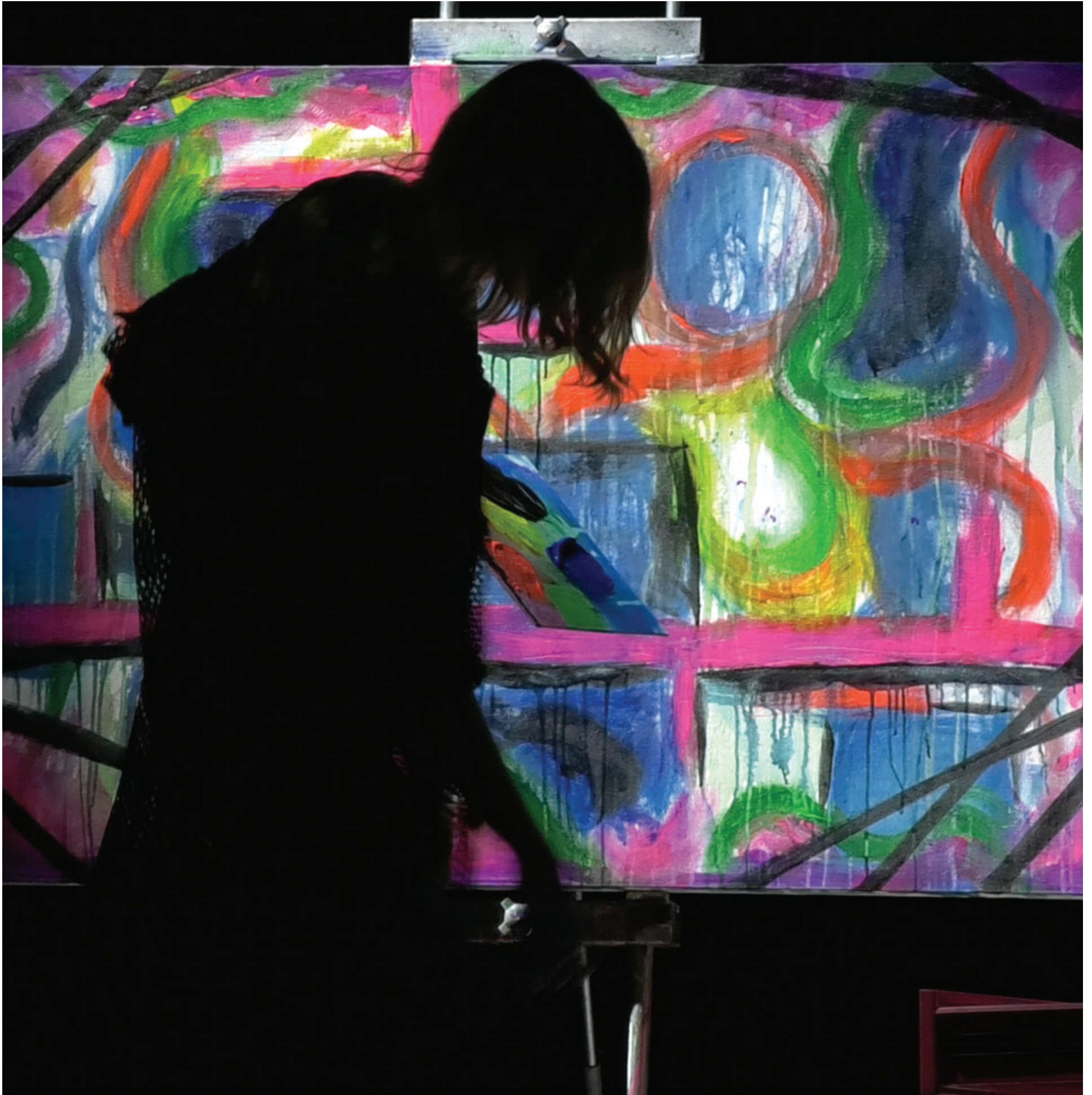


# THE MYSTICIAN

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Painting II student Garrett Lightsey finishes up an art piece during the BSC Collage Concert on April 27. (Credit: Amy Doll)

# THE MYSTICIAN

PUBLISHED BY THE STUDENTS – FOR THE STUDENTS

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### The Mystic Media Statement and Disclaimer

The purpose of college media is to serve and give voice to the students.

We, as the student-based forum of journalism on the Bismarck State College campus, provide content that is informative, fair, concise and of importance to students and the community. With this goal in mind, Mystic Media is dedicated to accuracy and maintaining ethical journalistic practices.

We strive to give a voice to student issues and policies within the local community.

Our goal is to incorporate as many students as possible and be an outlet for student expression.

Mystic Media strives to be objective and is not affiliated with any outside organization.

Mystic Media upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining and thought-provoking material to the college community. Thoughts expressed may not be the opinion of all the staff or BSC community.

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# LETTER FROM THE EDITOR

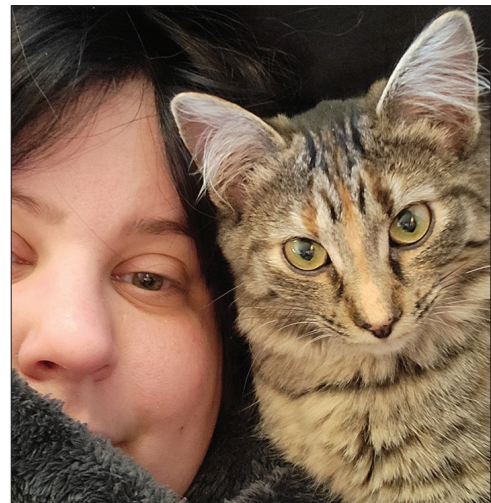
Oh hey,

Per usual, I don't know what to write here. I feel like I'm repeating myself when it comes to life and school moving fast and slow at the same time—because it is. With only one semester left after this, I'm getting a severe case of senioritis—the sophomore version. I still haven't figured out what I want to do after I graduate from here, but time will tell. I'm sure I'll change my mind 85 more times until then. Happy graduation to all of you who are finishing up. You did the darn thing!

I hope you have a wonderful summer. If you are taking summer courses, best of luck to you. If not, get some much needed mental rest until the fall. Much love to all of you and thank you for the support of Mystic Media.

Go big or go home,

Amy



# MYSTIC MEDIA

BISMARCK STATE COLLEGE STUDENT PRODUCTIONS



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# USDA DELIVERS \$750 MILLION TO HELP RANCHERS WITH 2021 DROUGHT EXPENSES

By Daniel Grzesik  
REPORTER

Farmers and ranchers will get some relief through several United States Department of Agriculture disaster relief payments.

