

# THE MYSTICIAN



ATHLETE  
SPOTLIGHT

P4

DAY IN  
THE LIFE

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MUSICAL  
REVIEW

P22

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BISMARCK STATE COLLEGE



# EDITORS' NOTE

BISMARCK STATE COLLEGE  
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COVER PHOTO// Quinnlyn Nelson

I had a hard time picturing myself getting back on the plane from New York to North Dakota. When you visit a place that has 7 million more people than your home state, it's overwhelming. Not in a sense of stress, more like realizing there's so much of the world I haven't seen, that kind of overwhelming. I have opened Pandora's box.

I saw this meme or tweet somewhere and it said go somewhere where no one knows your name. It sounded cool at the time when I read it, but that can be hard to do depending on where you live. New York was my opportunity, somewhere to start a new beginning, the city of endless endeavors.

The refreshing feeling of nobody knowing your business, nobody asking about your daily inquiries. Normally someone would be upset about people not knowing their name, but I was in awe over it over the fact that nobody cared. That's New York. It's beautiful in it's own certain way if you're willing to understand it. Everyone has their own agenda and are confident with themselves, that's refreshing to me. It's like social darwinism in city form, respect for all New Yorkers'. They aren't rude or scary, yet determined and unbothered.

Until next time,  
-A



*Anika Rovig*

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PHOTOS//SUBMITTED

# THE OFF SEASON

//BROCK HILTNER



Christian Kilwein said his days of playing organized sports are over. Kilwein, now a Bismarck State College student transferred from the University of Mary. In high school he was a promising three sport athlete but after his junior year of high school he decided to sub himself off of the competitive court.

Kilwein said his parents understood when he told them the news.

"I just gave up all sports," Kilwein said.

He attended three different schools during his high school days, meant a new team to acclimatize to. At a height of 6'5" Kilwein took on the typical roles of a multi-sport big man: center in basketball, tight end in football, and a javelin and discus thrower in track and field.

As a podiatrist Kilwein's father was able to take his practice with him on the road.

Kilwein said his father travels between Hettinger, New England, Mott, Bowman and Dickinson.

Moving became a common thing for the his family. Kilwein moved to Bismarck in 2015 for his senior year at Century High School. The summer before becoming a CHS Patriot, Kilwein said he had thoughts of returning to the underclassmen he left behind in New England.

"What did I leave those guys with," Kilwein said. "The younger guys, what kind of role model did I leave them with?"

The freedom of moving meant leaving teammates and friends behind. However bringing stability to his family was ultimately the deciding factor.

"I realized I would have to move my whole family again, and I said I just can't do that, god put me here for a reason," Kilwein said.

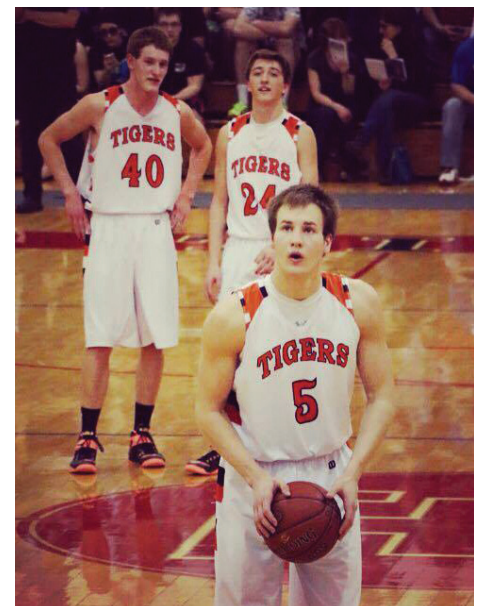
Kilwein's stormy venture into the world of high school sports left him with lessons that he said he hopes to pass down.

He now coaches a 7th grade boys traveling basketball team and also helps

out with Cross Training, a summer basketball camp with a Christian influence.

"I want to be a coach in the future, it's good experience," Kilwein said. "And I like investing in the lives of others."

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



*Christian Kilwein taking a shot from the charity stripe his junior year of high school.*

# JUMP INTO FITNESS

//AMANDA JOYCE

PHOTOS//AMANDA JOYCE

## SKY ZONE TRAMPOLINE PARK

**W**orking out can be a big commitment; sometimes it can be hard to get out of bed, there can be little time between work and school or just because it might be easier to be lazy. Many promises and bribes are made to build up courage to go to the gym, but it can be intimidating and boring.

Sky Zone in North Bismarck offers a variety of family oriented workout classes, including the Skyfit classes, which are specifically cardio and yoga based. Alison Harrington, one of the step in instructors at Sky Zone, about having fun with working out.

“Did you know that jumping on a trampoline for an hour can burn 700 calories?! Crazy!!” Harrington said on her personal Facebook page about Sky Zone.

Not only does it burn calories, it also helps flush out the acid that builds up in the muscles after a workout. During Skyfit, the instructors take breaks in between jumping sessions to have the participants stretch and catch their breath.

“I really enjoyed the class. It was definitely different from my normal workout routine,” McKenzie Berube, a freshman at the University of Jamestown said. “I think it’s a really fun thing to do once in awhile and it burns calories like crazy.”

Sky Zone is open seven days a week and offers the Skyfit classes Monday-Saturday with multiple class times to work with the daily lives of members of the community.

Jump fees are set at \$15 for an individual class, \$129 for 10 sessions and \$99 for an unlimited monthly plan, along with a one time fee of \$3 for a pair of jump socks.

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

**For more information contact Sky Zone Bismarck at 701-354-9099 or through its Facebook page at [www.facebook.com/skyzonebismarck](http://www.facebook.com/skyzonebismarck).**

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# SPRAINING TRAINING



## //TOM DELOZIER

**M**any years ago I was in the football program at Penn State. I became friends with an older gentleman named, Jim. He was a team trainer for 20 years and was great at his job. We both grew up not far from Penn State. One day during football practice a player sprained his ankle.

I played tight end under the great head coach, Joe Paterno. One day after practice I was heading home, and Jim called me into the training room and asked, “You have a minute to see this?” Of course I told him.

He had two buckets sitting on the floor, one bucket with ice water the other with hot water. Before he started his procedure he explained that our muscles are like rubber bands, and if pulled tight the rubber band will snap from the pressure.

If a rubber band is lightly pulled a few times it will make the band warm up,

making it less likely to snap. Jim also explained if a muscle is hurt or pulled it will get inflamed, and heat should never be put on an inflamed muscle. Ice first on a pulled or hurt muscle, never heat. Heat causes the muscle to inflame and in turn slows the healing process down.

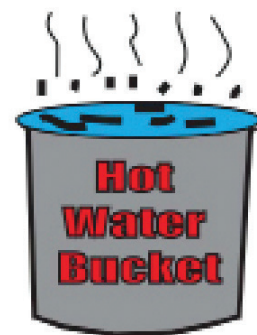
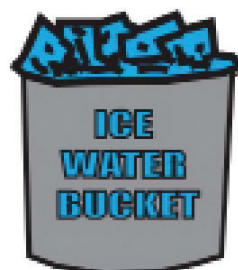
Ice reduces the inflammation in the injured muscle. For example, below is the process of what Jim taught me on how to heal a sprained ankle.

The player unwrapped his ankle to nothing but his bare foot, and put it in the bucket of ice water first. He had to keep his foot in the bucket of ice for 20 minutes, and then switched to the bucket of hot water for 20 minutes. After 40 minutes of ice and hot treatments, he had the player go between the two buckets 10 times in each bucket for 20 seconds each. Jim wrapped up the player’s

ankle and told him to stay off of it for the rest of the night.

The next day the player showed up to practice walking and running like nothing ever happened.

