

### ASPIRING TO GIVE EVERY STUDENT A VOICE

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March 25, Lake Region State College and Bismarck State College squared off in The Armory. LEFT: Karsyn Hager (15) finishes the fast break. The women's team would win against their opponent. RIGHT: Seth Nelson (10) dribbles the ball towards the baseline against Trace Evans (44). (Credit: Dustin Eichten)

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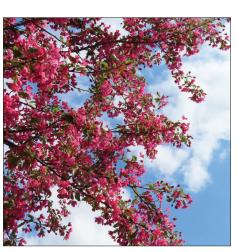












# THE MYSTICIAN

Published by the Students – For the Students

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Caitlyn Inman	Columnist
Jessica Linder	Columnist
Dustin Eichten	Photographer
karen Bauer	Mystician Adviser



# CROSSWORD ANSWERS

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**INFORMATION** BSC's own Language, Literature and Communication Department Chair (and crossword geek)

**CROSSWORD** 

Michael Tomanek has created and submitted this month's puzzle. Experiment, explore and try to find the answers yourself for the most satisfaction. Below is the answer key to this month's puzzle.

# LETTER FROM THE EDITOR

Hello, dearest readers! Happy April Fools Day! I hope that as we grow closer to the end of the Spring semester that everyone is keeping up with classes, work and large scale projects. We at Mystic Media have been working very hard on our grand experiment, our magnum opus: Mystic Palooza! Mystic Palooza will be celebrated on May 6 on the lawn area between The Armory and NECE next to the tennis courts at noon. There will be food, music and merch abound. Mark it in your calendars and follow us on our social media channels to find out more and stay updated.

Recently I've been learning more and more about my favorite Tabletop Roleplaying Game: "Dungeons and Dragons." Over Christmas break, I got all of the sourcebooks and adventures published for 5th Edition of the game through

their website DnD Beyond. The site not only helps keep track of notes and the source materials, but has tools like dice rollers and initiative trackers for combat. I've also been reading through "Waterdeep: Dragon Heist," an introductory adventure to the game. It is rather impressive as a quest for beginners and veterans with a lot of tools if this is someone's first time running the game.

Outside of DnD, I have had so little free time available to me. Not too mention that I am one of the directors for the upcoming BSC Short Play Festival. The theme, "Going Home Again," is present throughout our



chosen works. The other amazing directors and I have just concluded casting for our shows. When it is live online, I guarantee, you won't wanna miss these shows.

Take care everyone, and we'll see you for my final paper, as Editor-in-Chief of the paper.

### By Robert Mechaley III EDITOR-IN-CHIEF, THE MYSTICIAN



### The Mystician Mission Statement and Disclaimer

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

We, as the student-based forum of journalism on the Bismarck State College campus, provide content that is informative, fair, concise and of importance to BSC. With this goal in mind, The Mystician staff 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. The BSC 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.

Contact: Robert Mechaley III, EIC, with letters to the editor or any concerns/comments regarding this publication. E-mail: bscmysticianeditor@bismarckstate.edu

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# NEWS

# CDL LICENSING COURSE FIRST CLASS FINDS SUCCESS

### By Robert Mechaley III EDITOR-IN-CHIEF

Behind the National Energy Center of Excellence, an engine revved to life. A full semi-truck used to train drivers with Bismarck State College markings plastered across the sides, took a slow and safe tour around the grounds of BSC. In the careful and quick hands of an experienced driver, the large semitruck and trailer maneuvered with deliberate expertise through streets that seemed so small from the cab. With its quick tour done, it returned to the parking lot safely.

In January 2021, BSC began offering licensing courses for students to earn a Class A Commercial Drivers License. With dedicated classroom space, two simulators and teacher, Troy Westby, BSC hopes to train 48 students this year.

To enroll a student needs to pay tuition and come in with a commercial learner's permit from the North Dakota Department of Transportation. Classes and hands-on training lasts three weeks, and only four students are trained over the course of each month. After students complete the course, Train ND Manager and Program Manager, Brian Ellersick, schedules times during the last week for the students to take their tests with the DOT. After passing, students can continue training to receive further endorsements on what and how much they can carry on their semi-trucks.

Ellersick said that after passing the test and receiving a Class A license, the student is eligible to drive any combination of vehicle 53 feet in length or under for commercial purposes.

The first week of classes revolves



Westby has 24 years of experience that shows on the real roads and the virtual ones. (Credit: Robert Mechaley III)

around safety and theory. With over 24 years of experience, Westby places an emphasis on understanding the vehicle mechanics such as braking and air systems to instill a sense of how vital it is for a driver to know the vehicle being driven.

"I always tell my students by the end of the third week they're sick of me because they know it so well." Westby said.

Included in tuition for the course

are two attempts at the test to receive their licenses. If they do not pass the initial test, they will follow up with Westby to go over what they missed. The first graduating class did not need this safety net as all four students passed. The course fee is \$4,995 for the full month and those two attempts.

"For a small initial fee to get your CDL, you have the opportunity to go to work that fourth week and start making \$63,000 a year," Westby said. "Most companies are giving you your health, 401k, dental and vision."

Students can sign up for the program and gain more information by visiting https://bismarckstate. edu/continuingeducation/business/ Career-Pathways/Commercial-Driving-(CDL)/.

# FIGMENTS IS COMING!

You've submitted your works. They have been judged. Now it is almost TIME FOR FIGMENTS! Figments of Imagination, BSC's very own arts and literature magazine for students and by students for the 2020-2021 Academic Year is almost ready to share with the campus!

The new Figments of Imagination will unveil the new collection on May 6 at noon during MysticPalooza!



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# **NEWS**

# PARAMEDIC STUDENT WAS WORKFORCE **READY POST GRADUATION**

### By Kyleigh Hilbert MYSTIC MEDIA COORDINATOR

Although many students were able to do their schooling completely online, after being sent home in March 2020, some programs were put on a delay. This was true for now Bismarck State College alum, Alecia Turner, who has graduated from BSC with a Certificate in Paramedic Technology and an Associates in Applied Science Paramedic Technology this past December.

The BSC paramedicine program includes hours of clinicals each semester, learning about pharmacology, cardiology, types of strokes and diseases. Overall learning how to respond to different situations and scenarios.