“Our livestock producers have been hit by drought and other natural disasters over the last year, which has really taken a toll on their operations,” North Dakota Senator John Hoeven said. “We’ve been pressing the USDA to get these funds out as soon as possible.”

By April 2021, 100% of the state was experiencing some form of drought, with more than a third facing extreme droughts. Farmers were not able to successfully grow crops without exorbitant amounts of water. Ranchers sold their cattle, often at a loss because other ranchers flooded the market with cattle they were also selling.

If they kept the cattle, the animals would need hay to be trucked in because the grasslands were too dry to produce feed. This and the additional cost of trucking in water meant the expenses would outweigh the profit.

“That’s why we worked to set-aside \$750 million in disaster assistance specifically to help our ranchers weather the challenges of 2021,” Hoeven said.

Half of the payments were delivered in March of this year. Ranchers did not need to register because the USDA used existing Livestock Forage Program data. This helps cover transportations costs relating to livestock losses.

Senator Hoeven said he helped update guidelines that will automatically cover 60% of ranchers’ losses in the future.

There are three categories for the new 2022 criteria. The first two use the U.S. Drought Monitor intensity and must be a level 2 severe drought for eight consecutive weeks

or any level 3 extreme drought. The categories follow the USDA determining a shortage of local or regional feed availability.



Drought conditions have weighed heavy on North Dakota farmlands.  
(Credit: Daniel Grzesik)

## FEELING LIKE A PHONY

By Zachary Weiland  
THE MYX PRODUCTION MANAGER

As the school year winds down and students are getting ready for the next semester or graduation, many are celebrating a job well done. However, for others, recognizing their accomplishments can be a struggle.

Imposter Syndrome is the internal feeling of being a phony—it’s a feeling of not being as competent as others may perceive them to be. People who struggle with this syndrome have thoughts that their work or achievements have been accomplished through dumb luck rather than their skills and talents.

Imposter Syndrome is not a formal medical diagnosis; however, it is “a colloquial concept that is all too common, especially among college students and new emerging professionals and leaders,” according to counselor Steven Hryniewicz from Bismarck State College’s Mystic Advising and Counseling Center (MACC).

“More or less, almost every longer term client I’ve seen has struggled with [Imposter Syndrome] to a certain degree,” said Hryniewicz. The term is not officially in the Diagnostic and Statistical Manual of Mental Disorders, but Hryniewicz will sometimes label it if it’s helpful for clients. This allows them to research more into the condition.

Just like every psychological condition, symptoms look different case by case, but there is a list of common symptoms that occur for people who are experiencing Imposter Syndrome. The condition often brings with it self-doubt that makes those that experience it believe that their work won’t live up to expectations. People experiencing Imposter Syndrome also tend to set goals that they can’t feasibly reach, causing them to either be disappointed when they fall short or start a positive feedback loop of trying to overachieve. The constant berating of self worth and feelings of being a fraud can cause

damage to self-esteem and confidence in school and at work.

For many who deal with Imposter Syndrome, counseling services are the best ways to fight the condition. At BSC, counseling for Imposter Syndrome is a common occurrence in the MACC. A few practices are commonplace when dealing with Imposter Syndrome. The two most common are the psychotherapy approaches of Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT). Both these techniques use different strategies to attack cognitive distortions.

“Cognitive Behavior Therapy—you are seeking to identify someone’s thoughts and where their thoughts are going wrong,” said Hryniewicz. “[CBT] targets those thoughts and tries to change them.” CBT is widely recognized to be a very effective method of therapy in general, and according to Hryniewicz, can be just as effective as taking medication.

In contrast to CBT, another strategy is ACT, which takes a different approach to addressing negative thoughts.

“Acceptance and Commitment Therapy looks not to change the thoughts themselves, but looks to change our relationship with the thoughts,” said Hryniewicz. The main goal of this strategy is to change how the person interacts with their bad thoughts and allow them to accept the thoughts as normal. By doing this, the person can feel more comfortable moving forward with their lives.

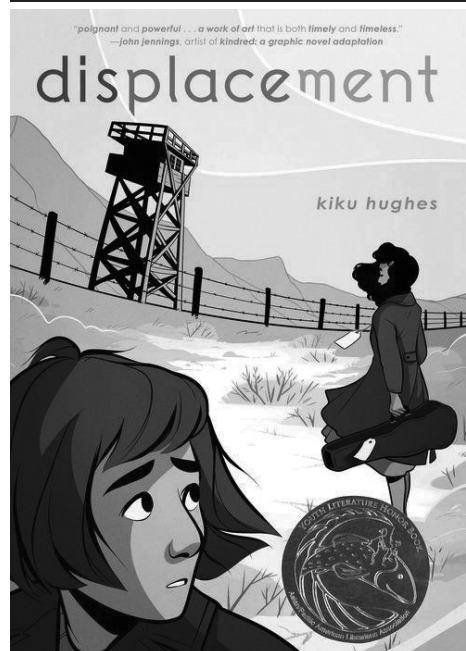
For students who may be struggling, Hryniewicz advises self-reflection to recognize any cognitive distortions. Recognizing the thoughts can help with normalizing and adjusting the thoughts. Most people will experience Imposter Syndrome throughout their life, but if the thoughts start having a negative impact on life, it may be time to reach out for help.



## GRADUATION CEREMONY SET FOR MAY 13

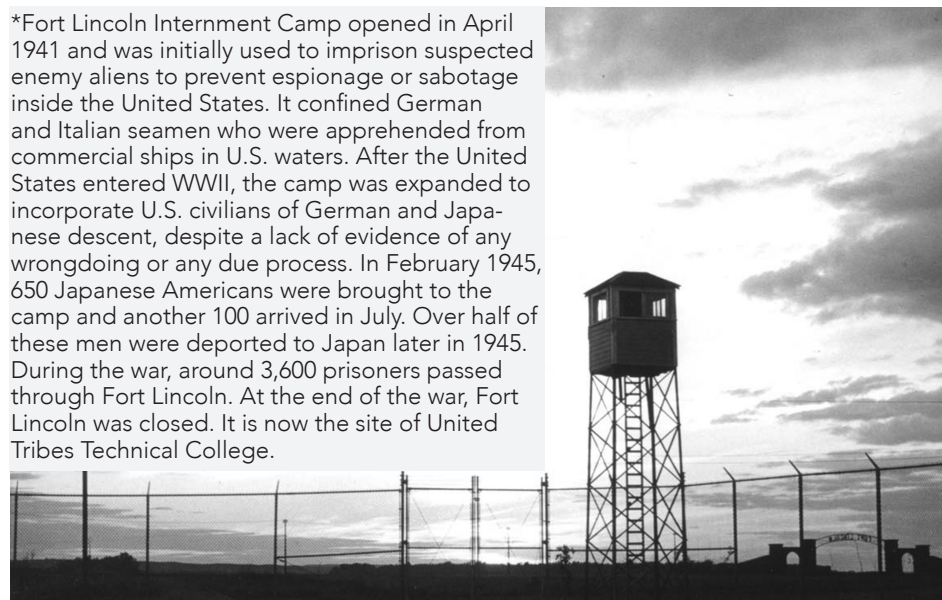
The BSC Commencement Ceremony is open to family, friends and the general public. It is a celebration, not only of student achievement, but of new beginnings. It’s also a result of hard work and dedication. Bismarck State College is proud to honor student achievement with graduates and their families.

