt. This could let students continue their dream until enough is enough.

I also know students at BSC that live on campus. They would love to watch another sport, and it would also help them engage with other students. Making new friends while living in a dorm can be difficult, but talking about football would be an amazing ice breaker.

It also gives media students and sports enthusiasts more opportunities to seek an announcer job and a commentary job at any sports game. Not only that, BSC would also have to add a female sport like softball or cheerleading.

I really do believe that as the budget gets tougher to have football, then tuition will rise for future students. Football is a great sport, but BSC is not a great fit for it.



LEFTHAND SHOOTS HIS WAY TO THE ATHLETE SPOTLIGHT

BY PETRA DAVIDSON

Darnell Lefthand is a sophomore at Bismarck State College. He is playing basketball for the Mystics and taking general education classes, including art.

He grew up in Hardin, Montana, a small town located off the Crow Reservation. He lived there with his parents and siblings.

He said his future goal is to become an art teacher and basketball coach in a

Montana high school.

Good Spirit, his Native-American name, plays a role in his day to day life allowing him to share his “good spirit” with people around him.

“I am a good spirit, I always have a smile on my face. I’m always willing to learn new things,” Lefthand said. “I’m always there when you need me. I’m always having fun. I’m always pushing myself to become a better version of me.”

Lefthand is a small forward on the basketball team and stays motivated on and off the court with the support of his family.

“My dad motivates me,” Lefthand said. “That’s why I’m doing basketball, because my dad didn’t have a chance to play in college.”

“My little brother, Famous, and my older sister, Darrelyn, they always motivate me,” Lefthand said. “We’ve always had that brother and sister connection where they only try to make you become better and motivate you to become the best you can be.”

Darnell smiles and looks out the window thinking about his family.

“I had a quote growing up. My parents always told me and my siblings to



DARNELL WITH HIS FAMILY
PHOTOS SUBMITTED BY DARNELL LEFTHAND



DARNELL AT HIS HIGH SCHOOL GRADUATION

memorize [it] before they dropped us off at school or at the bus stop,” Lefthand said.

“Never give up, never say you can’t. You’re strong. You’re handsome. Never quit.”

STUDENT ATHLETES REDSHIRTING IN COLLEGE

BY BAILEY SCHMIDT

Continuing to play a college sport after high school is a dream to most athletes. Sometimes, injuries and academic eligibility can put a pause on that dream.

The National Collegiate Athletic Association has made it possible for students to join the team even though they can’t play.

Known as redshirting, students wouldn’t participate in any games or matches for that year, but they still can practice with the team and sit on the bench at home games to cheer on their teammates.

Whether a student is planning on attending a two-year college or a four-year university, all rules apply.

Redshirting is more like an extra year of eligibility. Those who redshirt at a two-year college like Bismarck State College, they will in total attend for three years.

“The major issue at our school is planning out [the students] coursework and credits,” Jeni Walsh, head volleyball coach at BSC said, “[making] sure the player has enough credits to take at BSC and remain eligible to play their sport.”

Season-ending injuries, academic eligibility, athletic development and getting a head start in classes are main reasons why students redshirt their first year.

“I have had a few players that have redshirted as freshmen because they came to BSC with a prior injury,” Walsh said. “The injury happened to them after they signed their Letter of Intent to be a Mystic.”

Coaches can suggest to incoming freshmen athletes that if they would like

to play, they can redshirt their first year to gain more experience in that certain sport. Getting in the weight room to build more muscle, learning healthy diets and gaining the experience of playing on a college field or court.

“Redshirting is beneficial at our school in the case of injuries,” Walsh said “the player had no control over that injury so it still allows them the opportunity to compete in college. The extra time in the weight room can also be a benefit.”

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Photo by Dylan Kahl

SPORTS SPOTLIGHT: INTERVIEW WITH MINNESOTA TWINS PRESIDENT DAVE ST. PETER

BY ELLIOT HELLMAN

With spring training underway, and the 2019 baseball season just around the corner, many Twins fans are excited to watch the players take the field and compete their way to the playoffs.

