

# THE MYSTICIAN

WINTER  
SCHEDULE

DECEMBER 2023  
VOL. 85 ISSUE 4



**SUGAR COOKIES  
RECIPE & REVIEW**

PAGE 8

**WINTER SAFETY  
TIPS & TRICKS**

READ ON PAGE 4

**CROSS COUNTRY  
NATIONALS RESULTS**

READ ON PAGE 19

**COMEDY  
CORNER**

CHECK OUT  
PAGE 14

PICTURED: SEAN HUGHES AND KIANA KRUEGER  
PHOTO CREDIT: KAIA LEHMAN

# PLAYS WRITTEN BY AI MAKE WAVES ON CAMPUS

## BSC hosts plays by ChatGPT

BY KAIA LEHMAN  
THE MYSTICIAN EDITOR-IN-CHIEF

Bismarck State College is making history within the theatre department. This year for the winter play, students will be performing "AI Plays" written by

artificial intelligence software ChatGPT. Associate Professor of Technical Theatre Dean Bellin wrote the prompts for the software and is the lead director in this undertaking.

"I thought the idea of an AI writing about AI is the most interesting way to approach this subject. And to put it into dramatic form gives us as theatre makers the ability to make this story real for many people who are still unsure or who don't quite yet know where the technology is," Bellin said.

By casting the actors before writing the script, the play

began in an unconventional fashion. For auditions, the actors' dummy script was written for them only a few minutes before they were to perform.

"The actors who were not familiar with ChatGPT were shocked to see their script written in front of their eyes. A bizarre experience to see the work being created in seconds," Bellin said.

Currently, in the theatre world, plays are already being written by AI with a copy editor to clean up the script. Bellin states this is only the beginning.

**PLAYS ON PAGE 3**



# CAMPUS ACTIVITIES CALENDAR

## ELF ON THE SHELF TRIVIA

DEC. 1-8 | ALL DAY  
STUDENT UNION

## HOT COCOA WALK

DEC. 4 | 11-1PM  
STUDENT UNION

## FREE MOVIE NIGHT

DEC. 5 | ALL DAY  
GRAND 22 THEATRES

## SELF CARE WITH SANTA

DEC. 6 | 10-1PM  
STUDENT UNION

## WINTER PLAY

DEC. 7 | 7:30 PM  
SIDNEY J. LEE AUDITORIUM

## FINAL EXAMS

DEC. 11-14 | ALL DAY  
BSC CAMPUS

## MASSAGE MONDAY

DEC. 11 | 10-1PM  
STUDENT UNION

## THERAPY DOGS

DEC. 12 | 11-1PM  
STUDENT UNION

## HOLIDAY CONCERT

DEC. 13 | 7:30 PM  
SIDNEY J. LEE AUDITORIUM

## WINTER BREAK

DEC. 18 - JAN. 7

## BOOK TALK

JAN. 7 | 11-1PM  
BSC LIBRARY

## SEMESTER BEGINS

JAN. 8  
CLASSES START AT 4PM

## SPRING SEMESTER SEEDS

JAN. 9 | 11-1PM  
STUDENT UNION

## CIDER AND STRUDEL

JAN. 10 | 11-1PM  
STUDENT UNION

## INTENTION BRACELETS

JAN. 11 | 11-1PM  
STUDENT UNION

## CANOE GAMES

JAN. 11 | 11-1PM  
BSC AQUATICS CENTER

## BROWNIE BAR

JAN. 12 | 11-1PM  
STUDENT UNION

## MARTIN LUTHER KING JR.

## DAY OBSERVED

JAN. 15 | BSC CLOSED

## WINTER CRAFT

JAN. 16 | 11-1PM  
STUDENT UNION

## TRIVIA NIGHT

JAN. 16 | 6-8PM  
STUDENT UNION

## YOGA NIGHT

JAN. 18 | TBA  
TBA

## FREE MOVIE NIGHT

JAN. 22 | ALL DAY  
GRAND THEATRES

## KNOEPHLA & KINDNESS

JAN. 23 | 11-1PM  
STUDENT UNION

## SKYZONE NIGHT

JAN. 24 | 6-8PM  
SKYZONE TRAMPOLINE PARK

## MYSTIC MEDIA STAFF

- Kaia Lehman . . . . . The Mystician Editor-In-Chief
- Ashlee Presser . . . . . MystiCast Executive Producer
- Hailee Presser. . . . . Mystic Media Coordinator
- Emily Tryon . . . . . The MYX Production Manager
- Caleb Herr . . . . . Mystic Media Crew
- Tinashe Makuve . . . . . Mystic Media Crew
- Jordan Nadeau. . . . . Mystic Media Crew
- Irie Townsend . . . . . Mystic Media Crew
- Shane Biberdorf . . . . . Reporter
- Alix Dobler . . . . . Reporter
- Cody Eisenbeis. . . . . Reporter
- Ariana González Rodriguez. . . . . Reporter
- Eittol Martin . . . . . Reporter
- Levon Schulz. . . . . Reporter
- Chloe Erickson . . . . . Photographer/Reporter
- Robert Mechaley III . . . . . Alumni Reporter
- Brandon Hagerott . . . . . Graphic Designer
- karen Bauer . . . . . Mystician Adviser

## SAY CHEESE!



JESSA LEE MAKES COFFEE AT MYSTIC JAVA  
PHOTO CREDIT: KAIA LEHMAN

### Want to be in The Mystician?

Submit your photos to [bscmysticianeditor@bismarckstate.edu](mailto:bscmysticianeditor@bismarckstate.edu) for a chance to be featured on one of our pages!

**CONTACT: KAIA LEHMAN | EDITOR-IN-CHIEF**  
EMAIL: [bscmysticianeditor@bismarckstate.edu](mailto:bscmysticianeditor@bismarckstate.edu)



# BSC FOUNDATION UPDATES ON BUILDING PROGRESS

BY ROBERT MECHALEY III  
ALUMNI REPORTER

The Bismarck State College campus is ready to welcome a new building onto its premises. In September, a passing student vote solidified the plans and building for a project that would act as a new athletic center on campus. Now, the renders have been made, the building has been named and the BSC Foundation is busy helping all the other pieces fall into place for this 80,000-square-foot project.

“We are tasked with raising a lot of money, at least probably over \$10 million in private funds to make this reality come to fruition,” BSC Foundation development manager Cory Wrolstad said. “So, we’ll be selling lots and naming right opportunities anywhere from locker rooms, to the basketball court name, to the climbing wall suites—everything you can think of in there is trying to find a partner to help us pay to make the rest of this dream come together.”

The new building will be named the Bavendick Center after the Bavendick family, who contributed a substantial donation and already have 92 scholarships in their name this academic year.

The Bavendick Center will feature new athletic facilities for Mystic athletes and student body to use.

“I can tell you from the community side, people are excit-

ed about having this facility,” Wrolstad said. “It’s really the final straw of what we’re really missing on campus, and we’ll give our current students so many opportunities for recreation within that facility itself. It’s not just for athletes, but the

whole student body to use.”

Outside of bringing the funding together for this project, the BSC Foundation has been working to honor donors and alumni through dinners and awards. The President’s Din-

ner in October had 275 donors in attendance to thank them for their contributions. Alumni will be honored through the annual Alumni Awards and Athletic Hall of Fame Dinner on May 9, 2024.

“In the spring, we host every year and the award nominations are out there right now for recognizing Alumnus of the Year, Rising Star of the Year, along with the BSC Family of the Year,” Wrolstad said. “So we’re always thinking far ahead with what’s coming next.”



PICTURED: BSC PRESIDENT DOUG JENSEN, GREG AND YVETTE BAVENDICK, PRESIDENT OF BSC FOUNDATION BOARD DANNETTE WELSH  
PHOTO CREDIT: KAIA LEHMAN



GIFTING MADE EASY WITH TOP PICKS FROM GLIK'S!

**GLIK'S**

GLIKS.COM @GLIKSOFFICIAL

Visit [glik.com](https://glik.com) to find your nearest location

## PLAYS From page 1

BY KAIA LEHMAN  
THE MYSTICIAN EDITOR-IN-CHIEF

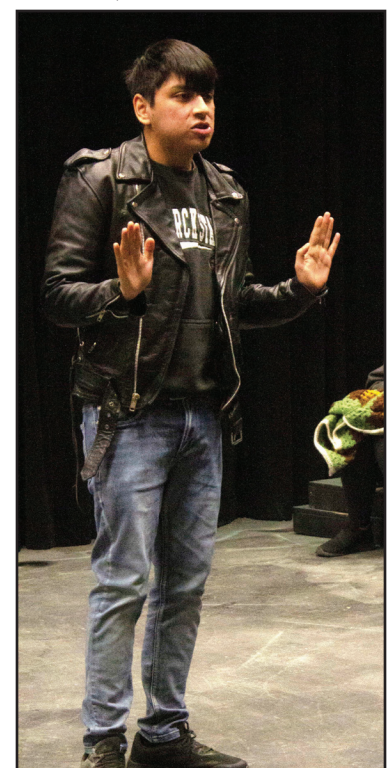
“I have been working with ChatGPT since its public release and I immediately could see how it would be impacting not just my field but honestly how it will affect humanity. I wanted to use my skills, which are based on performance, to help tell the story of this technology and bring it to the public so we can all start a conversation about the kind of the society we want to live in,” Bellin said.

While the use of AI is controversial, the technology is here to stay. Not only is AI being used to write plays, but it is also writing stories, making artwork, developing apps, and so much more.

While the AI Plays use artificial intelligence to write the plays, humanity is not lost on the production. Humans are still

responsible for the direction of the presentation.

“It is my hope that we can use this newfound tool as a method of lifting us up, and not to drag us down,” Bellin said.



PICTURED: JOSHUA ALARCON  
PHOTO CREDIT: KAIA LEHMAN



# ANNUAL TACO RUN RESTOCKS PANTRIES

BY LEVON SCHULZ  
MYSTIC MEDIA REPORTER

The fourth annual Taco Run took place in the Bismarck State College Student Union on Nov. 15. The Taco Run is a food drive and fundraiser aimed at stocking the Mystic Food Pantry in time for the Thanksgiving holiday. Donors are asked to bring five nonperishables or donate \$10 in exchange for a couple tacos and a t-shirt.