"To complete the Paramedic program, it consisted of fulfilling approximately 500 hours of a clinic internship on top of our classroom education," Turner said. "Our classes were different from everyone else. We studied different emergencies such as medical, trauma and learned to perform assessments. Pharmacology, pathophysiology and anatomy were huge parts in passing our program."

Along with that, the Paramedic students needed to fulfill the Associates in Applied Science degree. This involves all the Paramedic classes and some general education classes such as English, human resources, and psychology.

But after being sent home in March 2020 because of the pandemic, there was some concern for Turner and her classmates on whether they would be able to graduate on time.

"Luckily, the pandemic didn't affect our graduation timeline," Turner said. "However, we were denied access to some clinic sites which eventually led to our patient contact number changing.'

Since her graduation from the program at BSC, Turner was ready to go to work right away.

"I have taken on a full-time position as a Paramedic with Standing Rock Ambulance and part-time with Jamestown Area Ambulance," Turner said. "I have also begun teaching an EMT class with JEMSE at Jamestown."

Turner's plans for the future are to gain more experience in running the ambulance trucks and later become an Advanced Life Support/Basic Life Support Education Coordinator. Turner's other goal is to later teach EMT and Paramedic programs and become more active in the community teaching CPR courses.

"I hope to achieve in becoming the best provider I can be and can constantly learn new things from the medical field and about the human body"

Alecia Turner



Turner poses outside her work at Jamestown Abulence in Jamestown, ND. Picture by Gage Poland, NREMT.

"I am inspired by the fact that I am able to be a part of something that is greater than I am," Turner said. "It seems with every call, I am given lessons and experiences that mold me into a better provider and person."

As many people know, working in the medical field is not the easiest job. Turner talked about how the

toughest part for her while working in the field is walking away from a patient and not knowing if she did

enough for that patient and not knowing that patient's outcome.

"The best part for me is the relationships you endeavor with this career path," Turner said. "I hope to achieve in becoming the best provider I can be and can constantly learn new things from the medical field and about the human body."

# LONG HAULERS: HAULING THEIR SYMPTOMS

### By Dante Ames **REPORTER/COLUMNIST**

Although the United States is seeing a drop in overall COVID-19 cases, months later citizens are still struggling with symptoms.

There have been over 28.8 million confirmed COVID-19 cases and many of the people who have had the illness still wrestle with it months later. These people still struggle on a day-today basis and have been categorized as long haulers.

There is no consistent reason for people having symptoms after they no longer have the illness. Researchers estimate about 10 percent of COVID-19 patients become long haulers, according to a recent article from The Journal of the American Medical Association. There is no standard care and no guidelines for how these patients should be treated.

The symptoms long haulers may have are inconsistent. The most common ones are coughing, fatigue, aches, shortness of breath, loss of taste Response and Relief Supplemental

and smell, insomnia, headaches and brain fog. Brain fog is an indicator of other medical conditions. It is a type of cognitive dysfunction involving memory problems, lack of mental clarity, poor concentration and the inability to focus. Hair loss is another less common trait.

The National Institute of Health has given a more official sounding name to the long haulers: Post-Acute Sequelae of SARS-CoV-2 infection (PASC). Under the Coronavirus

Appropriations Act, 2021 portion of the Consolidated Appropriations Act, 2021 bill, a package provides emergent and non-emergent funding for the NIH to do research and clinical trials related to long-term COVID-19 studies.

Research will take time. While the NIH goes through massive amounts of health records and collects data from patients, citizens dealing with ongoing symptoms will need to rely on hospitals for temporary relief.



# **COVID-19 VACCINES AND VARIANTS**

### By Azariah Irungu Njuguna REPORTER

Since the onset of the COVID-19 pandemic last year, the world has really changed due to the virus. According to the North Dakota Department of Health (NDDoH), All viruses can change through mutations at any time when they replicate and create a slightly different version of themselves. According to the Centers for Disease Control and Prevention (CDC), multiple variants of the virus that causes COVID-19 are circulating globally.

In the United Kingdom, the B.1.1.7 variant was discovered and is said to have a large number of mutations with 23 changes in the virus's genetic material, which have made it 35 percent to 45 percent more transmissible than the original variant. The variant is also said to bind more tightly to someone's cells. This variant was first detected in the United States in December 2020 and only seven cases have been detected in North Dakota as of today.

Brazil developed a variant known as P.1, which has additional mutations

that affect its ability to be blocked by antibodies and vaccines. Another variant similar to P.1 from Brazil is the B.1.251 variant from South Africa. This variant shares mutation to the B.1.251 variant and is said to be a similar threat. It was first detected in the United States at the end of January 2021. Lastly, the California variants B.1.427 and B.1.429 have been detected four times in Bismarck over the last one month. According to the CDC, the California variants are 20 percent more transmissible and is therefore being listed as a 'variant of concern'

When it comes to vaccines, this might be a concern since people do not know if the vaccines work against the new variants. According to the University of Maryland Medical System, no evidence has beed found to suggest that the new strains are resistant to the current vaccines. The CDC also said that some COVID-19 treatments may be less effective against the new strains due to their mutations but did not say that vaccines would stop working against them.

# NEWS BRIEFS NEWS BRIEFS NEWS BRIEFS

### BSC AND ND RURAL WATER SYSTEMS ASSOCIATION PARTNER TO OFFER APPRENTICESHIP PROGRAM

Water and wastewater systems operations specialists are vital to communities for access to clean drinking water. In response to this workforce need, Bismarck State College (BSC) and the North Dakota Rural Water Systems Association (NDRWSA) have partnered to offer a Water Systems Operations Specialist Apprenticeship online program.

The two-year curriculum is comprised of non-credit courses from BSC in addition to on-the-job training and paid work experience. Furthermore, the program has a flexible schedule. There is also an opportunity to have the cost of the program reimbursed by the NDRWSA upon completion.

This apprenticeship program is ideal for someone newly hired or currently working in the water industry and courses count toward required professional development hours. Participants earn Continuing Education Credits (CECs) from the North Dakota Department of Environmental Quality. The number of credits is determined by the courses taken.

To learn more about the program, course descriptions, costs and registration information visit bismarckstate.edu/ NRWAapprenticeship.

