

Be Title IX Aware

Alicia Larsgaard and Morgan Drake for The Mystician

People often don't pay attention to the dangers and threats of sexual harassment, and many times students think it will never happen to them. However, some would be surprised to find out how many people fall victim to all kinds of sexual harassment, especially to their peers.

Title IX strictly prohibits the use of any form of sexual harassment or discrimination, under any education facility or activity that receives federal funding.

"Bismarck State College is committed to a positive learning, working and living environment," Rita Lindgren, Bismarck State College Chief Human Resources Officer and Title IX Coordinator said. "BSC will not tolerate acts of sexual misconduct or related retaliation against or by an employee or student."

Many students do not know what Title IX is or how information on it can be found. Google seems to be where college students turn when they are searching for an answer.

"I don't know anything about Title IX," Abby Belisle, BSC freshman, said. "If I wanted to find it, I would probably just Google it."

Tristan Lippert, BSC freshman, said he did not know anything about Title IX, but if he had to find out more he said he would more than likely Google it as well.

C.L. Lindsay was recently at BSC to talk about Title IX. Lindsay is an attorney who left his practice in New

York City to found the Coalition for Student and Academic Rights.

"There were issues involving Title IX when I was in college, and it wasn't dealt with very well at all," Lindsay said. "In fact, we were all taught, no means no, which leaves all this space between no and yes. The new standard is yes means yes, and that sort of denotes the chance in how schools are dealing with this."

Colleges across the country are trying to change students' knowledge, or the lack thereof, regarding Title IX. The goal is to make people more aware of the dangers and what resources are available to help the victims.

"God I hope students would have access to this information if I wasn't here to tell them about it," Lindsay said. "I hope what I can do is make it a little more palatable and easier to digest, you know, more fun than it could be. But there's always a problem, with anything legal, in getting the actual laws and the standards out rather than rumors and this sort of 'whisper down the lane effect'."

"BSC attempts to foster a safe living, learning, and working environment for all members of the campus community," Lindgren said. "To accomplish this, BSC considers the educational programming that addresses all aspects of sexual harassment throughout the campus community."

Any student who is a victim of sexual assault, sexual exploitation, sexual harassment, or sexual misconduct, should contact Rita Lindgren at 701-224-5427. Her office is located on campus in the Meadowlark Building.



C.L. Lindsay explained Sex and the Law to Bismarck State College students on Tuesday, Sept. 12. Photograph by Morgan Drake

Cinema 100 to Host Film Series

Emily DeSantis for The Mystician

Bringing more than reboots and superhero movies, The Cinema 100 Film Society ups the ante with the annual Fall film series.

"Cinema 100 is one of the best things Bismarck has to offer; it has been around for many years, continuously since the early '70s with beginnings in the '50s, and BSC is a big part of its success," Marlene Anderson, Bismarck State College director of library services and Cinema 100 treasurer, said.

Cinema 100 is an independent, non-profit arts organization dedicated to bringing diverse films to the Bismarck-Mandan community. The 2017 series starts Oct. 5 at the Grand Theatres in Bismarck and concludes Nov. 2.

The 2017 fall series line-up is: Oct. 5, *The Edge of Seventeen*; Oct. 12, *20th Century Women*; Oct. 19, *Paterson*; Oct. 26, *Things to Come (L'avenir)*; and Nov. 2, *Swiss Army Man*.

"The film series will run every Thursday during the month of October and also the first Thursday of November," Anderson said. "There will be two showings of the film each day – the first at 3 p.m. and second at 5:30 p.m. with no previews, so don't be late."

The films are great for anyone who is looking for something fun and affordable to do. The cost for the five-film series is \$10, if purchased through Cinema 100.

"Cinema 100 only sells season tickets and will have a table in the lobby of the Grand on film days," Anderson said. "Individuals who wish to purchase tickets for individual films may do so at the Grand's box office. The price will be the Grand's regular ticket price for an individual film."

The purchase of the tickets includes membership in the Cinema 100 Film Society. Visit cinema100.com or look them up on Facebook to learn more about the Cinema 100 Film Society.