"Tacos you can get any other day, the shirt, you only get it once a year," commented student Jesus Aguirre.

It may come as a slight surprise but there is not actually any running required. The event takes place at a single line of tables. It starts with donations, next the racer bibs and shirts, then the tacos and dressings and finally a balloon arch covered finish line.

"We're fun here, we're Student and Residents' Life," Sarah Owens,

Student Engagement Coordinator said. "Even though you're not 'running' you can still 'run' your donations for a good cause."

All the volunteers participated in cheering on each 'runner' as they made their way down the line. Every participant was met with celebration as they crossed the finish line with tacos and shirts in hand. There was extra buzz throughout the Student Union due to all the cheering and celebrating.

"We have seen a rise in our food pantry being used by our students and we're really running low very very quickly," Owens said.

Once again, the Taco Run was a success thanks to the help of BSC students and faculty. At the conclusion of this year's Taco Run, a total of 1,061 food items were collected and \$1,002 donated.



PICTURED: ERIN SCHWALK, AISSATA SOUMARE, AMANDA MORSE, AVERIE STONE AND KIM WEISMANN  
PHOTO CREDIT: BAILEY WILHELM

## WINTER SAFETY EVENT EDUCATES BSC STUDENT BASE

### Preparing students for harsh weather and roads ahead

BY ALIX DOBLER  
MYSTIC MEDIA REPORTER

North Dakota is a state known for its extreme temperature: burning hot in the summer and frigidly cold in the winter. For residents living in the area, it is crucial to take necessary precautions during seasonal changes.

Recently, North Dakota's first winter storm of the season hit on October 26, icing the streets and covering the land. Caught off guard, residents of Bismarck found themselves quickly pulling out their winter gear and switching out their car tires to accommodate the weather.

After the first day of snowfall, the National Weather Service announced that Bismarck broke the record for total snowfall on that day with 8.5 inches, surpassing the previous record

of 3 inches in 1966. Now that winter is here, the cold weather and slippery roads work together to make this season a challenging one.

In early November, Bismarck State College organized a Winter Survival Event at the student union where students had the opportunity to build their very own car emergency kit for the winter season. The event featured stationed tables displaying winter survival gear such as emergency blankets, hand-warmers, flashlights and rescue whistles.

Zoe Wergeland Manstrom, executive director of the American Red Cross in North Dakota was one of the information spokespeople at the event providing insights on North Dakota weather and safety.

"It's definitely more extreme," Manstrom said. "We tend to have winters that are much colder and much windier than other parts of the country."

Because of North Dakota's flat landscape, wind has the ability to blow freely causing visibility problems during this time of the year.

"Even when you think that it's not snowing, you still might get snow fog and not be able to see," Manstrom said.

A lack of visibility with sub-freezing temperatures can be disastrous when traveling in the winter.

"The most important thing to be prepared for when traveling... is to make sure you have a full tank of gas at all times," Matthew Giddings, BSC's Campus Police Chief said.

The percentage in which fuel is used greatly increases in cold weather conditions. That coupled with the possibility of getting stuck in the snow is more reason to be prepared.

Even despite preparation, mistakes are bound to happen. The most important aspect to focus on during an accident is safety. Giddings stresses the importance of making sure all parties are safe when a collision takes place. Whether the accident is caused by the slippery roads or by a distracted driver, it is important to make safety the main priority.

Once safety is determined and monitored, Giddings recommends contacting law enforcement to file a report and exchanging insurance information with any other parties involved to make sure things are sorted out. For more information on winter safety and advice contact BSC Campus Police by email; [bsc.safety@bismarckstate.edu](mailto:bsc.safety@bismarckstate.edu)



ZOE WERGELAND MANSTROM WITH THE RED CROSS  
PHOTO CREDIT: CHLOE ERICKSON



# MYSTIC MEDIA HONORED AT PINNACLE AWARDS

The Bismarck State College Mystic Media student productions won two College Media Association Pinnacle Awards for their efforts from last year.

The MYX Production Manager Seth Iverson and staff received 3rd place in Division II as the Radio Station of the Year. The award is based on campus and community coverage as well as production, content and reporting.

Iverson graduated with an associate in applied science mass communication degree in May 2023. He is currently living in Las Vegas, Nev., taking a gap year and working. He plans to return to school in the future to earn a bachelor's degree in journalism with a minor in Spanish.

Kaia Lehman received 3rd place in Division II Best of Collegiate Design for Best Infographic. The award is granted based on creative and superb artwork that provides quantitative data or references meant to inform. The winning infographic was based on a story about student government and college fees. It was published in the December 2022 issue of The Mystician.

Lehman was the graphic designer for The Mystician last year and is serving as the Editor-in-Chief this year. She is currently a sophomore in the graphic design and communication program and will be graduating in May 2024. She plans to go into the workforce and pursue a career in print design.



SETH IVERSON WORKING ON THE MYX  
PHOTO CREDIT: SUBMITTED



KAIA LEHMAN POSES WITH THE PINNACLES  
PHOTO CREDIT: BRANDON HAGEROTT

# ANIMAL SHELTERS INCREASE OCCUPANCY DURING WINTER

BY ARIANA GONZALES RODRIGUEZ  
MYSTIC MEDIA REPORTER

Animal shelters around the country are still struggling with being at full capacity.

According to the American Society for the Prevention of Cruelty to Animals, the height of the COVID-19 pandemic resulted in nearly 23 million American households giving animals homes.

However, recent economic changes around the nation, such as inflation, have had a role in the recent influx of surrendered pets.

Julie Schirado from Furry Friends Rockin' Rescue has noticed this increase. The changing of the seasons used to be a factor in the rising number of animals in shelters, however, Schirado believes this has changed.

"Now, it's year-round," Schirado said. "To be honest, winter time could lessen [the overpopulation] because animals freeze and die."

The ASPCA (American Society for the Prevention of Cruelty to Animals) states that around 6.3 million pets enter animal shelters every year in the US.

The overpopulation of animal shelters impacts the level of care and resources each animal can receive. This has led animal shelters to make drastic decisions regarding their animals.

"The pounds take the animals that have been there the longest and kill them," Schirado said. "We try to step up and beg fosters to take them."

Despite being overpopulated, this rescue manages to pull through with the help of their community.

"Good news these days is that there is so much networking," Schirado said. "There are a lot of moving parts to our rescue."

The general public is also encouraged to help the shelters around the area handle the animal overpopulation situation.

"Donating things like gas cards, blankets, and straw. We use straw to build feral cat dens," Schirado said. "We also need the things that no one thinks about, like dish soap and bleach."

To donate or volunteer at Furry Friends Rockin' Rescue, visit <https://furryfriendsrockinrescue.org/>.



ONE OF THE REPORTER'S RESCUED KITTENS  
PHOTO CREDIT: ARIANA GONZÁLEZ RODRIGUEZ



## CREATIVE WRITING

## IT RETURNS TONIGHT

BY CHLOE ERICKSON  
MYSTIC MEDIA PHOTOGRAPHER

"White-Tailed Mountain, home of the mysterious Deerskull Legend and popular ski resort: The White-Tailed Resort!" Ryan, all dressed in winter gear read the large sign.

"Hurry up Ryan!" Ryan's friends, Mike and Anthony, called to him as they trekked up the path leading up the mountain. Soon, they made it to the resort and got to their room.

"So, what's the Deerskull Legend?" Ryan asked aloud.

"Oh, you haven't heard of it? I can tell you all about it!" Mike replied. "60 years ago, an explorer found this mountain. During his first few nights here, the explorer found a huge dead tree with a dead deer hanging from the tree's branches. There were multiple deer skulls decorating the tree's branches, and bones littered the ground. The explorer was terrified, but continued to investigate. Over the next few days, which turned into weeks, he scoured the mountain, finding strange clues and unknown animal tracks. The tracks were similar to a human, but much larger. One day, he followed a trail of the human-like tracks to a cave, there, he saw—"

"Sorry for interrupting, but we really should head out before it gets too dark." Anthony interrupted Mike. The group quickly got into their gear along with their skis and headed out. Outside, they joined a crowd of people waiting

to get on the ski lift. After getting on the lift, Ryan looked around the snowy terrain below them. In the distance, a huge tree stood. The top branches were bare and looked dead. Ryan gulped and averted his gaze. They reached the top of the mountain and hopped off the lift. Anthony led the group to one of the many ski trails.

"Come on guys, let's go!" Anthony shouted, shuffling forwards and started to slide down the trail. Mike nudged Ryan and followed Anthony. Ryan shook himself, and followed his friends down the mountain. The boys had loads of fun, skiing down the snowy mountain and enjoying their time at the resort. After a few days, the group had decided to ski down the new wilderness trail. The boys had arrived and waited along with a crowd. A staff member appeared in front of the crowd.

"Welcome to the new trail! I'm here to inform you of the rules on the new trail—" The staff member's voice faded away as Ryan's attention was back to the large tree. He could see it again, and all he could think about was the mysterious legend.

"Any questions?" The staff member asked aloud. No one replied. The staff member nodded, then stepped out of the way. Little by little, people began sliding down the trail, and soon, the group was next to go.

As soon as it was clear, the boys started

down the trail. Mike and Anthony skied ahead of Ryan, who went at his own pace and enjoyed the scenery around him. Then, he noticed a large gap within the tree line. It was outside of the trail's borders, but it looked like a path that led into the forest. He slid between the fire-lit torches that acted as the border of the trail. He followed the path, moving farther and farther away from the trail. After a while, he stopped. He had somehow made it to the large dead tree he had seen on the ski lift. It was huge up close. It was much darker now. Ryan reached into his pocket and grabbed his phone. He turned on the flashlight option and looked at the tree again.

He froze.

The tree was covered with hanging deer corpses and old deer skulls. The small clearing around the large tree was covered with broken branches and more bones.

There was a growl.

Ryan whipped around, and saw a cave on the side of a cliff. The light from his phone's flashlight barely illuminated the cave entrance.

