

THE MYSTICIAN

ISSUE 2 | VOL. 80 | BISMARCK STATE COLLEGE | BISMARCK, N.D. | SEPTEMBER 13, 2018



EXPLORE MYSTIC MYSTERIES: BSC'S VERY OWN RADIO STATION

BY JACOB IRVING

Down in the abyss of the NECE building lies a well-kept secret: a full-fledged professional multimedia studio. It's time to shed some light down there.

The Mystic Media Studio is located on the first floor of the NECE building. It is the birth center of the great award-winning wonders that are BSC's The MYX and MystiCast. While it may be a little out of the way, the place is more than welcoming and accommodating to anyone who wanders their way down.

Down in the studio there is a complete audio

recording space open to students. There is a sign-up sheet on the wall, where students can opt-in for a scheduled time to use the studio and its equipment.

Whether just starting out, or a master of the knobs, this studio is the perfect place to learn and produce some industry-standard, top quality, content. It really is a place for students to go and find a way to express themselves creatively in this media driven society.

Whether coming down to check out the audio studio or to look at the MystiCast hub, there is plenty of opportunity

for the curious cat to get a hands-on-experience with the media side of the world.

The MYX is BSC's very own, student run radio station. It allows students to get involved and get their voice out over the air.

MystiCast is BSC's multi-faceted video news broadcast. Almost everything is prepared and produced by students. There's a green screen, news counter, and even a teleprompter.

The lights and cameras might be a little intimidating for some, but with the help and support of others, it's easy

to start a project in such a professional workspace.

It's not just a place for students to learn, but it also takes those who might be more experienced to the top of their game and beyond.



TUNE IN TO THE MYX
BY VISITING WWW.
BSCMYSTICMEDIA.COM

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BSC STUDENT
FILMMAKER TO
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REALMS COMIC
CORNER AND JACK
REACHER BOOK
REVIEW**

INFORMATION

news
sports
opinion
arts

EVENT CALENDAR

SEPTEMBER 14-15 – PLAY FESTIVAL

24 Hour Play Festival
Sidney J Lee Auditorium at 7:30 p.m.

SEPTEMBER 17 – GAME DAY

Student Union
9 a.m. - 4 p.m.

SEPTEMBER 19 – TRAIL THROUGH CLUB FAIR

Club Fair & Trail Mix
Student Union
11 a.m. - 1 p.m.
Constitution Day Celebrated

SEPTEMBER 19 – MYSTICS VOLLEYBALL

BSC Mystics Volleyball vs. Lake Region State College
Armory
7 p.m.-9 p.m.

SEPTEMBER 23-29 – BANNED BOOKS WEEK

SEPTEMBER 25 – OKTOBERFEST

FREE COOKIES
Mystic Marketplace
Sponsored by Student & Residence Life
11 a.m. - 1 p.m.

SEPTEMBER 28 – OKTOBERFEST

FREE ROOTBEER FLOATS
Mystic Marketplace
Sponsored by Student & Residence Life
11 a.m. - 1 p.m.



The Mystician



Published by the Student – For the Students
Proudly Printed In Garrison, N.D.

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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 Dylan Kahl, EIC with letters to the editor or any concerns or comments regarding this publication. E-mail bscmysticianeditor@bismarckstate.edu

The next Issue of The Mystician will be published Thursday Oct. 4. Deadline for any copy to be submitted is Sept. 24. Stop by Room 125 in The Armory for more information

**HAVE A STORY IDEA?
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NEWS

**ANDREW KLEIN BSC STUDENT
AND AWARD-WINNING
FILMMAKER INTERVIEW**

More on page 4



Photo by Dylan Kahl

BSC STUDENT DIRECTS SHORT FILM ABOUT A WEDDING ON THE DAY OF THE APOCALYPSE

BY DYLAN KAHL

Andrew Klein is a current Bismarck State College student who is getting a liberal arts transfer degree. He is going to further educate himself at the University of Minnesota in the Twin Cities, for their Cinema and Media Culture Studies program.

When he's not working on short films, he's working at Dakota Media Access, H&M, and is the State Communication's Director for the College Democrats of North Dakota and the Vice President of the chapter at BSC.

DK- How did you get into filmmaking?