**BSC 82ND COMMENCEMENT CEREMONY**  
**FRIDAY, MAY 13, 2022 AT 2 P.M.**  
**BISMARCK EVENT CENTER**  
**315 S. 5TH STREET**  
**BISMARCK, N.D.**



## KIKU HUGHES PROVIDES A VOICE FOR 'GENERATIONS OF SILENCE'

\*Fort Lincoln Internment Camp opened in April 1941 and was initially used to imprison suspected enemy aliens to prevent espionage or sabotage inside the United States. It confined German and Italian seamen who were apprehended from commercial ships in U.S. waters. After the United States entered WWII, the camp was expanded to incorporate U.S. civilians of German and Japanese descent, despite a lack of evidence of any wrongdoing or any due process. In February 1945, 650 Japanese Americans were brought to the camp and another 100 arrived in July. Over half of these men were deported to Japan later in 1945. During the war, around 3,600 prisoners passed through Fort Lincoln. At the end of the war, Fort Lincoln was closed. It is now the site of United Tribes Technical College.



By Chad Erickstad  
REPORTER

For as long as she can remember, Kiku Hughes has wanted to tell a story. As a child, she heard accounts of her grandmother's incarceration in the Japanese internment camps that blighted the United States' venerable reputation for fighting the good fight during World War II. These accounts, despite what Hughes calls "generations of silence" about what went on in the camps, trickled down to young Kiku—and they sparked in her a desire to chronicle the injustices suffered by her grandmother and over 120,000 people of Japanese ancestry living in the United States.

"Displacement," a graphic novel released in 2020, is the story Hughes wanted to tell.

The novel uses the science fiction trope of time travel to relate the community trauma that was forced on many people because of what Hughes calls "the racist policies of the U.S. government."

Its modern-day protagonist, also named Kiku, "displaces" through time and space to the same internment camp where her grandmother is relocated. Kiku experiences the degradation, humiliation and misery that affected her grandmother and an abundance of other lives in the camps.

"The stuff that I knew going into writing 'Displacement' was stuff that had been passed down through my family," Hughes says, "so I knew I

had to set up the structure of the book in ways that included these major moments that had been passed down, despite generations of silence and not talking about camp."

One of these moments involved a questionnaire that the U.S. government required detainees to complete. Two of the questions, numbers 27 and 28, caused much consternation among camp prisoners.

Number 27 asked, "Are you willing to serve in the armed forces of the United States on combat duty, wherever ordered?"

Number 28 asked, "Will you swear unqualified allegiances to the United States of America and faithfully defend the United States from any and all attacks by foreign and domestic forces, and forswear any form of allegiance or obedience to the Japanese emperor, or any other foreign government, power or organization?"

Although these questions seem straight-forward on the surface, they caused much debate and anxiety in the camps. Many of the camps' prisoners had been turned down for American citizenship. They worried that word might get back to the Japanese government if they answered "yes"

to both questions. What if the United States deported them back to Japan after renouncing loyalty to the emperor?

The men that answered "no" to both questions were given a nickname: the "no-no boys." These prisoners were rounded up and sent to a separate, more secure camp at Tule Lake, California. Eventually, 750 of the most difficult no-no boys were sent to one more camp before the end of the war: Fort Lincoln, located five miles south of Bismarck, North Dakota.\*

A skilled writer and artist, the vehicle of the graphic novel is a perfect fit for Hughes—but comics weren't on the reading list in her youth. She says that graphic novels weren't talked about as a legitimate form of literature when she was growing up—and she's thankful that things are changing and that comics are being taken much more seriously today.

"I didn't know much about comics until I was in college," Hughes says. "I didn't know comics had so many different genres and different avenues of storytelling. When I finally discovered that, it was eye-opening. [Comics] are a story-telling medium that I feel more comfortable with. Learning about comics really helped me figure out what



I wanted to do as a writer."

Growing up, Hughes was an avid reader. She was big into science fiction, magic realism and "experimental, weird stuff." But it was in college, at the University of Washington, that she found her true inspiration.

"[...] in college I was able to take some courses that really focused on some really cool sci-fi—particularly Octavia Butler."

In Octavia Butler's most popular novel, "Kindred," the main character is a Black woman who is suddenly transported from 1970s Los Angeles to a Civil War plantation in Maryland. Hughes readily acknowledges that Butler's masterpiece influenced "Displacement."

"She was a big inspiration," Hughes says.

Hughes describes her writing interests as "identity, queer romance and compassionate sci-fi." She says she has begun the process of creating her next novel, but she isn't yet a full-time writer. She has a part-time job in an office, two days a week, which she says works out really well.

Hughes says her love of science fiction is something that will influence her writing into the future: "I like the kind of sci-fi that is focused on human stories and the ways that humans are interacting with their world."

"Displacement," by Kiku Hughes, and "Kindred," by Octavia Butler, are available in the Bismarck State College library.



L: Japanese prisoners in chow line, Fort Lincoln Internment Camp.

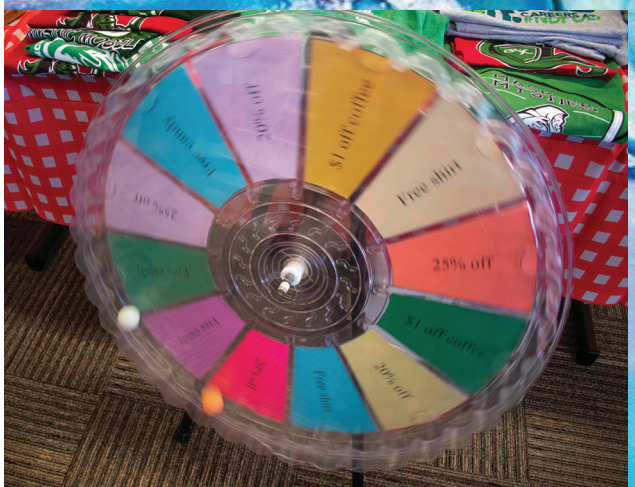
R: Japanese prisoner in Infirmary, Fort Lincoln Internment Camp.

