

# THE MYSTICIAN

November 2015 Bismarck State College  
Volume 77 Issue 3



# Bismarck State College News Magazine

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## From the Editor's Desk

The leaves have fallen and we've made it through over half of the semester.

This is my favorite time of the year for a few reasons. The obvious reason is the weather. What girl doesn't love fall? The temperature is cooling down but isn't winter cold yet and I can finally wear my boots and scarves.

The next reason is that I've gotten in the groove of things. At this point in the semester, I know what my teachers expect of me and I know what to expect of them. Although, that doesn't make the homework any easier.

My final reason is that we are getting close to the holidays and a new year. There is just something about the holiday season that touches me – the giving, the thankfulness and the togetherness. This time of the year reminds me to appreciate all the people and things in my life.

As cliché as it sounds, I want to encourage everyone to think about what you're thankful for. Big or small, I think every person reading this can take a moment to give thanks.

With that being said, thank you to my amazing fiancé, Andrew, for always being there for me and encouraging my hard work. Thank you to my parents, brother and sister for putting up with me and for making me laugh at all times. Thank you to my friends, classmates, teachers and Mystician staff. Thank you to Karen Bauer, for never taking a break and for always doing whatever you can for your students.

I hope you all enjoy this issue!

Always,

Katie Winbauer  
Editor-in-Chief



### On the cover:

The '60s Symposium featured a variety of speakers. Bismarck State College students could attend the symposium for free and many were required to attend for certain classes.

Submitted photo

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# Model UN Returns

## Professor re-instates the Model United Nations Club

Story and photo by: Devin Stelter



### In the photo:

The Model United Nations Club is led by Nate Steffen, Bismarck State College's political science professor.

BISMARCK STATE College will be adding a new club to its ranks.

The Model United Nations is a club that focuses on the study of a nation's political, economic, health and societal policies. The hopes of the club are to travel to the regional conference in St. Louis, Mo.

At these conferences, colleges and universities across the Midwest perform similar duties as do political leaders at the United Nations general assembly. Each school represents a country around the world and, depending on what is happening in that country, the students debate which policies work and which ones do not. They also

write new laws and resolutions to solve developing problems in their respective nations.

The Model UN club is being re-instated by the current Bismarck State College Political Science professor, Nate Steffen.

Steffen was part of the Model UN club when he was a student at California State University, Chico.

"It was a great experience for me," Steffen said. "I represented the Russian Federation at the Model UN conference in Las Vegas and won an Outstanding Delegate award."

At regional conferences, students and universities can also win awards based on how well they delegate, propose resolutions and debate.

An individual award goes to the Most Outstanding Delegate from each specific committee at the conference, while a team award goes to the Most Outstanding Delegation at the conference.

Model UN develops a wide array of skills that can be used in real world situations.

"Being in Model United Nations increases student learning, student collaboration and communication and professional writing skills," said Steffen.

One goal of the club is to bring large world issues to the region so some discussion on those issues can take place.

"Bismarck and North Dakota in general sometimes [don't] get the same opportunity to discuss world issues like high infant mortality rates, poverty, hunger, arms trade and war and violence," Steffen said. "So Model United Nations gives us the opportunity to bring the discussion of those issues to the heartland."

The club is small being that it is the first year that BSC has had Model UN since the 1970s, but Steffen's hopes are high that the club will prosper at BSC.

"I'd like to see students grow academically and intellectually and be able to realize that these issues are not so clear cut and they're not black and white when negotiating with other countries," Steffen said. "I'd also like to see the club grow and get recognition for the college and be something that is around every year."

Both North Dakota State University and the University of North Dakota have Model UN clubs, so students looking to transfer can continue with the club.

The St. Louis regional conference will be held February 10-13.

*(Devin Stelter is an editor for The Mystician. Reach him at [editor@mystician.org](mailto:editor@mystician.org).)*

**BSC**  
BISMARCK  
STATE COLLEGE

WHETHER YOU'RE GRADUATING AND STARTING YOUR CAREER OR  
TRANSFERRING TO A 4-YEAR CAMPUS, YOU MUST PREPARE FOR:

# GRAD WARS: THE FINAL SEMESTER

- CHECK OUT THIS YEAR'S CAP, GOWN AND TASSEL
- ENROLL IN YOUR FINAL CLASSES
- COMPLETE YOUR APPLICATION FOR DEGREE
- REQUEST TRANSCRIPTS BE SENT TO TRANSFER CAMPUS
- VISIT WITH TRANSFER SCHOOLS • REVIEW YOUR COLLEGE FINANCES
- WIN PRIZES LIKE AN HDTV, GOPRO, KINDLE & MORE! • FREE TACO-IN-A-BAG

**NATIONAL ENERGY CENTER OF EXCELLENCE  
WEDNESDAY DECEMBER 2, 2015 • 10 A.M.-3 P.M.  
GRADFEST AND TRANSFER DAY**

ACR-019-1115

# Veteran's Day

Story by: Ivy Bergstrom

*In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations.-United States Department of Veteran Affairs. In 1954 Armistice Day was changed to Veterans Day, to celebrate veterans of all wars.*

She explained that she was not sure if the lack of help for veterans was because of a lack of programs or a lack of efficiency in social programs, but she was certain that they should be getting the resources they need.

Westerman talked about the struggles families of soldiers experience. Her father served in the Air Force.

"People don't understand how hard it is to have a parent go overseas, and I don't know, people don't see that they're making a huge sacrifice," she said.

Allen said that students should vote and get involved to create policies that benefit veterans.

"I think students could possibly write people who have been in there, to say thank you and give them their support," Westerman said. "I think people usually don't care about others as much because they're living their own lives. They don't realize how they got to live their lives."