"Nope, I'm done," Ryan said aloud. He turned around, putting his phone away and started to shuffle back to the path. He suddenly stopped as heavy footsteps echoed behind him. He turned his head to look behind him. There, he saw the silhouette of a man-like being, but much

larger and hairy. This so-called beast from the legend was without a doubt, a bigfoot.

Ryan propelled himself forward, desperate to get away. He swerved around trees, bushes, and fallen branches. He could hear the thundering footsteps of the beast behind him. It was gaining on him. Ryan screamed, hoping anyone would hear him. He had no idea where he was, he had lost the trail. The beast didn't make a sound, only its heavy breaths and running footsteps could be heard. Ryan kept his eyes ahead of him, terrified to look behind him. It felt as if the monster was breathing down his neck. Then, he saw it, an opening within the treeline, and past it, lit torches of the trail. He swerved around a tree, changing his direction and hoping to throw off the beast. He was almost there, almost back to the trail where other people were. He opened his mouth to scream again. Then, something grabbed his hood. The sudden force of the beast pulling him back choked the air out of him. His stakes flew out of his hands and he landed on the snow. He looked up, the beast looking down at him with bright yellow eyes. Ryan wanted to scream, but the beast's large hand grabbed his head, its palm covering Ryan's face. The beast ripped Ryan's skis from his feet, and drug him back into the forest. Ryan's screams were muffled, and soon, his muffled cries faded away into the darkness.

## STUDENTS ON THE STREET

## What Is Your Favorite Winter Memory?

BY EMILY TRYON | MYSTIC MEDIA REPORTER



**Jesus Aguirre**

**Major:** Public Administration

**Year:** Sophomore

"Before attending Bismarck State College, we had this one winter, near Christmas, my dad couldn't make it to the house at all. He was trying to make it. He left the day before and he called to tell us that he was stuck in Fargo.

We said 'It's okay, you can just stay out there, we will be fine, we can just start Christmas later.'

I don't think it registered that we were going through a blizzard, and he said, 'I am going to make it to Christmas and see everyone.'

So, he drove through a blizzard.

He powered through all of I-94 and made it to the end of the street ... and that's where he got stuck. He powered through just to get stuck at the end of the driveway. It was a four-foot snow drift.

We tried to go help him, but all our vehicles were stuck. It was all under four feet of snow, and we couldn't get our skid steer out. He tried to put pedal to the metal, trying to get out of the snowhill that only led him to get further stuck.

Then in response he started blaming us because we didn't do a better job of digging the truck out.

That was the year we met our neighbors, they came out to help us. They come over and the husband got his truck unstuck from the snow, unlike my father—then helped us get unstuck but in the process almost got himself stuck.

Our other neighbors just watched, they all wanted to help but couldn't. Everywhere there was three to four feet of snow. So they just sat there watching both of our families dig two trucks out, just trying to power through.

This took about two hours. My dad made it to Christmas though."



**Haylie Gramling**

**Major:** Social Work

**Year:** Freshman

"One of my memories of the winter holidays would be this last year. I went to this winter conference in Minneapolis for a group called Cru. It is

a Christian group. We sang worship music with all of our friends and a loud party concert along with inside fireworks. We watched the countdown to the New Year. We bussed down there and back. The whole trip in general was four or five days.

We stayed at hotels, had some sermons and lots of worship. Honestly I have never felt God's presence as much as I did there. Being able to meet new people and make friends. I think it's hard in college to meet people who believe in the same thing as you.

So being able to go where we all believe in the same general thing—instead of having to pick through groups and be in the wrong crowd, because I have been there before. That's probably the best memory I have had so far over the holidays."



# EMBRACING THE UNCONVENTIONAL

## Holiday Movie Recommendations For The Unorthodox



BY TINASHE MAKUVE  
MYSTIC MEDIA REPORTER

Christmas time, a time for family, tradition and Christmas movies. But what about those with an unconventional Christmas tradition or no tradition at all. Normal Christmas movies can seem cliché in the message they are getting across, and there's nothing wrong with that but for those who want something rather against type look below at a few options to throw on this holiday season.

**Lethal Weapon** released in 1987 directed by Richard Donner is also the first movie written by Shane Black who is well known for setting most of his movies on Christmas and would later on direct his own projects. The movie follows

two mismatched cops, Riggs a suicidal, former green beret played by Mel Gibson and the other Murtagh a family man getting ready to retire played by Danny Glover. Both must put their differences aside as they try to thwart a drug operation in the weeks leading up to Christmas. Christmas time means very different things for both men with Riggs reeling over the loss of his wife and being severely depressed because of it and Murtagh who has a loving family he's always fighting to get back home to at the end of the day. It's safe to say one is definitely in more of a holiday spirit than the other but this doesn't prevent them from seeing eye to eye on wanting to help people however they can especially over time being able to help each other.

**Die Hard** is the 1988 action classic directed by John McTiernan where an everyday police officer John McClane played by Bruce Willis is forced to save his estranged wife and her coworkers when terrorists led by Hans Gruber played by the late great Alan Rickman take the building hostage during a Christmas party. Whether this film is a Christmas movie or not has been highly debated but a movie taking place during Christmas with loads of Christmas imagery seems pretty cut and dry. The holiday season is about being

with loved ones, John, despite not being on the best of terms with his wife, comes out to New York to try to reconnect with her. With not even the luxury of having a pair of shoes amidst the endless amounts of shattered glass, 13 terrorists gunning for his head and all but one NYPD cop assisting him through a radio John never wavers in overcoming these adversities in his effort of saving innocent people and reuniting with his wife.

**Eyes Wide Shut** was released in 1999 and directed by the late great Stanley Kubrick who died shortly before its release. The film tells the story of Bill Harford a doctor played by Tom Cruise who after his wife Alice Harford played by Nicole Kidman admits to fantasizing about other men, is left disillusioned and embarks on a night long odyssey that takes him to the darkest corners of high society. Despite it being a time to spend with family, the holiday season can be a time for confusion and loneliness. Bill is deeply confused as to why his wife would think of other men when he views their marriage as happy and healthy. From this he spends much of the movie wandering the Christmas light ridden streets of New York alone and aimlessly not

quite sure what he's looking for but the places he ends up going makes him reassess what's important to him.

**Kiss Kiss Bang Bang** is a 2005 crime comedy written and directed by Shane Black which sees a simple criminal played by Robert Downey Jr pretending to be an actor playing a detective while also being coached on how to be a detective by a private eye played by Val Kilmer as both become embroiled in a murder case. Shane Black plays with common noir/detective tropes while also flipping most of them on their head, like his other work the film does take place around Christmas. The film helped revitalize Robert Downey Jr's career after his stint in prison and would pave the way for him as a leading man later helping him land the role as Iron Man. The Christmas and L.A. setting seem rather mismatched but much like the characters both coming together in strange and hilarious ways.

**Iron Man 3** released in 2013 is another Shane Black Christmas movie where the titular character played by Robert Downey Jr is plagued by PTSD over prior events while simultaneously fighting a terrorist organization in the days leading up to Christmas. Despite the movie being part of

a larger franchise and the third in a trilogy it's pretty standalone and can be enjoyed on its own. The holiday season can be a time to relax but it doesn't mean the problems in life come to a stop. This is presented excellently in this movie with Tony unable to enjoy the time with the people he loves due to PTSD over recent events keeping him in a constant state of unrest. Once the looming threat becomes more prominent and personal for Tony, he has to not only stop it but work to get past his own issues at the same time. Christmas time is a time to be with the ones you love and it's inspiring to see Tony fight against the odds to achieve that.

Christmas can mean different things to different people which is what makes all these movies special in their own way. When asked why he sets most of his movies on Christmas, Shane Black stated "Christmas represents a little stutter in the march of days, a hush in which we have a chance to assess and retrospect our lives." With this view on Christmas as a setting for a movie it makes sense for a story where characters can be placed in unique situations that allow them to reflect on their lives. Hopefully stories set around the holidays will keep being made with fresh and creative storytelling possibilities either conventional or unconventional.



ILLUSTRATION CREDIT: BRANDON HAGEROTT



# HOLIDAY COOKIES TO TRY AT HOME

BY KAIA LEHMAN  
THE MYSTICIAN EDITOR-IN-CHIEF

Holiday cookie season is right around the corner, and if you're anything like me, you are horribly underprepared for the colossal amount of cooking that is about to take place. Every year, my family says, 'let's do a laid back Christmas this year, I don't feel like cooking,' and then it turns into prime rib, au gratin potatoes, homemade fudge and a creme brule. Not to mention the 17 other sides on the table.

Before people come at me with the pitchforks and fire, I do love a good holiday dinner. Everything at the table is absolutely delicious. However, that is until the mound of dishes appears, along with the urge to cry.

That being said, the holidays are still one of my favorite times of the year, because no

one is angry or mad that I am staying in the house for all hours of the day. The holidays are a peaceful time full of no expectations, especially since I am now in college.

Sitting at home, relaxing and making cookies with my family is one of my favorite pastimes. At home we used to make five different types of cookies over Christmas break, but as we've all gotten older, we have all gotten lazier too. No one wants to do five types of cookies worth of dishes.

This year, I plan on making cookies with my roommate at the dorm. We both have a little bit of a sweet tooth, and cookies during the cold(ish) weather is just the right treat to handle the disaster that is usually outside.

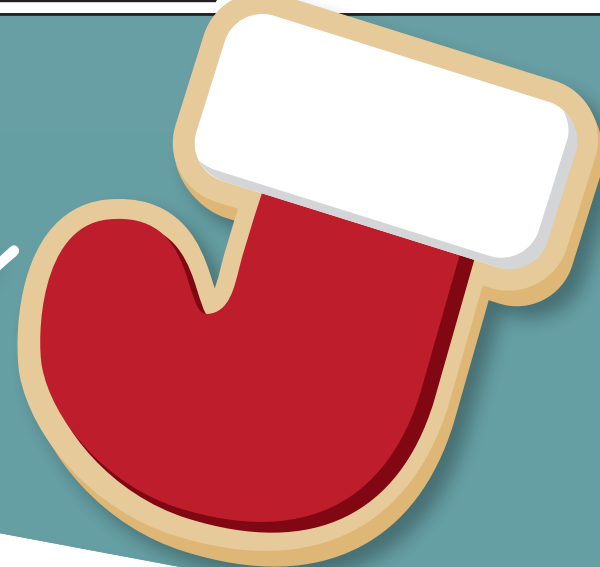
I tried this recipe out the other day, and they are delicious. The cookies get better with age as well. Prime eating time for these cookies is one to two days old. These sugar cookies do need frosting, otherwise they get too dry. I used store bought frosting (I know, scandalous) because I don't have powdered sugar at my apartment. Which is weird, because I have rice wine vinegar but not powdered sugar.