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

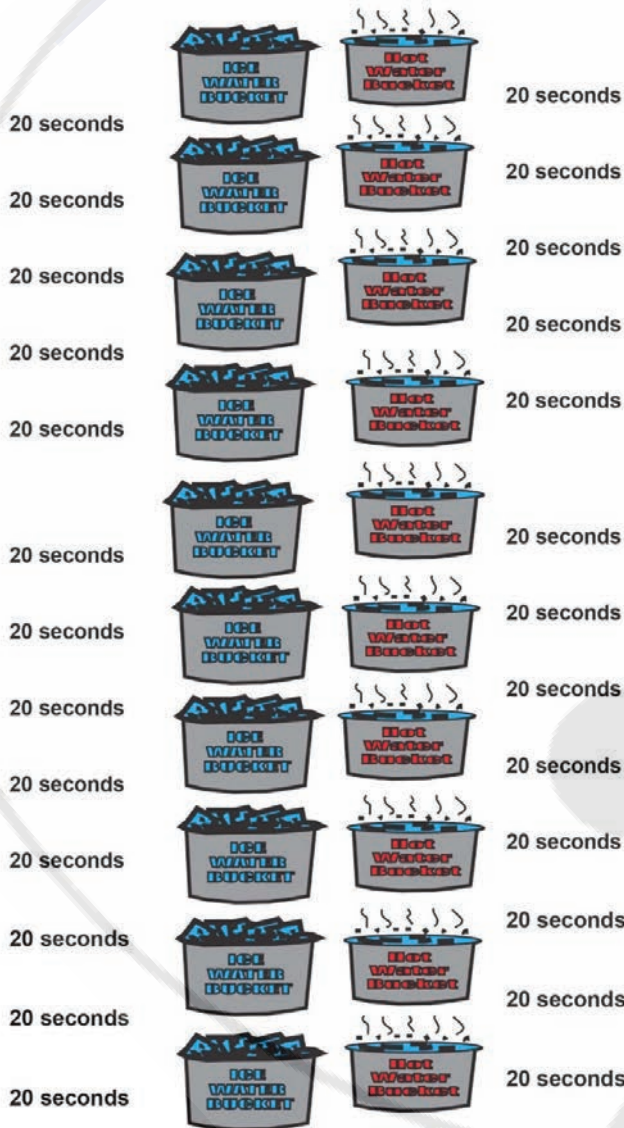


# SPRAINED ANKLE TREATMENT DIRECTIONS

Place foot in the bucket of ice first for 20 minutes, then place the foot in the bucket of hot water for 20 minutes.

Remember always ice first.

After that place foot in the ice bucket for 20 seconds and then right into the bucket of hot water for 20 seconds. Do this 10 times back and forth between the two buckets.



**SPRAINED ANKLE TREATMENT**

**PENN STATE**



**FOOTBALL**

# BUCK UP BISMARCK

//CONNOR GRAVES

It has been 14 years since Bismarck, had its own arena football team. The Bismarck Bucks have been showing the town their antlers this spring.

The team had its first open tryout on Jan. 29, 2017 in efforts to fill the roster with the best athletes

around. One of those to fill the roster was Andrew Nelson, a Bismarck State College alumnus. Nelson was signed as the team's kicker.

Prior to the tryout, the Bucks had already signed two former University of Mary football players – wide receiver Elby Pope and offensive lineman Dion Paulson.

The home field for the Bucks is in the Bismarck Event Center. Turf is down and team decals line the walls.

The Bucks have also been practicing at the Fore Seasons Center, otherwise known as indoor golf dome, or the “bubble.”

While the team has local talent, there are also ex-NFL players and big-time college athletes from around the country.

“I know the type of talent we have on this team,” Chad Smith, assistant coach for the Bucks said. “I believe that if we started the first snap with confidence we can win.”

The Bucks started the season on the road as they took on the Sioux City



that they compete in this league,” Paulson said.

The Bismarck Bucks will reach the middle of their twelve-game regular season at home on April 15, 2017 against the Kansas City Phantoms.

*For schedule and ticket information, visit to [www.bismarckprofootball.com](http://www.bismarckprofootball.com)*

*(Connor Graves is a reporter for The Mystician. Reach him at [editor@mystician.org](mailto:editor@mystician.org).)*

Bandits. Although the Bandits took an early lead, the Bucks fired back with a 13-yard run by the former NFL running back Jawan Jamison. Pope pulled in a 26-yard touchdown pass bringing the team within 22 points just before half.

“We started the game a little timid which got us behind,” Pope said. “We came out in the second half strong by scoring first, but unfortunately we started a little too late.”

Paulson said the team didn’t come out as strong as they planned.

“By second half we got out all the butterflies and started playing like a team that knows

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# LYFT 'R UBER

//HOLDEN SANDAL

Ridesharing is becoming the new norm in Bismarck. For years, people called taxi cabs to pick them up from the bar or to take them to the airport. In Bismarck, the days of the taxi company may be dying.

Taxi companies are becoming more overshadowed by ridesharing companies like Lyft and Uber because they are cheaper and more economical.

Bismarck has two taxi companies. One provides airport shuttle service. The other has three cabs in service and charges an average of \$2.50 per mile plus a \$3.15 base fee. Uber, on the other hand, charges \$3.20 per mile and no base fee.

Something people like about ridesharing companies is the fast wait time. People can wait up to an hour for a taxi and if in a public place, such as a bar, someone can take the taxi and make that wait even longer.

Uber and Lyft typically have multiple cars within five minutes of your location and the app has a GPS locator to show how far the ride is from the rider's location. College students have stated they liked ridesharing compared to taking a taxi because of these features.

Another thing that people may like about companies like Uber and Lyft is they let their drivers keep 20 percent of their income from rides, plus tips. Most

taxi companies will let their drivers only take 10 percent of profits plus tips.

A study from Forbes magazine said that by 2020, ridesharing companies will have completely taken over the taxi industry in most major cities. With this evolution, the taxi companies in Bismarck may face extinction.

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



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# BREAKING DOWN THE LOCKDOWN

//MEGHAN MCNEIL

On January 14, 2016 at 11:30 p.m. all persons on campus were alerted about a possible gunman on the Bismarck State College campus. Immediately, all buildings on campus were put into lockdown. Campus officials then jumped to action, locking doors and alerting students and staff of current information on what was happening as information became available.

Although it was a false alarm, it shaped how people felt on campus and highlighted things we need to do differently, but some students are wondering if anything has changed.

The threat was pinpointed to the library in the LEA building. Librarian Marlene Anderson was not in the library at the time but has worked with staff to be better prepared in case a situation of this nature happens again.

"We aren't talking about it, because it seems like it's over, that we don't need to dwell on it any more. That being said we have made some specific changes in the library in response to it," Anderson said.

Staff in the library had to immediately respond to the needs of the students that were locked in the library.

"First, we created emergency kits. In these kits we have some basic supplies. There are things like flash light, there's a sheet that has some basic first aid information; I believe we put in some phone numbers as well," Anderson said, "We looked at red cross emergency supply lists, to get an idea of the kinds of things we might want and then we went from there. We have a couple of them now located in strategic locations."

The new LEA building has an excess of windows and potential areas

of weakness that could easily be breached by an intruder. After the lockdown, staff came up with a very clever idea.

"The English Department people, after that, they wanted to get some kinds of shades, but you know it can be really expensive to do any kind of window treatment," Anderson said, "Well, they found these paper things in a variety of colors, and you can just cut them to fit the window."

Anderson said that during the time of the lock down she had gone to a meeting in the Mystic Marketplace, leaving behind her phone and set of keys. She could not respond immediately to staff concerns until after the incident. The efficiency of the locks on the doors became a large dilemma during the panic of the threat.

"Our doors had locks already on them but not the push button kind, that's all been changed on campus as a whole," Anderson said, "We also added those shades to our two study rooms."

Anderson said that since the lockdown she has made some personal changes. She found herself without essential items during the lockdown.

"Ever since the lockdown I will never leave my office without my phone or my keys," Anderson said.

Although it seems that the lockdown has been brushed under the rug, staff has made some very important changes. They continue to have table top simulations and discussions on what to do in case of an emergency.

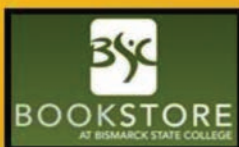
Director of College Relations has even informed a powerpoint about the efficiency of our respondents and the communication department at the 2016 Council for advancement and support of Education Conference for Community College Advancement in San Diego last October.

Our world is faced with the atrocities of growing violence in our world, but we can rest easy knowing our campus is prepared.

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



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# THE STRESS EPIDEMIC

//TARYN FISCHER

PHOTO//AMANDA JOYCE

Heart pounding and head spinning all leading to death, no this is not a scary movie this is stress and what leaving it unchecked and rising higher can lead to.

Years ago stress was something that wasn't as prevalent. It would activate the fight or flight impulse that would save the lives of past generations from outside sources.

Whether a person is worried about being late or about what they have to do, stress seems to be more common today.

Bismarck State College Academic Counselor Nancy Gordon has been here for 12 years. "There is good and bad stress," Gordon said. The emotion happiness is considered as good stress. Terror and anxiety as bad stress. Gordon says stress is something that is needed in people's lives and they will always have some amount of it. The main problem with too much stress is it can lead to heart disease.

"We need it to be motivated," Gordon said. Being one of the benefits of stress to keep people going. With stress it is better to recover quickly from it. Gordon also explains that stress is not the same with everyone. What causes her to feel stress may not cause someone else to. "I being told to run a marathon would cause me stress where a marathon

runner it wouldn't," Gordon said.