Tkach said students should do their research to better understand what soldiers go through, and if they are comfortable enough, go talk to a veteran. Soldiers serve every day, but Nov. 11 is the only day dedicated to appreciate them.

*(Ivy Bergstrom is a reporter for The Mystician. Reach her at [editor@mystician.org](mailto:editor@mystician.org).)*

YOU LOVE your family and friends. You love your country. So much that you will do anything to protect them and their freedom. You would lay down your life to protect their lives and the lives of strangers. You are willing to confidently do this knowing that if you survive, you will be forever changed.

Soldiers, warriors, veterans give and fight willingly to help America be its best. Many return from their duties changed. They may suffer injuries, battle post traumatic stress disorder and fight new issues in their daily lives. Nov. 11 is a day to honor these men and women.

Veterans serve to keep Americans free, and sometimes carry their experiences beyond the battlefield. They have seen history play out before their own eyes in ways that many people have not.

"Veterans are a symbol of the sacrifices people have made," Bismarck State College criminal justice student Tyler Tkach said. "They were the ones that saw combat, or saw their friends get wounded or hurt, and lived to tell the tale."

"They sacrifice their time and their lives to help us be with our families and

live our lives," BSC student Kaslynn Westerman said.

Soldiers sometimes serve a country that is not at battle. When America is not at war, they still have jobs that need to be done.

"Veterans are important because they both serve and protect our country during peacetime and in wartime," Associate Professor of English Jaclyn Allen said. "In peacetime, you know, they protect our borders and help wherever needed. And in wartime they protect our country, not just our country, but other people's countries sometimes and other people's freedom as well, and that makes them very important."

Tkach believes there can always be more done to help veterans. He thinks soldiers should be paid more while on active duty and be considered for job interviews because veterans are dependable.

"I think it is really important for veterans to have that help that they need when they come back," Allen said. "They served our country. They should at least get the help they need when coming back from serving."

# The Conflict of the Holidays

Story by: Meghan McNeil

Photo by: Katie Winbauer

**MONEY MAKES** the world go around. The public never stops purchasing, and we are always looking for the next deal.

A Kmart and Sears survey stated that the average shopper spends over \$100 on holiday decorations alone. Decorations for Christmas are stocked on shelves months in advance.

Why are the holidays that are unfortunate enough to be celebrated near Christmas being ignored? The answer may lie within the greed of large corporation run mega stores.

Stores like Walmart, Kmart and Sam's Club have had their Christmas trees and decorations up before Halloween has even transpired.

"I think the reason for all the early Christmas preparation is the fact that they want to send us into a buying frenzy earlier and longer than usual," Bismarck State College sophomore Jarin Sprecher said.

Sprecher also is an employee of Target

in Bismarck, North Dakota.

With the early arrival of these decorations some consumers feel rushed to get through all the holidays leading up to Christmas. There are no breaks in the holiday spending.

"Holidays like Thanksgiving have less meaning because they are lost among all the fake trees," Sprecher said.

"Thanksgiving also promotes good qualities within our society, but is less revered among people."

To one large corporate player, being in the state of North Dakota is a large part of the reason why they stock decorations before the Christmas season. Bismarck's Target store puts out a large amount of autumn holiday decorations and still displays Christmas decorations early. Christmas decorations are put out after the Halloween rush for one reason – weather.

"Target puts out Christmas merchandise later than other stores," said Target representative Haley Zerr.

"We do this differently due to the weather conditions."

Target puts out its Christmas lights early in order to beat the snow we see fall in late October and in November. As soon as the lights are on the shelves, people begin to buy and furnish their homes in anticipation for the Christmas season and to beat our piercing cold weather.

Target also has recently taken another large step for autumn holidays and the future of equality in their new advertising campaign. In a catalogue filled with potential costumes for consumers to purchase for Halloween, the franchise featured a young girl with prosthetic legs and crutches dressed as Elsa from "Frozen."

"This is a prime example of the humanity we can find not only in ourselves but in the holidays we present to our children," Sprecher said. "We do not need Christmas to start making a difference."

*(Meghan McNeil is a reporter for The Mystician. Reach her at editor@mystician.org.)*



# Campus Read Author Talks “The Circle”

Story by: Brett Williamson

AS BISMARCK State College students begin to see the light at the end of the tunnel this semester, the majority of the students have undoubtedly encountered this year’s Campus Read, “The Circle.”

Whether it was in Michael Tomanek’s English classes, Tayo Basquiat’s ethics courses or out of personal curiosity and interest, that once eerie red matrix is now a common topic among students and faculty alike.

“It’s really gratifying to know people at BSC are reading the book,” Dave Eggers, author of “The Circle” said. “Campus reading programs are so important, I think, in uniting a college in common discussion, and I’m very flattered that “The Circle” was deemed worthy.”

The book has themes and dilemmas that parallel the rapidly advancing technological world in which students live. Themes of “The Circle” raise an assortment of ethical questions and touch on privacy, democracy and the paradoxes of progress.

“I’ve lived in the Bay Area for 23 years now, and have seen the Internet and the tech world develop radically and in many unexpected ways,” Eggers said. “Over the years, I’ve taken notes about things I’ve seen and ideas I’ve had about where tech has gone, and where it might go, and about the things that cause great concern.”

Dave Eggers’ 2013 novel “The Circle” is a fictional story of a young woman named Mae Holland who receives a rare opportunity to work for the world’s largest and most powerful Internet company, The Circle. Holland’s once dream job becomes a nightmare as she discovers the influence and control that The Circle has on society.

“In 2012, I arrived at the thought of wrapping all these ideas into the story of a new employee of a company that had subsumed all today’s companies and had amassed unprecedented and dangerous power,” Eggers said. “I do want to note that the book is chiefly about the implications of such power; it’s not a book about social media, or about oversharing. That’s just a side-note.”