T: Guard tower, Fort Lincoln Internment Camp.

Photos courtesy of Macmillan Publishers and State Historical Society of North Dakota.



# SPRING INTO ACTION



The BSC Carnival was held on April 21 in the Student Union. The theme was camping and a variety of clubs were present with various activities such as yard games, a photo booth and free food.  
(All photos credit: Samuel Kraft)

## BO BURNHAM'S UNIQUE SPECIAL GIVES A GLIMPSE "INSIDE" THE MINDS OF GEN Z

By Zachary Weiland  
THE MYX PRODUCTION MANAGER

After a half decade hiatus from performance, comedian Bo Burnham crashed back into the scene with an exclusive Netflix special that provided uniquely incongruous comedy in the midst of a pandemic and created a piece of media that resonated with young Millennial and Gen Z culture.

Titled "Bo Burnham: Inside," the special first dropped onto Netflix May 30, 2021. Two weeks later, an audio album of the songs featured in the special was released digitally on music platforms. In total, the special runs for about an hour and a half, which seems long for a comedy special, but I didn't mind in this case. Because of the shifting of moods throughout, the film had a great pace to it and never had a dull or boring moment.

While the majority of the special depicts Burnham's deteriorating mental health and life during the early stages of the COVID-19 pandemic,

it also touches on other social movements and climate change. For many, these topics were incredibly difficult to sit through, but that was the whole point. By having media depicting more serious topics, they will eventually become less taboo. By making the discussion around mental health easier, more people will be allowed to feel comfortable advocating their personal struggles.

Often, comedy specials appear in the form of a taped recording of a live comedy show, usually from said comedian's current tour. This special is unique because it takes place in Burnham's guest house, on the property of his Los Angeles home. Also unique is the lack of crew for the film. While Josh Senior was featured as a producer, the whole film was written (both spoken monologues and music), filmed, directed, edited and starred by Burnham himself. Because of this creative autonomy, the whole project has an intimate feeling throughout.

These aspects completely contrast with his previous Netflix stand-up projects "Make Happy" (2016) and "what." (2013). Both previous specials, while still heavily involving music, were in the style mentioned before.

This special immediately was a success, especially with younger people.

It didn't take too long after the release of the film for it to circulate the internet via viral virtual shenanigans. Clips from the film, especially portions from "Welcome To The Internet," were used to create videos on platforms such as TikTok and Twitter.

Numerous trends and inside jokes were created as a result, which were humorous to participate in and witness. On other platforms, content creators made their own parodies and covers of songs from the special. One such case was by Phoebe Bridgers, who eventually released her cover onto music platforms and donated the proceeds to fight anti-abortion legislation in Texas.

Overall, the special won numerous Emmy Awards, and many of its songs were on weekly music charts internationally. It's fairly obvious that this film struck such a strong chord with a large audience and for good reason.

The dark humor conveyed is the perfect allegory for the feelings being expressed by the younger generations of today but completely disregarded by everybody else. The humor has helped many young people cope with how the world is, all the while being presented by a comedian that is exactly where we all are. Burnham gets it, when many simply do not. He does not look down on those struggles but rather he punches up at the society that has created them.

I implore everyone to at least make an attempt to watch this film. Even if it is not enjoyable, there is still a valuable message to be received from it.

*REVIEWS REVIEWS REVIEWS REVIEWS REVIEWS REVIEWS REVIEWS*

## "BREAKING BAD" ADDICTING

By Dante Ames  
COLUMNIST

Imagine having \$11 million. One could go to space, buy a conglomerate, purchase a house with a golf course on the roof or one could generously give it all away. The possibilities for that amount of money seem limitless. A fictional man by the name of Walter White accrued this amount of money and in the end had nothing to show for it.

A decade late but still subjectively relevant, "Breaking Bad" is a timeless work of art that holds up nine years after it finished airing. The show is about a 50-year-old high school chemistry teacher who lives a boring subpar life in the suburbs. One day, he goes for a ride-along with his Drug Enforcement Administration agent brother-in-law. He realizes that with his background in chemistry, making meth would make him a lot more

money than being a teacher. He dives head first into the drug world by making contact with Jesse Pinkman, a local meth addict, cook, dealer and White's former student.

Bryan Cranston playing Walter White, aka Heisenberg, and Aaron Paul playing Jesse Pinkman are a welcome duo that work flawlessly together. Their chemistry—pun intended—from the first episode until the last is undeniably addicting. Their bickering throughout and their relationship development up to and including the last scene is heartwarming and desired. Although Cranston's performance in this proves without a doubt that he can do any role and be good at it, Aaron Paul definitely carried a large majority of scenes with his multiple emotional performances.

Many of the episodes throughout the five seasons were performed admirably. Episode 10 Season 3 was

a standout with Walter and Jesse trying to get a fly out of their meth lab. Almost the entire episode takes place in the lab where they only interact with each other, and it ends up being wholesome, bittersweet and emotional.

The most stand-out episode of all is the finale. Like many other shows, such as Death Note, Code Geass, Dexter and more, the show ends on a touching yet tragic note that the audience never wants but knows that it must be. The great Heisenberg and his empire end up crumbling to the ground and perishing. The show's many award winnings verifies that it is unanimously good. One of these days, a show should end with the protagonist not dying and show that side of a story.

All five seasons of "Breaking Bad" are currently streaming on Netflix, along with the movie sequel. It is rated TV-MA for language and violence.

Each episode is about 45 minutes long with each season containing approximately 13 episodes. It is a drama-thriller from Vince Gilligan

Almost every other episode has unique camera shots. Using a GoPro multiple times when cooking meth or putting the camera behind a safety deposit box, the cinematography was always surprising and fresh by trying different angles.

The musical score was by Dave Porter for all 62 episodes, and it was always right on point. Suspenseful music always at the right time and songs such as "Out of Time Man," "A Horse with No Name," "Windy," "Money," "Bonfire," "Goin' Down," "Pick Yourself Up," "DLZ" and many more always placed perfectly to send shivers down the viewer's spine because the music and performances made the scenes thrilling.