AK- When I was in the seventh grade, I saw the movie Super 8, and I don't know why but that movie really hit me. I was like you know what, I love movies, I should do this for a living.

I remember a short time after that, I watched a short film made by stop motion animation out of the plastic army men, and it was so well made and [I] remember thinking oh, I could do that.

DK-Last year you made two short films that were entered in the Dakota Film Festival. One for the Dakota Digital Dash, and one for the festival itself, do you want to explain what those films were?

AK- The first one, "Where's Al," was basically a product of calling up a friend and deciding to make a short film together. We hadn't talked in like two and a half years, but we had a video production class in high school, we both took it seriously and made a really good team.

I called him up and we made it for fun, and on the side decided to submit it to the film festival. The other film we made was called "Pleasant Lake" and that one was for the Dakota Digital Dash, which is a contest where teams enter and everyone is assigned the same character, same line of dialogue, and same prop. But the difference is the genre which was drawn out of a hat. We were assigned mockumentary, which when we were getting assigned to was the one I was hoping for.

AN ANDREW KLEIN SHORT FILM

PLEASANT LAKE

Good, clean, American fun.



Posters submitted by Andrew Klein

DK- The film "Pleasant Lake" also won some awards from the Digital Dash, what were those awards for?

AK- We won best use of character and we won best writing. Best writing was won by like committee, because all of us wrote that thing. All of the things that are funny are from joking around on set and deciding to add those jokes into the film.

DK-What are you currently working on?

AK- "The First Day" is a short film that I wanted to make it feel unique. I don't want it to be regarded as a discount feature film. It's about a wedding that takes place on the last day of the world's existence and about a small group of people that are trying to make the best of it. When you first start a film with a newscast saying the world is ending,

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...AND SOME STICKERS



WHERE'S AL
SPRING 2018



ANDREW KLEIN ALEX SCHIRARD MARCO CURZIO "WHERE'S AL"
BRANDON VEEN "VEEN" CONNOR PICARDI ANDREW BRANDON VEEN
ANDREW KLEIN & BRANDON VEEN
ANDREW KLEIN

it's automatically a Michael Bay film with a Hans Zimmer soundtrack, and it's this big action disaster movie. But instead of doing that, we use that as a backdrop and tell a more personal story. You could almost say we are genre blending because we are taking a drama/romance setting that would be normally reserved for a big action movie. I don't remember where I got the idea for the end of the world, but I felt like it would be a good idea to raise the stakes.

DK- What was the difference in the process of making this film compared to the other two?

AK- Oh it's huge, we had so much time. We were also more sure of ourselves. With "Where's Al" I didn't have a lot of confidence in myself and learned as I went. Now that we have done two, I have more confidence in

myself and we've gotten feedback on them. I know my strengths and weaknesses and can watch out for them.

DK- How long did the filming process take?

AK- We are not done with the film yet, but overall it took a month. Pretty much the whole month of July.

DK- When do you expect to finish this and have it out by?

AK- It's done when it's done. But no, we wrote in May, planned in June, filmed in July, and edited it in August. Ideally, I want to get it done by the end of October.

DK-What are you planning on doing after this film?

AK- I think I want to take some time to make stuff that's not a part of a big project. I might just work on some small stuff, do some writing. The end goal is to move to Los Angeles and have all my films to show for my work, get a job as a production assistant and move my way up the chain.



Picture submitted by Andrew Klein

ONE DROP HELPS

BY MACHAELA GERMANN

Approximately 40,000 pints of blood are used in the United States each day according to the website, Blood Source. However, fewer than one in ten people donate their blood. One donation has the potential of helping as many as three lives.

People who are interested may visit one of Bismarck's two facilities, United Blood Services and BioLife Plasma Services. Blood has a limited shelf life of when it may be used, so donations are always needed.

The process is easy and fast, with donations usually taking around an hour to do. Appointments are required at each facility. The donor will be asked several basic

questions regarding their health. Their blood may be sampled to make sure that the donor is healthy and capable of giving away fluids.

Professionals are there to take care of the donor in a relaxed setting. Students may also receive payments for their blood donations depending on the company. The blood donations are then sent to where they are needed locally and statewide. Recovery can differ from person to person, but usually the donor is asked to wait eight weeks before donating again. This is a safety precaution just to allow the body of the donor to reproduce more blood.