With the many warnings and themes that “The Circle” offers, there is one lesson in particular Eggers would like to point out.

“What we should all think about is what it means for a democracy when all information and commerce and even government functions are performed through a common, privately-owned and profit-motivated company,” Eggers said. “More and more it seems we’re heading in this direction, and it presents some very grave dangers.”

Throughout the book, Eggers’ philosophical and dystopian influences are apparent in his writing styles. Many of the students compare “The Circle” with George Orwell’s classic dystopian novel, “1984.”

“Saul Bellow is always my go-to guy when I want to be inspired by what can happen on the page. Orwell, too,” Eggers said.

For those hoping to hear how Holland’s story ends in The Circle, they may be out of luck for now, but Eggers has something special up his sleeve for 2016.

“There’s no sequel planned, but they just finished filming the movie adaptation, which has been fun to see unfold,” Eggers said.



The film is scheduled for a 2016 release date and is directed by James Ponsoldt. The movie adaptation will feature Tom Hanks as Bailey and Emma Watson as Mae Holland.

“The Circle” is Eggers’ tenth published fictional work. His career has not been limited to writing fiction. He has been the editor of Salon.com, founded “*Might*” magazine and was one of the original contributors to “*ESPN the Magazine*.”

“I started in journalism and worked at the daily newspaper at the University of Illinois,” Eggers said. “I got hooked on the excitement of the newsroom and on our ability to have real impact in our community, on campus and in the surrounding towns,” Eggers said. “Journalism, and now novel-writing, gives me the chance to meet people, to see things, and to ask questions – it’s a way to make life-long learning possible, and I’m very grateful to be able to do.”

*(Brett Williamson is a reporter for The Mystician. Reach him at editor@mystician.org.)*



# Psych Club Returns to Campus

Story by: Erik Mattheis

THERE ARE future psychologists roaming Bismarck State College's campus. BSC has restarted the Psych Club here on campus after years of inactivity.

"We have been inactive for a few years. We had a club in 2007, 2008 and 2009, and then we really struggled to gain interest every year." Theresa Felderman, Associate Professor of Psychology said.

The club attempted to keep going throughout the years but failed due to few students showing up to meetings. More people have been involved this year and anyone can join, which has boosted the club.

"We had around 12 that wanted to be involved, but we probably have six or eight that are showing up to the meetings and are constantly trying to be involved in the different things going on," Felderman said.

Since the Psych Club is newer, they are always looking for more input. The club is more of a student run club, and Felderman does not want to have any say in what goes on internally within the club.

"I'm hoping for it to be more of a social aspect," Felderman said. "We are with Minot State University and are trying to work with their students to coordinate some events with them."

If someone is wondering on how to get involved, it is rather easy as Jenna Erickson, BSC's Psychology Club student president, said.

"Joining the club and becoming the president was a goal. The original Psych Club president told me that he was resigning that day, so before Dr. Felderman could ask who would like to be president, I raised my hand and said I would like to be president," Erickson said.

This club is group-directed where everyone participates equally, even though everyone has their own little job. Everyone's opinion is important to the club running smoothly. To make this club more of a social event and attempt to gain more members, they try to host many different student events.

"We have a pool tournament coming up for our fundraiser. We are going to have two-person teams with a pay in of \$10 and there is a grand prize of \$50," Erickson said. "Second place gets their money back."

The pool tournament will be on Nov. 19 at 5:30 p.m. in the Student Union.

Club meetings take place

in Schafer Hall on Wednesdays at 2 p.m. Recent meetings have been taking place in the Student Union beside the fireplace. If anyone would like more information about this club, contact either Felderman or Erickson by their campus email addresses.

*(Erik Mattheis is the MystiCast Director. Reach him at [editor@mystician.org](mailto:editor@mystician.org).)*

## In the photo:

Theresa Felderman is the advisor for the Psych Club on campus. The Club meets on Wednesdays at 2 p.m.



## "The Circle" Essay Contest

A full-time student with the winning essay will be awarded a \$500 tuition scholarship from the BSC Foundation for the Spring 2016 semester or a part-time or dual credit student will be awarded up to three credits of scholarship funds.

### Essay Guidelines:

Submit work of more than 600 words. The essay topic may be anything related to your consideration of the selection.

The essay may be a critical response to the book or a narrative essay relating your own experiences that relate to the theme of the book. Don't be afraid to be creative with other ideas. Quoted, paraphrased or summarized material must be correctly cited (any recognized format accepted).

Include a cover page with your name, student ID number, address, phone number and email address.

Essays that do not follow the guidelines will not be considered. Essays will be judged anonymously by BSC staff, faculty and administration. The deadline to submit an essay is Nov. 25. Essays should be submitted electronically as an attachment and emailed to [Michael.Tomanek@bismarckstate.edu](mailto:Michael.Tomanek@bismarckstate.edu).

For more information, contact Michael Tomanek at 701-224-5725 or email [Michael.Tomanek@bismarckstate.edu](mailto:Michael.Tomanek@bismarckstate.edu).