Stress is not good for the body. People hear about environmental factors that can harm them, but stress causes damage as well. It will eventually show the effects it causes in the body. Gordon gives a few ways to combat stress. Time management is beneficial for to help. Having a plan of what and when to do throughout the day helps. Gordon states that homeostasis is a resting state, where a person wants



to be, and stress takes them out of that state. The use of deep breathing and meditation help. Gordon refers to cognitive behavioral restructuring therapy to help with it. "Take a negative

thought and reframe to something more positive," Gordon said. Take the thought of failing a test and turn it into doing well on it. There is also a thought stopping technique. Gordon explains saying, "Close your eyes and think of the bad thought, now view a big red stop sign." Repeated long enough the thoughts may stop on their own.

Gordon says stress goes with memory causing forgetfulness, making test anxiety a problem. She also states how people cannot do everything. Also to think about themselves as well.

Ashlynn Grasl a BSC sophomore has a way to help with stress. "I meditate a lot," Grasl said. With a job and classes this helps stay focused.

All of the anxiety that stress causes can lead to mental fatigue. Other ways to help with stress are to stay hydrated, eat and sleep right, fidget when stressed, and make sure to have some sort of protein near. Gordon states it's not a bad thing to sometimes regress to a childlike state. "Nobody's judging you but yourself," Gordon said.

BSC tries to help students with stress. In the fall semester they provide a health fair for more information. Spring semester they have a stress ball in the student union to help students unwind. The Mystic Advising and Counseling Center in the basement of the Student Union hand out bendeez, something to fidget with when stressed or with test anxiety.

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



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# ENGINEERING EXPANSION

//ZACK GRAVES



Students majoring in the engineering field can now look forward to receiving their degrees from the University of Mary. Construction of a new, state of the art, engineering facility is under way

As part of the vision 2030 fundraising program, the University of Mary is set to include an engineering school, breeding local engineers to serve the particularly demanding field.

Before this plan was deemed official, the engineering program at U-Mary offered the first two years of the degree because of the shortage of professors, as well as not being able to offer the facilities needed to earn an engineering degree. Instead, U-Mary made a deal with the University of North Dakota, creating a joint program that would require the engineering students at U-Mary to enroll in online classes at UND in order to complete the rest of the necessary courses. This ultimately leads to the degree coming from UND instead of U-Mary.

"You can't just decide you are going to have an engineering program and then expect to have one the next day," Terry

Pilling, engineering professor at U-Mary said. "The goal is to very quickly hire more professors, and build more lab facilities so we can start offering all of the courses here."

**"I am going to try my best to reduce that dropout rate."**

**- Terry Pilling**

U-Mary students are not the only one who could benefit from a new four-year program. Aspiring engineering majors attending Bismarck State College will now have the opportunity to stay local and complete their degree in Bismarck instead of enrolling at UND.

When it is all said and done, U-Mary will be able to offer around 150 courses within the engineering field.

"I was pumped to hear about the expansion," Noah Krebs, a sophomore engineering major at U-Mary said. "I contemplated changing my major when I first started here because I didn't want

to have to transfer, but I stuck with it and I am glad I did."

In anticipation of the completed engineering building, Pilling has made some personal goals. One goal in particular is to lower the percentage of students that drop out of the engineering field each year.

The national dropout rate for engineering majors is listed at 60 percent.

"I am going to try my best to reduce that dropout rate," Pilling said.

Pilling may be able to reach his goal since the class sizes at U-Mary will be smaller than those at most universities, allowing professors to be a lot more attentive to each student. In turn, this could produce more success within the engineering field.

Construction on the engineering building is set to begin in the fall of 2017.

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

# NEWS BRIEFS

## MARIJUANA & NORTH DAKOTA

In 2016, North Dakota legalized the medicinal use of marijuana, however the state still prohibits recreational use. North Dakota is one of the strictest states in terms of marijuana laws in the United States. Punishment for first a first time violator can be prison for up to a year and as much as a \$2,000 fine. Although 64 percent of the population in the state of North Dakota voted “yes” for legalizing marijuana, lawmakers have postponed rules regarding its implementation until January 2017. Patients that would prefer this method were looking forward to having access without any issues. Act SB 2344, if approved, will allow patients living more than 40 miles from a dispensary to have whole cannabis plants, and cultivation provision. If this law is passed, this will lower the cost of marijuana use significantly.

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



## DORMS CLOSED FOR EASTER

In the event that you will be staying in the residence halls over Easter Break, you will need to take note of the following:

According to the Campus Living Contract Gate City, Lindstrom, Mystic, Ritchie, Swensen and Werner Hall will all be closed for Easter Break. Locks will be changed at approximately 5:00 p.m on Thursday, April 13 and will be changed back on Monday, April 17 by 12:00 p.m. Students must sign up by Wednesday, April 12 by 12:00 p.m. with your resident supervisor to obtain a new key or have your key changed to be allowed entrance into your respective residence hall. You will only be given exception if you must stay because of work-related commitments, drama or athletics. Bismarck State College needs to know your employer and receive a copy of your work schedule or a call/email from your coach/teacher and if applicable, the event you will be participating in. Any student staying in the residence hall that is not signed up will be considered trespassing and will receive disciplinary action.

(If you are an international student that needs to make arrangements, please see your residence supervisor).

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

## OPEN RECORDS LAW

House Bill 133 would let those who apply for: chancellor State University System, president, vice president, provost, dean, athletic director, or head coach of any North Dakota state university, to choose whether or not their names are revealed to the public. Applicants are weeded out until a group of finalists remain. After a 14 day period the names will be made public unless a candidate was to withdraw before that time. The thought behind this bill was that people who would want to run, would not be deterred by the possibility of bad press. The bill was met with a lot of opposition. For example 40 people originally applied to be president of the University of North Dakota but three dropped out of the runnings because of the open public records law. Senate Bill 2152 applies to all government jobs in the state. This bill would only have three or more applicants whose names would become public.

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





# STUDENT SPOTLIGHT

//ALICIA BILLOCK

PHOTOS//AMANDA JOYCE

**C**hazlynn Sondrol calls the music department at Bismarck State College home.

Sondrol is a sophomore at BSC. She grew up in the small town of Turtle Lake, and left for college with no real intention of pursuing a career in music.

"I started at BSC as a business major," Sondrol said. "I absolutely hated it, and I almost dropped out of college because of it."

Sondrol's saving grace was a simple email from the music department encouraging her to enroll in choir.

"I got the email January of my freshman year and it basically said 'come join choir, we'll give you a scholarship,'" Sondrol said. "I said okay. I've been in choir forever, and I love to sing, so I decided to check it out. Within a week I was in three different choirs, and I was hooked."

Sondrol changed her major and dedicated her time to her growing passion for music.



"I had been taking a few education classes and decided that with those classes, I needed to try this whole music thing out," Sondrol said. "I was going to give it a chance. Even though

I was skeptical of it all, I really didn't want to waste another year on something that wasn't right for me."

It was not long before Sondrol accepted that music was the path she was supposed to be on.

"I officially became a music major this fall, and I'm loving every minute of it," Sondrol said. "It's just music everyday, all the time, because I was able to get all my generals done last year. It's so much fun just having all music."

Dr. John Darling, one of Sondrol's professors and head of the music department, testifies to her abilities as a music student.

"She has a great attitude not only towards school and her major of music, but she is also outgoing and personable with everyone. It keeps the environment around the department very youthful," Darling said.

Sondrol decided to combine her love for music and her background in education classes to pursue both.

"I plan to hopefully teach in a smaller school, I did a job shadow last year in a Class A school and it was cool because it was all choir all day long. I think I would really like to work with students of all ages," Sondrol said. "If I was in a Class B school I would be able to teach K-12."

Darling also has full faith in Sondrol's choice of mixing education with music.

"Chaz has clearly demonstrated that she has the capacity, motivation and skills to be a fantastic teacher. I look forward to watching her continue to develop and master her musical and pedagogical skills," Darling said.

In order to expand her knowledge on all things music, Sondrol is taking some band classes that are out of her comfort zone.

"If it could be all choir, that would be awesome, but I have to take some band classes," Sondrol said. "I am trying to get all of the band technique while I'm here before I get out into the real world."

Sondrol has stepped up to the challenge and has truly improved her skills in the music class rooms. Her professors have taken notice to her initiative and have watched her flourish as a student of music and as a person.

"Her musical skills have improved and she continues to demonstrate that she is learning how to control her vocal abilities," Darling said. "She is the proverbial sponge soaking up everything Dawn Hagerott, her voice teacher, is giving her for technique."

Sondrol spends most of her time with fellow music students in the small space located outside of the choir room.

"I used to think those kids were weird, and now I'm one of them and love it," Sondrol said. "We are one big happy family."

*(Alicia Billock is an editor for The Mystician. Reach her at editor@mystician.org.)*



*All photos: Chazlynn Sondrol, Bismarck State College music major, in the Leach Music Center at BSC. Choir is one of Sondrol's passions.*

# REALITY CHECK: REPORTERS

//HUNTER ANDES

In an era when it can be difficult to distinguish real news from fake news, Americans may be wondering if what they are reading or listening to is fair and balanced.