This recipe makes about 20 cookies, depending on the cookie size. The cookie dough can also be frozen to bake and eat at a later date. I would recommend making the balls of dough beforehand so they can be popped in the oven though. That will help immensely when it comes time to bake. Enjoy!



HOMEMADE SUGAR COOKIES  
PHOTO CREDIT: KAIA LEHMAN

## Sugar Cookies



### Ingredients

- 2 1/2 c. all-purpose flour
- 2 tsp. baking powder
- 3/4 tsp. fine sea salt
- 1 c. unsalted butter, room temp.
- 1 1/4 c. granulated sugar,
- 1/4 c. granulated sugar (for rolling)
- 1 large egg
- 1 egg yolk
- 1 tsp. vanilla extract

### Directions

- 1. Preheat the oven to 350°F. Line baking sheets with parchment paper.
- 2. In a medium bowl, whisk together the flour, baking powder, and salt to combine.
- 3. In a large bowl, beat the butter and 1 1/4 cups sugar until light and fluffy, 2 to 3 minutes. Add the egg, egg yolk, and vanilla, and beat until combined. Slowly beat in the flour mixture.
- 4. Place the remaining 1/4 cup sugar in a shallow dish. Divide the dough into balls (3tbsp), then roll in sugar to coat evenly. Place the dough balls on the prepared baking sheets, spacing 2 inches apart, and flatten slightly with the bottom of a measuring cup.
- 5. Bake for 10 to 12 minutes, or until the cookies set and begin to brown. Cool for 5 minutes before removing to a wire rack to cool completely.





# AFTERHOURS

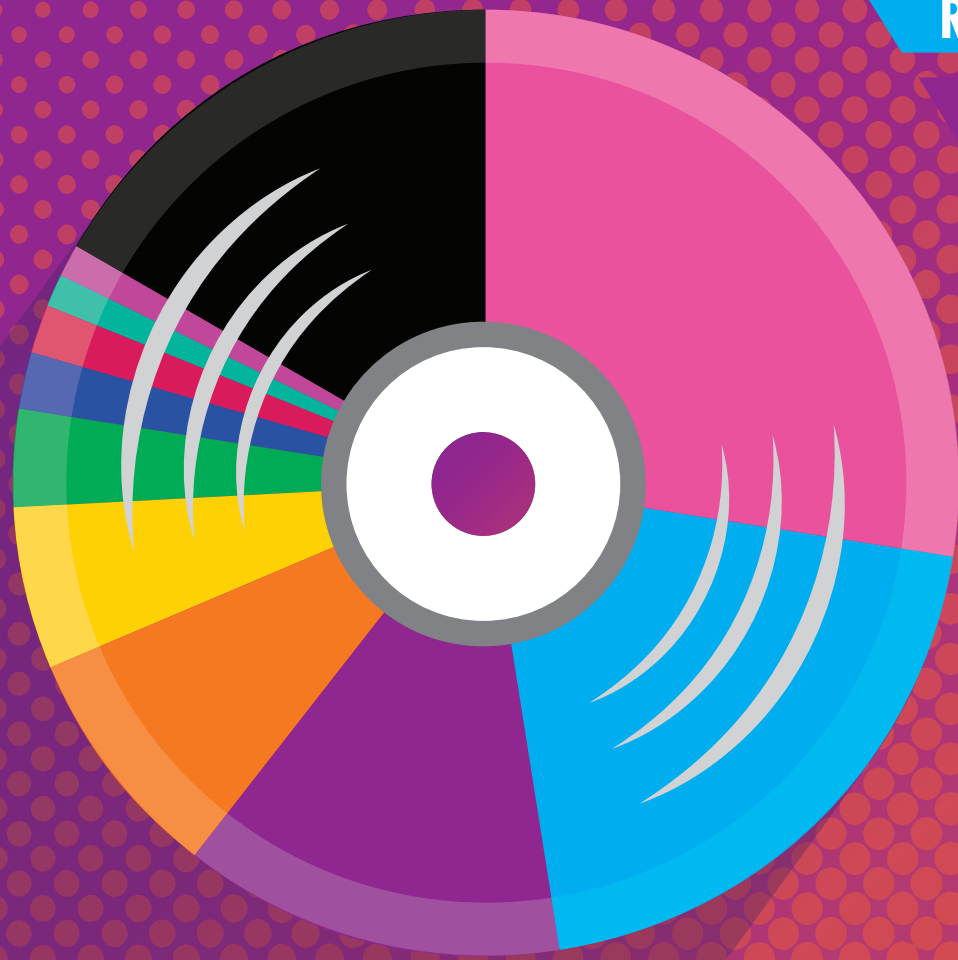
HANNAH HAMMES AND DAVID BRAUSSEAU DISCUSS IN THE STUDENT UNION  
PHOTO CREDIT: KAIA LEHMAN



# TUNING IN TO THE MUSIC INDUSTRY

## TOP MUSIC GENRES

OF 2021 IN THE U.S.



R&B/ HIP HOP — 27.7%

ROCK — 20%

POP — 13%

COUNTRY — 8.1%

LATIN — 5.4%

EDM — 3.3%

CULTURAL — 2%

CHRISTIAN GOSPEL — 1.8%

CLASSICAL — 1.1%

JAZZ — 1%

OTHER — 16.6%

<https://headphonesaddict.com/music-genre-statistics/>

ILLUSTRATION CREDIT: KARLEY CERMAK

45 BSC STUDENTS WERE ASKED  
**WHAT IS YOUR FAVORITE  
 — MUSIC GENRE? —**

**SURVEY  
 SAYS...**

**69%**  
 STUDENTS INTERVIEWED PREFER  
**COUNTRY  
 MUSIC**

**28%** STUDENTS PREFER  
**HIP HOP**  


---

**3%** STUDENTS INTERVIEWED PREFER  
**CLASSICAL**

## RESTFUL SLEEP CAN BE ACHIEVED

BY SHANE BIBERDORF  
 MYSTIC MEDIA REPORTER

Sleep is an important factor when it comes to health. However, some people have a hard time acquiring that much-needed rest. The recommended time is eight hours.

According to the Causes and Consequences of sleepiness among college students, an article published by the National Center of Biotechnology Information (NCBI), 50% of

college students have daytime sleepiness, while 70% of college students do not get proper sleep.

According to the NCBI (National Center of Biotechnology), having an inconsistent sleep schedule can cause problems. Not having a sleep schedule can negatively impact memory, learning and performance.

“There are many strategies for getting quality sleep,” Theresa

Felderman, a professor of psychology at Bismarck State College said. “One is to maintain a consistent sleep schedule. This means waking up and going to bed at the same time every day, even weekends.”

The NCBI said that melatonin is suppressed the more light exposure people have. Around 200-300 lux can cause this suppression in melatonin. 200-300 lux is as bright as room lights.

Felderman said, “There are some things that should be avoided to help sleep better, such as blue light or electronics at least an hour before bedtime.” Creating a dark room is recommended, blackout curtains are a good way of doing that.

According to the NCBI, taking a nap could be beneficial. Their findings show that people who take naps are better at memory tasks and could even enhance cognitive tasks.

They also stated that more research into this area is needed. Daytime naps may help academic performance.

Following this advice will not guarantee that people acquire all the sleep they want or need, but it is a step in the right direction. If sleep is still not that easy to find there are other things a person could do. With sleep being as important as it is, it is recommended that people find a healthy amount of it.



# PIZZA POLL REVEALS TOP PICKS

BY TINASHE MAKUVE  
MYSTIC MEDIA REPORTER

The argument over which pizza place is best has been a widely heated debate ever since pizza's conception.

Plenty of places in town specialize in pizza and while each do something a little different from one another they all have something special. There's too many pizza places to discuss and include, so the four most successful pizza chains will be used: Papa Johns, Pizza Hut, Domino's and Little Caesars. From these four, a small sample of BSC students voiced their favorite place.

Domino's was founded in 1960, and today reigns supreme as the largest pizza chain in the world, with 6,708 stores in the United States and almost 16,000 nationwide. It's no wonder Domino's is the biggest pizza chain as it was the one to pioneer quick and efficient pizza delivery. After questioning students on campus, it would seem Domino's lives up to the name with 15 students out of 33 voting for it as their favorite.

Pizza Hut was founded in 1958, and comes in as the second largest pizza chain with 6,536 stores in the United States and roughly 19,000 across multiple countries. Despite being the second largest pizza chain and having more stores than the largest chain, only one student on campus picked it as their ideal place for pizza.

Little Caesars was founded in 1959, and comes in as the third

largest pizza chain with 4,170 stores in the United States and locations in over 20 other countries. Little Caesars has been able to stay in the game due to its simple ingredients and reasonable prices. The students on campus did view this place more favorably than the last with 6 students choosing it over the others.

Last but certainly not least is Papa Johns, which despite being late to the game being founded in 1984, still was able to become a successful pizza place of choice with 3,000 stores across the United States and roughly 3,000 more around the world. Even with fewer locations and a late start, Papa Johns is the second most popular amongst the students with 12 students picking it as their pizza place of choice.

None of these places are bad by any means and all do something to set themselves apart. Domino's is quick with their delivery, Pizza Hut has the iconic red roof making it easy to spot, Little Caesars always has pizza ready for a quick pick up, Papa John's pizza always includes a pepper and some garlic sauce. Overall, all do one thing right and that's pizza. So at the end of the day if there's pizza to be enjoyed maybe trying something outside the comfort zone would not be a bad idea. It does not even have to be one of these four, who knows it might just become a new favorite.