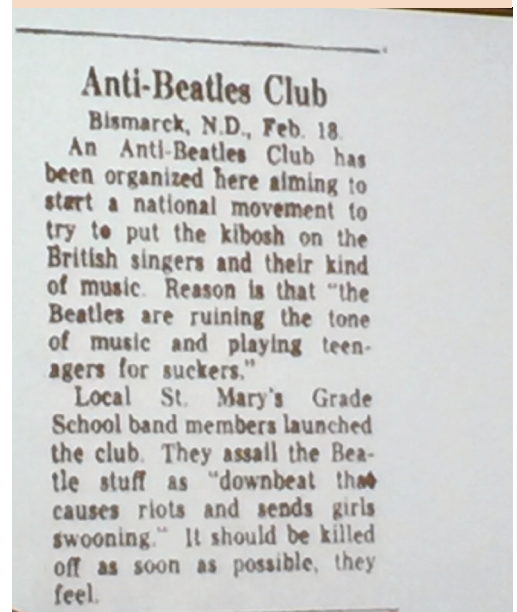
In the photo:  
The '60s Symposium took place Nov. 3-5 at Bismarck State College. Students were able to attend the symposium at no cost.  
Photo by: Katie Winbauer

# '60s Symposium In Living Color

In the photo:  
MystiCast, BSC's student broadcast, recreated "The Newlywed Game." on Nov. 2. Three couples were selected to answer questions about each other.  
Photo by: Anika Rovig



In the photo:  
Mark Lewisohn, a Beatles expert, showed a local newspaper clip. A group was trying to put the "kibosh" on The Beatles.  
Submitted photo





From left, Dina Butcher, Laurel Reuter and Sheryl O'Donnell listen as feminist icon Gloria Steinem speaks from an earlier recorded interview as part of a panel discussion on the trio's experiences as women in the 1960s during the Bismarck State College Symposium, The 1960's: Tumult and Transformation, held Wednesday on campus.

## Symposium hears from feminist icon

**Gloria Steinem talks politics, life in the '60s**  
 AMY R. SISK  
 Bismarck Tribune

Hundreds of people gathered Wednesday at Bismarck State College heard from feminist icon Gloria Steinem, who said she used to give her political ideas to men to put forward because she believed they would be taken more seriously.

Her thinking changed about the women's movement came along. Those who attended Wednesday's symposium on the 1960s heard her state — without hesitation — at least one political idea she hopes to see become reality.

"The biggest economic stimulus this country could possibly have is equal pay for women," she said. "It would put \$200 billion into the economy."

Steinem could not attend the symposium taking place in Bismarck this week because she is on tour promoting her new

state government. "She was able to banter as well as argue with the best of the men in the room."

The women talked about feminism and how the challenges they faced because of their gender changed over the decades.

Butcher recalled a time years ago when she worked for the chamber of commerce in Minot. She was asked to prepare goals for the public relations committee. Her work would later be presented to the chamber.



**In the photo:**  
 Lawrence Wright, a journalist and author, spoke about growing up in the 1960s.  
 Submitted photo

**In the photo above:**  
 The Bismarck Tribune featured a story on Gloria Steinem, a feminist icon, being a part of the symposium.  
 Submitted photo

**In the photo on the right:**  
 Mark Lewisohn, a Beatles expert, talked about how The Beatles gained their popularity across the world.  
 Photo by: Katie Winbauer

**In the photo below:**  
 Alexis Larson took a photo of Mary Ann Watson and Mark Lytle, two symposium speakers.  
 Photo by: Katie Winbauer

**In the photo on the lower left:**  
 Bob Eubanks opened up the Symposium on Nov. 3. He was the host of "The Newlywed Game."  
 Submitted photo



# Women's Basketball

Story and photo by: Anika Rovig

THE BISMARCK State College women's basketball team will have a lot to offer this year.

There are six returning sophomores: Keisha Engelhardt, Anita McCoy, Lachelle Bumgarner, Courtney Trolliey, Sydney Gangl and McKayla Howlingwolf, who is sidelined this season due to an injury.

The Mystics are eager to see what the season holds for them. They

scrimmaged against two D-2 schools, Dickinson and Minot State.

Even though BSC is a two year college, that did not stop the Mystics from competing at a high level. Although the scrimmages were not counted against their record, they did indeed keep score of these highly intense games.

Dickinson made the trip to the capitol city and left impressed with the two year college. Later, the Mystics traveled to Minot to see what the Beavers had been working

on for the season. The scrimmages were highly beneficial to both of the teams participating. They got to work on new defenses and offenses as well.

Coming back from a 23-6 record last year, Coach Harris is eager to see what his young, yet experienced team has to offer this year in hopes of having an even more successful season.

*(Anika Rovig is a reporter for The Mystician. Reach her at editor@mystician.org.)*



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## Athlete Spotlight

Story by: Andrew Dill

Name: Cassidy Wilhelm

Sport: Basketball

Year: Freshman

Favorite Player: Stephen Curry

Name: Curtis Stahlecker

Sport: Basketball

Year: Freshman

Favorite Player: Ty Lawson

THE BASKETBALL season is underway for both the Men's and Women's teams at Bismarck State College. Both teams traveled to Miles City, Montana over the Halloween weekend, each competing in two games apiece.

Curtis Stahlecker, freshman at BSC, noted that this past weekend could've been a little better for the Mystics.

"We played decent but also got exposed to things we need to work on."

The Mystics finished the weekend with a split, losing to Miles Community College followed by a 20 point win over Aaniiih Nakoda College. Stahlecker explains his first two college games.

"It was really fast, and adjusting to the tempo of the game took a little while to get used to."

The Mystics gave up 88 points the first game, suffering a 20 point loss to Miles Community College. The team picked it up in the second contest, allowing just 70 points. Stahlecker addresses what the team must work on moving forward.

"Defense is going to be a big part of our game . . . If we can take care of that aspect, then our offense will take care of itself."

As for the Lady Mystics, their team opened up with an impressive 2-0 record, defeating both Miles Community College and Aaniiih Nakoda College. Cassidy Wilhelm, freshman at BSC, reflects on the two victories.

"We won both games by quite a bit . . . it was the first time we had the whole team together since some of us had been in volleyball."

As far as the competition goes for the Lady Mystics, it wasn't up to par with what they expected.