**FOR MORE REVIEWS AND OPINIONS:  
WWW.BSCMYSTICMEDIA.COM**

## TANA LARSEN: A DREAM BECAME REALITY



Left: Tana Larsen and Jordan Waldren inside the Rollin' Rebel. Bottom: The storefront of the Rollin' Rebel along with the inside of the store. (Credit: Jordan Waldren)

By Jordan Waldren  
REPORTER

For as long as she can remember, Tana Larsen always loved clothes. She kept up with current trends by reading magazines and paying attention to what everyone was wearing. But Larsen did not pursue fashion as a career; she chose psychology and after graduating from Washburn High School in Washburn, N.D. She attended Moorhead State University in Moorhead, Minn. majoring in psychology.

After completing a few of the psychology classes, she decided her passion was not psychology and elected to transfer across the state border to North Dakota State University in Fargo where she moved closer to her clothing passion. She changed her major to interior design focusing on facility management and graduating with her Bachelor's of Science degree in 1992.

Larsen decided it was then time

for a change, and with a job offer extended, she packed her bags and moved 1,300 miles away from home to Plano, Texas and pursued her career in property management.

"I was that farm girl that needed to spread her wings and get to the big city!"

Working in the city brought Larsen additional clothing opportunities. Managing buildings had many benefits in regards to clothing, but one especially stood out for Larsen. The building she managed was attached to one of largest malls in the United States—the Galleria Mall. Soon she found out her "champagne taste" was not going to last on her "beer budget", so she decided changes had to be made.

In 2010, Larsen once again packed up her bags and returned to North Dakota to provide a rural life for her family.

Rural life was great, but Larsen wanted more, she said—she wanted

to bring back her business knowledge and combine it with her passion for clothing. Recognizing that her small town had many attributes: location, size, and overall demographic balance, she approached her family with an idea.

In 2020 as the pandemic was starting, and the U.S. Small Business Administration was offering loans to stimulate businesses, Larsen took advantage of the offer and started Rollin' Rebel in a former barbershop on Main Avenue in Washburn. A passion for clothing combined with the business experience she gained in property management, Rollin' Rebel became a success.

"I have always had a passion for clothing and always loved to be fashionable and I just knew Washburn would embrace this new shopping opportunity."

The "shop local" momentum that had been gaining traction across the country in the shadows of the

pandemic also caught on in the community of Washburn. People were eager to go somewhere and to begin to move out of their comfy clothes and back into fashion.

Larsen has a name for her fashion, she calls it "Rebellious Fashion".

Why rebellious?

Her mission statement combined with a few of her own thoughts are as follows: "Rollin' Rebel will delight your sense of style and help you see your inner beauty by helping build a wardrobe that truly reflects your own rebellious style and helps build confidence for you to go out into the world and be your own true self. Be a Rebel!"

A passion for clothing led Larsen to a store filled with the latest fashions. She says the best thing about opening this business and doing what she loves is that she can do it in her hometown and with her family.

Dreams do come true for a rural girl from North Dakota.

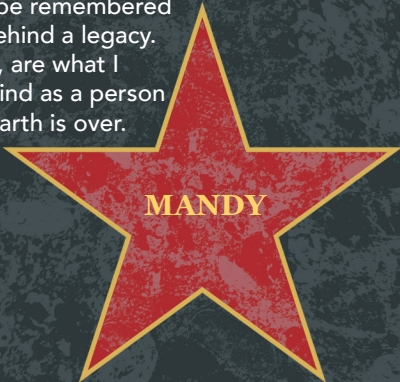


QUESTION:

# WHAT LEGACY

# DO YOU WANT TO LEAVE?

I want my legacy to involve several aspects. I would like to be known as a good Christian woman, who loves God, her husband, family, children and animals. I want to be known as a kind, loving and understanding woman who was always there when someone needed her— to be remembered as fun, spontaneous, adventurous, and more importantly a woman who loves Jesus. I would also like to be known as a person who likes to travel and will not shy away from a challenge. Someone who people can confide in and receive guidance no matter the issue. Honest, hardworking and determined are also some features I would like to be known for having. Someone who would tell you the truth with kindness along with Christian principles is another aspect I expect to be remembered for when leaving behind a legacy. All these and more, are what I aspire to leave behind as a person when my time on earth is over.



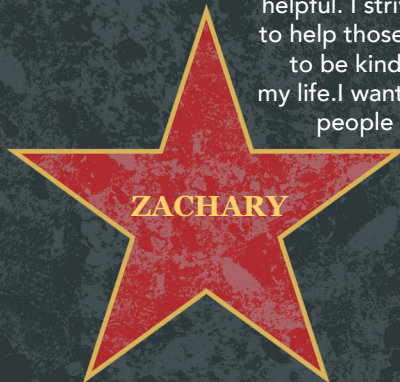
MANDY

When I am gone, I want my children and grandchildren to admire the person that I was and my accomplishments. I want to be someone who inspires them to meet their full potential because of how I struggled but persisted to meet my own. I want to be remembered as a great woman who was both wise and kind, and that used her personal attributes to help those who could not help themselves in various ways. It is important to me to use the things that I learn in life to impact the world in a positive way and for my actions to have a domino effect on the future generations of my family as they strive to be the best that they can be, and if I am ever given a platform to influence people on a bigger scale, I hope that someday my grandkids are proud to say "That was my Grandma!"



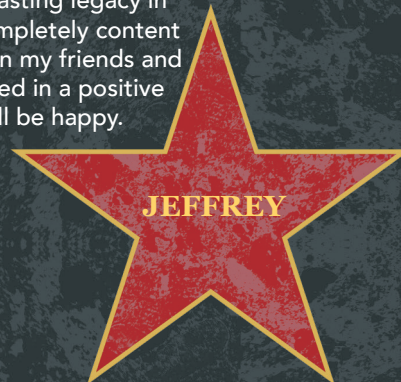
ALECIA

I want my legacy to be someone who is kind and helpful. I strive to do my best to help those around me, and to be kind to the people in my life. I want to help as many people as I possibly can.