## PIZZA POLL

### Which Chain Is Most Popular Among BSC Students?

#### DOMINO'S PIZZA

1960  
ESTABLISHED

6,708

STORES NATIONALLY



15 out of 33

STUDENTS PREFER DOMINO'S PIZZA

#### PIZZA HUT

1958  
ESTABLISHED

6,536

STORES NATIONALLY



1 out of 33

STUDENT PREFERS PIZZA HUT

#### LITTLE CAESARS

1959  
ESTABLISHED

4,170

STORES NATIONALLY



6 out of 33

STUDENTS PREFER LITTLE CAESAR'S

#### PAPA JOHN'S

1984  
ESTABLISHED

3,000

STORES NATIONALLY



12 out of 33

STUDENTS PREFER PAPA JOHN'S

ILLUSTRATION CREDIT: KAIA LEHMAN

# STUDENTS PURSUE PASSIONS

BY EITOL MARTIN  
MYSTIC MEDIA REPORTER

Finding one's passion can be an endeavor of trial-and-error: while managing the load of school and its many responsibilities maintaining the prospect of one's passion can be equally as difficult.

When students search for what interests them, the question arises of whether to find or cultivate passion. As for which is more effective, psychologists at the University of Stanford are quoted in Inside Higher Ed, saying, "Passions are not necessarily inherent, but rather they are cultivated. How students are taught this lesson can affect how they learn."

Passion can be a necessary component of education as well. Zuleica Ruiz-Alfonso, a professor at the University of Las Palmas de Gran Canaria in Spain, finds in a study

they published in Education Research Review in 2016, that under impassioned study, students show a mastery of goals, an innovative cognitive style and a greater level of adjustment and knowledge.

It is argued that colleges must prepare students to find their passions. According to Pew Research Center, 49% of educated American workers say they are satisfied with their job, however only 27% are working in the field of their major.

Angel B. Pérez, vice president for enrollment and student success at Trinity College in Connecticut said in the Washington Post, "Colleges should integrate course work, advising, and seminars to create a platform for students to use their college years to figure out what they are good at doing and passionate about."

Resources are available at Bismarck State College to assist students in finding their passions.

There are the athletics programs both collegiate and intramural. Providing sports programs to students enables them to align with a handful of outlets, which could pertain to their passion. The programs offered on campus include baseball, basketball, cross country, track & field, and wrestling for men. For women, softball and volleyball are available, as well as other intramural sports.

There are also multiple student organizations and clubs on campus. Across the clubs, one thing remains commonplace. Psychologists from Psychology Today acknowledge that shared passion allows individuals to nurture connections, enjoy positive

rituals with others, incorporate passion into our daily lives, and reaffirm what we are passionate about consistently.

The many clubs available on campus enable students to mesh their passions and future careers. The amateur radio club offers its members the opportunity to receive general licenses with materials to assist students in passing the required test. The amateur radio club is not only for students seeking a degree in electronics, and with the opportunity to bolster their radio career, students have the opportunity to align their interests with a future career.

Bart Gnirk, president of the Bitcoin Research Club, says "Bitcoin represents a revolutionary shift in the way we think about money and finance. I see significant potential for the advancement

of dedicated Bitcoin-only educational programs. It's an area where BSC could potentially take the lead in North Dakota. My major in cybersecurity aligns well with Bitcoin due to its exceptional security features."

Nortila Okwei, a member of the multicultural club, said that they are passionate about creating and expressing themselves in their creations.

"As someone who values their craft and sees in it a way to connect more with myself, I want that idea to transfer to whoever decides to buy a necklace." Nortila said. "I do think it would be a cool idea to have an event where people can set a table up showcasing their passions, because you never know who you have something in common with until you show it."



# BSC ALUMNUS BROADCASTS TELEVISION FROM IDAHO

BY ROBERT MECHALEY III  
ALUMNI REPORTER

A choice presents itself when a person graduates from Bismarck State College. That decision can be whether to stay in the community or move 913 miles away to Twin Falls, Id. Jordan Bitz, co-owner and general manager of i84 Broadcasting, chose the latter.

“I have a business partner who holds 49% of the company. I own 51% because I'm local to Twin Falls. He's down in the Las Vegas area,” Bitz said. “So I oversee all the day-to-day operations. I take care of the studio, the transmitter site—I also do the lion's share of the sales. I work with programmers... content providers, different networks that we carry. And then I handle some of the finances.”

Bitz was born and raised in Bismarck, N.D. and attended BSC because of his proximity to the school. He had always been drawn to the technical aspects of broadcasting, including working as the program director of The MYX radio station at BSC.

“Digital TV is so complex; there's a lot of moving parts. And if any of those parts kind of fall out of sync, they stop moving at the same speed; everything falls apart; everything breaks, and you're gonna have a bad day,” Bitz said. “So it's kind of... keeping the machine well-oiled and running, you know, making sure the satellite feeds are coming in.”

i84 Broadcasting is a MeTV affiliate station that broadcasts multiple classic television channels to the Twin Falls area and beyond. They run classic shows such as “M\*A\*S\*H,” “Carol Burnett,” “Perry Mason” and more.

In addition to his duties at i84 Broadcasting, Bitz is the director of engineering and operations for a broadcaster across the American west coast and midwest, which leads to frequent trips to transmitting stations.

“Don't be afraid to get out of your comfort zone. Then just kind of you know, follow your dreams,” Bitz said. “It sounds kind of cheesy and cliché, but if I wasn't following my dreams, I wouldn't be where I'm at.”



JORDAN BITZ IN HIS SELF-CONSTRUCTED STUDIO  
PHOTO CREDIT: SUBMITTED



VIEW FROM ONE OF THE TRANSMITTING STATIONS  
PHOTO CREDIT: SUBMITTED



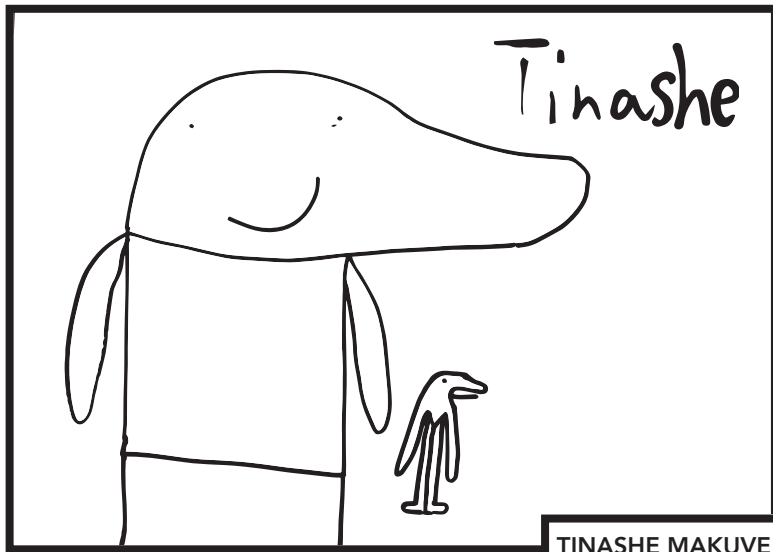
JORDAN BITZ AND GUS LUZANIA AT THE NATIONAL ASSOCIATION OF BROADCASTERS SHOW  
PHOTO CREDIT: SUBMITTED



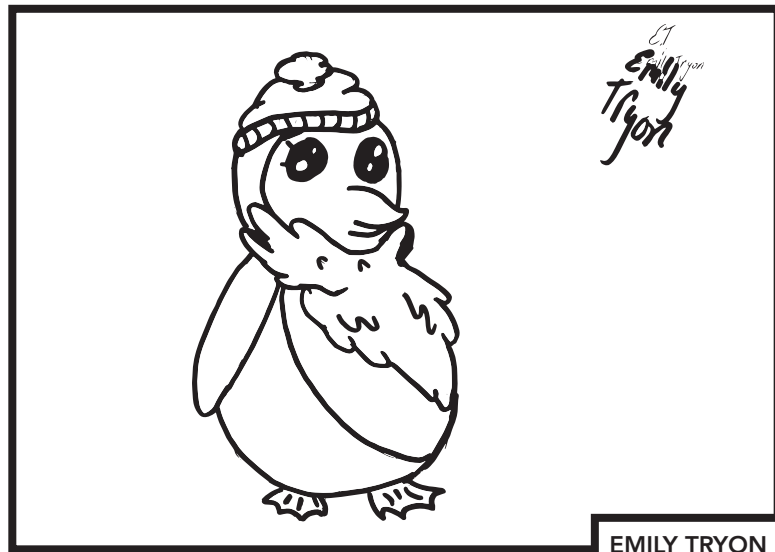
# EVERY STUDENT'S VOICE

Similar to last month, The Mystician crew drew another random prompt for the staff editorial.

