

THE Mystician

[NEWS] PAPER



VOL. 84 ISSUE 2 BISMARCK STATE COLLEGE BISMARCK, N.D. October 2022



Hope Bonney braids Jenna Wojahn's hair during BSC Oktoberfest on Wednesday, Sept. 28 on Schafer Street. (Credit: Amber Kaiser)

INFORMATION

LETTER FROM THE EDITOR

Hello again. Look at us already a month through the semester. It's amazing how fast time can fly when you're having fun.

Speaking of fun, it is officially the most wonderful time of the year. No, I'm not talking about the holidays—I'm no simpleton. I'm talking about spooky season. Halloween is by far my favorite season of the year.

Part of this is because I thoroughly enjoy candy, but also because of the dressing up. It's the one day of the year where you can dress up however the heck you want and have it be socially acceptable. It's great, but I want that energy for every day of the year.

Even though I love fall, I am grieving the end of summer. I will miss being able to enjoy the warm weather and everything that it brings. I didn't get many opportunities to enjoy summer this year, so I hope I'll get more opportunities to enjoy fall before winter comes.

I hope everyone has a fantastic October full of pumpkin spice lattes and horror films. Go ahead and carve a pumpkin or jump into a file of leaves. You deserve it.

As always, good vibes and good times.
Zachary



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MYSTIC MEDIA MISSION STATEMENT AND DISCLAIMER

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

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

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

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

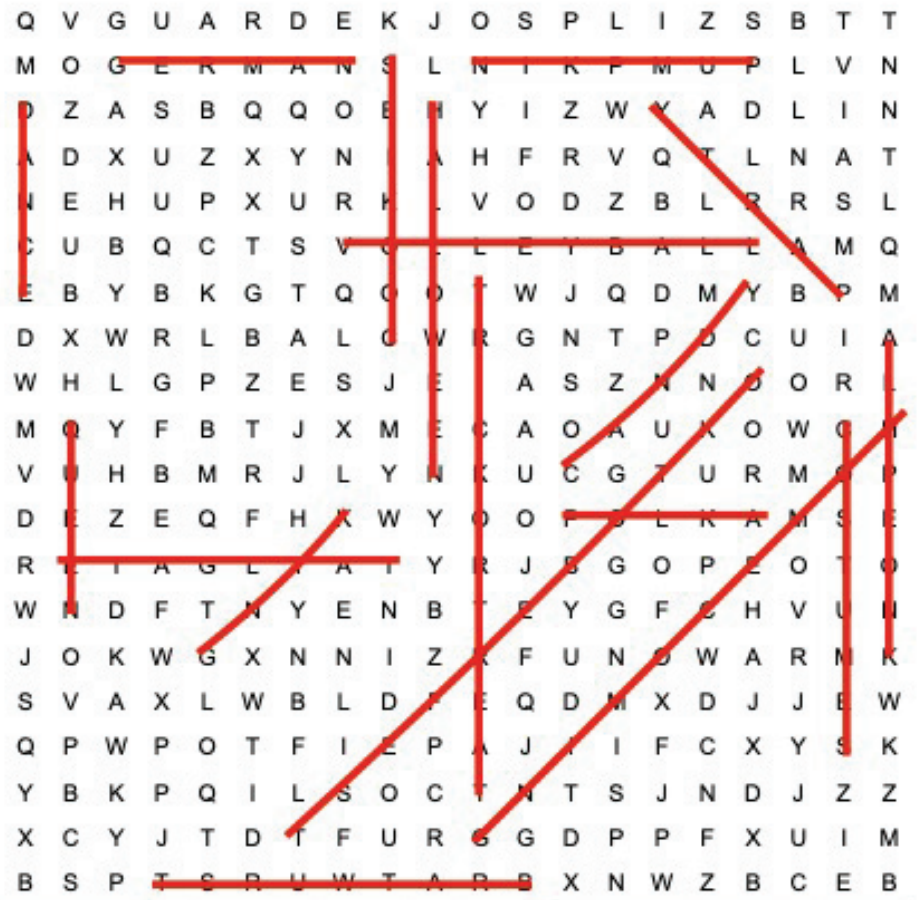
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Mystic Media upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining and thought-provoking material to the college community. Thoughts expressed may not be the opinion of all the staff or BSC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



GAMES ANSWER KEYS

Games can be found on Page 8.



- OKTOBERFEST
- KING
- POLKA
- TAILGATE
- TRICKORTREAT
- BRATWURST
- HOMECOMING
- VOLLEYBALL
- HALLOWEEN
- PARTY
- PUMPKIN
- KNOEPHLA
- QUEEN
- DANCE
- COSTUMES
- CANDY
- GERMAN
- COOKIES

Puzzle #1

6	2	4	1	3	9	5	7	8
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September 2022—No Theme

Michael Tomanek

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MAKING A CAIN-ECTION WITH THE AUTISTIC COMMUNITY

By Seth Iverson

THE MYX PRODUCTION MANAGER

Bop it, twist it, record it.

Since the beginning of 2022, Cain Kaiser, second year Graphic Design and Communications student, has been releasing episodes for his own pre-recorded podcast called "Making a Cain-ection: Sharing My Story." When a friend of his suggested the idea to him, he took it as a chance to tell more people about his experiences. Later that night, he went back to Werner Hall, whipped up a piece of cover art with one of his programs and started recording his first episode telling his story about his life with Autism and the experiences it brings.

"I thought about it for a couple hours and then I was in my room at Werner after we got done at the pizza place and he's, and he knocked on my door, he wanted to hang out. And it's like 'I can't right now I'm making a podcast,'" Kaiser said.

Kaiser explains in his first episode that he was diagnosed with Autism at the age of four in Grand Rapids, Minnesota. Throughout his life, Cain said he was bullied as a child due to the fact people had no idea what Autism was. Due to his specific hobbies, he was misunderstood by his peers and his school.

He also added that due to his stutter and the problems pronouncing his s's, he had a problem communicating with others.