"The competition this weekend wasn't as strong as we were expecting . . . We are looking forward to better competition in the upcoming games."

Although the Lady Mystics started the season 2-0 with impressive victories, Wilhelm mentions that there is always something to work on.

"I think learning to play with each other is going to be our first priority . . . There are so many new faces to the team and so just getting to know each other well and becoming comfortable with the style of play is important."

*(Andrew Dill is an editor for The Mystician. Reach him at editor@mystician.org.)*



# MASTER SWORD REVIEW

Story by: Brett Williamson

Wrestling games are much like a visit from the relatives. They come every year and after a few days you're sick of them. WWE 2K16 is the third installment of the WWE 2K franchise that evolved from the SmackDown series. While the game does make improvements over previous titles, you could find yourself in a love-hate relationship with this year's visit.



The game features the largest roster in a WWE game with more than 100 wrestlers. The roster features modern wrestlers such as Daniel Bryan, John Cena and Fin Balor. For those of us who remember the good ol' days, 2K Sports went the extra mile and added a large selection of classic grapplers like Jake "The Snake" Roberts, Ultimate Warrior and Ricky Steamboat. Although the roster size is fantastic, it is missing some of the iconic champions. Hulk Hogan was removed from the roster due to his racist rant earlier this year, and Bill Goldberg is M.I.A.

If you have played the previous titles you will be right at home. The controls hold consistent with prior games from the franchise. Noobs may find the learning curve a tad frustrating at first. Perfecting reversals and escaping submission holds take timing and a

degree of finesse. There is nothing more frustrating than losing a match that is in your favor to a submission hold because you just can't quite get the timing right.

The biggest change to the game engine is only having a set number of reversals. Each wrestler will start off with a full reversal gauge, but will deplete as they are executed and rebuild as you wait. Using all your reversals can change the momentum of a match because you have no block button. For some this can be annoying. Others will find this adds strategy to an otherwise repetitive combat system.




Graphically the game is above expectation. Each wrestler looks unique and scaled. Venues capture the feeling of watching a live match. Wrestlers all enter the ring to theme songs and choreography of real life counterparts. Body slams and strikes are full of force while reversal animations add variety to semi-repetitive attack sequences. Watching your wrestler perform their finishing move on opponents can drive you to your feet in joy or have you kicking the coffee table in anguish if the role is reversed.

The game features an array of match types. You can duke it out in classic one-on-one matches, call an amigo for tag-team bouts or finish score in the steel cage. For hardcore fans, the game features a career mode and for the completionists the game features an Austin 3:16 series; players relive the history of Stone Cold in historic matches. Fulfilling match objects unlock new wrestlers for the roster and extra content.

While the game has a few changes from the previous installment, it doesn't bring anything revolutionary to the series. If you are a regular to the series, you may feel like you played the game before. WWE 2K16 earns three out of five. I suggest renting first or buy with trade-ins.

If you would like to suggest a game for review or be part of the review, email Brett Williamson at [brett.williamson@bismarckstate.edu](mailto:brett.williamson@bismarckstate.edu).

 <p><b>MEDIOCRE</b></p>
<ul style="list-style-type: none"> <li>+ Large Roster</li> <li>+ Graphics</li> <li>+ Classic Wrestlers</li> <li>- Repetitive Combat</li> <li>- Same Ole Engine</li> </ul>



# Prescriptions for Life With Dr. T & Nicci J.

Dr. Theresa Felderman is the associate professor of Psychology at Bismarck State College. Nicci Johnson is a transformative life-coach at Nicci Johnson, LLC. With their combined experience, they hope to give readers tips and tricks on a wide variety of topics. Keep an eye out for their column in each issue of the Mystician.

## #Thankful

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

-Ralph Waldo Emerson

Dr T.

1. My loving husband – my best friend for almost 24 years and the best dad to our daughters! He makes me laugh like no one else can! He loves my crazy all (most) of the time!
2. The giggles and hugs of my daughters. Nothing brings me more happiness than the miraculous sound of their laughter and the tight grasps of their hands around me.
3. My Friends and Family – the love, support, kindness and all the fun we share together. They loved me more than I loved myself and taught me how to love myself.
4. My health—If I treat my body as it wishes – plenty of sleep, eating well, exercising. It works well most of the time. I have much to be thankful for. I often take my body for granted. It helps me see, listen, dance, write, hug, think and experience my world—everyday!
5. Chocolate and Coffee!!
6. Finding a song you love so much you listen to it 20 times in a row and it gets better and better with every word and beat.
7. My Education – Education has shaped my perspectives and dreams. College allowed me to introspect honestly and express myself eloquently. My education has opened many doors for me, helped me better understand the world around me and has made me a better person.
8. Not having to worry about my next meal, a warm coat or somewhere safe to go at night.
9. My comfy sofa, pajamas, Netflix, popcorn and a clear calendar!
10. Freedom/Flexibility - The fact I can do what I want, with who I want, when I want (most of the time) ... makes me the luckiest gal in the world ... and I'm VERY grateful for it.

Nicci J.