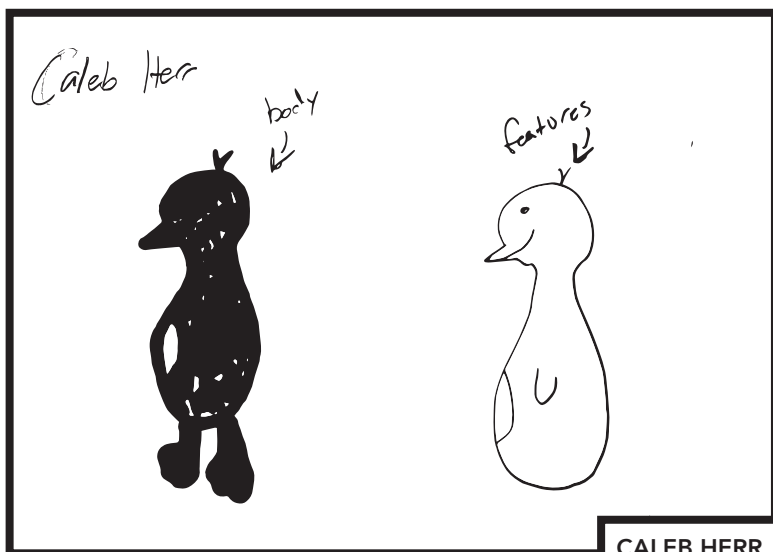
# DRAW A PENGUIN



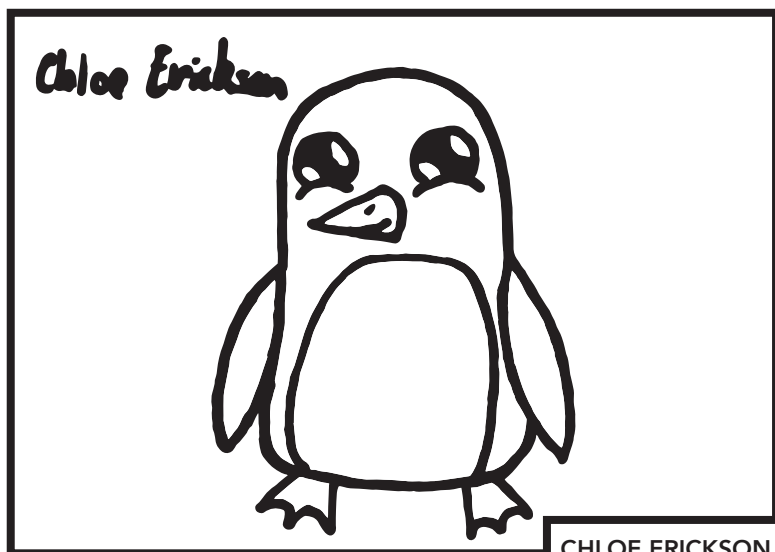
TINASHE MAKUVE



EMILY TRYON



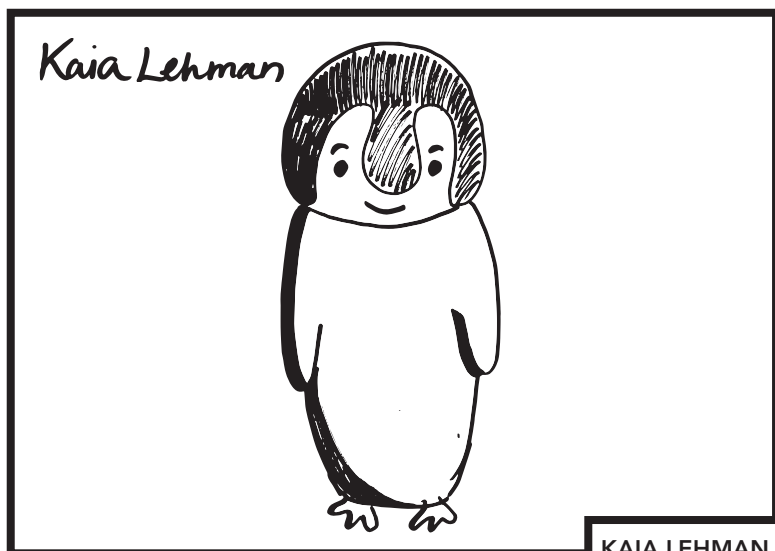
CALEB HERR



CHLOE ERICKSON



IRIE TOWNSEND



KAIA LEHMAN

## LETTER FROM THE EDITOR

BY KAIA LEHMAN  
THE MYSTICIAN EDITOR-IN-CHIEF



Hello, again people of BSC. It is finally finals season. The long awaited, yet dreaded, part of the year where everyone just wants to go home. That's where I am at least. I am so ready to go home and do nothing for a month except eat good food and sleep.

I am a little sad that the end has come so soon, but that feeling will go away as soon as I sleep in my room at home I'm sure. We have done so much this year already at Mystic Media. We hosted a dance, filmed three episodes of MystiCast, created

four newspapers, and managed a radio station. It's been a lot of work, but we do it anyway.

This past semester has been a great learning experience for me. My limits have been tested, and my boundaries pushed. But all of those problems only pushed me to this point of success. Managing a newspaper is no easy task, but the joy I see when other people open The Mystician and see themselves is what makes all of this work worth it.

I am excited to see where the spring semester will take Mystic Media, and BSC as a whole. We

have a lot of fun things in store and a few new projects in the works that I can't wait to share with you all. Be sure to follow our social media accounts to stay updated on our newest releases.

As always, remember the following. Call your mom—a five minute phone call is all it takes. Drive safely—there are so many crazies out there, don't be one. Stay out of jail, stay out of the morgue, and stay out of the paper. While I do love writing entertaining stories, it's a little less fun when it's a crime report. Stay

warm, you will never be too cool to not wear a coat—sorry to burst your bubble. And be kind to someone. Holidays can be difficult for some people and we never know what someone is going through.

Later Dudes,



# COMEDY CORNER



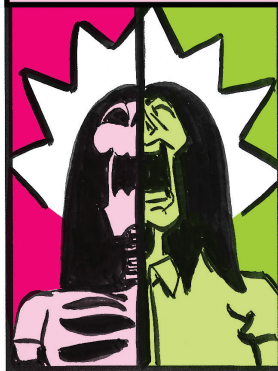
## MERLIN'S musings

“To embark upon the journey of accomplishment, one must first dare to tread upon the path of endeavor. The weave of destiny seldom yields to a solitary attempt, for the symphony of achievement requires a persistent and harmonious cadence. Should your pursuit bear the weight of importance, let the flame of determination illuminate your passage until the zenith of your desires is attained.”

# INWADER!

BY DYLAN KAHL  
PART III

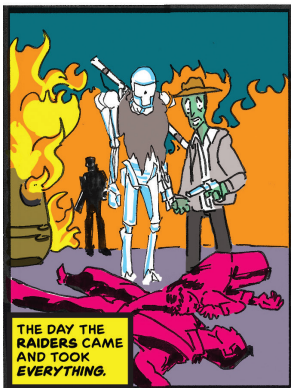
WHAT'S HAPPENING TO ME? MY MIND IS MELTING. THINK. THINK! THERE WAS A-- ROBOT SHERIFF? 3-HEADED BUFFALO??



SUDDENLY OUR HERO FLASHES BACK TO HIS HOME.



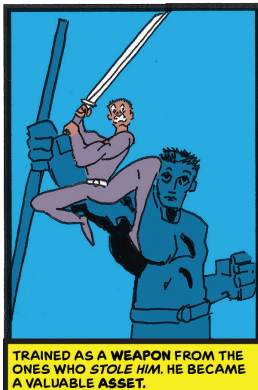
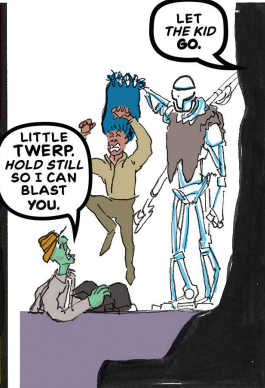
TO THE DAY HIS WORLD CAME TO AN END.



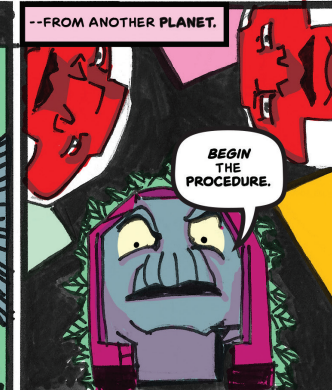
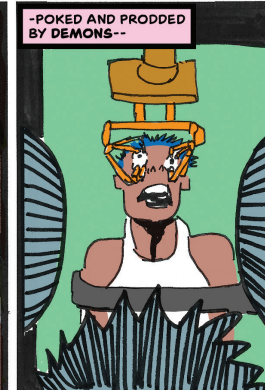
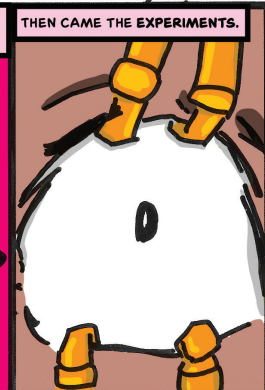
THE DAY THE RAIDERS CAME AND TOOK EVERYTHING.



SHOCK AND SADNESS TURN INTO NUMBNESS. THEN FOLLOWED BY BLOOD-BOILING RAGE.



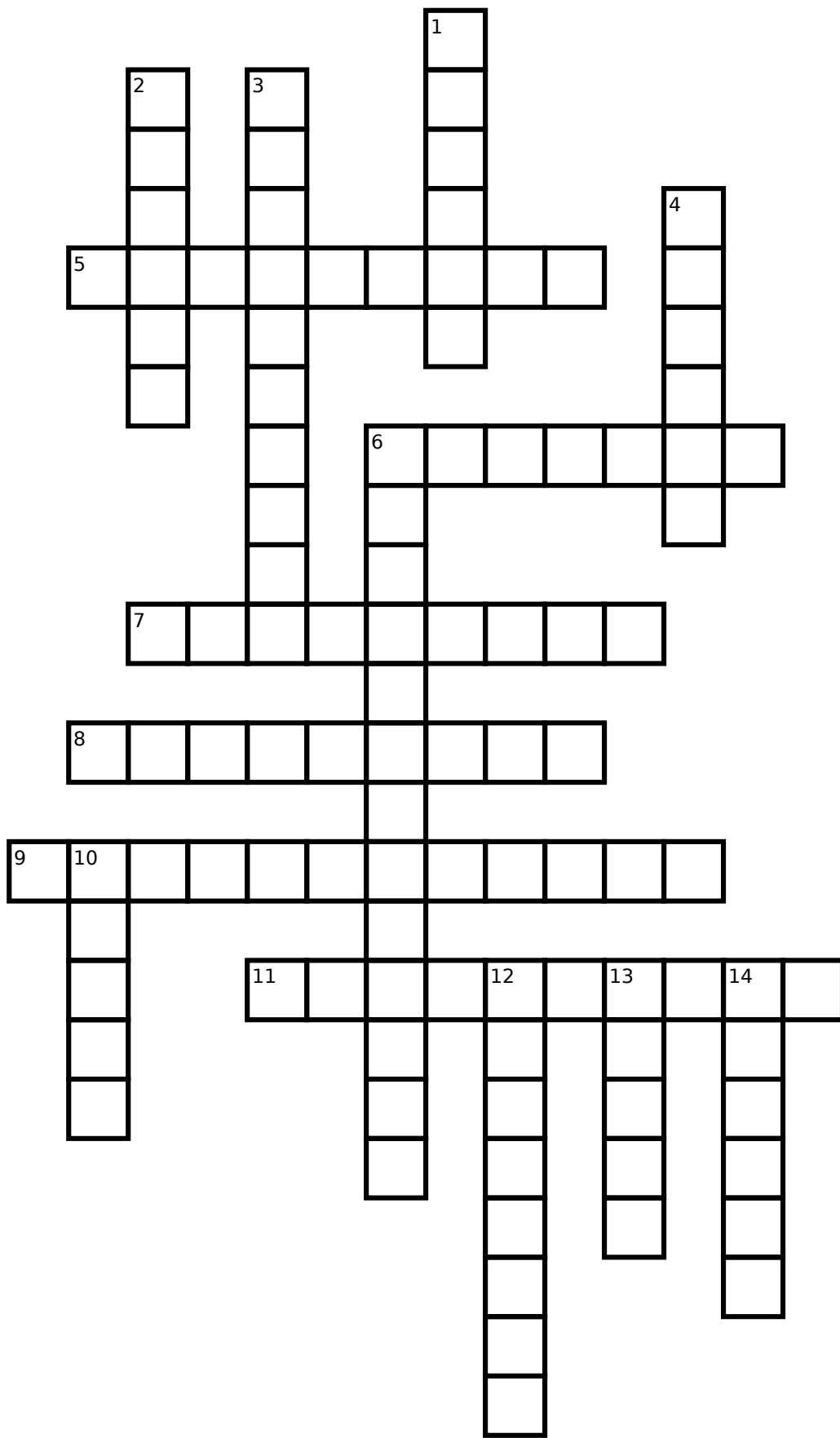
TRAINED AS A WEAPON FROM THE ONES WHO STOLE HIM. HE BECAME A VALUABLE ASSET.