"My brain learns in a different way," Kaiser said.

During his podcast, Kaiser discusses his different interests and hobbies he has had with Autism from his early years all the way into college. From his time in The Dakota Girls and Boys Ranch during Freshman year to his time with his favorite dog, Alex, that died of leukemia in 2020, amongst other experiences during his school years.

On Sept. 13, Cain started his second season. He plans to talk about the pets he had throughout his life, the dreams he had and his Bop It collection in honor of the inventor's birthday.

"It's something to do when I'm bored because I do get bored a lot," Kaiser said. "But it's also a way to spread awareness and build understanding. Like, if someone wants to listen to the podcast, they can hear my life experiences and the struggles that I've had and how I've been able to cope with them to build better understanding and like 'Okay this person has autism.

How can we approach it and how can we understand it better?' So it's kind of getting to know autism from a different perspective."

Aside from his podcast, Kaiser has also had a YouTube channel. His channel was created in 2020 and now has over a thousand subscribers. His highest viewed video has over 70 thousand views.

Most of his videos talk about his Bop It collection. Kaiser has many different Bop It toys from varying regions around the world. He brings out one of his 30+ Bop It toys and gives it a thorough review in his videos.

Kaiser's fascination for Bop It toys started when he was little. He started collecting them in 2009. He also knows a lot about the inside mechanisms of the toys, such as that each device has its own certain pitch due to a special "crystal" chip inside the motherboard.

Cain is part of a Discord group with people from Hasbro, along with a few voice actors. This group includes Mike Pollock, voice actor for the modern Sonic games, multiple voice actors for the Bop It toys and Dan Klitsner, inventor of the Bop It. Kaiser plans to

add more members to the group. Kaiser said that he wants to plan an interview with Klitsner for one of his future episodes.

Aside from planning future guests to interview, Kaiser wants to bring more awareness about Autistic adults in the community. He said that with the help of his Junior High superintendent, he plans to make a proposal to the North Dakota Department of Education to talk about Autism during health classes. He also said that with enough funding, he wants to create a support group for autistic people over the age of 18 he calls "20AUT1."

Kaiser said that since he has always been a very open and social person, he's always tried to spread awareness of Autism. He celebrates Autism Awareness Month during April by engaging with the community.

When it comes to himself and his disability, Kaiser said that there is a quote that he likes to follow from Stuart Duncan: "Autism isn't a disability, it's a different type of ability."

"Making a Cain-ection: Sharing My Story" can be found on Spotify, Apple Podcasts, Audible and Podpage.

STUDENTS COMPLETE ESCAPE ROOM FOR CONSTITUTION DAY

By Caleb Herr

MYSTIC MEDIA REPORTER

Bismarck State College celebrated Constitution Day with an eventful Escape Room in the Library.

BSC library staff organized an escape room related to Constitution Day on Sept. 15. The event ran from 7:30 a.m. to 4 p.m. for all BSC students to participate in.

"Students have classes at different times, and I want to make sure that we get as many students in here as we can," librarian Tina Stockdill said.

Constitution Day commemorates the signing of the United States Constitution on Sept. 17, 1787. The document was signed by delegates including George Washington, James Madison and Benjamin Franklin in Philadelphia, Pa. The day is also known as Citizens Day in honor of the freedom Americans received through the signings.

Escape rooms are uncommon in Bismarck with only one business offering public escape room adventures. An escape room is usually themed, so Stockdill decided to theme BSC's around Constitution Day.

"We need to do something for Constitution Day every year. I've been working on escape rooms throughout the summer, and I thought it could be fun if we tried to do one," Stockdill said.

The room featured QR codes scattered around different areas of the library for students to scan and answer questions. Along with the QR codes, the rooms had information that led to answers clues on the QR code.

"QR codes are great because students can use their phones to read it, and it saves some funding for paper. It's just easier to have on your phone," Stockdill said.

The escape room was not a collaborative effort, meaning students had to achieve the goal of completing the experience on their own.

"The creation is a bit of a process, but it's a fun challenge," Stockdill said.

As the day went on students varrived

to test out the event. The Constitution Day inspired escape room had the library filled with many students trying to complete the event and get their name in a prize drawing. Ultimately, 15 students won out of around 30 participants that finished.

WINNERS

Joshua Molina, Alyssa Marshall, Thomas Power, Joseph Frank, Ashlee Presser, Elena Keller, Dominique Baker, Samantha While, Jordan Oleyde, Kyle Conlo, Mia Jochim, Nathan Koppenharer, Veronica Bohrer, Larissa Grosalsk, Xavier Vincent

30 PARTICIPANTS FINISHED

15 WON

The Bismarck State College Bookstore provided discounts on the prizes.

GET READY TO VOTE

As we near the November month, the political season is only getting more intense. It also means its going to be time to vote once again.

Early voting in North Dakota for residents begins on Oct. 26 from 12:00 p.m. to 5:00 p.m. at the Bismarck Event Center. Early voting will continue daily until Nov. 7 from 9 a.m. to 5:30 p.m. each day.

Voters are required to show identification when voting. Acceptable forms of ID include an ND Driver's Licence, non-driver's ID card or a

tribal-government-issued ID card.

Voters that are using drop-box ballots must return them to the City/County Building in downtown Bismarck by 5:00 p.m. on Nov. 7.

Election Day voting will run from 7:00 a.m. to 7:00 p.m. on Nov. 8. To find your voting location or to find more information about voting in North Dakota and candidates and ballot measures, visit vote.ND.gov.



NEWS

MYX'N IT UP FOR TEN YEARS

By Ash Presser
MYSTIC MEDIA CREW/REPORTER

Turning 10 is a big deal because it's the first time ever being an age of double digits. This year, Bismarck State College's radio station reached this milestone.

The MYX has grown over the years. It was started by former instructor Kevin Kyes and BSC Production Coordinator Dusty Anderson, as well as with the help of students. The collaboration between the students and faculty allowed The MYX to become what it is today. Originally starting out on the first floor of the National Energy Center of Excellence, The MYX now has a professional studio in the BSC Armory.