With the advent of internet, one phony story on social media has the ability to spread like cancer. This, combined with political backlash against news organizations, can make public trust difficult in the field of journalism.

"We are not going to give you something that is not true," Steve Wallick, editor-in-chief, and 43-year employee of The Bismarck Tribune said. "We often get criticism – that's not unusual – and have been accused by both sides of being biased and unfair.

We try to be fair. We try to tell both sides of the story."

**"Every journalist has a responsibility to be fair and to be balanced – to try and seek perspectives from every side."**

**- Amy Sisk**

J.R. Havens, KFJR-TV news director, said it's important to stick to the company's roots, which has established a reputation for good, factual and truthful news.

"What it comes down to is the basics," Havens said. "In order to get the real news ... the basics are: who, what, why, where, when and how."

Havens said in order to be fair and balanced, journalists must show both sides of the story. This can be challenging if they are restricted to shorter air segments or article lengths.

The Bismarck Tribune tells its reporters to get more than one voice for a story. Wallick said the number of sources can set a strongly written story apart from a poorly written one.

"Every journalist has a responsibility to be fair and to be balanced – to try and seek perspectives from every side," Amy Sisk, reporter for Inside Energy and Prairie Public Radio and TV said. "That is what I strive for in every story."

Sisk said in some stories there are more than two perspectives. She added that it is not uncommon to have up to three or four sources.

One source can be synonymous with a single point of view. Wallick explained at times when a reporter is chasing breaking news, a single source is used because it may be the only source available.

"For most of your stories you want as many sources as possible, and you want to be able to quiz them," Wallick said. "If the numbers don't jive then you can go back to the person and say, 'What about this?'"

*Editor-in-Chief and 43-year employee of The Bismarck Tribune, Steve Wallick, spends most of his time in the newsroom and occasionally visits the print press.*





# TALK REAL NEWS

PHOTOS//HUNTER ANDES

Monica Hannan, KFYP-TV managing editor and anchor, has been with Channel 5 for 28 years. Hannan explained that television reporters share the same responsibilities as print reporters.

“Using more than one source doesn’t necessarily apply to just news print,” Hannan said. “Journalists on television have the same responsibilities.”

**“People tend to look for their own opinion, but if you can fight that and look for all opinions, eventually the truth will come out.”**

**- Monica Hannan**

Hannan said part of their training is to go with multiple sources, versus just one. It entails asking a lot of questions to get to the heart of the matter.

“We don’t use unnamed sources here,” Hannan said. “You make sure you get both sides and then you report them. You don’t put your opinion in it. You just give the facts. [You] make sure everybody is represented, and in order to be careful to avoid giving the appearance of being biased you quote people.”

Hannan said the fundamentals of journalism are often taught at a young age. She also said the core principles of journalism never really change – like identifying a good source.

“I remember back when I was in school, we would learn how to identify a good source,” Sisk said. “It is something that kids should be aware of in school. It is something that teachers should be talking about in school – how to identify those things.”

Just as journalists should have multiple sources in their news story, individuals should have multiple sources before establishing an opinion. Wallick, Sisk, Hannan and Havens all agreed that people should exercise caution in what they decide to share on social media.

“People who use social media have to be smart about it,” Wallick said. “They have to realize there are a lot of things that are posted that are unvetted.”

Some people tend to believe what they want to believe, especially if it might fit their beliefs. They may be a little more accepting of it than they should be.”

Hannan said viewers should read more than one source, including the opposing view.

“Try to find something in the middle,” Hannan said. “Eventually, you are going to find consensus if you really are looking. People tend to look for their own opinion, but if you can fight that and look for all opinions, eventually the truth will come out. You are going to see a trend toward the truth.”

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



L:R Kristin Goodspeed, Kevin Lawrence, Monica Hannan, Alan Miller and Lee Timmerman during *The Evening Report* on KFYP-TV.



# DAY IN THE LIFE

Eagle Witt  
Comedian

// ANIKA ROVIG

PHOTO/SUBMITTED

Sometimes people get exposed to things at a young age that can unconsciously bring them life's greatest high.

"Once I got my first laugh I was addicted, it's like the best drug in the world," Eagle Witt said.

Witt, a 23 year-old stand up comedian from Brooklyn tells his story about a journey that has become a dream come true.

Ever since he can remember, Witt has been watching comedy and eventually became a student of stand up comedy.

"I would sit there Indian style and while other kids were watching cartoons I would be watching Def Jam Comedy," Witt said. "I loved it, I never thought it was weird.

Although Witt was born in Brooklyn, he brings his comedic mind from coast to coast performing in parts of California and the upper East Coast. According to Witt, there's no place to perform stand up like New York.

**"Once I turned 21 I was committed and starting doing stand up consistently every night."**

**- Eagle Witt**

"In New York it's easy to do because there is so many comedy clubs. That's why it's considered the mecca because you literally just bounce around," Witt said.

There was a time when Witt couldn't say that with such confidence. He struggled with nerves at times that would cause him to shy away from his talent and the stage. It took him time and practice for him to bounce around the mecca so confidently.

"When I was around 18 or 19 years old, that was when I realized this is what I wanted to do," Witt said. "I contemplated it for awhile. It took me a really long time to get on stage, and when I did, I totally bombed it. It was terrible, and it shook me."

He immediately turned to his sister for advice. She was adamant about not letting him give up so easily.

After realizing that he wasn't meant for a college classroom, he sacrificed a so called normal life for a comedic career. Witt's mother was his biggest fan, and

the woman who sparked her son's dream.

"After my parents split up my mom got super heartbroken and would cry all the time. I would come home from elementary school and would sit on the edge of the bed and try to make her laugh," Eagle said. "She would tell me I was better than those guys on TV. She was the first person to tell me I should do stand up."

Every comedian develops a style and technique. From Witt's favorite, Dave Chappelle, who has an outgoing, enthusiastic presence. To Mitch Hedberg, a more monotone, dry yet cunning presence. Each comedian develops a persona.

"I've never been a believer in sitting in front of the mirror and practicing, and I know a lot of comedians do it," Witt said. "I feel like you make the strongest connection with people because they're there."

After watching Witt perform in front of two different crowds, it was undeniable that he developed a deep and true connection with his crowd.

"I thrive off of connection," Witt said. "I have to see faces and reactions and that's something I can't get from a mirror."

All it took was one giggle, a dosage of life's greatest medicine, for Witt to become addicted.

"Once I turned 21 I was committed and starting doing stand up consistently every night," Witt said.

Stand-up comedy became Witt's full-time job.

"It's a common misconception that people think we don't get paid," Witt said. "People either think that because

*Eagle Witt using his wit to charm his audience.*

we are comedians we're famous and rich, or they think we are completely broke," Witt said. "In New York depending on your level, there is a certain pay grade. It varies around \$25 a spot for 10 to 15 minutes. You can perform at multiple spots a night. It can add up."

Getting on stage is like an artform to these performers, not a job. It's just like them getting paid to perform their skill. Being only 23 years-old and just entering his prime as a stand-up comedian, Witt only plans on going in one direction – toward his dream.

"I know at some point I'm going to be bi-coastal. All comedians have to eventually," Witt said. "New York is definitely where I want to be for stand up though."

Although Witt has his fair share of personal favorites, like an admirer of any kind of work, he tries to limit himself from being too much of a student of stand up in order to not pick up certain habits of other comedians.

"It has to be the real you up there," Witt said. "That's the only way for connection."

Witt's comedy is personal. He is exposing part of his personality to the world. Opening it up for everyone to judge and hear and connect with. Comedy is Witt's art.

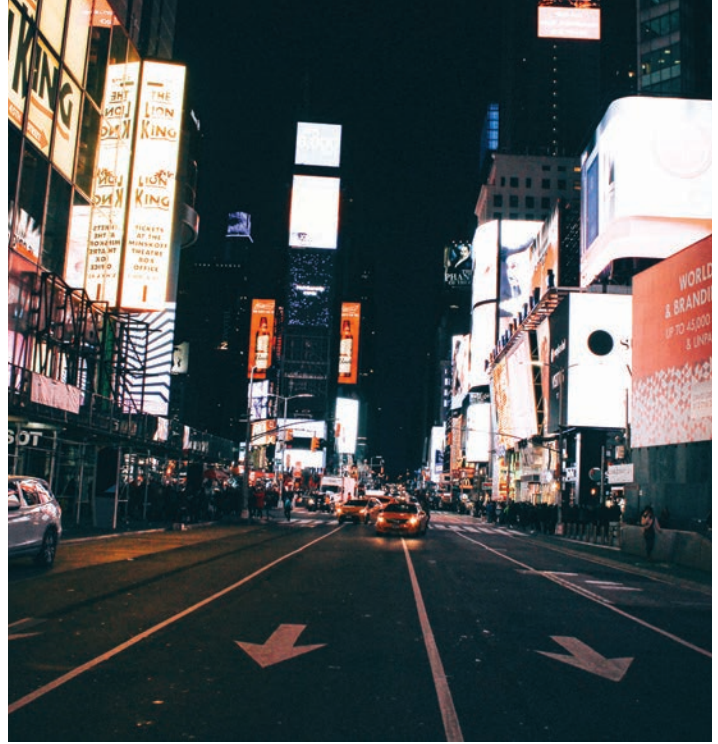
*(Anika Rovig is an editor for The Mystician. Reach her at [editor@mystician.org](mailto:editor@mystician.org).)*



# NY SEE

While attending the College Media Association over spring break, the Mystician Graphic Design editors captured their fast paced experience of New York City. A picture can truly tell a thousand words, and the concrete jungle was loud and proud.