**Bismarck State College
will have a blood drive
on campus
Thursday, Sept. 25
in the NECE building
on the fourth floor from
8:30 a.m. to 1:30 p.m.**

CYBERSECURITY OFFERS OPPORTUNITIES IN ND

BY DYLAN BINDER

Cybersecurity is a new program provided to students at Bismarck State College. The training will teach students how to protect civilians against criminals trying to infiltrate their information.

Many different agencies are looking for qualified candidates to secure our computer networks, that way private information will not escape, and people will remain secure on the internet.

"Cybersecurity is one of the most exciting career paths on the BSC campus this year. We have students that can work for the state, work for a business, or out of state," Associate Professor of Computers and Office Technology, Matt Frohlich said. "Some jobs require students to work with both hardware and software, but many of them can also get job opportunities in hardware or software."

There are many different degree options for a student planning on going into cybersecurity.

"Students that want to finish early and enter the job force could look for an Associate in Applied Science degree," Frohlich said. "Students that want to enjoy life a bit more, could look into the three year degree. In the fall of 2019, we will offer a Bachelor of Applied Science degree for students looking to hold supervisor or managerial positions."

There is no background in computers needed, but it is recommended in this

degree and career path.

"A background in technology is not required, but it is efficient in cybersecurity classes and in the workforce," Frohlich said.

Many students are taking advantage of this new and exciting opportunity.

"This program has been going good. I have always had an interest in

cybersecurity," Austin Hawkinson, a sophomore at BSC, said. "The teachers have been great and are passionate."

Hawkinson says he does not know where he plans to work after he finishes his bachelor's degree, but he does have an internship at MDU Resources and enjoys it so far. There are many different opportunities with cybersecurity and the professors welcome questions from anyone interested in this career path.

For more information on the cybersecurity program, contact Matt Frohlich at 701-224-5581 or at matthew.frohlich@bismarckstate.edu.

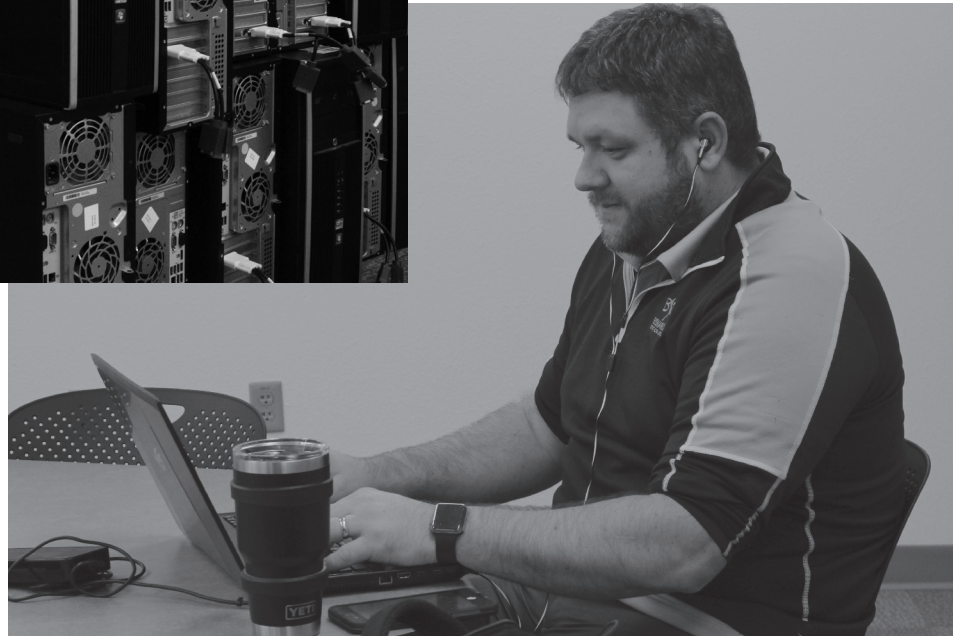


Photo by Emily DeSantis

Justin Johnson works on his computer.