Cole Bernhardt, the current The MYX Radio Station Instructor, has been teaching The MYX for six years.

"My favorite part of The MYX is being able to watch and hear students grow," Bernhardt said. "A lot of times when the semester starts, I'll have a classroom full of students that don't like hearing themselves recorded, that don't like speaking into a microphone, or they have a difficult time

communicating through a microphone. I take a lot of joy out of being able to watch the progression throughout the semesters."

The station was able to grow into what it is today with the help of a KFYYR-TV grant of \$25,000 received in the summer of 2019. This grant helped to move and expand the Mass Communications department, which runs Mystic Media, including The MYX, the Mystician and MystiCast.

"The partnership with KFYYR-TV allowed us to build all the studios, which includes The MYX studio," Bernhardt said. "A few years ago, we were in the process of moving over here [to the Armory] and before that, it was just empty rooms."

The change in location mixed with the professional studio and equipment provides students with hands-on experience helping them better understand the media industry. The MYX gives students the opportunity to run their own radio show, from speaking on air to playing music to hosting a podcast.

"It was basically just an opportunity for more types of media to be introduced in the Mass Communications department," Bernhardt said.

The growth of The MYX didn't stop with the KFYYR-TV grant. This year it got its very own app, which can be found in any app store by searching for the BSC MYX. This app gives listeners the ability to enjoy the radio shows put on by the students.

Happy Birthday to The MYX. It won't be long before you're a teenager.



The MYX Studio, located in the BSC Armory (Credit: Zachary Weiland)

NEWS BRIEFS

BSC ENROLLMENT LARGEST INCREASE IN NDUS

Bismarck State College will retain its mark as the third largest college in the North Dakota University System (NDUS).

BSC's attendance for the fall is 3,771 students, an increase of 222 over last year according to a statement from BSC Public Relations Manager Junita Lee. The 6.26% increase was the largest in the NDUS, which is a system of 11 colleges and universities.

BSC added 24 new programs this year, including some Bachelor degree programs. Another factor that has boosted BSC attendance is the increase in early entry and dual credit programs offered to high school students in North Dakota and South Dakota.

BSC has more part-time students than full-time students for the first time this fall. Part-time students make up 51.7% of enrolled students this semester.

SPRING SEMESTER REGISTRATION NOW OPEN

Spring semester registration is open to all BSC students.

Students can register for classes by logging in to their campus connect and accessing the manage classes panel. Students can also access the acadmeic requirements panel to see which classes they may need for their degree path.

Students should sit down with their advisor and look at program requirements to make sure they sign up for the right classes.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Pop	R & B	Alternative	Hip Hop	Rock	Blues	Alternative
8:00	Country	Taylor	Pop	R&B	Alternative	E.V Podcast	contemporary
9:00	Ash	Zachary	Seth	MyxTalk 2	Ash	Amy	Rock
10:00	Hip Hop	Pop	Irie	Zachary	Hip Hop	MyxTalk 1	Hip Hop
11:00	Taylor	MyxTalk 1	R & B	Blues	Country	Irie	Country
12:00	Hip Hop	Country	Amy	Alternative	MyxTalk 1	R & B	Seth
13:00	Alternative	Seth	Blues	Hip Hop	Taylor	Ash	R&B
14:00	Pop	Blues	Alternative	MyxTalk 1	Pop	Rock	Blues
15:00	Zachary	Ash	Zachary	alternative	Seth	MyxTalk2	Alternative
16:00	R&B	MyxTalk 2	pop	Irie	Amy	Blues	Rock
17:00	Contemporary	Rock	Taylor	alternative	Hip Hop	R & B	Irie
18:00	Alternative	Amy	Hip Hop	Taylor	Blues	Zachary	Alternative
19:00	Hip Hop	contemporary	Alternative	Pop	Hip Hop	Alternative	R&B
20:00	Amy	Country	Country	Seth	MyxTalk 2	Country	contemporary
21:00	Blues	Irie	R & B	Blues	contemporary	Alternative	Country
22:00	Pop	Blues	Ash	Rock	R & B	contemporary	Hip Hop
23:00	random	random	random	random	random	random	random
0:00	random	random	random	random	random	random	random
1:00	random	random	random	random	random	random	random
2:00	random	random	random	random	random	random	random
3:00	random	random	random	random	random	random	random
4:00	random	random	random	random	random	random	random
5:00	random	random	random	random	random	random	random
6:00	random	random	random	random	random	random	random



Shackets For Men & Women Available Now

GLIK'S
125th ANNIVERSARY

Visit gliks.com to find your nearest location

CULTURE FEST

Bismarck State College Student and Resident Life hosted Culture Fest on Wednesday, Sept. 21 in the Student Union. The event ran

from 11 a.m. to 1 p.m. as part of the on-going BSC Oktoberfest celebrations.

The event featured booths

with information on a variety of cultures from around the world.

Free brats and kneophla were also served as part of the event.

Bismarck-Burleigh Public Health and Vision Zero had booths to bring awareness to impaired driving.



ARTS & ENTERTAINMENT

A HAUNTING IN THE THEATRE

By Talena Quigley
MYSTIC MEDIA REPORTER

Beware of the scare happening at the Bismarck State College's theatre.

The BSC Drama Club has organized Haunted Theatre for both students and the community to attend. The theme decided for this year is classic monsters. The event will take place Oct. 28 and 29. The theatre will be running from 6 p.m. to 11 p.m. both days. There will be an entry fee of \$5. In order to participate you must be 18 years old.

"Everybody's welcome, everybody's welcome to help out, everybody is welcome to come out and enjoy it," Drama Club President Alexander Brady said.

BSC's haunted theatre was started 13 years ago by the Drama Club, Associate Professor of Technical Theatre Dean Bellin and Professor Emeritus Dan Rogers. COVID-19 halted the theatre the past few years.