- 1: Coffee: It is my lifeline. I cannot adult properly without it.
- 2: Life: Sobriety has changed everything – from my education to the relationships with my family today. I am grateful to be alive.
- 3: Laughter: A good hearty belly laugh makes the world go 'round. Laughter is the song of my heart.
- 4: Perspective: When we change the way we look at things, the things we look at change. Think about it. A shift from fear based thinking to loving, forgiving and accepting thoughts creates space for personal growth and humility. That is something to strive for.
- 5: Fur babies, Cosmo and Sunny. They are precious miracles. Pets are family.
- 6: Communication: without it I would be lost. I love writing, talking, creating and building creative content viewers and listeners learn from.
- 7: Prayer and Meditation: This allows me to look for a spiritual solution in an exterior based world.
- 8: Books: By reading I become a better writer. I also learn from others experiences and I love that. Seeing something from someone else's point of view is refreshing, challenging and downright exciting. Read more, people!
- 9: Adventures: I love a good adventure. Travel is a must! Learning different culture, exploring places I have never been sets my heart on fire.
- 10: People: Are teachers, life is the classroom. We are constantly learning from each other. We are always growing, malleable, spiritual beings having a human experience. As an observer, I enjoy watching how we evolve, learn and muster up the willingness to examine ourselves and choose again when so rightly directed.



Photo by: Alexis Larson

# State of the Senate

The Bismarck State College Student Government Association has been changing with the seasons. The Congress of Student Organizations was created on Oct. 28. The resolution passed unanimously with a 15 - 0 vote. Clubs and organizations will no longer be members of SGA and will now have their own body to conduct business. The CSO's first order of business will be the creation of a constitution.

Oct. 14 was Project Pink Day, a day that BSC clubs and organizations decorate cakes and gather donations to raise funds for a cancer charity. This year over \$1000 was raised for Pink It

Forward. Cru raised the most money and was awarded a \$100 prize. Thank you to everyone that participated and promoted this good cause.

Hunter Andes, Marcie Woehl, Jessica Schmeichel, Nicholas Winistorfer, Kaitlyn Dix and I attended the North Dakota Student Association meeting at Minot State University. Organizing finances was the main topic of discussion. Some delegates proposed raising student fees. Several others suggested cutting NDSA expenses and addressing inefficiencies within the system. The Internal Affairs Committee will be investigating the issue further.

The Student Advocacy candidates have been selected. Marcie Woehl, Hunter Andes, Samantha Roth, Brennan Johnson, Alexander Johnson and Kaitlyn Dix will be traveling to Washington, D.C. and New York City, N.Y. over spring break. They will be visiting numerous locations and advocate for BSC students in the nation's capital.

As winter and finals approach SGA will be continuing to serve the student body. Be sure to keep an eye out for more events and opportunities to participate on campus.

-John Bettger, President



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\*Nothing drug or alcohol related will be tolerated.

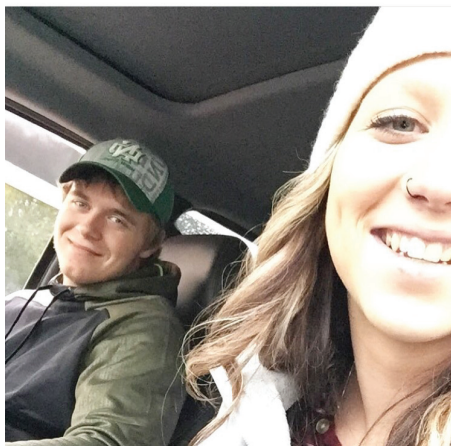
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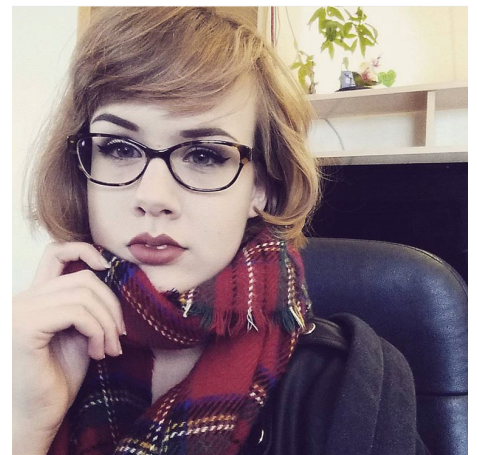
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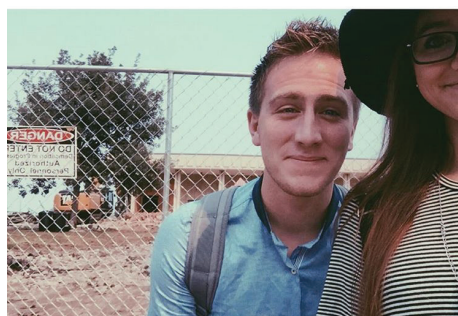
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# Staff Editorial:

## Contributors:

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Alexis Larson                       Katie Winbauer  
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## 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, the news-magazine 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.

## Disclaimer:

Opinions expressed in this publication are those of the individual writer and not necessarily shared by Bismarck State College or the Mystician Staff. We welcome comments and letters from our readers. All letters to the editor must be signed and include contact information.

## 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.

# Hours Must Go "Beyond"

After we spoke to Mike Wavrin, the Food Service Manager at Bismarck State College, we at The Mystician believe that the Marketplace may be more adequately suited to BSC than we previously thought.

In the last staff editorial, we analyzed how the prices, quality and hours of the Marketplace were inadequate. The prices at the marketplace and for the meal plans are actually better fitting for students here at BSC, because a buffet style marketplace would be difficult and expensive to accomplish. While we have slightly changed our position on the price aspect, we still hold strong to the belief that the hours of the Marketplace are still somewhat insufficient.

Currently the Marketplace operates Monday to Friday during the hours of 6:30 a.m. to 10 a.m., 10:45 a.m. to 2 p.m. and 4:30 p.m. to 7 p.m. The Marketplace is also open for a brunch on Saturdays for a couple hours.

That schedule prohibits students with stringent schedules from getting meals on campus throughout the day. Practices

for different sports often start at 6 p.m. and go until 8 p.m., so student athletes do not get the opportunity to eat dinner on campus, but have to go off campus to eat.