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FREEDOM OF THE PRESS HAS BECOME A DOMAIN OF CONFUSION

BY BAILEY SCHMIDT

The news is changing every day. From different news stories such as climate change, to celebrities doing absurd things, to how journalists are supposed to write an article the correct way. Over the last couple years, there have been several debates on how we are to use the information we have and present it to the public for their knowledge.

In the U.S. Constitution, the First Amendment explains Freedom of Speech and Freedom of the Press. Now, with news writing changing constantly, how does Freedom of the Press compare in today's society?

Back in the year 1776, Americans wanted their independence from Great Britain. The British government attempted to cut out all ties with the newspapers, that way information wouldn't get out about the situation. Soon after, Freedom of the Press was brought into the First Amendment on Dec. 15, 1791, according to the History Channel website, history.com.

In today's world where technology ratings are at their highest, Freedom of the Press has caused some concerns about



(Photo by Dylan Kahl)

what can and can not be published. There are multiple social media companies that allow open posting, though it does not matter what side an individual is on,

In the past, print and broadcast spoke and wrote about all sides, so everyone

knew what was happening. Now with social media, individuals can comment when they don't like the opinion and report it to be taken down.

According to the Freedom House website, freedomhouse.org, press freedom

has dropped in major countries around the world. On the website's global map, the countries that enjoy their Freedom of Speech and Freedom of the Press include the United States, Ireland, the United Kingdom, Canada, Australia and the Scandinavian countries. That is less than 15 percent of the world's population that allows press freedom.

At the beginning of September, two journalists were sentenced to seven years in prison for investigating the killings in Myanmar, Southeast Asia. This is one example of suppression of the press that occurs around the world.

Freedom of the Press gives United States citizens their independence on what they want to write and what they want people to know. This part of the First Amendment protects the important information society uses to keep Americans up to date.

Press freedom is not only a privilege, but also a right. Journalists around the world deserve to give information to society without the fear of being incarcerated.

BISMARCK STATE COLLEGE CELEBRATES CONSTITUTION DAY

Sept. 17 is Constitution Day. People celebrate because it was when the Constitutional Convention met in 1787 to sign the Constitution.

"It is important for Americans to reflect on what the document provides, including our freedoms and rights as citizens, and a benchmark for our government to operate

within the checks and balance system." Kyren Miller, department chair at the National Energy Center of Excellence said. Miller is also co-chair of the Constitution Day committee on campus.

The campus will be having events throughout the week to remind students and staff of this special day.

There will be a trivia contest going on through the Mystic Mobile App that students can access to win prizes. A trail mix bar will be set up at the Student Union on Sept. 19.

Please join students and staff of BSC to remember the freedoms Americans are given.

NAMING NOSTALGIA

BY DYLAN KAHL

The Mystic is celebrating its monumental Volume 80 this year. With the different volumes and the revolving staff, many changes happen each year.

The Mystic has been through a lot the past few years, it went from being a newspaper to magazine, and then back to a newspaper.

When looking at previous volumes, it tends to be very nostalgic. It's as though each year is a time capsule—opening it reveals the news and opinions of a class long before our time.

The Mystic was first published on Friday, Dec. 20, 1946.

Originally it wasn't named The Mystic, it was called "U Name It," opting for students to come up with BJC's first newspaper's title, by putting in an entry blank in and having students write in what they think it should be called.

A four-page paper, which could be

purchased for ten cents, was jam packed full of stories on each page. One of the biggest stories that year was "1946 Biggest Year Yet for Junior College," which detailed the enrollment of supposed education hungry veterans. It set the record for largest enrollment at the time with 285 new students.

The article also went on to include the many firsts of that year, including the first football team, the first newspaper, and the first homecoming.

When looking back at the paper and it's first issue, the changes that have been made are extraordinary. From then to current day, whether it be what the students reported, the name, format, or the style of writing and how all of that changed, one thing that never will is that The Mystic will always give a voice to the students.