### EMERGENCY GRANT FUNDING AVAILABLE FOR BSC STUDENTS WITH PANDEMIC-RELATED EXPENSES

Bismarck State College has received funding from the US Department of Education to help current students with emergency grant money if they are struggling financially because of the COVID-19 pandemic.

If any current BSC students have experienced expenses because of the pandemic, they may be eligible for emergency financial help through the federal Coronavirus Response and Relief Supplemental Appropriations Act, 2021.

Expenses may include food, housing, course materials, healthcare, childcare, technology, and tuition. Applications can be found at the

Bismarck State web page

### CHS FOUNDATION GRANT MAKES BSC AG ACTIVE LEARNING CENTER A REALITY

Soon Bismarck State College (BSC) Agriculture, Technology, Food & Natural Resources students will be training in a completely remodeled, hands-on Precision Agriculture lab, thanks to a \$70K grant from the CHS Foundation. The CHS Foundation is funded by charitable gifts from CHS Inc., the nation's leading farmerowned cooperative. The funds will be used to purchase new computers, precision agriculture software, and classroom furniture that will convert its current lecture-style lab into an active learning center where students will collaborate with their peers and North Dakota mentor farmers.

The first BSC Precision Agriculture class was taught 20 years ago. In 2014, a designated instructor was hired with funds from a CHS Foundation grant, and since that time the program has greatly expanded to include a variety of courses that provide training in advanced mapping, geospatial tools, remote sensing, and more. Through the new grant, students will be matched with North Dakota farmers to analyze real-life farming issues and offer solutions through Precision Agriculture training.

According to the 2017 USDA Census of Agriculture, there are more than 26,000 farms in North Dakota and more than 39 million acres of farmland. These farms rely more and more on advanced technology to be successful. BSC Precision Agriculture instructor Carmel Miller helps students get acclimated to this newer high-tech environment.

This most recent CHS Foundation gift to BSC is an outcome of a long, successful partnership between the CHS and the BSC Foundations. Since 2000, the CHS Foundation has invested in BSC Agriculture programs and students through contributions to scholarships and Project CARE, an emergency fund that helps students in need.

# NORTH DAKOTA ACADEMIC TEAM SELECTIONS

Michael Schultz, Ashlei Stanczyk, Eden West and Danielle Thurston are among students named to the 2021 All-North Dakota Academic Team, which recognizes the academic achievements of community college students. There was a small ceremony held at Bismarck State College in early March recognizing them. The awards are co-sponsored by Phi Theta Kappa International Honor Society and the North Dakota University System College Technical Education Council. Students named to the state team also are nominated for the All-USA Academic Team.

Nominations are based on outstanding academic performance and service to the college and community. Each member receives certificates, a medallion, money and are eligible for scholarships from several ND Universities.

# SPORTS

# MARCH MADNESS: IN DEPTH



Caden Shean THE MYSTICIAN SPORT REPORTER/ COLUMNIST

Unless you have been living under a rock all of your life, you would know that March Madness is one of the biggest ordeals in sports. The March Madness Tournament is a big basketball tournament for Division I college athletes. Hence the term March, it starts every year late March, and it is a big deal in America.

The tournament is set up for 64 teams and based on record and strength of schedule. The bracket consists of four regions with teams ranging in seeds from 1 to 16.

The reason this tournament is so big, is because of the fact you are able to try and predict the entire bracket. No one has ever gotten a perfect bracket before, so everyone wants to be the first and win some money along with it.

When you tally it up, you would have to make 9.2 quintillion brackets. The odds are definitely not in your favor, but that's what makes the attempt that much more fun. You may think you have an easy shot with a few picks in that opening round such as the 1st seed versus the 16th seed; the 16 has never beaten the 1, but it stops there. You can never underestimate any team outside of that.

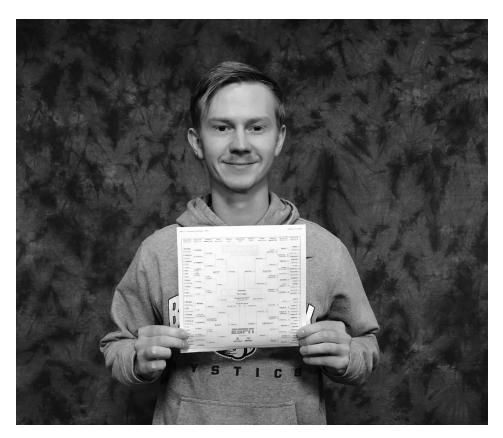
This is where the tournament gets the madness from March Madness. Just this year, Oral Roberts University(ORU) came into the tournament as a 15 seed and took on a national powerhouse in Ohio State who were the 2nd seed. Going into that matchup, Ohio State was given a 94.7% chance to win that game. The competition these two teams play is totally different because of the conferences they play in, but this leaves many of the lower seeded teams to be underestimated.

ORU has gone onto the Sweet 16, meaning 16 teams left, as of the time I write this. As the tournament stands currently, four teams are still alive in the tournament with seeds of 10 plus. Those upsets are what makes the NCAA tournament so fun to watch year in and year out.

People can do their research all they want, you can listen to experts on who they will take to win what matchup, but yet those people have never gotten a perfect bracket.

You have four safe picks in that

opening round with the 1 seeds but after that, anything can happen. 9.2 quintillion possible outcomes with the brackets, but somewhere down the line a perfect bracket will be made. Maybe that could be you, take the chance and make history. Caden Shean, Voice of The Mystics, with his brother's March Madness bracket. Shean would show his but it turned out horribly and does not want people to point and laugh at it. (Credit: Robert Mechaley III)



# SOFTBALL IS OFFICIALLY BACK AT BSC

### By Caden Shean SPORTS REPORTER/COLUMNIST

It has been five years since Bismarck State College had softball. The decision was made to cut the program because of budget cuts around campus but after those five long years, BSC softball is back! With the absence of the program, a whole new team is needed to fill out the roster, and BSC has the person they want in charge to get things rolling for the program, Thai Haggin. Haggin stays busy around campus with titles such as: Athletic Coordinator, Women's Basketball coach and now as the Women's Softball coach.

There is plenty of excitement that can come with the return of softball. One thing with softball coming back is how it provides more opportunity for student-athletes to be able to come to BSC and be able to partake in a sport they love outside of the classroom.