"I think everybody on campus should either be involved or come to it because it's a lot of fun and you get to support a really great cause," Bellin said.

The decorations used for the haunted theatre have been purchased over the years with money set aside by the Drama Club, donations and decorations crafted by the Drama Club. Aside from using the money raised by Haunted Theater for decorations, the Drama Club also uses the money to fund their annual trip to the Kennedy Center American College Theatre Festival—a national

theatre program that takes place in April and welcomes 18,000 students annually from across the country. The week-long trip gives the BSC Drama Club the opportunity to watch other performances and perform themselves.

Students interested in participating in the Haunted Theatre can sign up in the Student Union, look for signs around campus or send an email to Dean Bellin at dean.bellin@bismarckstate.edu. Sign ups are open to students and anyone interested in causing a fright in the haunted theatre or preparing the sets.



BSC DRAMA CLUB PERFORMS A FALL PLAY: FRANKENSTEIN

By Irie Townsend
MYSTIC MEDIA CREW/REPORTER

A monstrous production is on its way to Bismarck State College. The Drama club will be performing Frankenstein this October for their annual fall play.

The drama club usually picks out a theme they want to do every year. Their original theme was going to be the difference between man and machine.

“Due to us losing the head of our department over the summer. The theme has been changed ever so slightly but that is where this version of Frankenstein will be shined, where it really shows that it is man or made,” BSC Drama Club president and Assistant Stage Manager Alexander Brady said.

They have been rehearsing since early September and are in the midst of getting all the costumes.

“Some of them are completed and some of them are still in the works,” Drama Club Treasurer Veronika Linstorm said.



Frankenstein will be performed on Oct. 20, 21 and 22 at 7:30 p.m. and Oct. 23 at 2 p.m. in the Sidney J. Lee Auditorium in Schafer Hall.



“Everyone is entitled to his own opinion, but not to his own facts.”
—Daniel Patrick Moynihan

#SUPPORTREALNEWS

CAMPUS CALENDAR

- October 10:**
Cocoa and Canvas
Student Union 6 p.m. - 8 p.m.
- October 10:**
BSC Mystics Volleyball Vs. N.D. State College of Science
BSC Armory 7 p.m. - 8:30 p.m.
- October 10 & 11:**
Winter Play Auditions
Sidney J. Lee Auditorium 6 p.m.
- October 12:**
Cancer Awareness
Student Union 11 a.m. - 1 p.m.
- October 13:**
Ghost Cookies
Student Union 11 a.m. - 1 p.m.
- October 18:**
Mashed Potato Bar
Student Union 11 a.m. - 1 p.m.
- October 19:**
BSC Mystics Volleyball Vs. University of Jamestown JV
BSC Armory 7 p.m. - 9 p.m.
- October 20:**
Spooky Popcorn Bar
Student Union 11 a.m. - 1 p.m.
- October 20, 21 & 22:**
Fall Play
SJL Auditorium 7:30 p.m.
- October 23:**
Fall Play
SJL Auditorium 2:30 p.m.
- October 25:**
Grand Theatre Movie Night
Get Tickets at Student and Residence Life Office
- October 26:**
Carve Pumpkins
Student Union 11 a.m. - 1 p.m.
- October 26: Fall Job Fair**
National Energy Center of Excellence (NECE) 4 p.m. - 6:30 p.m.
- October 28 & 29:**
Haunted Theatre
Sidney J. Lee Auditorium 6 p.m.
- October 31:**
Halloween Cupcakes and Slushies
Student Union 11 a.m. - 1 p.m.
- November 1:**
Career Awareness Fair
Student Union 11 a.m. - 1 p.m.
- November 2:**
Transfer Fair
Student Union 10 a.m. - 1 p.m.

CAMPUS FOCUS

Would you like to see your photos in The Mystician?

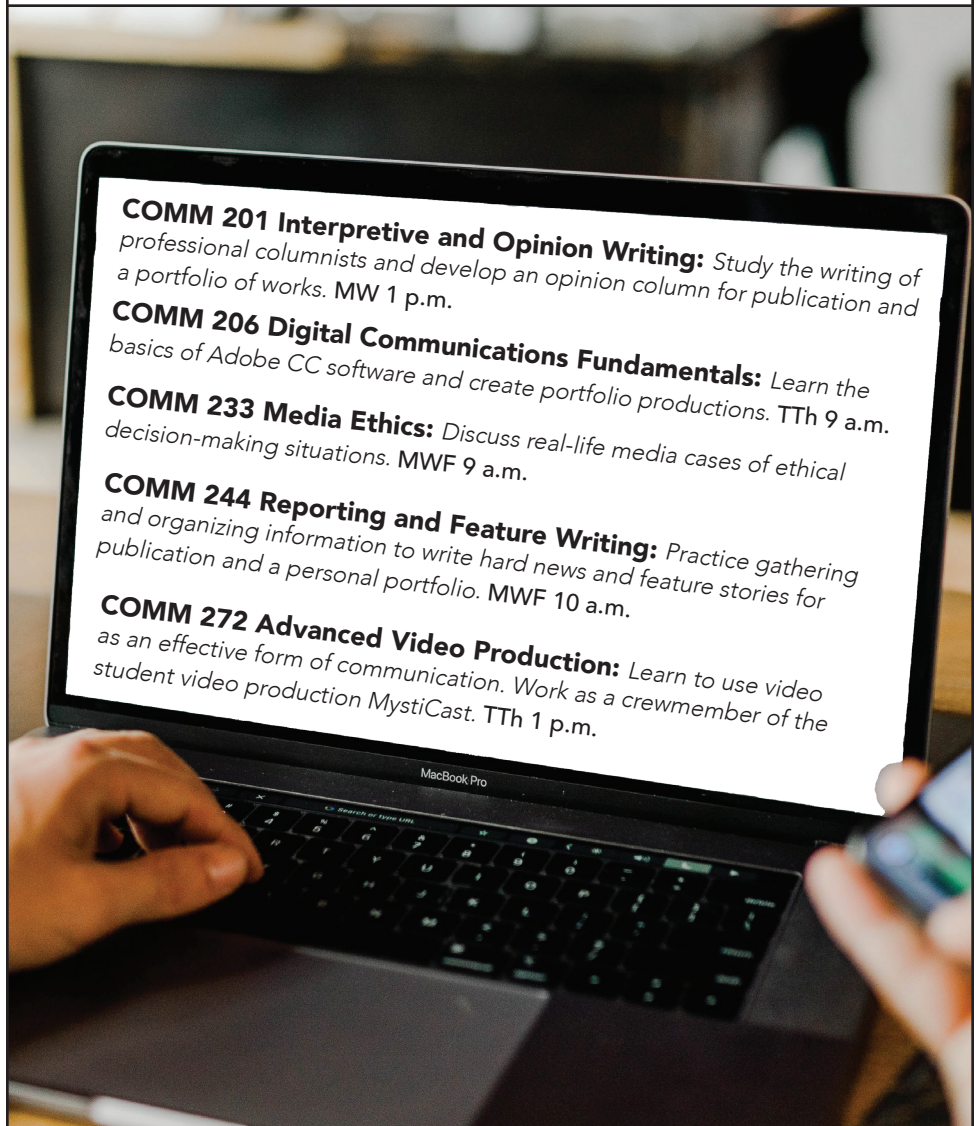
Post your photos to Instagram and tag Bismarck State College as the location, or tag @bscmysticmedia in the caption and you may have to chance to be featured in the next issue of The Mystician.