**GOT A COMIC OR ILLUSTRATION? WE WANT TO SEE IT! SEND AN EMAIL TO [bscmysticianeditor@bismarckstate.edu](mailto:bscmysticianeditor@bismarckstate.edu)**



# PUZZLE PALOOZA



V N W F M I S T L E T O E T E  
 J W U Z E S Q I D D Y U K I Z  
 T C G T T S G W Y T D U P N D  
 N H I S C P T W C M U A B S X  
 H I F P Y R M I T T E N S E C  
 C M T X R T A K V M H B E L A  
 H N E C W E Z C G I T I L T R  
 R E G A R Z S A K X T D F R O  
 I Y G R E C R E I E U Y S E L  
 S P N O A M B P N C R Y L E E  
 T Q O L T D H N L T E F E A R  
 M J G E H J D S T O C K I N G  
 A X R E I N D E E R H S G R K  
 S I S A N T A C L A U S H R P  
 H N O R T H P O L E C O L Y L

## WORD BANK

- Nutcracker      Festivity      Mistletoe
- North Pole      Caroler      Eggnog
- Present      Reindeer      Sleigh
- Mittens      Chimney      Tree
- Tinsel      Carol      Gift
- Wreath      Christmas      Elf
- Santa Claus      Stocking

### ACROSS

5. A plant in which people often kiss if caught standing under.
6. Someone who goes door to door singing during the holidays.
7. Activities or events celebrating a special occasion.
8. An annual Christian holiday celebrating the birth of Christ.
9. A Spanish phrase meaning "Happy Christmas."
11. A device used to crack nuts, often depicted as a toy soldier.

### DOWN

1. Flowers and greenery arranged into a circle.
2. A sled pulled by horses or reindeer.
3. A large bearded man known for delivering presents.
4. Strips of metal foil used as Christmas decorations.
6. A tree decorated with ornaments.
10. Little men who help Santa Claus make presents.
12. A large animal with soft horns, often depicted pulling a sleigh.
13. A festive song sung during Christmas time.
14. A drink made from beaten eggs, cream, and flavoring.

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

NEED ANSWERS?  
WE'VE GOT YOU  
COVERED



# SGA NEWSLETTER

## December Newsletter

Student Government Association

Bismarck State College



### Games

Men's Basketball - 3rd, 4th, 6th, 16th, 17th, 28th, 29th, & 30th

Women's Basketball - 4th, 6th, 16th, 17th, 28th, 29th, & 31st

Intramural Billiards

Tournament - 5th

Track & Field - 8th

### BSC Cross Walks

We are excited to announce that flashing caution lights will start being erected at different crosswalks around campus.



Pre-register here! ^^

### Cookie Walk

11 am - 1 pm

SU 1st Floor

Alumni Room

Come pick out a dozen cookies for yourself, friends, or family! (\$10-15)

### Events

4th - Hot Cocoa Walk

5th - Grand Theater Movie Night

6th - Self Care w/ Santa

7th - Holiday Cards, Cookie Walk, The A.I.

Plays, & Mystician #85 published

11th - Massage Monday

12th - Don't Stress, Have a Candy Cane &

Therapy Dogs

13th - Christmas Movie & Holiday

Concert

15th - Residence Halls Close @ 4 pm

24th - Christmas Eve

25th - Christmas Day

31st - New Year's Eve

1st-8th - Elf Trivia

8th-10th - Winter Play

11th-15th - Textbook

Buyback/Rental

Return & Final Exams

16th-7th - Winter

Break





# SPORTS

MYSTIC MENS BASKETBALL VS UNIVERSITY OF JAMESTOWN  
PHOTO CREDIT: CHLOE ERICKSON



## COLLEGE BASKETBALL: MORE THAN A GAME

COLLEGE STANDOUT STARS:  
FIVE BASKETBALL GUARDS RETURN

BY CALEB HERR  
MYSTIC MEDIA CREW

It is officially college basketball season, which means it is the best time of year for avid basketball fans. One of the greatest aspects of college basketball is the fresh start every team gets at the beginning of each season. From incoming freshmen to graduate transfers, teams are constantly changing year after year.

Coaches and their staff are now busy year-round with the effects of the transfer portal and the impact Name, Image, and Likeness (NIL) income has on athletes choosing to return to college rather than going pro.

There are hundreds of returning players who add substantial

value to their team's success this season.

After watching countless hours of college basketball games last season, I have created a list of the top five returning guards who can elevate their team to a 2024 National Title contender. These stars will not only play a crucial role for their team but also continue to advance the popularity of the sport.

#### 5. LJ Cryer Houston

The former Baylor Bear is no stranger to winning basketball games.

LJ Cryer was on the 2021-22 Baylor basketball team that won the title. His experience in the NCAA tournament and Big 12 Conference makes him a valuable returning player in college basketball.

This offseason, the 6-foot-1 dynamic guard chose to transfer to Houston after three years in Waco, TX. Cryer retains a familiarity with the teams, systems, and players that Houston will run into during their first season in Big 12 Conference play.

Cryer is not only a good ball handler and distributor, but the strongest part of his game is shooting the three-ball from just about anywhere. He had the 16th-best three-

point percentage last season at 41.45% and has made 148 total three-pointers within his first three seasons.

Cryer should benefit from the Houston offensive efficiency which was the fifth-best in the nation last year.

#### 4. Ryan Nembhard Gonzaga

Similar to Cryer, Ryan Nembhard chose to leave Creighton and enter the transfer portal during the offseason.

Nembhard was highly touted by several schools, including Gonzaga, the same school his older brother played for from 2020-2022.

He claims that was a deciding factor in his decision to choose Gonzaga over other basketball programs like Arizona and Alabama. Nembhard fills an open point guard position for the Gonzaga Bulldogs and will fit in nicely with the talented roster.

The 6-foot guard makes his contributions through his passing skills and leadership.

Nembhard averaged roughly five assists per game in his first two years at Creighton and led the team with 34 minutes per game. Nembhard has shown he can be trusted as the primary ball handler in both years of

his college career and nothing should change as a Bulldog.

Defense is one of the strengths of his game as he has shown signs of becoming one of the top defending guards in the country.

Gonzaga has plenty of scorers throughout their rotation so the addition of Nembhard will organize and help distribute for the offense.

#### 3. Terrence Shannon Jr. Illinois

Illinois had high expectations for their 2022-23 season after Terrence Shannon Jr. announced he was transferring to the program in the summer of 2022. Unfortunately, the team had a disappointing season and ended up as a first-round exit in the NCAA Tournament.

Although there was struggle and adversity, Shannon still shined as a top player.

In his junior year, Shannon averaged a career-high 17.2 points per game and shot over 44% from the field.

Shannon will continue as the number one scoring option for the Illinois Fighting Illini and should play more minutes as the most experienced player on the team.

#### 2. Tyler Kolek Marquette

The Marquette Golden Eagles were an elite team last year. Much of their success was attributed to the decisive play by point guard Tyler Kolek. The now-senior won the Big East Conference Player of the Year award as he led Marquette to their first Big East title in his junior year.

Kolek averaged a college career-high 12.5 points per game and was third in the

nation with 270 assists in the 2022-23 season.

Kolek was named to the Preseason All-Big East First Team along with an AP Preseason All-American award. The expectations are very high for Kolek and the Golden Eagles, which was not the case last year.

Nevertheless, I believe Kolek and his supporting cast are certainly good enough to win the Big East again and make a run in March.

#### 1. Justin Moore Villanova

Based on previous years, Villanova is coming off of an underwhelming season. The Wildcats lost 15 games which is their greatest number of losses since the 2012-13 season.

Justin Moore missed the first 20 games of the season while recovering from Achilles surgery. When he returned to the starting lineup they were much more competitive and they looked more organized on the offensive end. In the 13 games he played, Moore averaged 13.5 points per game and three assists per game.

The 6-foot-5 senior was a key player on the 2021-22 Villanova team that went to the Final Four. The experience and leadership that he possesses not only benefits his teammates but also the young Villanova coaching staff.

The Wildcats are one of the older college teams this season with eleven upperclassmen. That team maturity will play a massive role as Villanova tries to bounce back from a poor season.

As Moore leads them, I believe he has the opportunity to become one of the best scorers in the nation.