"It's exciting not only for BSC but also for the community of Bismarck," Haggin said. "Our (freshmen) players did not get the opportunity to play their season last year, so I'm excited to see what they can do."

With the five-year gap in softball, the program is ultimately at a reset in terms of where they are right now. It is time to start building the program and making BSC softball a destination for newcomers to experience.

"Being able to be a part of bringing the program back is an exciting feeling," said BSC sophomore Karsyn Hager, who is a dual sport athlete since joining softball. " I am excited for the season and to be able to travel with both spring teams (baseball and softball) and be able to support each

### other."

Since last year's softball season never happened in either high school or college, recruiting became difficult to find athletes to come in and play. Luckily for Haggin, a handful of athletes, already at BSC, were willing to step up and give softball a go even though they are in another sport already.

"It's a grind with some of the athletes having multiple practices a week," Haggin said. "Our athletes here work hard, and I am so proud of them for that plus the way they stay on top of the grades first."

There are four players on the softball team who are now dual-sport athletes. Three of the players are freshmen with one sophomore. Hager is the lone sophomore so she will hit the field after not playing in two full

### years.

"The softball team lost a few players over Christmas break, and I joked about joining softball with Coach Haggin at the beginning of the year," Hager said. "Coach Haggin came to me and seriously asked me to play, and I said yes since I love the game and want them to be able to have their season."

"With only 11 players who went out for the team, I am grateful for everyone who is getting this team going," Haggin said.

Although there were not many people who signed up to play, they are ready to get BSC softball underway. They begin their season at home Friday, April 2 against Miles Community College. That double header starts at 1 p.m.

# SPORTS

# MYSTIC SPOTLIGHT: REILE PAYNE

### By Kyleigh Hilbert MYSTIC MEDIA COORDINATOR

Between work and school, being in college can be a busy time for students. This is especially true for Bismarck State College's two-sport athlete, Reile Payne. Payne somehow manages to do school and play on BSC's women's basketball and volleyball teams.

It may seem like it wouldn't be as difficult to manage any other typical year, except that because of COVID-19 restrictions, all of this year's sport seasons were put on delay until the spring semester, so both basketball and volleyball seasons were scheduled concurrently.

"Managing two sports can be very difficult" Payne said, "especially because they are at the same exact time this year."

The Mystics basketball and volleyball teams have been having at least one game every week since January, giving Payne an incredibly full schedule.

"Once games started, practice became very minimal for me because I am gone for games so many days of the week," Payne said. "On home game days, I must be at the other sports practice, but I do not participate."

Payne is a freshman at BSC, working

to pursue a degree in special education and elementary education. This makes for an overwhelming schedule for her on most days.

"My days become very long with homework, sports, classes and just having a normal life," Payne said. "I rarely am just sitting anywhere. I have classes every morning and am done by 12p.m. at the latest, then usually have practice from 3 p.m. to anywhere from 7:30-8 p.m., it depends on the day. Sometimes I have a break between practices but other times I don't."

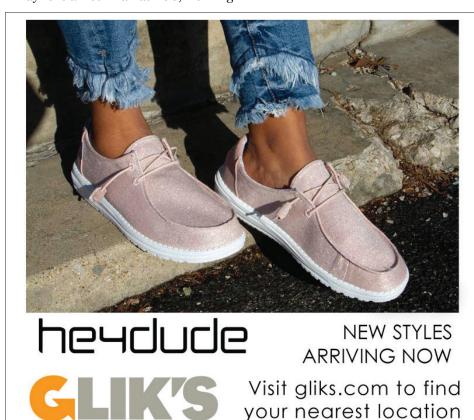
Although having a chaotic schedule, Payne enjoys her time playing and being a part of the teams, along with forming relationships with her teammates.

"My favorite part about this season is honestly just the opportunity to play," Payne said. "Coming into this year I didn't even know if we were going to get the chance to play, so being able to play has been very exciting."

Payne said she doesn't know exactly what she will be doing after her time here at BSC, as she is just trying to focus on getting through this chaotic school year first.

You can watch and cheer on Payne and the rest of her teammates play live at bscmystics.com.





Top: On the volleyball team, she aims for the kill as the outside hitter. Bottom: Payne, a dual sport athlete from Fargo, ND, serves as a forward on the women's basketball team. (Credit: Dustin Eichten)



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# **ARTS AND ENTERTAINMENT**









New York To Go 820 NE 43rd Ave NE

# FOOD FIGHT: PIZZAS DUKE IT OUT

### By Dante Ames REPORTER/COLUMNIST

One cannot spell America without Italy, and one cannot spell Italy without pizza; thus, one cannot spell true American without pizza. Pizza has been around since before 1000 A.D. Pizza was here before everyone currently on Earth and will be here long after everyone passes on. This is for good reason. Pizza is unique and quite possibly one of the most delicious delicacies to ever grace our planet. This is the reason I, Dante, set out to discover the top ten best pizzas in the Bismarck and Mandan area.

The grading system that will be used is called The Impossible Ames Scale. It scales from zero to ten and grades based on sauce, cheese, crust, pepperoni and overall quality.

Starting at number ten we have one of the big three, Little Caesars. Many people say that their pizza tastes like cardboard. The reason for that may lie within most of their ingredients. The crust is thicker than a bowl of oatmeal and has no flavor on its own. The pizza is 65 percent crust most of the time. This large ratio of crust versus the rest of the pizza makes it seem as though the company wants to make the customers feel filled up with bread or carbs. The sauce tastes like a knock off of a knock off. It resembles paste more than sauce, and the taste is below adequate. The cheese ends up being very solidified and bland. The only redeeming quality that Little Caesars pizza has is its pepperoni. It is difficult to mess up pepperoni, and yet they end up going with subpar pepperoni that has just enough spice and kick to get it on this list. One thing Little Caesars will always have going for it is that it is cheap and fast to retrieve. Little Caesars grading is a 2.1.

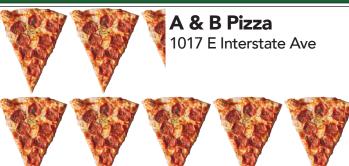
Moving on to number nine we have Amici's Pizza. The crust was dry. The sauce was less than average. The pepperoni was as average as a brick in a wall. What stood out in a negative way was the horrendous amount of cheese. At first glance one may not notice it. The appearance and presentation were admirable, but upon the first bite one realizes just how much cheese is actually on the pizza. Amici's Pizza grading is a 2.3.