**Call 911 or
Campus Security at
701-224-2700 if you or
someone you know has
been sexually assaulted.**

News Briefs

BSC Student Mathematics League Contest

Each October and again in the spring, Bismarck State College offers a math league contest put on by the American Mathematical Association of Two-Year Colleges in which students take a math exam and can win scholarship money. Jeff Skibicki is the moderator for the event. The event is scheduled for late October, and will run from 3 to 5 p.m. Test takers need to stay in the testing room for at least 30 minutes, but anyone can start in the first hour (3 p.m. to 4 p.m.) and have until 5 p.m. until time is called. If there are any questions contact Jeff Skibicki at 701-224-5543 or stop by his office on first floor of Jack Science Center.

Banned Books Week

In recognition of banned books week, the Bismarck State College Library will be displaying books with a history of being banned Sept. 25 – Sept. 30.

Cinema 100

Cinema 100's fall series kicks off on Oct. 5 and runs through Nov 2. Showings are Thursdays at 3 and 5:30 p.m. Show dates are: Oct. 5, Oct. 12, Oct. 19, Oct. 26 and Nov. 2 at the Grand Theatres in Bismarck.

SGA Meetings

In order to better inform Bismarck State College students about how they are being represented, Mystic Media has started recording the weekly Student Government Association meetings. These are open meetings, so anyone is allowed to sit in. To view recordings of SGA meetings go to www.bscmysticmedia.com.



A crowd gathered at the crossroads of Airport Road and University Drive.



Air Force One taxiing down the runway at the Bismarck Airport.

Trump Comes to Bismarck

Story and Photographs by Hunter Andes for The Mystician

On Sept. 6 President Donald Trump visited Bismarck-Mandan. Trump landed at the Bismarck airport around 3 p.m. His motorcade took him to the Tesoro Refinery in Mandan where

he then gave a speech on tax reform. Senator Heidi Heitkamp (D), Senator John Hoeven (R) and Congressman Kevin Cramer (R) accompanied Trump on Air Force One from Washington D.C. to attend the event.

Animals of Harvey Getting Help

Tom Delozier for The Mystician

The monster storm known as Hurricane Harvey has made history in many ways: from unbelievable water amounts and very heavy rains, to the size of the storm. The Houston, Texas area became a huge swamp. Yet from all the water and devastation, people were lending a hand to help others and extended it to the animals as well.

On a CNN broadcast, they showed a dog that was attached to a telephone pole left to die from the rising flood waters. Someone rescued the dog and took him onto his boat. Another instance was out on a flooded farm, when a cowboy rescued a horse tied up on a fence in rising flood waters.

This is the America the media doesn't show often, a country of people from all races and religions ready to help in natural disasters. Texans put the word out to all humane societies across America for help. There were

many pets that needed shelter, and the Central Dakota Humane Society stepped up. They took in many animals from Texas causing them to be full with pets.

"We got a call from Texas asking for our help," Sue Buchholz, CDHS shelter director, said. "We talked, and arranged a place to meet. We drove down to Kansas City and picked up 18 pets and brought them back to North Dakota for sheltering."

Many people who volunteer to help at CDHS assist in walking, feeding, and taking care of all the animals. The rescued animals are currently going through transitioning to be adoptable. For those who want to lend their support, contact Sue Buchholz by phone at 701-667-2020 or by email at www.cdhs.net. For adoption inquiries, visit CDHS at 2104 37th Street in Mandan.

Mystic Media Forms Club

Justine Smith for The Mystician

Journalism, photography, radio, T.V. and graphic design: these are all examples of what the students in Mystic Media do for Bismarck State College. In 2015, Mystic Media was formed as an umbrella to involve all student publications and productions.

This experience was originally offered as one credit classes to students in The Mystician (Comm. 281), MystiCast (Comm. 283) and The MYX (Comm 284).

This year, in addition to the classes, the groups have been working together to become one. On Sept. 14, nine students attended the first meeting of the Mystic Media Club.

This is a new beginning for Mystic Media and new opportunities for BSC students. Any student can join regardless of their major.

"Be interested, get involved with your fellow classmates," Emily DeSantis, a BSC freshman, said. "There are many different activities and clubs that can help push you in the right direction, whatever it might be."

Although the club is still forming, members are working on a constitution and are in the process of choosing a president, vice president and secretary. Mystic Media members will be putting together several activities throughout the year for students on campus.

"Joining this club would be a great experience for anyone looking to go into a career in media," DeSantis said. "I want to go into radio after I graduate, so this club would look great on a resume and give you a head start on a job."

For anyone wanting to find out more information about the club, meetings are every Thursday at noon, in room 119 in The Armory.