Last season was filled with lots of excitement, some sadness, and several historical moments. This season is very different, as is every season, but there's something about this upcoming season that has Twins fans hopeful. Don't believe it? Then take it from Twins President and Bismarck, North Dakota native, Dave St. Peter.

Elliot: What does the President of an MLB organization oversee/do?

Dave St. Peter: Well, my job as the president and CEO of the Minnesota Twins is really to oversee the operations of our organization. What that means is I serve as a liaison to our ownership and to Major League Baseball, and I oversee the organization, and ultimately we'll be judged on our performance both financially and how we perform as a team, the Target Field experience, and our engagement with the community. So I tend to think about it that as a CEO you're really the steward for the brand. So anything that impacts the brand is what I'm responsible for.

E: Very interesting, that's very cool. One thing I try to learn more about is the business side of baseball. On to the next question: You grew up in Bismarck. What was it like? Did you ever think you'd ever get the job you have right now?

DSP: Bismarck was a great place to grow up. It was a wonderful place for my parents to raise a family. I have a lot of great memories there, and a lot of great values were instilled in me, some of that came from where I grew up and who I grew up with. The time I

spent in Bismarck I frankly wasn't as defined in my career path, that didn't come until later once I got into college at University of North Dakota, and even at that point it was more about trying to find a career in sports. I never really allowed myself to think about any level of management or, God forbid, being the president of a team.

E: Did you ever play baseball growing up?

DSP: I did, I played American Legion baseball in Bismarck and played with a product of the youth baseball programs in Bismarck.

E: Do you visit Bismarck often?

DSP: I do occasionally. My mom passed away last summer, and my dad relocated to the Twin Cities so I'm not sure if I'll be visiting as often, but I do visit on occasion.

E: Alright. I think I got most of the personal stuff out of the way, let's talk baseball! There have been some great signings this off season, and with the young talent you have, what are your thoughts on the 2019 season?

DSP: We're excited about the 2019 season. We think we've had a productive off season, we've been able to bring in some high quality

individuals both on and off the field. We think that Jonathan Schoop and CJ Cron on the right side of the infield are both high quality players. We think if Jonathan can stay healthy, we'll have a great bounceback season. Obviously Nelson Cruz is one of the more prolific power hitters in Major League Baseball of the last decade, so we think those adds will be significant. We think that the young core group of players, many of which were a driving force to our race to the postseason in 2017, a lot of those guys took a collective step backwards last year. We think that experience will help them take a step forward again in 2019. We're very optimistic that we're gonna be in a good spot with our club in terms of overall talent levels and ability to collectively move forward and hopefully chase down the Cleveland Indians.

E: Awesome! Can't wait for the season to start. Looking forward to catching a few games. One game in particular many fans, including myself, are looking forward to is the Joe Mauer number retirement game. How do you think Joe's career has been defined as over the last 15 seasons?

DSP: Well, Joe is a very significant player by every measure. He was one of the best players of his generation. He certainly redefined the position of catcher from an offensive perspective. I think had it not been for injuries, he would've certainly gone down as one of the better players to play the game. All that being said, I do believe what he did put up in numbers will ultimately lead him to Cooperstown. But I think what Joe meant off the field, in our clubhouse, in the dugout, in the community, he was everything you would ever ask for in terms of a role model, and someone to make us proud of wearing our uniform.

E: So now that he's retired, it's been said that he's taking some time off to be with family. What is his future with the Minnesota Twins? Will he be a coach or take an office role?

DSP: That has yet to be determined. Joe's gonna take some time and be with family over the course of the year, maybe more. Joe knows he has an open door to impact our organization however he sees fit. At the end of the day, we will have that dialogue at the appropriate time.

LET'S GET REAL

BY LEVI HOLZER

I can't believe it's the greatest time of the year in the world of sports. Spring training. This is arguably the most enjoyable time for Major League Baseball or College Baseball, since you get to see incoming talent for your favorite team(s) and watch baseball.

I would say the best is watching players that have been called up from the minors to play in Spring Training. It's a pretty

cool site because you get to see guys who got drafted in the higher round and are progressing throughout the ranks in the minors and see how they play against MLB caliber players.