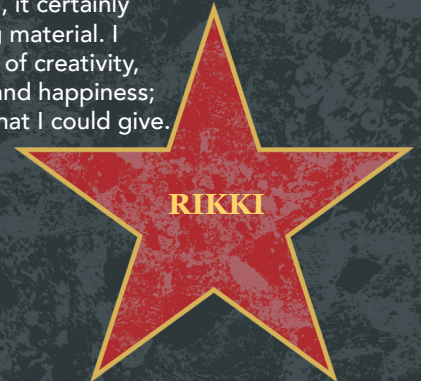
ZACHARY

The legacy that I want to leave is simply a positive one. I do not care for leaving some crazy and long-lasting legacy so that people in the future who never personally knew me will know all about me and the things that I did or accomplished. I just want to leave a legacy where the people that knew me remember me as a positive presence who was always there for them and was fun to be around. I want to be remembered as a positive role model as well. I hope I can be someone that people want to be like or strive to be similar to. It would be cool if I had some everlasting legacy in my community but I would be completely content only leaving a lasting legacy within my friends and family. As long as I am remembered in a positive way by everyone I knew then I will be happy.



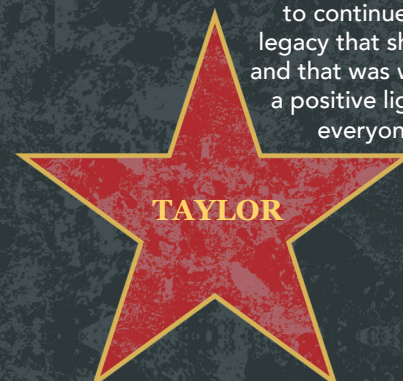
JEFFREY

I've never had the will to leave a legacy. Legacies are only temporary; even the longest-lasting are just a blip on the infinite scale of time. I would rather live for the present and fulfill my personal vision of a happy and successful life than worrying about the possibility of influencing a future generation or two. If I had to choose something, it certainly wouldn't be anything material. I would leave a legacy of creativity, hard work, passion, and happiness; that is the best gift that I could give.



RIKKI

Like anyone, I want my legacy to be a good long-lasting one. When people think of me, I want them to smile and think about how I tried my best to make everyone happy. My goal is to make everyone around me smile and make them feel happy. I want to be a positive change in the world that we see today. I want people to remember me as a joyful person who was kind and uplifting to those around me. I wish to continue my mother's legacy that she left behind and that was what she was, a positive light that loved everyone around her.



TAYLOR

ASPIRING TO GIVE EVERY STUDENT A VOICE:

This is our mission statement at The Mystician. It is often said that in higher education, we grow as people and become who we are through learning and experience. We know you would like to let yourselves be heard, and this new addition to our student newspaper is just the way to do that. You will often see our reporters and columnists out and about getting interviews. If you would like to have your voice heard here, answer openly and honestly to them and allow your picture to accompany your opinion.



# NUCLEAR ENERGY IS THE WAY FORWARD

By Gavin Raschke  
COLUMNIST

Nuclear energy is safe, currently the most economical way to replace fossil fuels and considered to be one of the most environmentally friendly energy industries. Unfortunately, when most Americans think of nuclear energy, they think about nuclear disasters like Chernobyl or maybe even the bombings of Hiroshima and Nagasaki. This leaves an uneasy feeling in most people when discussing nuclear energy. That is a shame, as those incidents are the exception, not the norm.

The first American commercial nuclear power plant opened in 1958 in Pennsylvania. Today, there are 94 reactors at 54 plants in 28 states. Nuclear energy is widespread and

accounts for 20% of the nation's energy. The United States has yet to see a major nuclear disaster like Chernobyl that has resulted in deaths. When nuclear energy plants are properly built and maintained they are incredibly safe.

Since 1950, there have only been 99 accidents worldwide at nuclear power plants that have resulted in a loss of human life or \$50,000 in property damage. Those figures are practically nothing compared to the loss of life in other related energy industries such as coal, oil, solar and wind. In fact, 100-150 people die each year in solar plants. However, nuclear energy accidents get a lot of media coverage.

It costs \$5.4 billion to build one nuclear reactor. And to completely run on nuclear energy, America would need to build an additional 376

nuclear reactors. That would result in a total cost of just over \$2 trillion. That may sound like a lot. But that is still only about 40% of US federal spending in one year.

If the nation really wanted to move to all nuclear, it could. The federal government could gradually build reactors across a 20-year span, and it would not have much of an effect on total government spending.

In addition, according to Yale School of the Environment, it would cost America \$4.5 trillion to move to only solar and wind power.

Nuclear energy is the only economical way to replace damaging fossil fuels, but it also has the potential to be one of the most dangerous forms of energy to the environment.

Just look no further than Chernobyl. Their reactor overheated,

which led to an eruption. Then it released radioactive material into the surrounding landscape. But when nuclear energy plants operate as expected, they have very low emissions. They put the radioactive waste into concrete cylinders and then put them underground, so no radioactive waste gets out. The nuclear energy industry is more responsible for keeping the environment clean than most others.

America should go for an all nuclear energy industry. With climate change continuing to get worse, and with oil prices surging, nuclear energy is the effective replacement we need for our traditional forms of energy. Ironically, nuclear energy isn't as flashy to most people, but it gets the job done.

# THE MULTICULTURAL TRADITIONS OF A CLASSIC AMERICAN SUMMER

By Rikki Roath  
COLUMNIST

As the days lengthen and the weather warms, it's natural for residents of the cold north to dream of sunny summer days. For me summer means time spent lakeside, preferably gliding through the smooth water, slowly propelled forward paddle by paddle in a wooden canoe. It means al fresco meals shared with friends—eating barbeque until we're satisfied and watermelon until we're stuffed. Summer means flashes of light—the multicolored explosions of Fourth of July fireworks or nature's version—hot and fast lightning storms that cut through the heat.

This picture of the classic American summer—like much of what we consider American, is a conglomeration of diverse cultures, people and traditions—and it's this

diversity that makes the country I call home, and my fantasies of warmer days, worthy of celebration.

An integral part of any summer camp experience and the perfect way to tame the hot sun with cool water, canoeing is synonymous with summer. And there's a reason for that. The canoe has been a part of these lands for thousands of years; the word canoe is even one of the few English words claiming a native American etymology, Arawak in this case. Traditionally carved from a whole tree trunk or constructed by covering a frame with bark or animal skins, canoes were simultaneously used to colonize the Pre-Columbian Caribbean, hunt in the Arctic and collect wild rice in our neck of the woods. And now, we are lucky enough to continue that legacy, and have fun at the same time.