Victims Head Down the Road to Recovery

Sara Boots for The Mystician

Hurricane Irma made her presence known in early Sept. as she made her way up the East Coast. The damage has been well known; Irma left three dead in Georgia, four in South Carolina, 10 in Cuba, 12 in Florida and 37 in the Caribbean. Lives were disrupted, homes have been damaged and there has been a \$48 billion clean up.

In an interview on Thursday, Sept 7. Maximo Upic, a film director in Miami Beach, shared that cleanup had begun and is in effect.

"The inner city is struggling," Upic said. "No power, empty grocery stores in Miami, but people are coming together, neighbors are helping each other."

The coast has been affected by many tropical storms; however, none are as devastating as a category five hurricane can be.

"Irma caused us a lot of stress and anxiety by having to evacuate and disrupt our routines," Noor Hakim a business owner in Miami Beach said. "Most of my family and friends evacuated to Georgia and ended up in South Carolina."

The East Coast has a long road of recovery ahead of them, but according to Hakin and Upic, Miami got lucky.

"Ninety percent of buildings and vehicles on Barbuda were damaged," Gaston Browne, prime minister of Antigua and Barbuda, said.

Irma quickly weakened to a category four, then down to a tropical storm. Irma made landfall in Florida on Sunday, Sept. 10, to then make her way up the East Coast.

On Monday, Sept. 11, Irma had weakened but still brought powerful winds that stretched from Florida to North Carolina. Streets were blocked by trees that had fallen, and there was flooding everywhere to the south.

The Give Miami Day has set up the Hurricane Relief Fund to support groups working on the ground to rebuild. They have also created the Irma Caribbean Strong Relief Fund to help Caribbean islands such as Barbuda and the U.S. Virgin Islands. To lend assistance, visit www.redcross.org for more information.

Comic below was published in Volume 14, Number 1 of The Mystician Oct. 7, 1960.



"Another thing - don't be tardy - he has a way of embarrassing you when you come in late."

Love is a feeling that you feel when you feel that you're going to feel a feeling you never felt before.

EVENT CALENDAR

I Love Kuchen FREE Sept. 29, 2017 11 a.m. - 1 p.m. Mystic Marketplace	National Student Day Oct. 12, 2017 BSC Bookstore
Auditions for the Winter Play Oct. 2 - Oct. 3, 2017 6 p.m. - 10 p.m. Sidney J. Lee	Mandan Zombie Run Oct. 14, 2017 5 p.m. - 10 p.m. Prairie West Golf Course 2709 Longspur Trail Mandan, ND 58554
Grand Theatre Night Oct. 3, 2017 Pickup at Student & Residence Life Office, limited.	Sanford Breast Cancer Run/Walk Oct. 14, 2017 9 a.m. - 1 p.m. Family Wellness Center 2700 46th Ave SE, Mandan, ND 58554
Gannon Gallery BSC/BJC Visual Art Alumni Exhibition Oct. 3 - Oct. 27, 2017	Silent Cake Auction Oct. 18, 2017 10 a.m. - 1 p.m. Student Union
Reception Wednesday, Oct. 18, 2017 4 p.m. - 6 p.m.	Cookout FREE Oct. 18, 2017 11 a.m. - 1 p.m. Student Union
Volleyball Home Games Oct. 4, 2017 - 7 p.m. Oct. 11, 2017 - 7 p.m. The Armory	Next issue of The Mystician Oct. 19, 2017
Mashed Potato Bar Oct. 12, 2017 11 a.m. - 1 p.m. Mystic Marketplace	

The Mystician is looking for letters to the editor.

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The Mystician

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Opinions expressed in this publication are those of the individual writer and not necessarily shared by Bismarck State College or The Mystician staff.

The Mystician accepts letters to the editor, suggestions for stories, information for clubs on campus, etc. The next issue of The Mystician will be published Thursday, Oct. 19. Deadline for any copy to be submitted is Oct. 9. Stop by Room 125 in The Armory for more information.

Mission Statement:
The purpose of college media is to serve and give voice to students. We, as the student-based forum of journalism on campus, provide content that is informative, fair and concise. With this goal in mind, this news publication is dedicated to accuracy and maintaining ethical practices.

The Bismarck State College 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.