It is exciting to see those below the ranks try to make a name for themselves. By playing in front of the executives, players get the attention they want when the time comes when they need to call up players in the regular season.

For example, this year the Minnesota Twins called up Nick Gordon. He was the fifth overall pick in the 2014 MLB Draft as a shortstop from Florida State University.

Gordon is projected to be an asset to the lineup for the Twins this season and make an impact; as they added him to the 40-man roster after the 2018 season.

He played 99 games the Twins Triple A team the Rochester Red Wings hitting a .212 batting average with 29 runs batted in.

Fun fact, Gordon is the half-brother of Dee Gordon, player for the Seattle Mariners and his dad played 21 seasons in the majors as pitcher.

With how the weather has been this year, it's dreadful to think that baseball has only just started and I'm waiting to get outside for softball. Unfortunately I can't, because mother nature has decided to once again make us hate living in this state during the winter years.

Let's get real, some may argue that football, basketball or even golf is the best time of the year. I believe there is nothing better than eating sunflower seeds, drinking beer and keeping score at a baseball game out in the sun and seeing your favorite player be a kid once again and hit walk-off homeruns.

MYSTICS SWINGING FOR THE FENCES EARLY

BY LEVI HOLZER

Head Coach Corby McGlaulin says the countdown is on and that the Bismarck State College Men's Baseball team has about five weeks until Arizona. The team has been practicing in the BSC Armory for a month and half, building on pitching arms and hitting.

"The main focus right now is getting arms in shape so we are ready to roll in March," said McGlaulin.

McGlaulin said that there isn't a whole lot the team can do with fly balls and team defense stuff in the Armory, but they are hammering down techniques, and being fundamental on everything they do inside and they're trying to get in as many swings as they can.

Bismarck State returns most of their lineup from last season, with all nine spots. The major part that the team struggled with, was depth in the pitching department.

"That's what we addressed in the offseason, and this year we think we're 12-13 arms deep that can really go out there and be a big improvement for us," McGlaulin said.

The Mystics return 12 sophomores from last year that played very big roles, but 15 freshmen come into the mix this season.

To recap from a season ago, the team was low on outfield players, but this season they have six returners that rotated all three spots. There are a couple freshmen competing for those same spots as well.

"It's exciting to see the guys keep pushing each other," McGlaulin said.

Different from last season, they lack experience in the infield positions. With the 12 returners, only five of them played in bunches on the infield.

Ty Leingang, from Mandan, ND, is a main infield returning at shortstop, and Drake Flesche is a third baseman from West Fargo. Both will be getting help in the infield from incoming freshmen.

"We are excited for all of our new guys," McGlaulin said.

Reigning Gatorade Player of the Year, Jake Faircloth, a utility player from West

Fargo and a two year starting shortstop from Post Two in Legion Baseball, and Devon Farrell, from Saskatoon, SK, are also fighting for spots in starting lineup as freshmen.

"Alec Battest was one of our best hitters at the end of last year, and was rock solid catching every game behind the plate," McGlaulin said. "We are looking for big things from him this year, he's our leader vocally, in the weight room and on the field."

Trey Rogers, from Sioux Falls, S.D., is pushing Battest everyday. Bismarck native, Preston Eagleson, is looking to get playing time as well.

"We are really happy with those three guys and it's by far the deepest we have ever been at the catching position," McGlaulin said.

Coach Justin Oliver has been a blessing to the BSC Baseball program from what McGlaulin has said and fell into their laps. He is a native of San Jose, CA, and played college baseball at San Jose Community College and the University of Mary.

Oliver has scouted for the Boston Red Sox and worked with some of the top high school teams in the country.

"We couldn't be more thankful for what he brought to the team and the guys absolutely love him," McGlaulin said.

For the team, the Ben Berg Classic has been a great event for a great cause. March 23-25 are the dates set for this year's games with Lake Region State, Mesabi Range Community Technical College and Itasca Community College, at Dwyer Field, located on Shiloh Christian's campus.

The team's season starts March 6 as they travel down to Tucson, AZ to play 11 games on March 9-15. They will be facing California Miramar, Bemidji State, University of Dubuque, Anoka-Ramsey Community College, Eastern Arizona College, Central Lake College-Brainerd and Central Arizona College.