Number eight is Pizza Ranch. The crust is less than mediocre but holds the pizza in position. The sauce helps give the pizza volume but lacks in flavor. The amount of cheese on each slice is decent but lacks the proper hold on the pizza. The pepperonis were passable at best but were unique in the fact that there are regular and small pepperonis. Pizza Ranch's grading is 3.4.

Coming in at number seven is Bruno's Pizza. Bruno's crust was an exquisite golden brown that tasted good and had a pleasant crunch to it, but it lacked any memorable flavor. It had an adequate amount of sauce that was very similar to the smell and taste of frozen Totino's pizza sauce. The cheese was slightly rubbery and overwhelmed each bite. The pepperoni was very basic and had a shortage of any strong flavors. Bruno's grading is 3.7. At the top spot of the first half of the list is number six, FireFlour. The crust tastes good due to it being cooked via a wood-fired oven, but it was plain, floury and doughy. The sauce was mild and tangy, but a little watery. The cheese had a chewy texture and was rubbery. The pepperonis were a good amount of salty. FireFlour's grading is 4.9.

Appearing at the rear of the second half of the list is number five, New York To Go. It is just an okay pizza but some people may disagree. "New York is the best. The cheese is good, it has a lot of pepperoni, the slices are big, it's cheap, has a unique flavor and is foldable," Megan Neal said. The crust has a nice crunch to it, which is good for most of the pizza except for the end pieces. The sauce is savory, a pleasant choice for the pizza. The cheese is saporous and does not overwhelm the pallet. The pepperoni is not that good, but because the pizza and pepperonis are so large and pepperonis cover a lot of the surface area of the pizza, it gives the pizza more flavor. New York To

# **ARTS AND ENTERTAINMENT**





# **IN BISMARCK AND MANDAN**

Go's grading is 5.6.

Nardello's Pizza comes in at number four. Nardello's pizza is very similar to New York's pizza in many aspects but smaller. The size of it is more suitable to the average person's hand whereas New York's slices are comically large. The crust has a very nice crunch to it, but not too much crunchiness. The crust is also plain with no flavor to be found. The sauce has too much texture and not enough flavor. The cheese is quite rich and is not rubbery. The pepperonis are simply palatable. Nardello's grading is 6.2.

Moving on up to number three is another one of the big three, Pizza Hut. Pizza Hut's crust is some of the best crust in the industry. It has plenty of flavor throughout and on the ends, holds the ingredients well and has a good crunchy factor all throughout the pizza. The sauce is succulent and tangy and one of the pizza's best qualities. There tends to be a lot of cheese that can overwhelm the dish and the senses, but it still ends up being flavorsome despite the cheese being its weakest point. Pizza Hut's pepperonis are another strong ingredient in its arsenal. The pepperonis have a fullbodied zest to them that make them acerbic in the best way. Pizza Hut's grading is 6.9.

The runner up is surprisingly A&B Pizza. The crust is chewy and doughy but crunchy in the right spots. It has no major flavors to speak of but is slightly floury in the good sense. The sauce is tolerable and probably its weakest point for no apparent reason other than quality of ingredients. For a pizza that has a lot of cheese, it does not overstimulate the senses. It is flavorful and sharp to the tastebuds. The pepperoni is unique, spicy and savory in all the best ways, making A&B Pizza's grading a 7.3.

Some honorable mentions that did not make the list are Space Aliens, Papa John's, Happy Joe's and Craftcade.

And coming in as the number one pizza in the Bismarck-Mandan area is Domino's! Domino's is certainly not the best pizza ever, but it certainly comes close in some people's eyes. "Yeah Domino's is the one," Brayden Meduna said. "Best crust out of the ones locally."

The crust is unique in that it is soft and crunchy in all the right places, and has so much flavor throughout, especially the end because of the buttery garlic seasoning that it has. There is plenty of sauce to go around but it is never too much. The sauce is honeyed and is an acquired flavor but an appetizing one to be sure. The cheese is not always appealing in looks but it is some of the richest and luscious cheese out there in the best ways. The pepperoni lies in wait until it hits one's taste buds. It is mouthwatering, divine and saline. With all of these amazing ingredients combined Domino's Pizza gets a grading of 8.8.



**Domino's Pizza** 119 E Century Ave

# ARTS AND ENTERTAINMENT POWER PLATE PACKS FLAVORS

### By Amy Doll REPORTER/COLUMNIST

Eating healthy is important, but living in a fast-paced world with busy life schedules, it can be hard to prepare healthy meals. There are now more options to eating better, and one of them is Power Plate Meals.

Power Plate Meals was launched in 2015 by husband and wife duo Seth and Haylee Houkum. Power Plate Meals gives a chance for the general public to have access to healthier, premade meal options.

"At the time we, really just wanted to provide a healthy convenient meal for busy people," said Haylee Houkom, Founder and Vice President of Marketing and Brand Development. "My husband and I were involved in body-building shows back then, and during that time we saw other meal prep companies that were really shipping-based, but they really geared towards athletes.

My husband--I always give him

credit for the idea--he was like if we can create people's favorite food in a healthy way, but everyone can eat it. Not just people that worked out, not just fit athletes, we would maybe stand out a little bit."

Power Plate Meals has nine retail locations among North Dakota, South Dakota and Minnesota. Along with their retail stores, they also have delivery and in-store pickup options. With in-store pickup, customers are able to place an order on their website and get the order at their convenience.

"A lot of what we saw then was shipping-based," Houkom said. "So with us having our first store front it allowed our customers to come in and get that convenient meal, and they didn't have to order online and get it shipped to them."

Menu changes occur every two weeks. Breakfast, lunch and dinner options are available for prices between 7-10 dollars. For those on a budget, former menu items go on sale after the new menu arrives with sale prices ranging from 5-7 dollars. They also have other items in the store such as protein cookie dough bites, energy drinks and a newly released protein popcorn.

"If someone just wants a quick, healthy meal they can come in and grab a Power Plate," Houkom said. "It's convenient, and also we also have the discounted options as well. In our store we always have the freezer options, so if they're looking for something a little cheaper they can always look in there."