“Great communication begins with connection.”

Oprah

Consider a Communications class for Spring Semester 2023



COMICS & GAMES

COMEDY CORNER

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OKTOBERFEST
KING
POLKA
TAILGATE
TRICKORTREAT

HOMECOMING
VOLLEYBALL
HALLOWEEN
PARTY
PUMPKIN

QUEEN
DANCE
COSTUMES
CANDY
GERMAN

September 2022—No Theme Michael Tomanek

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- ACROSS**
1 Con or dupe
5 Walked
9 Wine container
13 Molten rock
14 Halo
15 Kayak kin
16 Claim, legally speaking
17 Fortune teller
18 In a weird way

- 19 Lacking (something)
21 Clunk (noise)
23 Take pause
26 On fire
30 Flowering vine
34 Potato preparer?
35 Enter (information)
36 Climb
38 Anger
39 Mass
40 Scapegoat
41 Cell type
42 Apt humor
43 Baby's gassy ailment
44 Right-hand page
45 Parka
47 Write together
49 Dennis the _____
50 Diamond earring
51 Drive-_____
53 Get new actors
58 Reduce or lessen
61 Han or Hope
64 Golfer's aim
65 Gold measurement
66 Always
67 Soon
68 Next
69 Android Commander
70 Rocker Lou

- 6 Regret
7 Mining score
8 Spike
9 Golfer's aide
10 So?
11 Spanish sun
12 Legend
15 Gully
20 Worry
22 By chance
24 Twine fiber
25 Skilled moves
27 Error
28 This matter, legally
29 Subtle earthquake
30 Chippewa home
31 Skate type
32 Exactly
33 Vat
37 Scarf
40 Five-card game
41 Game-_____-match
43 Distinction
44 Offensive
46 Wicker
48 Denver suburb
52 Old bookstore?
54 Blacken
55 Best steak sauce?
56 Gin type
57 Keep, as in a goal
58 Put on
59 Sheep's reply?
60 Am
62 Eggs
63 _____ It Be

Superstitious
By: Kaia Lehman

EVERY STUDENT'S VOICE

This year, the student radio station, The MYX, is 10 years old. To celebrate, Mystic Media is hosting dance party on Thursday, Oct. 6 in the Bismarck State College Armory from 7 p.m. - 10 p.m. Adding to the celebration, we asked our staff for their thoughts and recommendations on music.

FINN MCMERTY

I love music. I have played guitar since I was in kindergarten and it has been a big part of my life. If I am alone I am more than likely listening to music. Naming 5 top songs is super difficult for me because I enjoy all sorts of music.

1. Rosemary - Deftones
2. Self Control - Frank Ocean
3. Ride the Lightning - Metallica
4. Where Did You Sleep Last Night - Nirvana
5. White Ferrari - Frank Ocean

ASH PRESSER

Music has always been a part of my life. Growing up, I took piano lessons, and I started playing trumpet in the 5th grade. I also listen to music every day. I listen to all kinds of music, and though it's hard to name a favorite, five songs I really like would be the following...

1. Shake it Off - Taylor Swift
2. Lonely Boy - The Black Keys
3. Black Sheep - Gin Wigmore
4. Good Feeling - Flo Rida
5. Blinding Lights - The Weekend

EMILY TRYON

I listen to music all the time. When I wake up the only thing that gets me moving is music. Living with ADHD you learn tricks on how to control it. Music helps my ADHD brain focus on tasks and be more creative.

1. Passenger By Noah Kahan
2. Feel Good Inc. By Gorillaz
3. 8 Legged Dreams By Unlike Pluto
4. Time By Pink Floyd
5. Bars (Rip T) By Tones And I

BEN THOMPSON

Music is a big part of my life. I listen to music almost every day. I enjoy listening to music while driving, in long car rides, or even while doing homework. I listen to just about any type of music, from modern rap to 50s.

1. Privilege - The Weeknd
2. Solo - Future
3. Your Love - The Outfield
4. Perfect Circle - Mac Miller
5. She Knows - J. Cole

IRIE TOWNSEND

I really like music. I usually listen to it while I work or clean or just for fun. I most like old music like the 50s-70s. But I also really enjoy any type of music.

1. I've got a woman- Ray Charles
2. Hit the road jack- Ray Charles
3. Crash my car- COIN
4. SNAP- Rosa Linn
5. City of Angels- Em Beihold

TALENA QUIGLEY

Music had never been an important part of my life until a few years ago. I started taking it seriously and listening to it every day, and now it has become a part of my everyday life.