TUNE IN  
WITH  
THE MYX

BSC'S STUDENT LED  
INTERNET RADIO STATION



## MYSTICS VOLLEYBALL COMES TO A CLOSE

BY CALEB HERR  
MYSTIC MEDIA CREW

The Bismarck State College volleyball team finished the season with an excellent 19-14 overall record. They had an astonishing 11-1 record in conference play, securing them the Mon-Dak Conference title. The Mystics won their first-round matchup with Dawson Community College in the Region XIII tournament with a dominant 3-0 victory. Their season would come to an end after an exciting 3-2 match against Williston State College in the second-round.



# MYSTICS CROSS COUNTRY RETURNS FROM NATIONALS

BY HAILEE PRESSER  
MYSTIC MEDIA REPORTER

Fast and fabulous, both the men's and women's teams were dressed to impress in suits and blouses while they posed for photos for their send-off on Nov. 9.

Bismarck State College men's and women's cross-country teams packed their bags and made the trek to Huntsville, Alabama to compete in the National Junior College Athletic Association Division II (NJCAA DII) Cross Country National Championships—an event that started Saturday, Nov. 11 with an 8K race for the men and a 5K race for the women with an honor banquet that followed. The event ended on Tuesday, Nov. 14 with a half marathon, which most of the team stayed for.

Before they left, April Lund, recently announced head coach of the track and field program at BSC, spoke proudly about her teams.

“For us to take both full teams to Nationals and then to bring home some All-Americans is gonna be wonderful,” Lund said. “That’s— I mean, I don’t

have words for that. I just feel honored to be in this position.”

More than a coach, Lund is a leader; she strives to offer her athletes support in any way she can. A talented athlete with an impressive background herself, she said she believes

athletics can help build people up to be the best they can be.

Lund said what got her into coaching was her desire to help others and build a community. She doesn't want to just be successful herself—she wants to help as many people as she can.

“I wanna help these athletes build a foundation for their life that will set them up to succeed,” Lund said.

Myron Schulz, athletic director at BSC, said that ever since Lund took over, the program has been on a roll.

“I think the kids have really bought in, they've been working really hard. They overcame early adversity, and I know they're super excited to go compete [at] Nationals,” Schulz said.



PICTURED: PAYSHA REX, HALLE WETSCH, ALEXIS RITZMAN, AVE STAFFORD, KAITLYN BANCROFT  
PHOTO CREDIT: HAILEE PRESSER

Lund sees the track and field program as a building program and hopes to set athletes up for a bright future with a solid foundation.

“This is where good athletes go to be great, and great athletes become champions and All-Americans,” Lund said.

And she would be right. Overall, the women's cross-country team finished their season strong and placed 21st in the 5K. The men's team placed 8th in the 8K, with Eric Hasby finishing 10th and even breaking the school's record set in 1987 with a time of 25.26.9,

earning him the title of All-American.

Stay connected to the cross-country team by following their Instagram page at [bsc\\_mystics\\_xctf](https://www.instagram.com/bsc_mystics_xctf) and find all the latest updates and BSC sports news on [www.bscmystics.com](http://www.bscmystics.com).



PICTURED: RAINE SKJOD, ERIC HASBY, JUSTIN BURUD, MORGAN BRINDLEY, IVAR MARTELL, BRODY FERDERER, HARRISON COBB  
PHOTO CREDIT: HAILEE PRESSER



# THE HISTORY OF THE SUPER BOWL INCLUDES 60 YEARS OF FOOTBALL ENTERTAINMENT

BY TINASHE MAKUVE  
MYSTIC MEDIA CREW

What started as a rivalry between two football leagues has over the course of roughly 60 years evolved into one of the biggest sporting events held each year. Maybe it's the ads, food or sense of community, it can not be argued that the super bowl provides something for everyone. Millions of people around the world tune in to the Super Bowl every year, which serves as the culmination to each football season that is played in the first two months of a year.

Early to mid January 1967 to 1978

Late January 1979 to 2003

First Sunday of February 2004 to 2021

Second Sunday of February 2022 to Present

The winning team is awarded a trophy named after the coach who won the first two Super Bowl games, Vince Lombardi. How the event came to be was through a

merging of two rival football leagues the NFL and AFL, after competing against one another for fans, support and players for years they eventually agreed to merge their leagues into one.

The first Super Bowl was played between the Kansas City Chiefs and the Green Bay Packers on January 15, 1967. Initially the game was called the "AFL-NFL World Championship Game" before the owner of the Chiefs, Lamar Hunt suggested the name Super Bowl. The NFL was divided into two conferences the American Football Conference (AFC) and the National Football Conference where the winners of both would be the teams competing in the Super Bowl.

The halftime show initially consisted of a marching band before popular musicians became the focal point, over time the halftime shows were as anticipated as the games themselves

with some exclusively tuning in specifically for the show.

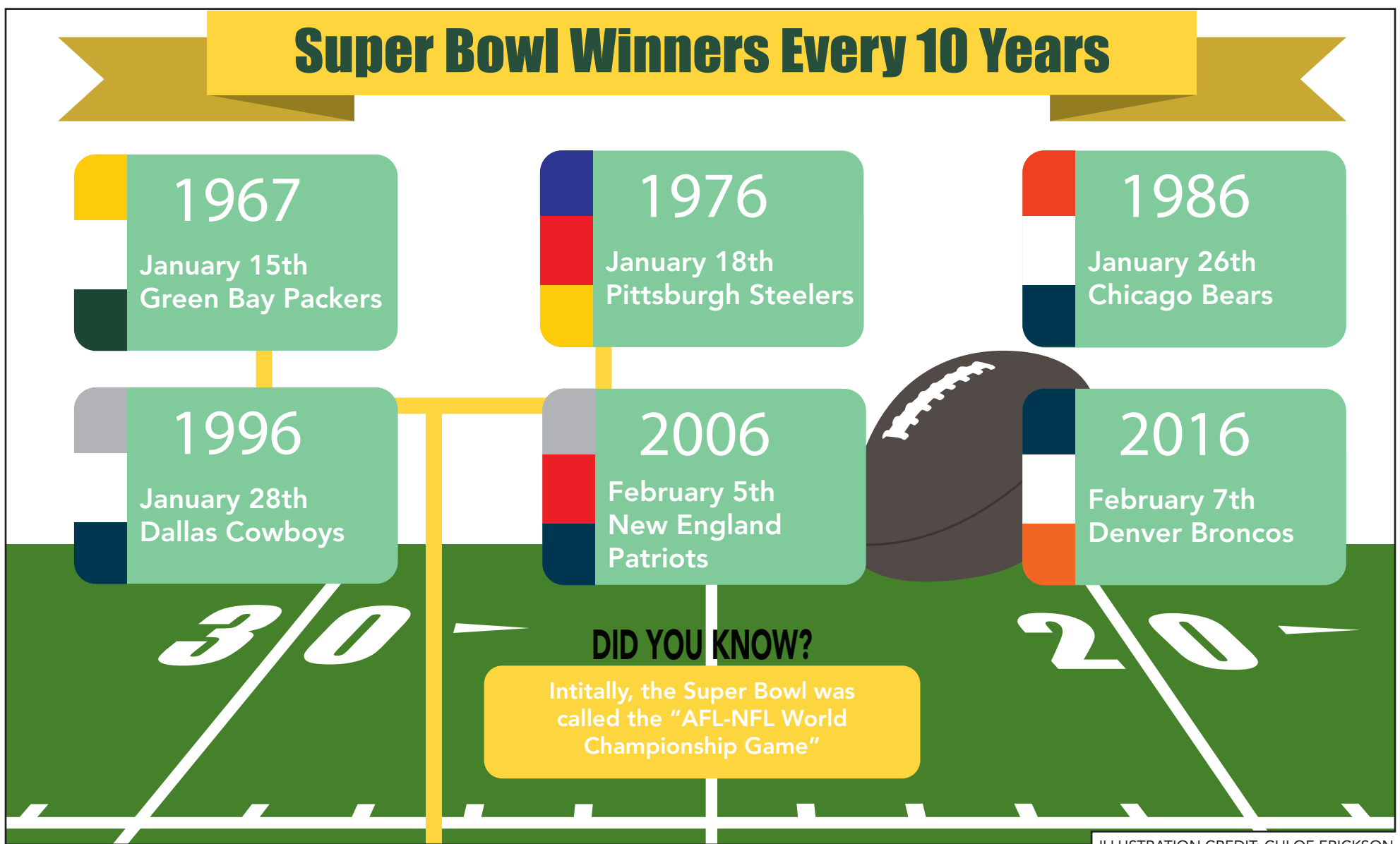
The first half time show was a marching band performance led by Duke Fields, over the years other artists and musical groups performed but the halftime show reached new heights in 1993. At Super Bowl XXVII Michael Jackson took to the stage to give a performance that transcended a simple halftime show. Other prominent artists to perform include Beyonce, The Weeknd, Lady Gaga and last year's show was headlined by Rihanna.

Super Bowl Ads are also a highly popular part of the sporting event with all kinds of businesses fighting for a slot of time for an advertisement they know will reach many. A single minute of ad time in the 70s sold for \$250,000, by the mid 80s it cost upward of \$1 million and today just 30 seconds costs around \$7 million.

The most expensive ad is a tie

between Amazon and Google for an ad aired in 2020 which cost \$16.8 Million each for just 90 seconds of airtime. While the prices for such little air time seems ridiculous, it's a worthy gamble for businesses if they really want to reach the most people at one time. It's a win-win for businesses being able to advertise their business during one of the biggest sporting events and especially the Super Bowl with roughly \$500 million in ad revenue after just one night.

What started out as the finale of a football season has turned into one of the biggest events of its respective years. A simple marching band routine evolved into a concert-like event that's popularity rivals the game itself. A sports event turned into a money machine with businesses paying top dollar for a slot of time to advertise their business or product.



## MYSTIC MEDIA 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 information, fair, concise and of importance to students and the community. With this goal in mind, Mystic Media is dedicated to accuracy and maintaining ethical journalistic practices. We strive to give a voice to student issues and policies within the local community. Our goal is to incorporate as many students as possible and be an outlet for student expression. Mystic Media strives to be objective and is not affiliated with any outside organizations. Mystic Media upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining, and thought-provoking material to the college community. Thoughts expressed may not be the opinion of all the staff or BSC community.