Agenda:
We, as the student-based forum of journalism provide information that is important to Bismarck State College's campus. The Mystician staff strives 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 truth, fact-based opinions and informative sources are important to us as a staff. With these three standards, The Mystician will be well-written, respected and relevant.

Letter from the Editor



What is journalism? The definition of journalism is: writing characterized by a direct presentation of facts or description of events without an attempt at interpretation. The definition of journalist is: a person who writes for newspapers or magazines or prepares news to be broadcast on radio or television.

The job of a journalist is simple – to write about the current interest without showing a bias. At times, there is a misconception that stories should be bright and happy and make the community look favorable. A journalist must dig for the truth – even if it is going to shine light on something someone wants to keep in the dark.

There is a famous saying by George Orwell: “Journalism is printing what someone else does not want printed. Everything else is public relations.”

Journalism is not a public relations office and should not be treated as one. For those who may not know what public relations is, also known as PR, it’s the department at a business or institution that promotes the company. In laymen’s terms, they make the

company look good.

The Mystician is not and will not be public relations for this college; that is not how it works. The Mystician is no different than The Bismarck Tribune in the rights we have and rules we must follow. The Mystician is not here to make Bismarck State College look virtuous; we are here to write truthful and factual stories that are relevant to the BSC student body.

As long as I am editor-in-chief that will be the mission, and after I leave, I am certain my successor will hold the same beliefs.

Henry Anatole Grunwald once said, “Journalism can never be silent: that is its greatest virtue and its greatest fault. It must speak, and speak immediately, while the echoes of wonder, the claims of triumph and the signs of horror are still in the air.”

Until, next time,

Hunter Lee Andes

Hunter Andes, editor-in-chief
701-224-5467

Get Your Sass Back to Class

Amanda Joyce for The Mystician



As most of the United States knows, North Dakota’s very own Cara Mund took the crown at the 97th annual Miss America competition on Sept. 10. Cara is the first Miss North Dakota to ever win the title of Miss America, as well as advancing in the top 10, which only three other North Dakota contestants have done. Although many people think the pageant is just a rigged beauty competition with little diversity, let me tell you why I’m proud of her and why she is a prime role model for young women.

Mund, 23, claimed her title after advancing to the Q&A portion of the show. She answered a complex political question about President Trump withdrawing from the Paris Climate Agreement, having to deal with climate change.

“There is evidence that climate change is existing,” Mund said. “So whether you believe it or not, we need to be at that table, I think it’s just a bad decision on behalf of the United States.”

Along with winning the competition for her talents such as jazz dancing and her appearance in both the swimsuit and evening gown portions of the night, Mund is given much more recognition for a job well done at the pageant.

Although she was recognized for her skills, what really sticks out is what she

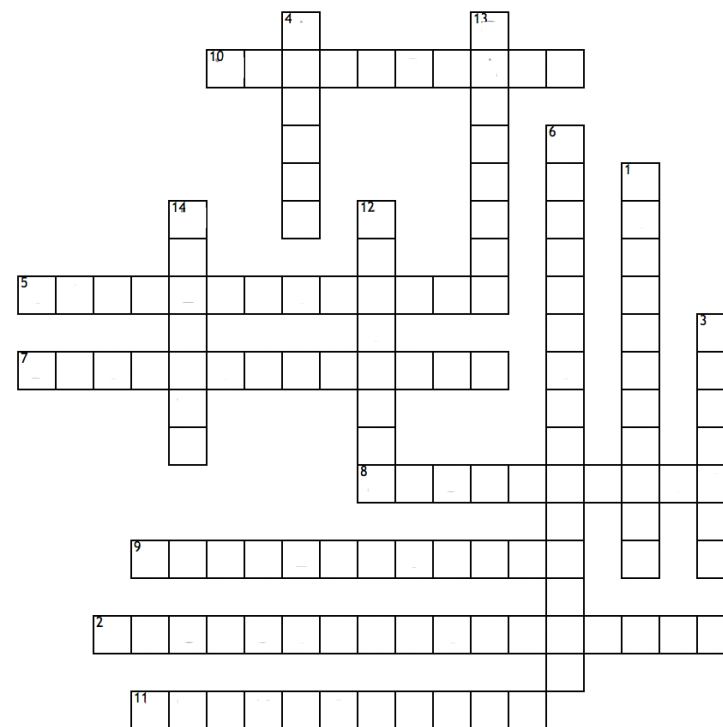
has done in our state. Mund started North Dakota’s Make-A-Wish Fashion Show when she was 14, and has assisted in giving 23 kids their wishes by raising \$78,500, according to abcnews.go.com. Along with Make-A-Wish, Mund also interned for the North Dakota State Senator, John Hoeven, and has high hopes to be the first female governor of North Dakota.