Summer wouldn't be the same without the food—potato salad,

grilled sausages and burgers, corn on the cob, barbeque, watermelon. Not only are these dishes delicious, they invoke a sense of community, bringing friends, family and neighbors together. They also bring together the diverse cultures that make up America. Potatoes and sausage were imported from northern and eastern European nations, corn from the indigenous cultures of Mesoamerica and watermelon from North Africa. But the pinnacle of summer treats is without a doubt barbeque. Cooked and served in endless variations with countless varieties of meats and sauces, we have the Tainos, an indigenous group native to Florida and the Caribbean to thank for the word—originally barbacoa—and lifestyle of barbeque.

Speaking of pinnacles, the highlight, the peak of summer fun is the Fourth of July. In addition to the food,

recreation and friends that make all of summer great, this special date is capped off by a fireworks show that continues to dance in the eyes of all that watch for days to come. But this all-American tradition is much older than our founding fathers; fireworks date back to China in the second century BCE and were used to celebrate the Chinese New Year and Moon Festival. In fact, it wasn't until almost 2000 years later that these colorful pyrotechnics became popular in the west.

From the indigenous groups of the United States to Europe, Africa and China, our American summer traditions have diverse roots, matched only by our melting pot of a nation. Summer is a celebration not only of warmer weather and more time spent with family and friends but also our beautiful American heritage in all of its dimensions.

# TALK TO TAY: BE YOURSELF

By Taylor Aasen  
MYSTICAST EXECUTIVE PRODUCER

College is when some say we truly find ourselves. I think this is true. It's a time when you spend learning more about what you truly want out of life. Once you find a desired occupation and start studying that topic, you realize that the people around you are also interested in the same things as you.

It's hard growing up in small town North Dakota, or anywhere for that matter, there are fewer people in small towns and that makes it less likely you'll find friends who have the same interests as you.

College is a time when the "losers" in highschool become "cool" because they are accepted by others around them. The art people are no longer "weirdos"—they're inspirational. The jocks are no longer "bullies"—they're

strong leaders. The smart people are no longer "nerds"—they will probably be millionaires one day. The rebel crowd are no longer "freaks"—they're responsible hard-working adults.

College is the time you finally get to be yourself and you're accepted for who you truly are. Life is far too short to spend hiding from who you are. Be open to who you are and open to those around you.



## BEWARE OF BIRTH CONTROL

By Taylor Aasen  
MYSTICAST EXECUTIVE PRODUCER

Around 63.3% of females in the United States from the ages of 15-49 years old are pill poppers. According to the Center for Disease Control, they take oral contraceptive pills, also known as birth control.

Most people think that birth control is only used to prevent pregnancy. However, this is not the only reason teenage girls are pushed into the prescription at a young age. Many young women struggle with acne, painful menstrual cramps and a heavy flow. These are some things that birth control can help—well—control for women. However, there are some negative factors to the precarious pill.

Synthetic estradiol and progesterin make up the contraceptive. These hormones invade the body's natural hormones in order to prevent the body from ovulating or changing the lining of the womb making it difficult for the egg to be implanted. Artificial contraception is unnatural. Putting foreign chemicals into the body can cause damage.

Most side effects that are experienced with birth control are mild and common such as headaches, fatigue, bloating and acne. These symptoms also occur during that time of the month anyway, so most women are already experiencing them.

However, there are more sinister side effects. Although the long-term side effects are rare, they are serious.

Birth control can cause blood clots and increase the risk of a heart attack, stroke, liver tumors and breast cancer. BC pills can increase the risk of high blood pressure as well.

Some women ingest these hormones, daily, for five-plus years, which tears away at the lining of the uterus, making it unlikely for a pregnancy to occur. That can't be healthy.

Some cancers can be affected by the natural female sex hormones estrogen and progesterone. Ovarian, endometrial and colorectal cancers are less likely to occur in people who take the pill. However, the risk of breast cancer and cervical cancer is increased among those who take hormone-based birth control.

Other forms of birth control include IUDs, the implant or birth control injections. Side effects are similar to the birth control pill. There are safer ways to prevent pregnancy, such as the practice of using condoms, diaphragms or abstinence.

It's important to be aware of the side effects of birth control pills. Some people have reported after they stopped taking the oral contraceptive that their side effects of nausea and vomiting went away after six years of ingesting the pill. We need to pay attention to what is being put into our bodies. Just because a doctor says it's good for us does not mean that they are always right. Do research before taking any medication.

## LIFE HACKS

By Mandy Dyson-Peterson  
COLUMNIST

Life can be hard without knowing how to get through, but did you know that you can hack your way through some of those troubles? There are many websites that suggest a variety of hacks. Check out some of these suggestions from the article "40 Life Hacks That Will Change Your Life" found on the website Bored Panda.

First, let's talk about food. Instead of chopping the tops off strawberries with a knife and wasting a good chunk, try using a straw and pushing it up from the bottom to the top. This is a great way to utilize most of the fruit rather than accidentally trimming too much.

Another recommended hack is putting frozen grapes in white wine. The grapes keep the drink cold while

not watering down the drink.

Are coworkers stealing your lunch from the communal refrigerator? This hack suggests drawing spots on your zip locked bag making your food appear moldy.

Second, let's talk about items we usually throw out. Instead of tossing ketchup bottles, try reusing them for pancake mix. This takes away the mess of making these delicious saucers.

Don't want to get your valuables stolen at the beach, right? Try storing them in an empty sunscreen bottle.

Are your toilet or paper towel rolls still going to waste? Next time use them for organizing cords. Simply roll the cord around your hand and fit them inside the roll.

Hacks can be time saving and help keep life organized. Happy hacking!

## BEING A PARENT STUDENT—IT'S WORTH THE WORK

By Alecia Biel  
COLUMNIST

Getting older is a lifelong learning process, and nothing can truly prepare you for it. Every day presents unique challenges that interfere with a person's needs, wants and future goals.

One of the biggest life-changing factors that a person experiences is having children. Although they are a blessing, having children can create challenges that their parents must overcome to live fulfilling lives.

This is especially true for people who have decided to pursue an education after becoming parents.

For a family to live comfortably in the current economy, it usually requires that both parents must have a source of income.

For many reasons, if one of the parents finds themselves unsatisfied with their income or job selection, they may choose to attend college to obtain a degree. Attending college can be a difficult feat for anyone as they struggle to balance personal lives, finances and schoolwork. However, adding a family into the mix can make a person's educational pursuits seem almost impossible at times.

According to the article "Parents in College by the Numbers" on the Institute for Women's Policy Research

website, one in five college students is a parent, which includes 22% of all undergraduates. These numbers show there are more mothers and fathers attending college than many people may realize, and if you are a parent-student, it means you are not alone.