PHOTOS//QUINNLYN NELSON, AUDY RIETZ, & DANIELLE MOLLINARO







# BROADWAY BINGE

//ALICIA BILLOCK & ALEXIS LARSON

PHOTOS// ALEXIS LARSON

When someone says New York City, what's the first thing that comes to mind? Maybe, Central Park, Empire State Building or Statue of Liberty. Well for us theatre loving gals, it's Broadway. With over 34 musicals and 12 plays, there were a lot of options to choose from. We managed to narrow it down to three, two musicals and one play.

The first musical we went to was *School of Rock the Musical*. We were both a little skeptical at first about this show. If you have never seen the movie, it's about Dewey Finn, who dreams to be rock god, but gets kicked out of his band. He's living with his best friend, Ned Schneebly, and Ned's girlfriend who isn't too fond of Dewey. Ned is a substitute teacher and when a prestigious school calls for Ned to come substitute for them, Dewey sees an opportunity to make money and pretends to be Ned. Dewey ends up forming a band with his students to compete in the battle of the bands. The musical follows the same basic storyline with a few differences.

We were not the least bit disappointed with this rocking musical. The music was fantastic and we were beyond impressed with the young talent in

the cast. The children who played the rockers in the band played their instruments live every night.

The atmosphere was more like that of a rock concert and less formal than a Broadway show. Overall, we can truly say that *School of Rock*, rocked our world.



Our friend from New York told us that a must see show was *Sleep No More*, an interactive show following the story of *MacBeth*. Of course this was right up our alley so we purchased the

tickets and made our way to downtown Manhattan where we entered a five story, old hotel building.

The era was set in the 1920's, so those who were working at the show were in full costume and makeup. They gave you your hotel card, which was a card from a deck of playing cards, and that is how you would enter the building.

They also gave us a mask and a few instructions, they told you there was no speaking once you entered the building, you are not allowed to touch the actors, unless they touch you and that you will enjoy the experience more alone.

We immediately split up and made our way through the building trying to find one of the characters. Once you find them you watch them act out the story. Each character does their own thing and sometimes comes in contact with another character.

None of the characters spoke to each other, every encounter was done in the way of dance, whether someone was dying, angry or having sex with another character. At the end everyone comes together for the dinner scene and that's when one can follow a new character. They did the story three

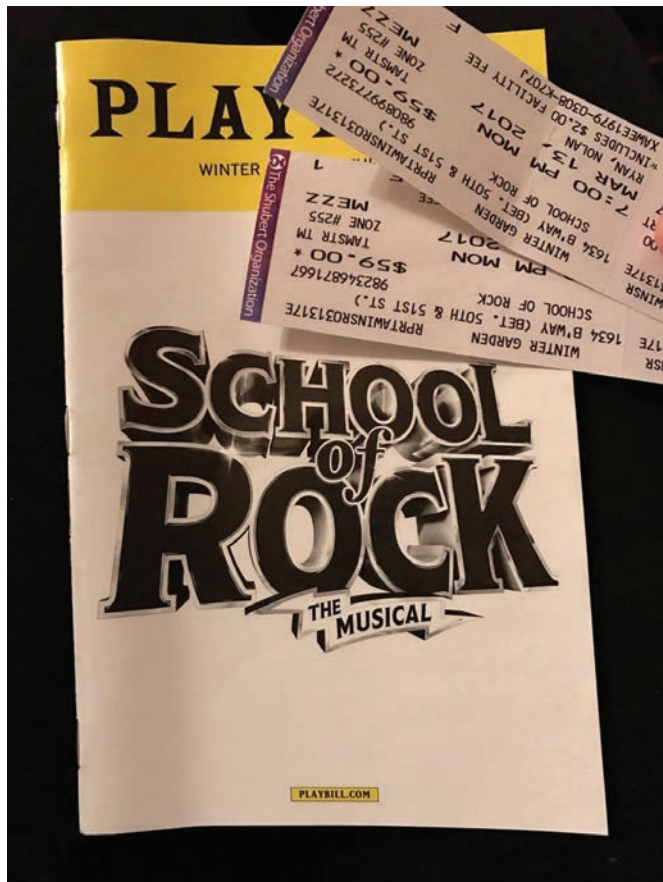
times allowing you to follow multiple characters throughout the night.

The greatest thing about this experience was that it seemed so real. The characters never broke even when the members of the audience were standing right next to them. We were also given opportunities to interact with the characters. One of them had us brush their hair, another had us swing dance with them. Even though they knew we were there they never left their world of the play, instead they brought us into it.

The show lasted from 9 p.m. to midnight, and it wasn't until the very end of the show that we realized we had been running up and down flights of stairs for three hours. Overall this was an amazing experience and we highly recommend seeing this show.

Our final show of the trip was Waitress the musical. We were extremely excited for this show because we knew we would be seeing a lot of original cast members.

The musical is based off a movie about a waitress, Jenna, who is in a loveless



marriage. She finds out she is pregnant and is going to try to leave her husband, but ends up falling in love with her pediatrician. In the end she gets the strength to tell her husband Earl to leave and never come back, and thanks the doctor for showing her she can do better. Jessie Mueller, who plays Jenna, was fantastic.

Her singing and acting was nothing less than amazing. Jenna's passion is baking pies and she uses her problems or happiness in her life for new ideas for a pie recipe. Her two best friends and co-workers at the dinner also blew us away. They each have their

own moments to shine when they take center stage for their solos. Dawn, one of the two, is not one for normal romance and finds herself in a comical yet adorable relationship that brings a lightness to the show.

The performance reached an emotional peak when Jenna began to sing Use To Be Mine, a heart wrenching ballad to her unborn child and to herself. There was not a dry eye in the house as she sang her heart through tears.

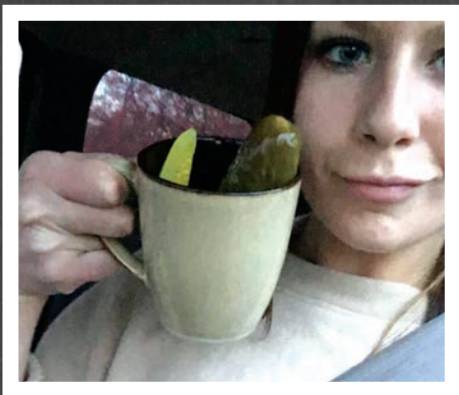
The show made us laugh, cry, and wish for just one more song. It was a performance we will never forget.

*(Alexis Larson and Alicia Billock are editors for The Mystician. Reach them at editor@mystician.org.)*

# BOOZE OR BUST

//ANIKA ROVIG

PHOTOS//ANIKA ROVIG



**WHERE: THE BLARNEY STONE**

## WHAT'S ON THE MENU

- 1 • MIMOSAS
- 2 • CAESARS
- 3 • BLOODY MARYS

## PRICE RANGE

EUROS

In a world where buffets have expanded into more than just food.

Walking into the Blarney Stone on a Saturday or Sunday morning can be overwhelming. Either by the Irish montage taking place over the speakers, or the build your own caesar bar taunting you from the corner. Just when you thought a taco bar buffet was the epitome of the buffet world, they spring this on us.