1. Sunflower - Rex Orange County
2. Alrighty Aphrodite - Peach Pit
3. Further on Up the Road - Johnny Cash
4. I Don't Want To Set the World on Fire - The Ink Spots
5. Sleeping on the Blacktop - Colter Wall

CALEB HERR

I listen to music daily and I like to listen to a variety of music throughout my day. I am not musically talented myself but I still enjoy just listening no matter what am doing.

1. The Highs & The Lows - Chance the Rapper ft. Joeybadass
2. Same Drugs - Chance the Rapper
3. Do You Believe In Magic? - The Lovin Spoonful
4. Paper Trails - Joeybadass
5. American Pie - Don Mclean

KAIA LEHMAN

My relationship with music is calm. Music is a relaxer and a focuser for me.

1. Until I Found You - Stephen Sanchez
2. Edamame - bbno\$ ft. Rich Brian
3. You Proof - Morgan Wallen
4. Beating Down Yo Block - Monaleo
5. Butterflies - Kasey Musgraves

OPINION

THE INTEREST INQUEST: THE RISE OF THE DIGITAL AGE IS AFFECTING OUR MUSIC

By Zachary Weiland
THE MYSTICIAN EDITOR-IN-CHIEF

Anyone that spent even a sliver of time on TikTok this summer has heard the song Running Up That Hill by Kate Bush. The song has been all over the app, popping up in nearly 3 million videos. Despite originally being released in 1985, Running Up That Hill has skyrocketed up the charts and spent significant time on the Billboard Top Ten thanks to its appearance in season four of the wildly popular Netflix series Stranger Things.

The phenomena of Running Up That Hill may be surprising but it is far from unique. Social media for years has been influencing the titles and the names we associate with popular music. Platforms that primarily function on short-form video and audio have the largest push—TikTok is that platform right now.

TikTok has been the music career starting point for many of its content creators. Arguably the most popular and successful example is Lil Nas X in 2019. His song Old Town Road set a record that year when it set the record for longest running song at the top of the Billboard Hot 100 after blowing up on TikTok. Since then, Nas has been featured towards the top of the charts with a handful of other tracks.

TikTok has also allowed unusual artists gain fame. Nathan Evens, a former postal worker who lives in Scotland, started posting videos of himself singing sea shanties in 2020. Evans blew up in 2021 after posting a cover of the 19th century tune Wellerman, which reached British

music charts. Evens now has over 1.5 million followers on his TikTok account and nearly 7 million monthly listeners on Spotify.

His cover started an interestingly bizarre trend in the summer of 2021 where users would “stitch” each other’s Wellerman videos and add their own layer of harmony. A dance trend also became popular. ShantyTok and #SeaShanty has amassed over 6.8 billion views on the platform.

TikTok follows in the footsteps of social media platforms that came before it. Youtube was the cream of the crop video platform for nearly 15 years before TikTok was even created. Artists like Ariana Grande, Justin Bieber and Shawn Mendes were discovered from this platform. Even today, artists like Conan Gray have created a following by uploading covers and original music to YouTube.

Music streaming services such as SoundCloud and Spotify have further created opportunities for little known artists to gain an audience. Both platforms allow artists to collect revenue based on their streams and monthly listeners.

As social media continues to expand and evolve, the music influenced by it will as well. Mediums like TikTok are here to stay and so is the music created by its users.

SOPHMORE SLUMP: IT IS MORE THAN JUST A NUMBER

By Amy Doll
MYSTIC MEDIA COORDINATOR

I received a message from one of my oldest friends last week. It was a picture message of a halloween photo from high school. We were maybe freshmen when it was taken, and we had some pretty ridiculous costumes. Although it gave me a good laugh and brought back some good memories, looking at it more and more made me sad. As I kept looking at fifteen year old me, I could only see one thing—body insecurity.

I look just fine in that photo, but I definitely didn’t think that way at the time. My best friend at the time was tall, thin and blonde—the opposite of me. You can probably guess how that played out when it came to hormones and wanting to be wanted.

That was only the beginning of my struggles with body image and weight. After I graduated, I really got into the world of dieting. It worked. I dropped forty-five pounds and people took notice. It was to the point where people from my old high school were messaging me telling me how great I looked. Mind you, some of these people were also the ones who called me fat to my face at the time. That feeling is powerful, and very addicting. I became obsessed with the scale. An average person may weigh themselves once a week, but I was weighing myself 5-10 times a day. Jean size numbers became the ultimate buzz as I went down to a size 5.

I felt like I was on top of the world. No one could touch me.

It is a long fall from the top of the world to rock bottom. Depression hit, and it hit hard. Food became my

comfort, and the only solid aspect of my life at the time. All that weight I had lost came back—and then some. I was already in a pit, and the gain just made it worse.

Fast forward a year or two, and things got better. I got better—or so I thought.

I managed to get back to my old self and ate better while being active. But, it happened again. That nasty scale addiction was back and with a vengeance. I must have wanted to make up for lost time, because I stepped on the scale every chance I could. I knew I needed help, and that’s when I stepped into a therapy office for the first time.

Today, I am in my thirties. I have done many years of work, reflection and growth. I have, for the most part, let go of worrying about the number that’s on my jeans. I step on the scale every once in a while, but not every single day. I still have a ways to go, but man, I have also come a long way.

My only concern now is being healthy—mentally and physically. I still sometimes get upset if I have to buy a bigger size in clothes, but I am working on that. I am much more than just a number on a scale or a sales tag.

The journey to self-acceptance can be a long and winding road, but with the right vehicle, you can make it a smooth drive for yourself. Life is too short to feel miserable with yourself and hold back.

I can do it, and you can too.

Spring Semester 2023



COMM 281 Reporting and Editing/The Mystician:

Join the student news publication. TTh 12 p.m.