(Photo by Dylan Kahl)

U Name It Staff Members December 20, 1946

EDITOR:

K. William Simons

ASSOCIATED EDITOR:

Kenneth Lunn

DESK EDITORS:

Jack Drew and Alan Paulson

BUSINESS MANAGERS:

Eddie Olson and Don Vendsci

SPORTS EDITORS:

Wayne Lunn and Walt Renden

SOCIETY EDITORS:

Keatleen Hilling and Dorothy Larson

ART EDITOR:

Dunc Perry

PHOTOGRAPHER:

Lester Collis

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SPORTS



**COVERAGE OF THE
MYSTIC INVITE**

More on page 9



**“It’s all or nothing”
–Hannah Hanson**

(Photos By Levi Holzer)

Lady Mystics Hannah Hanson (above) and Liza Doppler (below) blocking during the Mystic Invite in August 2018



CONFERENCE MVP AND CO-TEAM CAPTAIN RETURN FOR ANOTHER MAGICAL SEASON

BY LEVI HOLZER

The season is very young for the Mystics’ volleyball team, but Liza Doppler and Hannah Hanson feel like the success they had last season is just starting.

“I feel like our team environment is very important, being very inclusive and emmercing the freshmen in that kind of play is really important to have success.” Bismarck State College sophomore, Liza Doppler said.

Seven freshmen joined the nine returning sophomores as they work toward making it to the national tournament this year.

“Our work ethic has been a key motivator for all of us and to have them jump on board with that right away, creates an environment for them to work hard and to see what our end goal in site could be for this year.” BSC third year student, Hannah Hanson said.

Their season started with the Mystic Invite. It included the conference teams Dakota College of Bottineau, and Lake Region State

College, that the Mystics will battle with in the heart of the season.

Winning on the road will be the main force for the ladies this season, as they have 14 away games and with the Nebraska schools hosting the District G Playoffs as well.

“It will help us with our diversity and play,” Doppler said. “Adjusting to different gyms and atmospheres for games will help us grow as players.”

Being the MonDak Conference MVP, nothing has changed for Doppler, she keeps doing what she loves to do.

“I come here everyday and I’m excited to play with my team,” Doppler said. “Credit that I have is credit to my teammates.”

Hanson wants to work hard her last season in a Mystics uniform. “It’s all or nothing,” hanson said. She wants to make best out of helping the other girls to have a great year.



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MYSTIC INVITE

(Photos by Levi Holzer)

Dominating the weekend of Aug. 24th and 25 the Mystics won all four games against Dakota College at Bottineau, Mayville State University JV, Miles Community College, and Lake Region State College - ND



LADY MYSTICS EYING ANOTHER HISTORIC SEASON

BY MATT GUENTHER

In sports there is always something to get better at. The Bismarck State Lady Mystics volleyball team is using that as their mentality in order to achieve their goal of making it to nationals this season. Their season is well underway and will take a lot of effort and mentality in order to get to where they want to be at.

“Our main goal would be in the end to make it to nationals and have fun while doing it by playing our style

of volleyball and keep the positive atmosphere on the court as we go,” said sophomore libero Sam Anklam.

The Mystics return nine sophomores from last season while adding seven freshman to complete a very skilled roster for the 2018 season. Experience is something that will not be a problem for them but building team chemistry early on is something that will only boost their success.

Liza Doppler a sophomore outside hitter said “the goal is to make friendships, win, and have a fun and competitive atmosphere in order to have a shot at nationals. We have to focus on the present season and what other teams have now because teams may look very different from last year”.

It is evident that the volleyball team has turned the page and is more than focused. Although the Mystics plan to

improve and try to punch that ticket to the national tournament, there is no question that they are motivated and ready for any type of obstacle that may stand in the way of their goals.

The Mystics next game is scheduled for Friday Sept. 14 at 2 p.m. as they will take on Iowa Central Community College in Wahpeton, ND.



(Photo By Levi Holzer)

Sophomore libero Sam Anklam (left #9) and teammates form a huddle before their match.

UPCOMING WOMEN'S VOLLEYBALL HOME GAMES

BSC MYSTICS VS. LAKE REGION STATE COLLEGE
Sept. 19 at 7 p.m.

BSC MYSTICS VS. MILES COMMUNITY COLLEGE
Sept. 26 at 7 p.m.

BSC MYSTICS VS. NORTH DAKOTA STATE COLLEGE OF SCIENCE
Oct. 3 at 7 p.m.