As overwhelming as it may seem, your goals are not impossible; however, it is highly likely that you will have to make sacrifices in your life to accomplish those goals. You may have to give up some of your personal interests, time with friends, breaktimes and sleep.

To avoid burnout, it is important to find balance in your life. You will have to carefully evaluate your time

and priorities to create a schedule that works best for you and your family.

Setting aside specific time for schoolwork and having the support and understanding of your family as you complete it are the most crucial factors of success as a student with children.

Attending college as a parent can be difficult, but it can also be extremely rewarding. Take pride in the fact that you are not only doing something that will benefit your family, but you are also doing something that will enrich your own life. As your children watch you learn and succeed, they will always remember how you believed in yourself and persevered.

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# THAI HAGGIN: BALANCING FAMILY, LIFE AND ATHLETICS

By Seth Iverson  
REPORTER

Thai Haggin's office contains a lot of things related to her time at Bismarck State College—a basketball with a BSC logo and other college memorabilia, thank you cards from athletes, Christmas and family photos, a motivational poster that says: "OPPORTUNITY, You'll always miss 100% of the shots you don't take," and a ring she won from a national title in 2000.

Athletic Coordinator and Women's Basketball/Softball Coach Thai Haggin has been coaching for 20 years, starting off at Mandan Middle School coaching girls' basketball where she also taught physical education before arriving at BSC.

Haggin has been playing sports her entire life starting in Williston, playing sports like basketball, softball, volleyball and tennis.

After graduation, she went to the University of Mary to continue these sports on the college level. There, she met the coach that would influence her career path, Roger Haug, a former Men's Football and Women's Basketball Coach at UMary.

She started her coaching career at Mandan Middle school in 2002. In

2017, she became a part-time assistant basketball coach at BSC. Three years later, she was promoted to the head coach for the women's basketball and softball programs—it is currently her second year in the position.

Not only is she a coach at BSC, Haggin is also the mother of two daughters, one 18 and the other 10 years old. Her oldest daughter is currently studying at BSC and her younger daughter is in elementary school.

Additionally, during the winter, Haggin said that her family is super involved in BSC athletics. Because her family lives in the area, they come to visit BSC to watch the games. She also said her youngest comes to practice after school.

Throughout her time at BSC, Haggin has seen a lot of athletes come and go. When it comes to college athletes, she says that they are way more independent than younger athletes, and they don't require as much handholding.

Haggin said that college athletes come to campus with a specific goal in mind and learn other things along the way.

"It [sports/athletics] teaches you time management ... how to be a leader—teaches you teamwork. It



Athletic Coordinator and Women's Basketball/Softball Coach Thai Haggin visits with an umpire before a softball game on April 27.

(Credit: Seth Iverson)

teaches you how to communicate," Haggin said. "... things that you need in society ... to be successful."

Haggin said that the biggest difference between high school and college students is that they are more mature, and she likes the physical growth from high school—as the speed of the game is a lot faster in college.

"I've had a few athletes that mentioned they want to coach, and I have some athletes who coach younger

kids—a travel team," Haggin said. "There are athletes out there that do want to stay within the sports related fields. I think that the future's very bright for that."

Currently, Haggin is finishing the softball season. The last games played May 3-5 at the tournament conferences in Glendive, Mont. at Dawson Community College.

## DISC GOLF COURSES ENTERTAIN COMMUNITY

By Jeffrey Savadel  
COLUMNIST

Bismarck, North Dakota has four disc golf courses that are all free for anyone to enjoy and play a round. These courses are Hillside, Bismarck State College, Sibley and United Tribes Technical College. Each course has a different style and difficulty from the others and has their own pros and cons.

The first and most popular course in Bismarck is Hillside located at Lion's Park. This is a short 9-hole course that is fun for beginners and experienced players. It is the most popular course in town because it is located in an easy-to-reach area next to the Hillside pool. It is an ideal course for those who cannot throw the disc far—the longest hole is 584 feet—but the second-longest is only 385. It is the second-hardest course in town behind Sibley. The reason it is second-hardest is because of the shot-shaping that

is required for most holes compared to the other courses. As mentioned before, the holes themselves are not too long but the high number of trees and the placement of the tees combine for specific shots for each hole.

Overall, Hillside is a fun and simple course that anyone can enjoy.

The second course is at Bismarck State College. This is an 18-hole disc golf course designed around the campus. This is the most fun course in town. It is a nice mix of short and long holes and also has a nice mix of open holes and holes that require a specific shot in order to get a birdie. The obstacles that get in the way never feel annoying or unconquerable. The layout is very nice—it takes the player around the entire campus and leads right back to the beginning of the course at the end.

The only complaint I have heard about the BSC course is that sometimes the campus gets in the way. There are many holes where you throw very close to a parking lot or

may even be forced to throw over a parking lot, such as on hole 14. This is not ideal because if a player has a bad shot, it may hit a car. My friends and I often skip hole 14 because we do not want to damage anyone's car. Even with the campus getting in the way, it is still a very fun course.

The third course is Sibley, which is easily the most difficult course in town. It is so difficult that oftentimes it is not very fun to play. There are tons of trees in Sibley that require shots to be perfect on every single hole, and the course was designed by forehand-dominant players, so almost all of the holes require a forehand tee shot. This will be annoying for players who do not throw forehands or prefer to stay away from them, and it can easily get frustrating during a round.

Besides being a forehand-dominant course, most holes have fun designs that make the player work for the birdie but punish mistakes like hitting a tree or not getting the height on a throw right.

There are a few holes that have no fairway, like 5 or 8, but other than that there is usually a clear line to the basket without luck being needed.

The biggest pro about Sibley is the baskets. They have Prodigy T1 baskets that have double chains. The baskets are good at catching the disc and rarely have untimely spit-outs and chain-outs like most of the baskets used at the other courses in town.

The last course is UTTC, the easiest course in town. It is only 9 holes, and they are mostly very short, except for a 547-foot hole 6 right in the middle of the course. Other than that, most holes are around 200-300 feet and should be easily reachable for anyone playing. It is a fun course to take it easy and throw putters. There is nothing too special about the course, but it's fun to play a warmup round there before heading to Sibley afterwards because they are so close to each other.

# COLLAGE CONCERT 2022



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The Annual BSC Collage Concert was April 27 in the Sidney J. Lee Auditorium. Various acts performed including the Men's and Women's Ensemble, along with the Jazz, Brass and Woodwind Ensemble. Excerpts from the upcoming installment of "Figments of Imagination" were shared along with live paintings.

(All photos credit: Amy Doll)