For more information stop by the retail location at 4309 Ottawa Street or visit online at www. powerplatemeals.com.

Interior of Bismarck Power Plate Store. (Provided by Power Plate Page on Facebook)



# A GLIMPSE INTO THE NEWEST "DUNGEONS AND DRAGONS" ADVENTURE BOOK: CANDLEKEEP MYSTERIES

### By Robert Mechaley III EDITOR-IN-CHIEF

So you want to play "Dungeons and Dragons" with a group of friends? You have the books, read the rules but just don't have time to come up with fun non-player characters, learn cartography to create battle maps and make balanced combat encounters. I love my job as a Dungeon Master in the hobby but my schedule is always packed. Thankfully, Wizards of the Coast, the publisher of the game, has nifty pre-written modules available for purchase. The latest of these is a compendium of 17 adventures written by industry veterans all centered around the library fortress of Candlekeep, and the strange tomes contained within.

Here's how each adventure goes: the players find a book with a mystery surrounding it, it brings them into the thick of adventure and they get to resolve it. Each of these has all the tools needed from adventure hooks to unique new enemies. All of them have different themes as well. One book can lead to a haunted house treasure hunt and another can lead to an extra dimensional prison holding the world's best spy and his new friend. Not all of them are complicated but some can be. The prophetic scrolls depicting a war between the frog and snake people is a fairly standard hack and slash while the one with a mirror on the front shows that spa trips aren't always relaxing.

Let me give you an example. The party are walking the musty corridors of Candlekeep when a dying dwarf custodian hands them a book before expiring. The book was written by a pretentious wizard who hates the letter "C" as a hard consonant and has detailed the fortress layout. There appears to be something odd about one of the towers when an earthquake rocks the building. As it turns out, the janitorial staff has formed a cult and plan to use ancient rockets beneath a decommissioned annex to launch themselves and some precious books into space. Now the party must stop them or else the entire library can be blown to bits all because some Animal Farm cosplayers couldn't handle not getting their dream jobs.

That is a great premise with genuinely fun adventuring moments. "Kandlekeep Dekonstruktion" is created by veteran comedy TV writer, Amy Vorpahl. There are high stakes, fun moments and interesting encounters that are sure to challenge new players and veterans.

When the book wants to do horror, it goes all in, sometimes uncomfortably. Make sure to talk to your players about their boundaries prior as there may be some themes that they may be uncomfortable with. When the players think their exploring an old mining town, they may not expect the psychic murder insects that fabricate their worst nightmares and delight in torture. I know for a fact that I'd be hesitant to play through being quarantined in a cellar with strangers while being tormented by the nursery rhyme demon.

Keep in mind balancing as well. Some of the combat moments seem fine on paper initially, but new players might have trouble with a few. In the not so haunted house mystery "Book of the Raven", there's a lot of optional treasure hiding behind some monsters that I think might be a bit too much for newbies. Yeah it is optional, but, the incentive for magic items at level three might cloud some people's perception.

"Candlekeep Mysteries" is packed with good fiction and largely well thought out scenarios written by folks who know the game well. They can stand on their own or be tied into a game you're running with ease. This is a must buy for a Dungeon Master and represents a pleasant, community focused change in pre-written modules.

You can buy "Candlekeep Mysteries" and other adventures now at your friendly local game store or online at dndbeyond.com.

Photo Provided by Wizards of the Coast



# **EVERY STUDENT'S VOICE** QUESTION: WHAT TO YOU WANT TO BE WHEN YOU GROW UP?

want to do a lot and I want to be La lot. I want to write for a paper or a magazine. I want to write about politics and cannabis. I want to be a business owner that pays fair wages and gives employees the opportunity to become partners. I want to write about cannabis and POC who are making their living from taboo things that people don't talk about. I want to be a person in the media that offers a platform to people that usually wouldn't have the chances. I want to write about cannabis related businesses, visit them and review their products. Sam

A life
Mentally healthy
Find joy
Free from worries

### Kaitlyn

When I grow up, which sadly isn't as far away as it used to be when I last wrote somethings like this. I wanna be a Rockstar. I've always dreamed of being he frontman for the next big rockband. Performs for thousands of screaming fans. Tours the world, making music for those who need it. If that doesn't pan out. I'd like to go into radio or sports broadcasting. Being able to use my voice and talks for a living. **Elliot** 



Credit: Jose Luis Sanchez Pereyra



Credit: David Marcu



Credit: Austin Neill

When I grow up I want to be financially stable. I would to be a Jack of all Trades. I never want the income to stop. I guess you could say I'd like to be an entrepreneur. I would like to own a few small businesses and own a few rental properties. **Ravijeh**  I want to travel to travel the world and see every country. Live in cool places like Australia, Greece, Iceland, etc. Maybe be a traveling photographer or something fun. Try different jobs to see what I enjoy most. Mostly, just enjoy my life to the fullest. **Kyleigh** 



Credit: Diego PH

I want to be anything other than a grown up. I like the idea of being my own person or even being a nomad. I want to be financially stable, take time off when I want, work when I want and not have a care in the world of what goes on sound here. I also wish to do many freelance related jobs, like writers, advertising, photographer etc. Most importantly I want to travel and live in other places abroad. **Jon** 

I want to write for a news publication. Probably, something like a culumist or a reporter (either or) that reports on what is happening in government. I want to be comfortable financially. That doesn't mean I have to be rich, I just don't want to live paycheck to paycheck. When I retie I want to be able to travel the world and experience things. There are many places I want to go, but my goal is one place on every continent. **Zachary** 



Credit: Absolut Vision



Credit: Nick Karvounis

# 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. Photos from unsplash.com.

# **DPINION**

# **NOT EVERYONE IS CREATED EQUAL**



Fettig THE MYSTICIAN

We live in a society that feeds off stereotypes of different people and one of those are Autistic people.

These stereotypes put folks like me in categories that are not legit and in return we get assumptions made about us. This acts as a barrier for Autism itself, especially being understood and accepted.

Autism itself gets misrepresented in a lot of things like books and films. This has contributed to the harmful disparity surrounding what most people assume what Autism is or what it's really like.