On top of being political and generous, she is extremely smart. She graduated with honors from Brown University and has been accepted into Notre Dame Law School, which she is able to afford thanks to her scholarships from the competition.

I think she is set apart from the other candidates, not because she is from North Dakota or because she is clearly blessed with her looks, but because she can make a difference to our state. She is involved with charities, has knowledge in political sciences and wants to participate in more than beauty pageants. I know that she is a great competitor in them, but I feel as though she was in it more for the amazing scholarships she received.

I could go on about why I think Mund is a wonderful person and about how she will do wonders for our state and her time as Miss America, but I’ll leave the rest to the press. I don’t know about you, but I’m going to take a page out of her book and get to studying, so make sure you do the same and get your sass back to class.

CROSSWORD



Across

- 2. Where would you find the computer labs?
- 5. Where is the Greenhouse located?
- 7. Scholarship information and help can be found in this building.
- 8. Where can you find an affordable and delicious coffee beverage?
- 9. Where is question number 8 across located?
- 10. What is the oldest dorm on campus?
- 11. What was the first female dorm?

Down

- 1. In what building can you find information on Financial Aid?
- 3. Where is the Gannon Gallery located?
- 4. What building houses the Mystic Media Office?
- 6. Where is welding located?
- 12. This building was named after the fourth president at BSC.
- 13. What building is named after a bank?
- 14. Where are all the outdoor sporting events usually held?

Answers for the puzzles can be found in The Mystician 79.4 Oct. 19.

SUDOKU

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Answers from issue 79.2

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8	9	6	5	7	3	4	2	1
7	4	3	6	1	2	8	5	9
4	2	1	7	5	6	3	9	8
6	3	5	9	8	1	2	4	7
9	7	8	2	3	4	5	1	6

Academics and Athletics Should Go Hand in Hand

Tom Delozier for The Mystician



In the world of Division I college football, academics should be the number one issue in these football programs. Reality is, many of these football programs generate millions of dollars for the universities, but some programs just see it as money, not for academic purposes.

Being a former college football player, I understand what real academics and football are all about. At Penn State, under Joe Paterno, we had to carry a C average to be on the team. If any player got below that, they were gone from football. We had study halls built right in the football complex with a tutoring staff, which is where players with a bad GPA were sent. It was all about grades, no lifting or anything to do with football, just class work. Coach Paterno

did this from his first day as head coach in 1966, and they still have this today. This is where their motto, “Success with Honor” comes from.

Today many so-called college football experts think the Southeastern Conference is the best in college football. I’ve seen many on TV say: “I don’t watch many games on Saturdays.” These writers have votes in polls and rankings of college football teams. To me, the coaches’ poll is the one that matters.

These writers love the Alabama Crimson Tide football team. I think the NCAA should do a detailed investigation on the Alabama football program. Some Southern schools in the SEC don’t play by the rules and hide many illegal things.

Years ago, I knew a guy who played for Alabama, and he got a summer job with the stadium grounds crew.

“I turn on a water sprinkler,” he said. “That’s all I do and get paid for eight hours work.”

Alabama’s head football coach, Nick Saban, gets paid \$65 million annually. Michigan’s head coach Jim

Harbaugh gets paid \$25 million. Saban and Harbaugh are way overpaid. Joe Paterno got \$500K to coach at Penn State. He and his wife gave \$5 million to the school’s library with his earnings he made off his endorsements.

There are lot of dirty things going on in many Division I football programs, and there are many things hidden from the NCAA.

An example of a major football program that got caught with many NCAA violations is the Southern Methodist University football program, back in the early 1980s. They got the NCAA death penalty, because they paid their football players and gave them cars. Ron Meyer, who was SMU’s head football coach, would go to high schools and give out hundred dollar bills with his business cards attached to them to all the players he wanted. He admitted this on TV as well as admitting that he made up a scholarship, and gave many of them out to players. For more information on this, check out Trailer for Pony Excess on Youtube.