We realize that quite a few students go home on the weekends, but what about the student that works over the hours of 11 a.m. to 1 p.m.? Considering that they are paying for it, there should be an extended time slot on Saturday's for those students to be able to eat on campus.

If extending the times that the Marketplace is open does not work financially, then the times that the grab and go options are available need to be extended.

Something has to be done to accommodate the students who have busy schedules. A general option could be extending lunch to 3 p.m. and dinner to 8:30 or 9 p.m. to suit the schedules of students more appropriately.

Students at BSC need to be able to eat on campus. The prices may be better suited for students at BSC, but the hours certainly are not.



# Trending Topics: Basic B\*tchez

Story by: Katie Winbauer

IT'S THAT time of year for pumpkin spice lattes, Uggs boots, North Faces and binge watching Gossip Girl on Netflix.



If you found yourself drooling when you read “pumpkin spice latte” or got excited thinking about going home to watch Gossip Girl, you can probably consider yourself a “basic bitch” by society’s definition.

“Basic” is an adjective that has taken a somewhat negative or funny connotation. Urban Dictionary defines a basic bitch as someone who upholds status quoes without even realizing it. “There are many subtypes of basicness, such as the basic ratchet, the basic sorority bitch, the basic groupie bitch, the basic I’m-so-Carrie-from-Sex-and-the-City bitch, etc., but ultimately, they all share the common thread of being expendable and unnoteworthy and, in some cases, having absolutely no redeeming qualities.”

While these “basic” trends get mocked by some, I would like to say there is nothing wrong with them.

Want to take a selfie in public? Do it. Want to have eyeliner so winged it can fly? Do it. Want to abbreviate words by saying “totes,” “perf” and “cray?” Do it. Want to have a Pinterest board devoted to DIY projects? Do it. Want to talk about your medical knowledge from watching every episode of Grey’s Anatomy three times? DO IT.

There’s no shame in finding joy in the trends that relate you to almost every girl in a bar restroom. That might make someone “basic” according to today’s standards, but I believe it also makes a person fun, trendy and current.

While I fully support making decisions and staying true to yourself, if you fit the “basic” standard, there’s nothing wrong with that. I would much rather hang out with a group of basic bitches than someone who is constantly trying to be a hipster.

*(Katie Winbauer is the editor-in-chief of The Mystician. Reach her at editor@mystician.org.)*

## Basic Broz

Story by: Andrew Dill

YOU KNOW what time of the year it is folks, get those North Face sweaters out, that sweet backwards cap that you like to rock and also, telling any girl of your choosing to make you a sammich.

Yeah, if you laughed at any of those or can relate, you’re the definition of a Basic Bro. The definition behind being a Basic Bro is as basic as it gets – an extremely ordinary male, meaning you follow all of the trends in today’s world without even acknowledging it (Urban Dictionary).

There are a lot of signs to tell if you’re a basic bro or not, but here are a few examples.

High socks with sandals. Yeah, that’s a deadly combo. Kate Upton is your absolute dream girl slash celebrity crush. Quoting movies such as Anchorman or Kevin Hart jokes for that

matter. The same three shows airing on television – ESPN, Family Guy and South Park. The constant use of, “No Homo.” Constant posts quoting Drake lyrics on social media. These are just a couple examples, but if they hit home, you should reevaluate your status.

If you need help trying to pick out a Basic Bro in the crowd, just remember, they always love to tell you about how much they drank the night before. Basic Bros always know their drinks, such as two whiskey pours and four Busch Light’s – it’s just that simple.

Reflecting on high school sports is a dead giveaway. “Man, I wish I could go back in time and hit that shot instead of passing it to Jim.” Basic Bros will spend hours reflecting on what they could’ve or should’ve done for that matter, bad talking their teammates and coaches.

Sticking to the topic of sports, Basic Bro’s go hard in every competition imaginable. Intramural Sports for example. It doesn’t matter if it’s two-hand touch, co-ed basketball or co-ed volleyball, Bros go hard on the field, paint or sand for that matter.

Word choice is very basic for a Basic Bro; bro, epic, sweet, dude, you get the point. The word choice is very bland, or basic if you will.

Last but not least, Basic Bros like to degrade women, and that’s just an understatement. Bros will yell vulgarity at girls who’ve they just met, calling dibs or trying to slap their butt – resulting in obscene gestures.

Don’t be ashamed, we are all basic in some way, shape or form.

*(Andrew Dill is an editor for The Mystician. Reach him at editor@mystician.org.)*

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# Point of View

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## Democratic Debate Story by: Devin Stelter

The first National Democratic Debate took place on Oct. 13 at the Wynn Hotel in Las Vegas, Nevada.

The debate was not the circus that the Republican primary debates have been, but nonetheless had its fair share of entertaining moments.

The big winner in on the night, in my opinion, was old man Bernie Sanders.

If you would have asked CNN, who moderated the debate, who won the debate, they would have shouted Hillary at the top of their lungs.

I will put the fact that Time Warner Cable (who is Clinton's seventh largest donor) owns CNN aside.

Bernie debated with all of the rage and down to earth demeanor that he is known for. His big opponents of the night were Wall Street and foreign policy.

When it comes to Wall Street, Sanders always speaks with a conviction that sings to the heart of the average middle class American.

He preached that the big banks that control both Wall Street and most politicians need to be broken up. He has a great track record with his yes vote to keep Glass-Steagall when portions were repealed in 1999.

When it came to foreign policy, Bernie won major points by stating that he would not send troops into Syria to avoid another quagmire like Iraq, while Hillary seemed reluctant to get involved in the middle east. It showed just how much Sanders cares about the lives of U.S. soldiers and veterans.

When questions started to arise on the Hillary's email scandal, Bernie quickly stated that, "No one cares about your damn emails!" This spoke to me that Bernie really does not need to attack other candidates because he is focused on the real issues at hand.