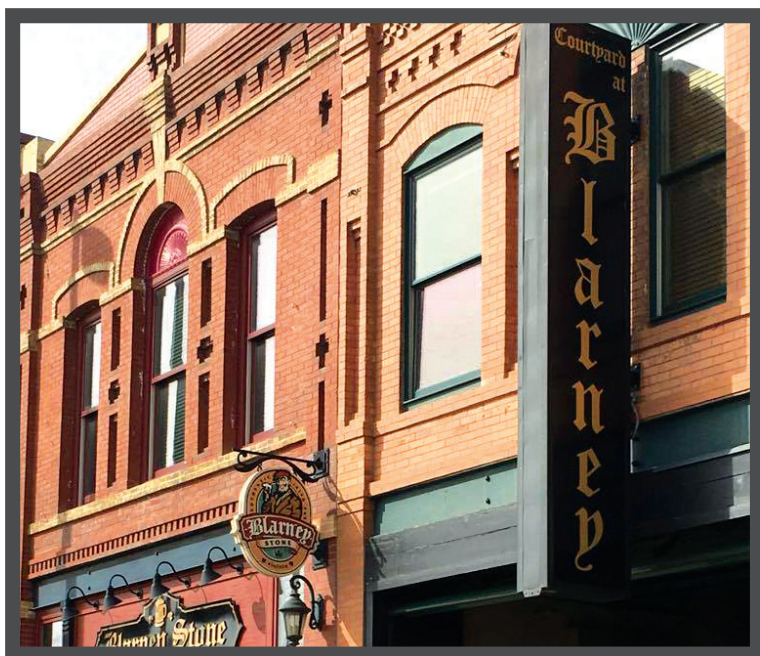
You are given a glass with specifically an ounce and a half of vodka. I know some of you are thinking why isn't the vodka at the buffet line, and I thought this same thing as well. Let's put leave it to the professionals to handle, they've seen how people drink, it's like they are taming the animals. In order for a buffet to be considered a buffet it has to meet the satisfaction of all buffet buyers. There is multiple ingredients that need to be available in order to perfect your morning buzz. With the neglect of sphere-like pickles which are a very important piece of my morning

buzz, they seemed to have everything you needed.

I was accompanied with a friend who wasn't from around the area. He lit up like Dick Vitale during tournament time when he saw the buffet of bliss. With the purchase of anything on the breakfast menu you are treated with a free caesar or mimosa. Some days I'm feeling frisky and get one of each but then again, only one of them is free so you must choose wisely. Or just switch it up every weekend.

Although it is an Irish pub they did not discriminate against the mimosa lovers which they also offered for free with the purchase of breakfast but not the same walk of bliss as the bloody mary bar has to offer. I would love to see an Irish Whiskey buffet, or just a Jameson buffet but that's seems far ahead of our time.

*(Anika Rovig is an editor for The Mystician. Reach her at [editor@mystician.org](mailto:editor@mystician.org).)*





# ARTS QUEST

**EARTH AS ART –  
USGS ART EXHIBIT**  
March 31-April 11,  
Gannon Gallery, LEA Hall

**DR. KAREN RYBERG ON  
EARTH AS ART**  
Tuesday, April 4  
• Reception 4-6:30 p.m.,  
Gannon Gallery, LEA Hall  
• Presentation 7 p.m.,  
Basin Auditorium, NECE



Earth as Art is comprised of stunning images from the Landsat Program satellites, a joint NASA/U.S. Geological Survey effort. In addition to their scientific value, Landsat images are simply spectacular views of our Earth.

Dr. Karen Ryberg will use Earth as Art images to illustrate Earth processes, test the audience's knowledge of geography, and describe how humans interact with the Earth.

Ryberg is a Research Statistician with the U.S. Geological Survey Dakota Water Science Center in Bismarck. She has a Ph.D. in Environmental Science. She has been enamored with Earth as Art images ever since first seeing them.

## CHICAGO

**CHICAGO**  
Wednesday-Sunday, April 5-9  
7:30 p.m. Wednesday to Saturday and  
2:30 p.m. Sunday  
Sidney J. Lee Auditorium



BSC Theatre Arts presents *Chicago* – Kander and Ebb's Broadway smash hit musical, a jazzy, boozy satire on celebrity, the media, and justice! More info at [BSCTheatre.com](http://BSCTheatre.com).

## \*shortcuts

THE DESIGN EXPERIMENT

**SHORTCUTS – THE DESIGN EXPERIMENT**  
Monday, April 24 at 7 p.m.  
Bavendick Stateroom, NECE

Cheer on your favorite designer in a live, fast-paced design battle for supreme creative dominance. Only the strongest survive. The design experiment showcases creative skills in Photoshop, Illustrator, and InDesign. It will also give the audience a look into the creative process and show how designers solve problems in a short period of time.

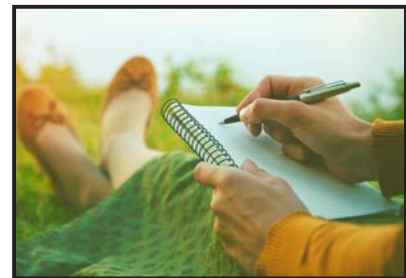
**BSC ALUMNI  
CREATIVE PATH –  
MELISSA GORDON**  
April 19, May 3

Artist and designer Melissa Gordon has won numerous awards for her realistic renderings. Her work can be found in galleries, private collections and featured in and on books, murals, greeting cards, rubber stamps, embroidery designs and even satellite dishes. She'll discuss copyright, conduct student workshops and lead a chalk art transformation during her time on campus. Learn more at [mel-ink.com](http://mel-ink.com).



**FIGMENTS OF  
IMAGINATION: MORE  
TALES FROM  
THE WASTELAND**  
May 3

This year, BSC celebrates 25 years of its literary publication highlighting student writing and art, *Figments of Imagination*. The first version, *Tales From the Wasteland*, was published in 1992 and the publication evolved into *Figments* in 1993. This year's contributors will read from the special anniversary edition *Figments of Imagination: More Tales From the Wasteland*.



**JOHN OFFUTT – HOUSE OF  
MULCIBER**  
Thursday, April 27-Friday, April 28

Jon Offutt's glass blown vases, gourds, fish and bowls can be found in museums, galleries and collections throughout the region. Inspired by plumb bobs, anchors, bubbles in beer, kites, and icicles, this award-winning artist will demonstrate the dramatic, fire-fueled art of glassblowing on campus during a two-day residency on the BSC campus.



# MASTER SWORD REVIEW

## DUKE NUKEM 3D: HAIL TO THE KING

//BRETT WILLIAMSON

Duke Nukem 3D: Hail to the King, Baby One part killing machine and all things badass, Duke Nukem returns once again to save the Earth's babes from the nasty alien invaders with the Duke Nukem 3D: 20th Anniversary World Tour. As one of the founding fathers of first person shooters, does the Duke Nukem series have what it takes to stay relevant with the next gen?

Duke Nukem 3D: 20th Anniversary World Tour was released on Sept. 2, 2016, by Gearbox Software for the PS4, PC and Xbox One. It is the third re-release of the title since the initial 1996 debut. While the 20th Anniversary edition hit some high notes with new music, new voice work and a new chapter to the series, it leaves one wondering if it is worth paying \$20 for the third time.



Duke Nukem 3D picks up after the events of Duke Nukem 2. Duke is shot down during his return to Earth after introducing the alien menace to his size 13 boot. He crash-lands in Hollywood to find the populous missing and the aliens waiting in ambush. It is up to Duke to slay the invaders and bring the babes back to Earth.

The story is played through the four previously released episodes. The World Tour edition gives the players a new fifth chapter. Each chapter is about eight levels in length and scales in difficulty. Duke will fight through ruined cities, alien spaceships and many

questionable locations such as strip clubs and naughty movie theaters. The new chapter is played just like the title implies - a world tour. Duke will line the smoky streets of Amsterdam with alien carcasses and tunnel through the ruins of the Egyptian pyramids. The new levels were created by the original team of episode designers and fit in well with the previous episodes.

The 20th Anniversary also gives the players a new enemy to waste, a new weapon to tinker with and a new boss to topple. The new enemy is a flying, flamethrower-wielding alien, the firefly troopers. They lob balls of fire and can shrink down to avoid Dukes weapons. Upon death, the firefly troopers drop flamethrowers that can be used by the player. The weapon has an awkward angle of fire but does a steady stream of flame damage when it connects. The boss is sadly the easiest in the series. Compared to episode four's Queen, the new boss is a pushover.

The weapons are what make the Duke Nukem series so special. There are the classical shotguns, pistols and machine guns, but the unique weapons are what make the game what it is. It is a hoot to shrink down an enemy with the shrink ray and crush them under Duke's boot. Each enemy is susceptible to certain weapons in the arsenal. For example, Duke can empty shotgun shell after shell into protector drones, but a few blasts from the freeze cannon will turn those pests into a block of ice which can be shattered with one good kick.

All the enemies are hand-drawn and have charm. There are pig cops, brutish battlelords and '90s inspired aliens. Each chapter ends with a grueling boss battle that will take all the skills one has acquired up to that point. After slaying each boss, the player is awarded with



a mini-movie of Duke doing something offensive to the monster's corpse.

With the extreme violence, sexual content and adult language Duke Nukem 3D: 20th Anniversary edition is not for everyone. Players will have opportunities to tip the exotic dancers for side shows, and some of the funny things Duke says is nine times out of ten inappropriate for a younger crowd. It is advised to put the kids to bed before turning on the Duke.