Being a student athlete means you go to class, get good grades and play your sport. I know that Penn State insures that their athletes excel in the classroom. To make my point, here is a list of college football programs with graduation rates from 2014:

- 1. Texas-San Antonio, 100
 - 2. Stanford, 99
 - 3. Northwestern, 97
- Penn State was 13 on this list at 87 percent graduation rate.

I called up the football program at Penn State to see if they still had their academic standards set by Joe Paterno.

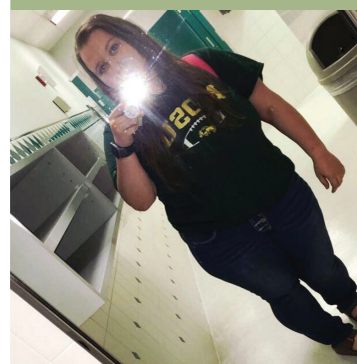
“We still have the academic standards set by Coach Paterno many years ago.” Secretary Sharon Reese said. “Coach Franklin wanted nothing to change as far as academics in the football program. Every player or student involved with the football program must have a grade average of a C. Our graduation rate for our football players is at 97 percent now.”

It’s nice to hear that something hasn’t changed after all these years.

Campus Camera

Do you want your post to be featured in the next issue of The Mystician? Upload your picture to Instagram, tap Add Location, type in Bismarck State College, possibly see your photo in the next issue.

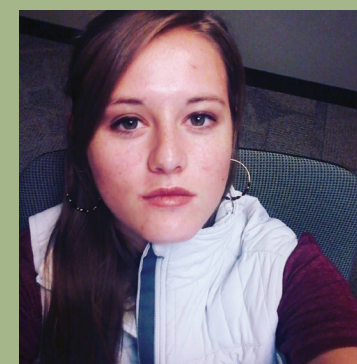
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@tara_dillon



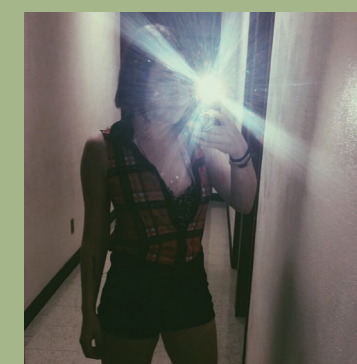
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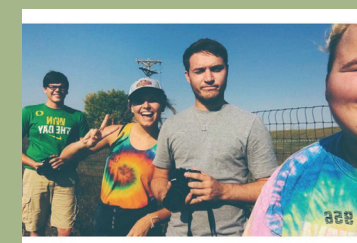
@mollyjnn



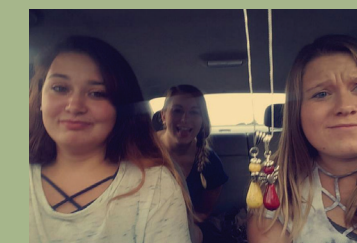
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MASTER SWORD REVIEW

Brett Williamson for The Mystician

Mad scientists, evil robots and one little blue robot who refuses to stop kicking butt, Mega Man returns with a quadruple serving of classic gaming goodness. Whether a retro gamer or a modern gamer, there is something for everyone to love in this latest collection of futurist robot slaying.

Mega Man Legacy Collection 2 was released on Aug. 8 by Capcom for the PS4, Xbox One and PC. As a continuation from 2016's Mega Man Collection, this collection features parts 7 through 10 from the original Mega Man series.

Unlike the previous collection, this collection is extremely diverse in gameplay. Mega Man Legacy Collection featured the first six Mega Man games that were all originally released on the Nintendo Entertainment System. Mega Man Legacy Collection 2 features four games that spanned three different

gaming systems.

The first game, Mega Man 7, is also termed by many as the weakest in the Mega Man series. It was originally released for the SNES in 1995. Mega Man 7 was the Blue Bomber's first step into the 16-bit world. While the graphics and animations are fantastic, Mega Man 7 can feel sluggish and slower than previous titles.

The game's difficulty is usually a key part of Mega Man 7 hate speech. Mega Man 7, while played in the same fashion as previous titles, turns up the difficulty during the final few levels and bosses. The end battle against Dr. Wily will test combat abilities and resource management beyond the previous Mega Man installments.

Mega Man 8 is the most gorgeous of the four games. It was originally released for the PS1 and Sega Saturn in 1996. The sprites and graphics of Mega Man

8 are to this day the highest quality in the original Mega Man series. Mega Man 8 is also accompanied by anime cut scenes to fill in story gaps. While the voice acting is laughable at times, it does a great job creating a sense of direction and purpose for this instance of Mega Man.