COMM 283 Video Lab/MystiCast:

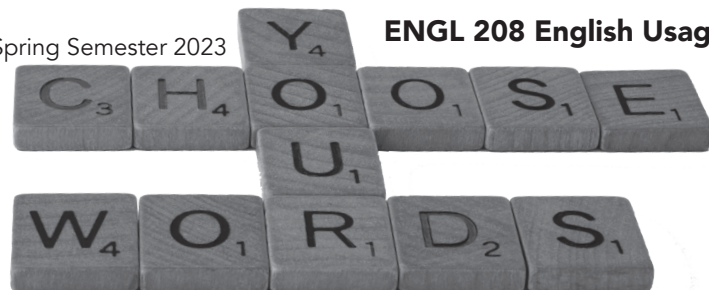
Participate in the student broadcast production. TTh 2:30 p.m.



COMM 284 Radio Lab/The MYX:

Be a part of the student radio broadcast crew. TTh 11 a.m.

Spring Semester 2023



ENGL 208 English Usage and Grammar

Advanced study of English grammar, mechanics, and usage.

MW 2:30

STUDENT DISCOUNTS IN BISMARCK-MANDAN

Goodwill Retail Thrift Store - 10% off your purchase with your student ID. No expiration date.

Little Caesars - Bring your student ID and receive 5% off all menu items!

Plato’s Closet - 15% off entire purchase with your student ID. Not to be combined with other promotions, coupons, or clearance. No expiration date.

BSC Aquatic & Wellness Center - Free for students with your student ID. To get membership students have to bring in their student ID and class schedule (list view version, not weekly).

Yim Siam Thai Cuisine - One free egg roll with each entree purchased with your student ID. No expiration date.

Buffalo Wild Wings - Sunday night is your night at B-Dubs! Stop in after 9 p.m. and get 50% off your most expensive item when you show your student ID. Both locations

Cold Stone Creamery - 10% off any purchase with student ID. No expiration date.

Huff Hills Ski Area - Full-day lift ticket at half-day price when student ID is presented. No expiration date.

Orange Leaf Frozen Yogurt - Receive \$1 off total purchase with your student ID. No expiration date.

Papa Murphy’s - \$2 off menu price for all family sized pizzas. No expiration date. Bismarck/Mandan locations: 625 S. Washington St. Bismarck 1427 Mapleton Ave. Bismarck 209 W. Main St. Mandan

Complete Nutrition - 10% discount with Student ID. Valid on all Complete Nutrition Exclusive products. No expiration date.

City Brew - 10% off one beverage, once per day with student ID. No expiration date

Tires Plus - Present your student ID for the following discounts: \$7.00 off an oil change, 10% off mechanical issues, \$40 off a set of tires.

Fireflour Pizzeria & Coffee bar - 10% off purchase with your student ID. Cannot be combined with other discounts or coupons. No expiration date.

Pancheros Mexican Grill - Receive a free small soda with student ID and purchase of an entree.

Bruno’s Pizza - 11 am - 1:30 pm Monday - Thursday all you can eat pizza with fountain drink for \$9.99 with valid student ID. No expiration date. \$15.99 for a large pizza. Limited time offer.

Arco Gas Station - 6 cents off per gallon of gas or diesel. Good with any form of payment. No expiration date. Good at all Bismarck/Mandan locations.

Famous Dave’s - 10% off total purchase with your student ID. No expiration date.

Boneshaker Coffee Co. - 10% off everyday for Military and Students with a valid ID. Rewards program also available.

Shogun Japanese Steakhouse, Sushi, & Thai - 10% off with student ID. No expiration date

Bitty Bean - \$1 off every first Friday with you student ID. Valid student ID. No expiration date.

Domino’s Pizza - Large three topping pizza \$7.99 plus tax - valid for carryout only. No expiration date

Cherry Berry Yogurt bar - 3oz FREE with purchase of 3oz on Thursdays with Student ID. No expiration date.

Be on the look-out for further studnet discounts on the BSC Website

MYSTICS ESPORTS PLAYER IN TOP PERCENTILE OF VALORANT PLAYERS



Paul Gellerman (Credit: Provided)

By Ben Thompson
REPORTER

Recently, one of our very own Bismarck State College Esports players made his way into the top percentile of players in the game Valorant. BSC student Paul Gellerman was recently ranked 957 out of 1.2 million ranked Valorant players.

Gellerman competes in Valorant on the BSC Esports Team along with eight other players. Gellerman is a junior Cyber Security student and is in his third year of playing on the team.

Valorant is a 5v5 knockout-style first-person-shooter game. Players choose an agent at the beginning of each round. Each agent has different abilities that can help with various aspects of the match. Teams switch back and forth between attacking and defending their part of the map. The game is won when one team wins 13 rounds before the other team with each person getting one life per round. Information taken from Valorant's website, playvalorant.com.

Gellerman said he has been playing games for most of his life and many of them have been first person shooter games. He attributed part of his skill to games that had aim trainers where he spent many hours working on aim.

Gellerman has been playing Valorant

since before its release. He said that he was able to play the game during the game's beta stage before the game was released. Gellerman received a code to play the game early from watching a Twitch stream.

Gellerman also attributes his skill to hours of practice. During the summer, Gellerman said he averaged around 20-30 matches played per week. Since classes have started, he said that if he has a lot of homework, he only gets a few hours of practice per week. Gellerman also said he has 1,162 hours played on Valorant. He said the leaderboards recently reset so he is no longer ranked as high.

Gellerman said last season the Valorant team went 9-1 in the regular season and made it to the playoffs but lost in the semi-finals.

To follow Gellerman's success, go to Tracker.gg/Valorant and search Gellerman's tag "PositivityPaul" to see where he is ranked.

Gellerman said the team's regular season started Sept. 19. The Valorant team is coached by David St. Peter.

To follow the BSC Esports team, go to their website NismarckStateEsports.gg or Twitch.tv/BismarckState_Mystics.