Is Duke Nukem 3D: 20th Anniversary edition worth the \$20 price tag? It really depends who you are. If you have never played the series before, it is an excellent purchase and a great way to learn about one of the original first person shooters. If you have bought the previous three releases, you may want to wait for a price to drop or the next re-issue.



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

# MOVIE TROLL : LOGAN

//ALICIA BILLOCK

Since 2000 when the first X Men movie was released, Marvel fans have been in love with Hugh Jackman's Wolverine. Several movies later and the thrilling super hero adventures never failed to entertain. On March 3rd of this year the movie Logan first appeared in theaters. The much anticipated film is the last time Jackman is seen as Wolverine.

The movie stars Jackman as well as the beloved Patrick Stewart's Professor Charles Xavier. Introducing the young Dafne Keen as Laura. The movie begins far in the future where we see a old and sick Wolverine as a taxi driver. He is making what money he can to take care of the much older and much sicker professor. Laura is a young girl who shocks Logan and the professor with her familiar mutant power.

Logan and the professor find themselves on an unexpected journey to the good ol' state of North Dakota to bring Laura to a safe house. The movie

is the perfect ending chapter in the Jackman Wolverine story.

It has epic battles between mutants and the ones that wish to destroy all mutants. Jackman delivers an unforgettable

performance as he keeps up his rough exterior towards others but a softness comes through like we've never seen from him before.

It would be wrong to not mention the totally badass fight scenes that drive the nonstop action throughout the film. Those who are fans of the X-men movies know that Wolverine is not one to stray from a fight, he is no different in Logan. There is also a small throwback to the first X-men movie where we see Wolverine and a Wolverine look-a-like duke it out in an intense bloody duel. But, Wolverine is not the only one who throws down in the film. Laura is a killing machine and with her incredible

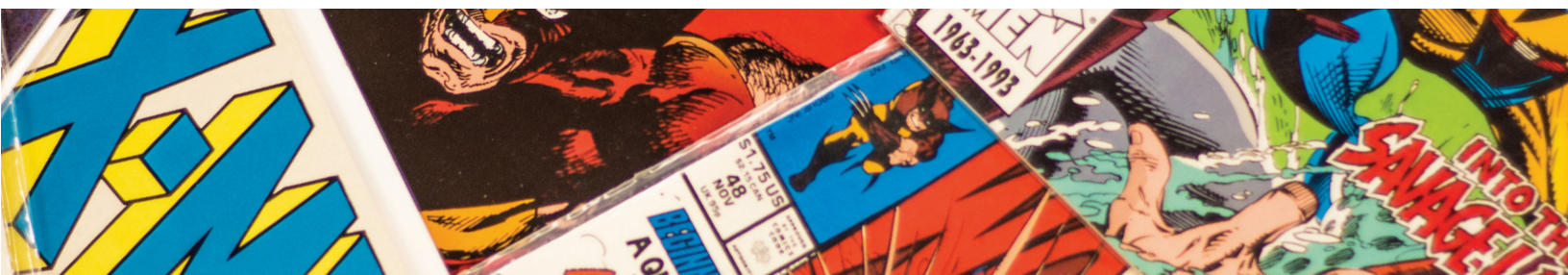
mutant powers she takes on opponents twice her size.

The amazing emotional connection between Logan and Laura will leave the audience in tears. Never before have I been so emotionally strained in a superhero movie. Marvel truly out did themselves. The farewell film to Jackman's Wolverine is truly one that fans will never forget.

FINAL VERDICT:

9.5/10

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



# INSTAGRAM



Bismarck State College >



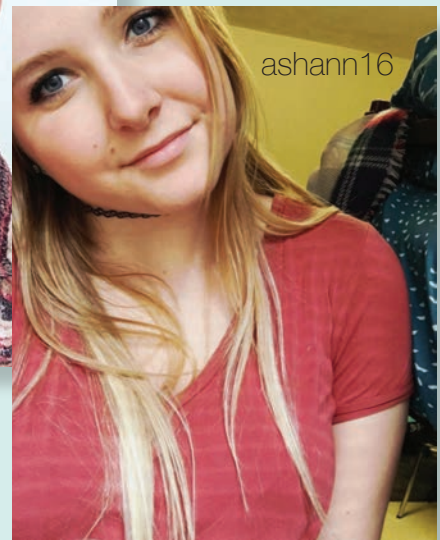
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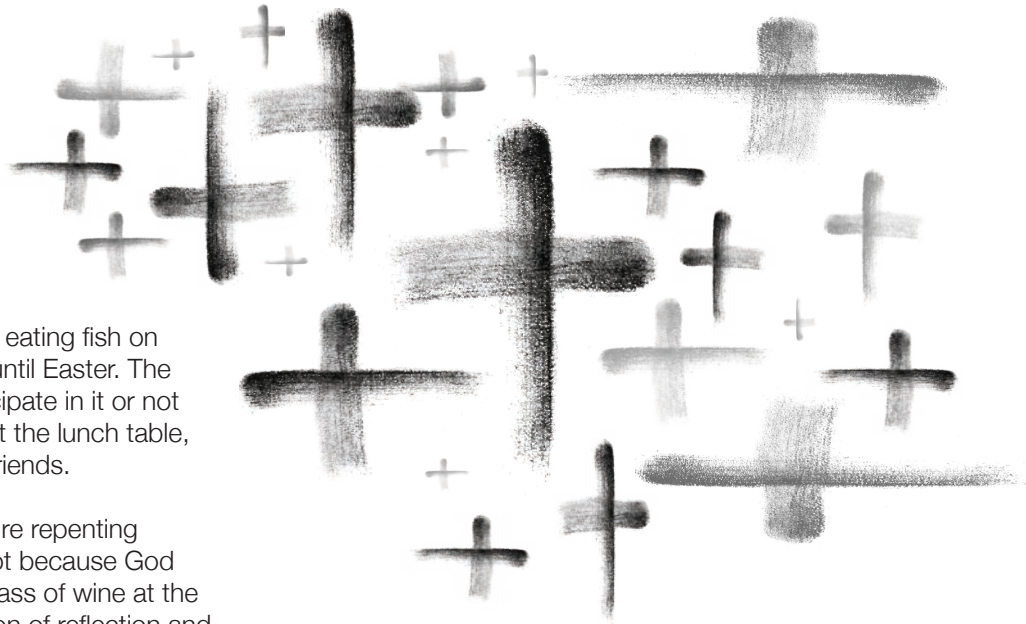


**@BSCMYSTICIAN**

# #LETSGETMYSTICAL

# 40 DAYS TO AMEND YOUR WAYS

## STAFF EDITORIAL



Every March 1 Christians find themselves eating fish on Fridays and giving up one of their vices until Easter. The occasion is Lent and whether you participate in it or not it touches all of our lives. We encounter it at the lunch table, during our jobs and while we are out with friends.

Some people don't know exactly why they're repenting this spring but as far as I can guess, it is not because God doesn't want you to have chocolate or a glass of wine at the end of the night. At its basis Lent is a season of reflection and preparation before the celebration of Easter. By observing the 40 days of Lent, Christians commemorate the 40 days and nights that Jesus spent fasting and praying, isolated in a desert.

The holiday begins with Ash Wednesday. The iconic cross of ash is thumbed onto the forehead as part of the ritual for the opening service and first day of Lent. From here the religiously inclined do their best to do away with indulgence and sin that may have crept into their everyday lives.

Fear, curiosity, and guilt are a few of the emotions I feel around this time of year. I'm told repeatedly that our sin was rectified by Jesus' death on the cross, so then why do I feel like gambler in debt with the wrong people for eating a ribeye on a Friday night. I feel like my sacrifice will never be up to snuff with 40 days and nights in the wilderness with no food, water, or wifi. Those are some big sandals to fill.

The follow up to the Easter celebration is really important to most Christians, whether they label it as Lent or not. Many

recognize the traditions and ceremonies have pagan origin, when the church was trying to appeal to the surrounding believe systems. To name a few red flags, Easter is named after the Greek goddess Eostre, and rabbits and eggs are fertility symbols. Looking at history with an objective lense shouldn't destroy someone's faith though.

For a while I thought Lent might just be a late New Year's resolution pounded into the mind of the public by the religious sect. However for all those lent don't-ers there may be a silver lining to the religiously intimidating fast-apalooza.

Focusing back on what the time is for; reflecting on the life, the death and resurrection of Jesus and that should simplify things right up for the sceptics and believers. Whether you are Catholic, Muslim, Buddhist, or believe in the power of Sunday morning cartoons there is an underlying message that tells of modesty, restraint, and patience we can all be humbled by.

### Contributers To Staff Editorial:

Hunter Andes  
Rachel Vitek  
Brock Hiltner  
Taryn Fischer  
Amanda Joyce

Meghan McNeil  
Anika Rovig  
Emily Soderberg  
Brett Williamson  
Alicia Billock

### Disclaimer:

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

### Mission Statement:

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

The Bismarck State College Mystician strives to be objective and is not affiliated with any outside organization. The Mystician upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining and thought-provoking material to the college community.