Mega Man 8 strayed away from a few key elements from the Mega Man series – there are no E-canisters or real Rush support. By removing these elements from the game, it feels as if Mega Man 8 was toned down in difficulty to support the removal of these game mechanics.


The two former titles are a great reason to buy this collection, but the sweet jelly in this sandwich lies with Mega Man 9 and 10. Mega Man 9 was released in 2008 as a love note to the Mega Man fans. While released for the PS3 and Xbox 360, Mega Man abandoned all the flash of the 16-bit and 32-bit systems and returned to his original 8-bit form.

With the original elements that made the Mega Man series so great, epic boss fights, awesome robot master designs and rocking soundtracks, Capcom followed suit with Mega Man 10 and kept the classic style. Both games feature the story telling of the modern games while incorporating the challenging gameplay of the first six Mega Man games. Mega Man Legacy Collection 2 went the extra mile to include all the DLC content for Mega Man 9 and 10 as a bonus.

Mega Man Legacy Collection 2: Revisiting the Blue Bomber

Mega Man Legacy Collection 2, in addition to the four featured Mega Man titles, includes a challenge mode. This mode offers remixed levels and boss rushes for achievements and medals. Mega Man players of the past can also kiss the password system good-bye. Capcom included a save game feature for each of the four games.

The Mega Man series is not for the meek. According to the PlayStation Network's trophy stats, the completion rate for each of the four games averages 12 percent. Between Mega Man 8's snowboard onslaught and Tornado Man platform nightmare, players will constantly be pushed to adapt and overcome or die.



**4 OUT OF 5
A SOLID COLLECTION**

- + DIVERSE COLLECTION
- + EXTRA CHALLENGES
- + FOUR COMPLETE TITLES
- +/- CHALLENGING GAMEPLAY

For a sticker price of \$19.99 this collection is basically stealing. For the generation that missed Mega Man during his '90s zenith, this is an excellent opportunity to enjoy hours of classic gaming on the next gen systems.




Track Soles Reaching Goals

Amanda Joyce for The Mystician

Many who run track are participating for school events, but there are many groups who run for fun. The GYS Track Club is one of them. They provide a family-oriented, positive support group for those who are looking to not only get their health in check, but reach personal goals.

"I didn't know anyone when I moved to Bismarck and I've always had a passion for running," GYS Track Club founder, April Lund said. "I wanted to help people who were struggling to get to where they wanted to be, so I thought it would be a great idea to start a support club."

Lund is originally from St. Louis and is a personal trainer at Gold's Gym. She started the club in 2016 after her father passed away from heart disease.

"I wanted to help get people active to fight against extremely preventable things," Lund said. "Heart disease is the number one killer of women, as well as being high risk for men, and it's the most preventable disease out there."

Aside from helping in the fight against preventable diseases, Lund says the club is a support group for those who are looking to get help reaching their goals.

Earlier this month, Lund and many members of the club did that by participating in the Bismarck Marathon on Sept. 16. Lund took first place in the half marathon with a time of one hour, 24 minutes and 47 seconds. She set a new record time, beating the previous record by four minutes.

"The last two miles I felt like I was going to collapse," Lund said. "I was praying to God that I'd have enough strength to push me across the finish line. I won by 30 seconds and as soon as I crossed that line, I was finished. I couldn't stand anymore."

Due to the last burst of strength Lund received, she maintained her first place status from last year's marathon.

"No one should be left alone because someone they were close to died from something that is easy to change," Lund said. "We are here to support and care for our track club family, it's as easy as taking a walk every day and just getting up off your butt to be active."

For anyone wanting more information or wanting to join the GYS Track club, contact April Lund at 701-989-5376 or by visiting their facebook page.

Twins Push Toward Playoffs

Mason Thorenson for The Mystician

For the first time since 2010, it looks like the Minnesota Twins might play Oct. baseball. The Twins, who currently rank second in the American League Central Division, are looking to wrap up the final weeks of the season in winning fashion. The thought of winning a division is far out of reach due to the Cleveland Indians' 22-game win streak, but the Twins will still depend on securing a wild-card berth to reach Oct.