MYSTICS BASKETBALL PREPARING FOR ITS 2022-2023 SEASON

By Finn McMerty
MYSTIC MEDIA REPORTER

If you find yourself walking into the armory any time this month, chances are someone is putting shots up in the gym. The sound of athletes preparing for the upcoming basketball season rings loud through the building.

Bismarck State College's basketball program begins their respective seasons this October. The men will begin their first season with new head coach Kevin Rice.



BSC Men's Head Basketball Coach
Kevin Rice

"I coached three Years in the NBA's developmental league for the Dakota Wizard, served as the head coach at United Tribes Technical College, one year as the assistant coach here at BSC, and five years as assistant coach at Midland College." Rice said.

Rice is not the only new face to the team. There are seven freshmen and a sophomore transfer new to this year's roster.

There are eight new additions to the team of 13 players. Two of the new additions come from Bismarck: Garrett Bader and Evan Gross, both graduates of St. Mary's High School.

Official practice for the Mystics does not begin until October 1, but strength training began around the first week of September.

"We can also organize open gyms for the guys to get some work in before [the] season begins," Rice said.

This offseason, Bismarck State College's Basketball teams bought a rebound gun that is being utilized by both the men's and women's programs. The gun has arrived in time for the new season.

These guns are not cheap, running "a couple grand a piece" Rice said.

"Guys can get in and get shots alone. The device can get stuff done individually or as a group. It's a great tool for both the men's and women's programs," he said.

With the start of the 2022-2023 season approaching, it is a great investment for the teams and enables athletes to efficiently get a high volume of shots up. It provides real time shooting stats so players can see the percentage they are shooting from different areas of the court as they run drills with the machine.



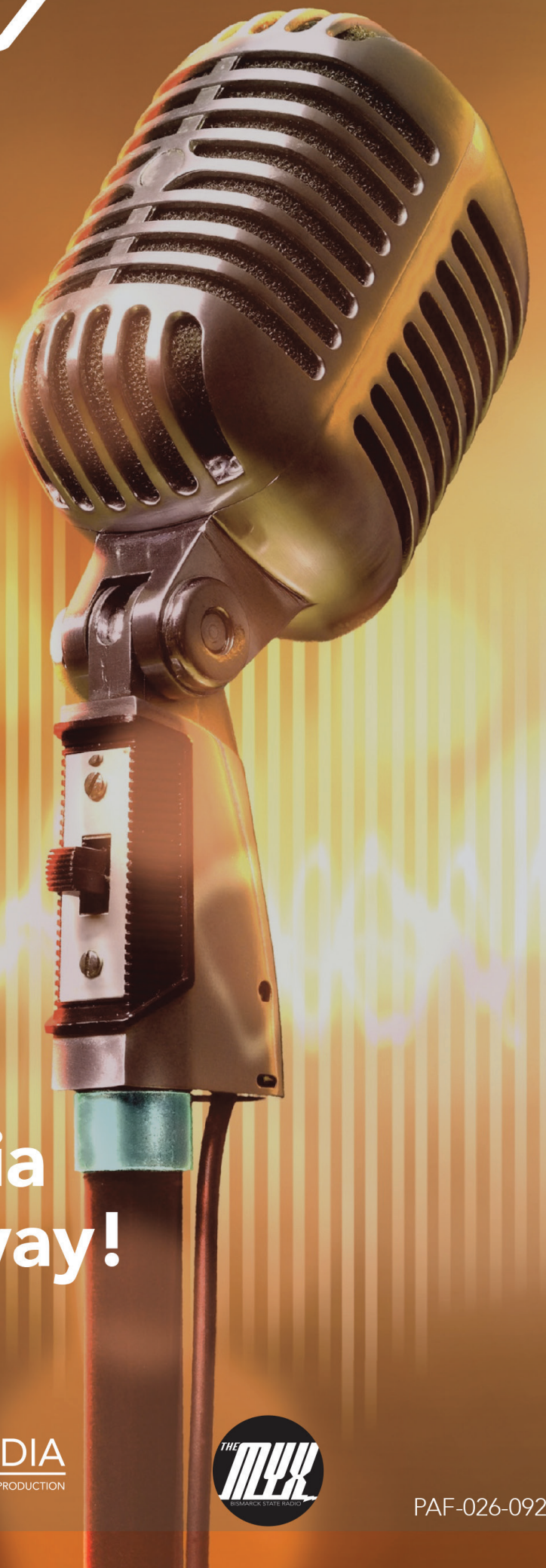
Coach Thai Haggin helps with drills while a player shoots hoops.
(Credit: Emily Tryon)

MYSTICS MEN BASKETBALL ROSTER 2022-23

#	NAME	POSITION	BSC CLASS	HEIGHT	HOMETOWN
1	Garrett Bader	Guard	Freshman	6'1"	Bismarck, N.D.
2	Deonté Martinez	Guard	Sophomore	5'9"	Minot, N.D.
3	Evan Gross	Guard	Freshman	6'4"	Bismarck, N.D.
4	Eddie Fernandez	Guard	Freshman	6'0"	San Antonio, Texas
5	Anthony Bertucci	Guard	Freshman	6'4"	Orlando, Fla.
10	Jayden Bernard	Forward	Sophomore	6'4"	Virginia, Minn.
11	Davion McCarthy	Guard	Freshman	6'3"	Chicago, Ill.
12	Damion Pearce	Forward	Freshman	6'7"	Kitchener, Ont.
20	Zachary Morris	Forward	Freshman	6'7"	Toronto, Ont.
23	Jaden Hamilton	Forward	Sophomore	6'7"	Rugby, N.D.
24	Max Tschosik	Guard	Sophomore	5'11"	Bismarck, N.D.
30	Jacob Prudhomme	Forward	Sophomore	6'4"	Fargo, N.D.
35	Tobias Patton	Forward	Sophomore	6'6"	South Bend, Ind.

COLLEGE RADIO DAY DANCE

Thursday, Oct. 6
BSC Armory Gym
7-10pm



**Party with Mystic Media
and dance the night away!**

Food, Drinks and Door Prizes



PAF-026-0922