### Agenda:

We, as the student-based forum of journalism provide information that is important to Bismarck State College's campus. The Mystician staff strives to give a voice to student issues and policies within the local community. Our goal is to incorporate as many students as possible and be an outlet for student expression.

The truth, fact-based opinions and informative sources are important to us as a staff. With these three standards, The Mystician will be well-written, respected and relevant.

Contact Us: [editor@mystician.org](mailto:editor@mystician.org)

# WALMART WHINERS



//RACHEL VITEK

# FRESHMAN FRIENDSHIPS



//DANIELLE MOLINARO

Customers at Walmart sometimes forget that the workers behind the tills are actual people. At least that's the only explanation I can come up with for why anyone would ever feel the need to be rude to another person. Working at Walmart I see a lot of people going through my line. I try my hardest to be kind to everyone, not because there is a possibility that I could get fired if I didn't, but because everyone deserves to be treated with kindness. You would think this sort of respect would be reciprocated; however, that is not always the case.

Everything always seems to be the cashier's fault. If we are out of something in the store, if the customer's card is being rejected by our machines, if the self-checkout machines are not cooperating, or basically anything else completely out of our control that goes wrong.

I can handle the little petty things, they aren't too bad. The thing that bothers me is when I have multiple people coming through my line on any given day who get mad at me for things that are out of my control.

The Walmart slogan says "We're happy to help." Some people may not realize that there are some situations where even the best employee isn't going to be able to help. For example, if someone comes in with a maxed out credit card that won't scan, there isn't much I can do to help. Sometimes the card machines just don't like certain people's cards. They look at me as if they want me to pull a screwdriver out to figure out what's causing the problem. I would love to take a screwdriver and do something with it, but I don't think it would be what the customer had in mind.

Another thing people get angry about is the way I bag their items. Some people want their bags stuffed full, but they are going to regret that when they remove the bags from their cart and end up with a shattered jar of pickles.

The reason we are only putting a couple items in a bag is because some of the items are food and some are chemicals of some sort. I'm not trying to poison your whole family, so it would probably be best to keep those items separate.

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

If you are the kind of relational person who wishes the whole friend thing was as easy as it was in high school, it is understandable. It is difficult to adjust to the mass exodus of graduation and to adult life in general. All the transfers, time management, crazy class times, different degrees and part-time jobs don't help either. Public schooling has already failed to prepare us for college, so here are some tips to help you relearn how to make friends and keep them.

- Cliques: either decide you're the kind of person to be in one or destroy them. Otherwise you'll be in limbo.
- Old friends that are worth keeping will naturally stay in your life. You may not see them every day, but those genuine friends will always be there to pick up where you left off.
- Coffee and lunch dates do wonders. If all else fails, a short meetup in a coffee shop or deli is nothing short of perfect. You still have share those questions, answers and jokes with them that you've been missing.
- Relying on others for your happiness is childish. Find what brings you joy even when you are alone and do more of it.
- Understand that if a close friend has a significant other, they need to spend a lot of quality time with this person who may be "the one." Respect your friend's decision, and if you really do want to connect, involve the other half on a fun outing.
- Remember how important maintaining a good relationship with your family is. Use this time of uncertainty to strengthen or mend those relationships that are designed to be life-long.
- Being single at this age can be a lonely existence if you keep comparing your young experience to other dating peers.
- Be patient and take in all those lessons, experiences and interactions you can only absorb fully when you're single. If you're up for the challenge and if you have that dream of partnership, then your time will come.

*(Danielle Molinaro is a editor for The Mystician. Reach her at editor@mystician.org.)*



// ANIKA ROVIG

Someone wiser than me once said that if you are good at something, never do it for free. I tried to charge people for taking my sarcastic compliments with poise and maturity, but it doesn't seem like a promising source of income. Although I am not getting paid, oh wise one I will continue to spread sarcasm around the world. There is no price I can put on the satisfaction that I get from a witty comment. I can only hope that my personal form of charity will prosper.

Someone even wiser once explained her theory on how to scare away an ongoing invasion of household arachnids. She stated that if you leave the remnants of one dead spider at the spot where execution took place, it frightens the others. It leaves the others hesitant on returning to what they thought was their territory. Genius or deranged? I don't know. What I do know is that in order for a theory to be true it has to have credentials supporting that fact. I can tell you this much right now, the spider remains to be the only wall decor present to this day. Instead of grabbing a tissue to get rid of the evidence she made us believe that maybe we don't need to swallow nine spiders in our lifetime. Instead we train our brains to exercise our thoughts and perspectives.

Sometimes all you need in life is that deranged theory to get your brain waves flowing, or that one coastal visit to expose you to life's nectar. If we get complacent or stagnant in one area or in one belief, we become biased and only limit ourselves to understanding anything that we aren't used to. It is important as a human race to experience, acknowledge and appreciate alternative thinking and diversity.

She's not deranged at all, my friend. The most open-minded are the most evolved.

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



// EMILY SODERBERG

It's that lovely time of year when the snow is melting, and the temperature is slowly rising. It doesn't feel like winter anymore, but it's still not quite spring. The roads are eroding because of all the snow melting and the heavy amounts of traffic – it is the dreaded pothole season.

Hardly anyone appreciates driving over holes in the road, yet some people have it worse than others. People who drive big trucks have little to worry about when driving over potholes, but those who own little cars seem to care more because their car is closer to the ground. When I'm driving my little Volkswagen Beetle during this time of the year, I either seem to slow down to about 15 miles per hour or just say screw it and drive normally over the potholes.

My favorite way to drive on pothole-ridden roads is to swerve to try to avoid every single pothole. In the back of my mind I'm hoping that I won't get pulled over.

“No officer, I haven't been drinking. I am just trying to avoid all of these potholes...and there is a lot right here.”

I can't stand pothole season, but it is much better than the cold and dreadful winter that is slowly starting to leave. This is a dismal time of year, but is a reminder that warmer days are ahead, and the brutal winter will soon be a distant memory.

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

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# THE EDITORS'

# MYX FYX



The Mystician's monthly Myx Fyx is a selection of songs chosen by The Mystician editors to spread enjoyment through out the Bismarck State College community. This month we asked Bismarck State College students what their favorite song performed live is.



## THE MYX CREW AND AIR TIMES

"Mann Talk" with Scott Mann  
MONDAY @ 11 A.M. TUESDAY @ 4 P.M.

"Smitty's World Wide" with LeRoy Smith  
MONDAY @ 1 P.M. THURSDAY @ 4 P.M.

"Big D's Classic Rock" with Thomas Delozier  
TUESDAY @ 1 P.M. FRIDAY @ 2 P.M.

"The Ether" with Cameron Olson  
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MYX Talk  
WEDNESDAY @ 10 A.M. FRIDAY @ 10 A.M.

The Mystician's Weekly MYX FYX  
WEDNESDAY @ 2 P.M.

## STUDENTS FAVORITE LIVE

- 1: GET YOUR SHINE ON - FLORIDIA GEORGIA LINE: **KYLER PAZDERNIK**
- 2: DIE A HAPPY MAN - THOMAS RHETT: **MADDY BECKER**
- 3: FOLSOM PRISON BLUES - JOHNNY CASH: **JESSE GILBERTSON**
- 4: I WANT YOU TO WANT ME- CHEAP TRICK: **PHILLIP FISHER**
- 5: RIOT - THREE DAY GRACE: **DUSTIN DAHLIN**
- 6: RIDE - 21 PILOTS: **KAITLYN ELSPERGER**
- 7: SHAKE IT OF - TAYLOR SWIFT: **CASSIE OST**
- 8: STAY - MAC MILLER: **MARIAH SERNA VELASCO**
- 9: PARTY IN THE USA- MILEY CYRUS: **ALISON CASTLE**

TO LISTEN: GO TO [WWW.BSCMYX.COM](http://WWW.BSCMYX.COM)

- 10: LAYLA -ERIC CLAPTON: **KASLYNN WESTERMAN**
- 11: SAME LOVE- MACKLMORE & RYAN LEWIS: **DYLAN HORNER**
- 12: SILENT LUCIDITY - QUEENSRYCHE: **ERICA BALL**
- 13: I WANT TO KNOW WHAT LOVE IS - FOREIGNER: **TIFFANY MILLER**
- 14: SLIPPERY - MIGOS: **CHASE FUGERE**
- 15: POUR SOME SUGAR ON ME - DEATH LEOPARD: **SARAH WEILER**
- 16: ONE AND ONLY - ADELE: **HADLEY ROSALES**
- 17: IT'S TIME - IMAGINE DRAGONS: **MELVIN COLLINS III**
- 18: FOREPLAY/LONG TIME - BOSTON: **BEAU KARY**