It's important to get to know Autistic people individually as a way to combat these things and part of that is to see things from our perspective, not force us to see them through yours. Gaining a deeper understanding of Autism can increase chances of an early diagnosis.

Understanding Autistic people can do a lot of good things in the long run like provide support and improve opportunities.

Autism is a neurodevelopmental disorder that is genetic based, so it's not caused by vaccines nor is it a disease. As of January 2021 one in

54 people in the United States have Autism and the numbers are growing every year.

Like information out there that's political, information related to Autism or people who are on the spectrum has to be questioned.

Some of this information comes from organizations like Autism Speaks. We live in a society that disables Autistic people and just like other minority groups, that stem from myths. The system around here likes to group certain people together assuming they have the same skills and difficulties.

According to the Autism Association of Western Australia, when it comes to people who are on the Autism spectrum, every person is unique but also has different abilities and interests. They have different challenges and behaviors as well. This is why they call it a spectrum because it's very broad.

But despite anything that's unique about guys like me, being Autistic doesn't come without its problems. People on the spectrum do share common difficulties like socialinteraction, repetitive behaviours and sensory overload. When people on the spectrum experience sensory overload, one some cope with that doing called siming, which may include flapping hands or rocking.

A lot of famous people have been diagnosed as being on the Autistic spectrum. These people are names not many may expect including Jerry Seinfeld (comedian) and Susan Boyle (singer). Even though Autism was not discovered back in that time period, there are a few throughout history that had Autistic tendencies like Charles Darwin (scientist) and Emily Dickinson (poet).

Some organizations are taking notice of unique gifts people on the spectrum can bring. Many of these places have been tech companies. According to daivergent.com, Microsoft, IBM, Dell, Aspiritech and Ultranauts hire people on the spectrum. There are other Autism employee friendly places like Freddie Mac, which is a mortgage company and Ernst and Young, which is an international accounting firm.

Many jobs often emphasize eye contact and small talk, which certainly lead to employers missing out on hiring people on the spectrum.

When it comes to getting a profession involving socializing, every Autistic person is different to how they connect.

I'm very direct, real, speak my mind and honest. This was always a good example to be why I am somewhat different when it comes to communication. When it comes to eye contact, I find it hard to believe anyone really does that. For me eye contact takes my concentration away from what I'm trying to say. But, I do make some eye contact to let others know I'm interested.

When it came to socializing with others, I discovered that I truly am different. It didn't make sense to me. I came to realize why I wasn't connecting with other people. People don't always feel their greatest around people they don't understand.

We live in a society that doesn't accept differences.

My Autism, along with my life experiences with what I've had to endure, gave me an understanding of things that hardly anyone else understands. I've had to think things through and use any resource I had to my advantage. This has contributed to the fact that through the process of it all, I've learned who I am and where I've discovered that I really do see things from a different viewpoint, and I needed to accept that.

I've figured out that I needed to accept things the way they were and do what I can to make myself happy without relying too much on wanting to make connections. I started to think of ways I can help myself without relying on others. That's where I started to do what I can to overcome any obstacles that were holding me back and part of that was having to start seeing things as they were in some cases. I came to the realization that I'm real, and I don't beat around the bush.

My experiences have helped me understand who I'd rather be versus what I've been convinced to be.

## **TALES FROM AN "OLDER" STUDENT:** WE WILL BE FOREVER YOUNG



Amy Doll THE MYSTICIAN REPORTER/ COLUMNIST

"You don't look your age."

There are times in life where you get lucky. I'm lucky enough to look like I fit in here. I've always been told that I look younger than I actually am. Whether that's a blessing or a curse is debatable. It helps that over Page 12

the years, I've learned that sleep is more valuable than waking up to get ready in the mornings, so you'll see me wandering around in sweatpants and a hoodie about 90 percent of the time. But let me tell you, looks can be deceiving.

It was shortly after I entered my thirties that things started affecting me differently. As a lover of spicy food, I discovered that it was now giving me heartburn. A simple task such as emptying the dishwasher gave me lower back pain. If I slept with a different pillow, I couldn't move my neck for three days.

It was happening. My body was getting older, and I was feeling it. It happened to me, and it'll happen to you.

Age is something we heavily rely on in our society. It seems that we are constantly seeking that next milestone. At 16 you learn to drive, 18 you're an adult and 21 you can legally take a drink. Time flies when you're always looking at the next stage of life.

Perhaps that's why my brain hasn't caught up to my body, yet.

My brain is still a teenager--full of curiosity, imagination, hopes, dreams and wonder. I'm old enough to have a lot of life experience, but my brain

feels young enough to not completely give up on everyone and everything. Much like a car, it needs a tune-up on a regular basis to keep going--to keep me feeling young. College has been that and more.

Even though my body may be showing more and more signs of getting older, I'm still young at heart. You're never too old to stop dreaming and stop chasing what you've always wanted in life, but you may just need a little more aspirin to help along the wav.

We can all just be forever young.

# OPINION

# **MY THUMB IS NOT GREEN**



Jessica Linder THE MYSTICIAN COLUMNIST

Imagine a picturesque yard. The vibrant green grass has been freshly mowed. The flowers in the flowerbed and along the front of the house are in full bloom. The geraniums and dianthus flowers you planted last year are showing off their purple and white blooms. The large peonies are continuously fighting for their place in the sun, and the red roses are standing like regal sentries. You see the azalea bushes showing off their vibrant pink petals alongside the hostas that are offering a gorgeous green contrast.

This is a wonderful image — a beautiful reality many people can easily attain.

I am not one of those people. Gardening comes easily to many people. Whether it be flowers or vegetables or any combination of plants, they do not just make these plants grow but thrive. These wonderfully talented people have the proverbial green thumb. You know who you are.

Over the years, I have tried to make my thumb green. I have started plants and flowers from both seeds and from small saplings. I have failed miserably at both options. I have learned I do



### EXERCISE IN THE MORNING CAN BENEFIT YOU

### By Madalyn Olson REPORTER

Any time-of-day workouts is a good workout, and it's all about being able to make it fit your time. However, there are many benefits to an early morning sweat session. If you're indecisive about starting your day with a workout, take a look the following benefits.

Morning exercise can lead to less distractions throughout the day. As soon as you wake up, you have not started scratching off today's tasks on the to-do list, and also have not started your workday. By, starting your day with a sweat session, you are more likely to get one in.