I almost forgot about the other three candidates that graced the stage of the first democratic debate.

Lincoln Chafee, the former senator from Rhode Island, and Jim Webb, the former senator from Virginia, provided the comedy for the debate.

Chaffe probably will not be seen in another debate so long as he lives. His performance was absolutely atrocious.

He seemed uncomfortable the entire night. At one point, he attempted to challenge Hillary on her email scandal. When Hillary was asked to comment, she simply said "No." It was a killer blow to Chaffe as he failed to accomplish anything in his attempt to slam Clinton.

He also had a peculiar response when he was asked why he voted to repeal Glass-Steagall in 1999.

The reason he gave for the vote was that it was his first vote in the senate and his dad had just passed away. Anderson Cooper then asked him if he even read the bill and he gave the same exact answer. When I saw his career ending response, I went into a state of shock.

Jim Webb spent the whole evening complaining that he was not given nearly enough time to speak. When he did have the floor, he wasted a good portion of his time reminding Anderson

Cooper that he should have more time to speak. It was really difficult not to burst out in laughter while watching Mr. Webb argue over the time he was given.

Martin O'Malley earned himself a spot in the second debate with a surprisingly strong showing in Las Vegas. The former Governor of Maryland had no problem attacking Hillary all night.

O'Malley proposed a stern clean energy policy that would require the United States to use 100% clean energy by the year 2050. I loved the proposal of this policy as it showed that O'Malley is dedicated to saving this planet and has a plan to help accomplish it.

Overall, the first Democratic Debate was a success for the viewer. The serious candidates showed that they deserve to be in the running for president, and the clowns provided the top notch entertainment.

*(Devin Stelter is an editor for The Mystician. Reach him at editor@mystician.org.)*





# Nov. 16 - Dec. 19 Calendar of Events

## Monday, Nov. 16

- Theme Week: Pajama Day

## Tuesday, Nov. 17

- Theme Week: Camo Day
- Sidney J. Lee Auditorium, Schafer Hall: Chamber Ensemble Concert 7:30 p.m.

## Wednesday, Nov. 18

- Theme Week: Favorite Decade Day

## Thursday, Nov. 19

- Theme Week: Neon Day

## Friday, Nov. 20

- Theme Week: BSC Pride Day
- BSC Armory: Basketball BSC vs St. Cloud Tech (Women 6 p.m./Men 8 p.m.)
- Brazilian Harvest Grill: Ballroom Dance Lessons 9 p.m. - 12 p.m. \$5 at the door.

## Saturday, Nov. 21

- Bismarck Civic Center: Dakota Divas: Drag Show & Dance 8:30 p.m. \$15 at the door
- BSC Armory: Basketball BSC vs Central Lakes College (Women 12 p.m./Men 2 p.m.)

## Tuesday, Nov. 24

- Career Academy: BSC Blood Drive 8:30 a.m. - 1 p.m. Free pizza 11:30 p.m. - 1:30 p.m.
- Sidney J. Lee Auditorium, Schafer Hall: Jazz Ensemble Concert 7:30 p.m.

## Thursday, Nov. 26

- BSC Closed, Thanksgiving Break

## Friday, Nov. 27

- BSC Open, No classes Thanksgiving Break
- BSC Armory: Basketball - Alumni Game (Women 6 p.m./Men 8 p.m.)

## Saturday, Nov. 28

- Dakota Stage Ltd.: Flash Back Film "Toy Story" 2 p.m. \$10 at the door, tickets available online.

## Tuesday, Dec. 1

- Mystic Marketplace: Chocolate Fountain 11 a.m. - 1 p.m.

## Thursday, Dec. 3

- Mystic Marketplace: Cookie Decorating 11 a.m. - 1 p.m.

## Friday, Dec. 4

- BSC Armory: Basketball BSC vs Miles Community College (Women 6 p.m./Men 8 p.m.)

## Saturday, Dec. 5

- BSC Armory: Basketball BSC vs Little Big Horn College (Women 12 p.m./Men 2 p.m.)

## Tuesday, Dec. 8

- Leach Music Center: Music Juries 11 a.m. - 1 p.m.

## Wednesday, Dec. 9

- Student Union: Relaxation Activity 11 a.m. - 1 p.m.
- Sidney J. Lee Auditorium, Schafer Hall: Eurydice 7:30 p.m.

## Thursday, Dec. 10

- Leach Music Center: Music Juries 11 a.m. - 1 p.m.
- Sidney J. Lee Auditorium, Schafer Hall: Eurydice 7:30 p.m.

## Friday, Dec. 11

- Mystic Media Day, Mystic Marketplace 11 a.m. - 1 p.m.
- Sidney J. Lee Auditorium, Schafer Hall: Eurydice 7:30 p.m.
- BSC Armory: Basketball BSC vs Gillette College (Women 6 p.m./Men 8 p.m.)
- Belle Mehus Auditorium: Nutcracker 7:30 p.m.

## Saturday, Dec. 12

- Sidney J. Lee Auditorium, Schafer Hall: Eurydice 7:30 p.m.
- Belle Mehus Auditorium: Nutcracker 7:30 p.m.
- BSC Armory: Basketball BSC vs Gogebic Community College, (Women 12 p.m./Men 2 p.m.)

## Sunday, Dec. 13

- Sidney J. Lee Auditorium, Schafer Hall: Eurydice 2:30 p.m.
- Belle Mehus Auditorium: Nutcracker 2:30 p.m.

## Wednesday, Dec. 16

- Sidney J. Lee Auditorium, Schafer Hall: BSC Holiday Concert 7:30 p.m.

## Saturday, Dec. 19

- Winter Break Begins