The Twins have managed to rise to the top of a congested American League wild-card race. Other than the division winners, only the two next best teams in each league will have the opportunity to compete in Oct..

On Sept. 16, while facing the Toronto Blue Jays at Target Field, Fox Sports North broadcaster, Dick Bremer, said the Twins' recent success at home has aided them in their recent playoff push.

In the final weeks of the season, the Twins will play crucial series against other competitors like the New York Yankees, who currently hold the first wild-card spot. The Yankees have depended on the production of rookie phenom right fielder Aaron Judge and the steady bat of Gary Sanchez behind the plate. The young duo has provided close to 75 home runs this season.

The Yankees have also heavily relied on the young right-hander Luis Severino; In his first full season in the majors, Severino has produced

Cy Young caliber numbers. He will end the season with more than 200 strikeouts and have the chance to finish with an earned run average below 3.00.

Like the Yankees, the Twins have their fair share of young talent. The Twins outfield trio of Eddie Rosario, 25; Byron Buxton, 23; and Max Kepler, 24, has greatly increased the chances of playoff baseball at Target Field. Rosario, who will hit around .290 on the season, has contributed with 23 home runs and 69 runs batted in during his third season in the majors.

Buxton, the youngest of the trio, has shown off his defense with frequent diving catches, but has immensely picked up his offense numbers in the recent weeks. Buxton hit to the tune of a .324 batting average with eight home runs in August. His tremendous speed has also helped him steal 26 bases in 27 attempts.

The German-born right fielder, Max Kepler has also contributed with 18 HRs of his own and a respectable 64 RBIs. Besides the offensive numbers, this young trio greatly helps out the team by putting on a defensive clinic every time out.

The reliability of the Twins' pitching staff has truly kept them in the wild-card hunt this year. With the quality starts from ace, Ervin Santana; 23-year-old Jose Berrios; the consistency of 20-year-veteran Bartolo Colon; and the recent



Photograph by Mason Thorenson

turnaround of Kyle Gibson, the Twins have been able to compete with the best. Even though 35 different Twins' pitchers have stepped foot on the mound this season, the starting rotation and bullpen will need to continue their recent success as Sept. comes to an end.

With less than 10 home games remaining, the Twins will need to perform well on the road as Oct. approaches. If manager Paul Molitor can lead this Twins team to the post-season, it will be a colossal rebound from last year's 103 losses. The most important games of the season are yet to be played for the Minnesota Twins, and these games will decide just how long the 2017 MLB season will last for them.



Cultures Converge at UTTC

Story and Photographs by Hunter Andes for The Mystician

For the past 48 years, Native Americans from across the U.S. and Canada converge at United Tribes Technical College for the annual UTTC International Powwow. This year World War I veterans were honored.

“It’s a good way for the people to get together and tell their story, teach it to their young and celebrate their unique way of life,” Rev. Marv Mutzenberger associate professor of sociology at Bismarck State College, said. “This event is a major thing; I’ve heard of as many as 35 different states and provinces are represented at this powwow.”

Mutzenberger has been at BSC for nearly 40 years as an instructor, coach and pastor.

The mix of tribal cultures expressed at a powwow are things not necessarily seen in day to day life – the beating on the drums; the colors and beads the dancers wear, the spinning in the arena, is a history lesson presenting a part not forgotten.

“Each bead design and color represents something different,” Tayla Blaine, senior at Legacy High School said. “What I am wearing is representative of Elk Teeth, and my beads represent the Crow People.”

Every tribe does something a little

different; this event is something that brings those differences together to make something extraordinary.

“A powwow is simply a gathering of different nations – different tribes,” Blaine said. “They come from all over the place – northern states, southern states, provinces – all over the place.”

In order to keep the traditions alive, young people have to be involved to pass it on to the next generation.

Luke Cloud and son, Luke Cloud II are with the Sisseton Tribe from Wahpeton.

“I have been involved with this ever since I’ve been little,” Cloud said. “Now I have to teach my son; I am teaching him a different way of life. I want to show him other places off the reservation, in order to keep him away from alcohol and drugs.”

It can become difficult to carry on the traditions from the past, which is why the powwow is so important – it helps in preserving these sacred traditions.

“Native Americans want to keep their culture alive, their traditions alive, the food they eat, the values they present – they do not want their culture to die,” Mutzenberger said. “The powwow is one gathering where some of this reinforcement happens; especially their songs, dances and stories.”