In the summer, exercise in the morning can be way more comfortable and convenient. The warmest time of day is 10 a.m. to 4 p.m., and it makes people less motived to work out in the heat. It can also be a health risk to work out in the heat. If people prefer to be outdoors, it is best to get it done early in the day.

You are more likely to make healthier food choices during the day. A morning workout can overall set the tone for the rest of your day. Research states that exercise can inspire healthy eating habits. It can encourage people to take a deeper look into their diet and what they are actually eating throughout the day.

The biggest thing is seeing a shift in your overall mood. Physical activity is a natural remedy for stress. When you exercise, endorphins are released making you feel good. Morning exercise is the best way to start the day on a positive note, giving a feeling of accomplishment and having a better look on the outcome of the day. not have the patience to grow herbs big enough to use, and I tend to overwater anything that has pretty petals on it. Almost everything I touch ends up dead and as fertilizer for my next failed effort.

My thumb is not green. In fact, it is the exact opposite of green. On the color wheel, the color directly opposite of green is magenta.

I have a magenta-colored thumb. I used to be ashamed of my magenta thumb. Shouldn't anyone be able to keep a plant alive if they follow the specific instructions about caring for it? Shouldn't it be an easy thing to make sure it has enough sunlight and not drown it with too much water?

For me, the answer is a resounding no. Today I have embraced my magenta thumb. I have concluded that at this point in my life I do not have the patience to cultivate a green thumb. Gardening does not come naturally to everyone. It takes work and dedication. To my fellow would-be gardeners, it does not make us less of a person when we cannot keep a succulent alive.

With the taste of spring in the air, every gardener is happily dreaming of how well their perennials will bloom this year. They are starting to plan what they want to plant in their vegetable gardens and where the tomatoes will get the best sunlight. I am just crossing my fingers that my 3-year-old maple tree, Stuart, will have made it through the winter and will grow another few inches this year. Yes, I named my tree Stuart. Doesn't everyone name their trees?

# **IT IS OKAY TO REST**



Everybody gets tired. Everybody has days where they just want to lie in bed all day and not do anything productive. We do not get enough sleep sometimes. We stay up late getting things done resulting in not getting the appropriate amount of sleep that our bodies need. If we do not do anything for a day, we get anxious from the thought of falling behind. It is hard to balance every aspect of life. There is school, homework, maybe a job, friends, family and only 24 hours in a day.

The bottom line: it is more than okay to take a break. In fact, taking a break is healthy and even encouraged. If you are like me, you get anxiety when thinking about all the things you need to get done each week. Set a schedule. Make a list of things to get done in a day. Set one day a week aside for doing things that you want to do.

If you want to lie in bed and watch Netflix on Sundays, then do it. If you want to make Saturday the day that you FaceTime your friends back home, do it. If you are anxious about doing nothing all day, do things that still give you a sense of accomplishment while still giving your weekly schedule a break. Read a book to keep your mind stimulated while also relaxing. Go for a walk when the weather is nice as a form of exercise and to get some fresh air.

Even if you do not want to take an entire day for yourself, set aside a couple of hours. Watch a movie you have been dying to see. Go out for lunch with a friend. Taking a break in the day will make you feel better and help you focus better later.

It is hard to find that perfect balance between the different aspects of life. I have found reading books about self-encouragement and planning to be extremely effective. There are also writing books that give you different writing prompts to follow. You can set goals for yourself in some and recall memories from some of the prompts. For example, a prompt that I had last week said to write out five goals that I would like to accomplish this week. The next prompt told me to write about my dream job and what kind of things I need to do to get there. The prompt after that asked me what my dream job was when I was younger. These kinds of books give yourself a break from your day, but they make you set goals for yourself and keep your brain working.

Taking a break means different things for everyone. Whether you want to sit at home with your cat all day and watch a movie or go to the gym for the first time in a while, it is important to give your mind and body a break from crazy schedules. I highly encourage you to look for an hour or a day to give yourself the break you deserve.

# ARTS AND ENTERTAINMENT

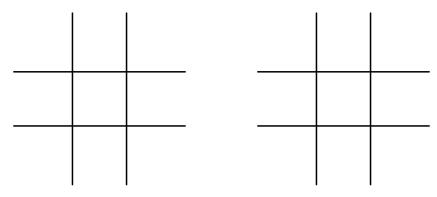
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69 Crafty 72 Young adult 76 Glow 77 Dough 78 Shrek, for example 79 They all live in Texas? 80 Wool adjective 81 Castle ring DOWN 1 Sack 2 Beer 3 Smoking or \_ 4 Pit 5 Scent 6 Jedi swamp 7 Performed 8 Take advantage 9 Teller's partner 10 Team's character 11 Home of the brave (Abbr.) 12 Prank 13 Hot tub 21. And so forth ... 23 Christen 24 IRS expert 25 Rotten 26 Heredity unit 28 Persecute 29 October stone 31 32-down's shape 32 Snappy vegetable 33 Word of consent

35 Sprite 37 Soap ingredient 42 Arctic, for one 43 Triumphed 44 Fix 45 \_ -mo 46 Old PC monitor 47 Number one? 48 Fed Ex competitor 51 Hotel 52 Brewed beverage 53 Work unit 55 Spitting animals 56 Give grief 57 Acid 60 Regal 63 Hats 65 Bomb type 66 Ltr. enclosure 67 Belg. neighbor 68 Exist 70 Spoil 71 Digit 73 Id counterpart 74 Marked time 75 Web

### PLAY A GAME OF TIC TAC TOE



# WORD SEARCH

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APRIL BAMBOOZLE BASEBALL BREEZE BREEZE BUNNY CANDY CHURCH EARTH DAY EASTER EGG FOOL GREEN JACKET RABBIT RAIN

SPRING TAXES UMBRELLA

# IMPOSSIBLE WORD SEARCH

Do you believe you can solve our Impossible Word Search?! We doubt it. Try if you dare!

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### APRIL FOOLS LAUGH SHOWERS ANACHRONISTIC CIRCUMLOCUTION HONORIFICABILITUDINITATIBUS SPLENDIFEROUS HIPPOPOTOMONSTROSESQUIPPEDALIOPHOBIA SKY

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