"Same site every-day, [the] sun is always out and we can't wait to get down there," said McGlaulin.



GAGE GELLNER HITS OFF THE TEE
PHOTOS BY LEVI HOLZER



TREY ROGERS (BACK LEFT), ALEC BATEST, (FRONT LEFT) AND MATT GUENTHER (RIGHT) WAIT FOR THE BALL.



TREY ROGERS (LEFT) AND SETH BREWER (RIGHT) FIST BUMP.

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BSC'S SPORTS TALK SHOW
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SPORTS PAGE 12

WHAT MAKES A SPORT?

BY EMILY DESANTIS

When the word “sports” is said out loud the average things that might pop into a person’s head include the basics: basketball, football, baseball or anything that has the word ball at the end of it. It can be easy for a person to come to the conclusion that they just don’t like sports, but the truth is that there are so many others that just don’t get as much attention as they should.

According to the Webster dictionary a sport is defined as “an activity involving physical exertion and skill in which an individual or team competes with or against another or others for entertainment”, but that is a pretty broad definition. A sport that doesn’t get nearly as much credit is ice skating. Picture this: staying balanced on two thin blades on slippery ice attempting to move forward without falling. Or learning to do jumps and spins all on those two tiny blades. Some could argue that ice skating isn’t a sport, but it varies from local competitions to even the olympics.

Elizabeth Miller, a soon to be freshman at The University of Mary, started ice skating at the beginning of her first year of high school.

“Ice Skating is something that I find

to be very freeing, and it is also good exercise,” Miller said.

She has competed in some figure skating shows in the past, but now she prefers to just go ice skating for fun.

“The competitive side of ice skating is very much a lot of work and it isn’t for everyone,” Miller said, “But I highly suggest trying it out if ice skating is something you enjoy.”

Living in Bismarck has advantages when it comes to winter sports such as ice skating. Places to go include indoor and outdoor arenas. Jaycee Centennial Park has two outside frozen ponds that are completely free to either ice skate or to play hockey. Capital Ice Arena, Tatley Skating Rink and VFW Sports Center are the indoor arena ice skating options in Bismarck. All of them are cheap and ice skates to rent are available, which is a good option for those who are just beginning their ice skating journey.

Taking a step back and realizing there are many sports that are vastly different from the traditionally known is a good way to get outside of your comfort zone. The next time there is an opportunity to try something new, consider ice skating.

MYX FYX

TOP TEN SPRING BREAK SONGS

“Let’s Get It Started”

The Black Eyed Peas

“Take You There”

Sean Kingston

“Change Your Life”

Iggy Azalea feat. T.I.

“California Gurls”

Katy Perry feat. Snoop Dogg

“Cake By The Ocean”

DNCE

“Words To Me”

Sugar Ray

“GDFR”

Flo Rida, Sage The Gemini and Lookas

“Young, Wild & Free”

Snoop Dogg, Bruno Mars, Wiz Khalifa

“I’m The One”

DJ Khalid, Justin Bieber

“Party Rock Anthem”

LMFAO

The MYX Disc Jockeys

Amanda:

Mandi- Joyce’s Choices Radio

Christian:

Swag Bear- The Chap Recap

Daniel:

DJ Burbank- The Burbank Network

Dylan:

Binder- Binder’s Best Hits

Jacob:

Jacob Zane- The Zany Hour

Justine:

MJDJ- Mary Jay Show

Petra:

DJ Petra- Pete on the Beat

Nik:

DJ NZ- Nikolas Zuraff’s Classic Hour

Robbie:

DJ Cheddah Bob- The Cheddah Bob Power Hour



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The MYX is Bismarck State College’s very own student run internet radio station. It is a class that can be taken for credit, but it is also open to any student on campus. Students can produce anything from their own radio shows to podcasts and anything in between.

If you are interested in having your own show, participating in live events, or just have music suggestions, feel free to visit the station in The MYX studio in the Armory Room 119 or send an email to Cole at cole.bernhardt@bismarckstate.edu



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