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LET'S GET REAL

BETTER OR WORSE: 2-YEAR ATHLETES OR 4-YEAR

BY LEVI HOLZER

People always wonder about those that go on to college to play athletics why would they choose this school over that other school. Personally, I would say going to a two year school or JUCO to play collegiately is a better option since most athletes aren't ready for top tier competition and redshirt their first year of college.

Going to a two year school has so many benefits; if your someone who needs help in the academic area you can get your generals done and some classes for your major at a cheaper price. With the smaller class sizes you can get some great one on one help and actually figure out the major you want to get a degree in.

Athletically; you have the chance to see great playing time right away your first year and have a better chance of getting scouted by more colleges than you probably did in high school. Many others as well have the chance to play two sports with attending a junior college. Their is also the chance for you to learn new aspects and ticks about the sport(s) you chose to play to expand your knowledge for the game.

On a personal note: I had the chance to go play college football at JUCO in the surrounding area and keep playing the game I have always loved. Still to this day I regret not taking that chance and seeing

what could have happened in the future. Forward four years later and I love what i'm doing now and would not change a thing but there is still that thought in the back of my head thinking what if I did go play.

As for the four year athlete I have seen that side as well, my first year of college I was a student manager for the men's basketball team before I transfered to Bismarck State. The constant grind of going to both morning practice or weights and then practice again in the evening is for people that are that special breed of an athlete. I honestly couldn't have done that my freshman year of college, but if I would have worked for it all four years of high school, I think I could have.

Let's get real though, there isn't that big of a difference between going to a two year or four year school to play sports it really just depends on what is the right fit for you. College is different for everyone and it all depends on how you want to take control of it.

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THE MYSTICIAN



LETTER FROM THE EDITOR

Wow, the response for the first issue was amazing. Thank you everyone for the kind words and advice. I hope everyone enjoyed it as much as we enjoyed putting it together. Now onto the next issue, besides having P.O.P., we are also adding a faculty version of it, with our first interview being none other than our very own president, Dr. Larry Skogen. I'd like to personally thank Dr. Skogen for sitting down and answering some questions for us here on The Mystician.

Besides this new addition to the

paper, we still have all of the good stuff that we had last issue, whether it be reviews, news, sports, or comics, we've got something for everyone. As always, if anyone wants their voice to be heard, come see us, our door is always open.

Dylan Kahl, editor-in-chief

GET YOUR SASS BACK TO CLASS

BY AMANDA JOYCE

At this point, it's been over a month since Netflix dropped one of their newest original series "Insatiable" and I'm still not over it. If there's anyone else like me who enjoys a good Netflix binge now and then, you'll understand why I finished the first season in less than two days after its release on Aug. 10.

The series starts out with Patty Bladell, played by actress Debby Ryan, being an overweight high schooler going through many issues young adults face well into their adulthood; she has family issues, unrequited crushes and makes it well known that she feels like she doesn't fit in anywhere. That is until she gets her jaw broken and loses 70 pounds over the course of three months.

Before this show was released, there were already several controversial issues with it: body image issues, unhealthy coping mechanisms, LGBTQA+ issues, suicide, murder as well as bullying. Due to this controversy, there were online petitions going around trying to get Netflix to pull the show before its initial release date, over 200k people signed according to Global News, though the show still ran.

People right away were extremely upset about it. Many people spoke out against

it before watching the show and made judgement assuming it was a fat shaming show and that it sent a message saying that only pretty, skinny people can be happy and are recognized as living beings.

Some were saying that it incorrectly interpreted members of the LGBTQA+ because of a scene that was focusing on a man who was unsure of what he felt and if he was or wasn't heterosexual.

What these people would have realized with watching this show however, is that it's a television show! Of course it's not going to be exactly 100 percent accurate, what show is? I'm so glad that people are finally realizing that there are issues that need to be spoken out against, but this tv show isn't meant to be an inside scoop on the lives of a regular teenager. It's fictitious, it deals with many real time issues and ideas but that doesn't mean that it's supposed to shame every single type of person that is mentioned in the series.

Without spoilers, what these people don't realize is that it does focus on a lot of issues and addresses many of them very well. It focuses on confusing relationships, coming into realization with sexual orientations, gender identification, different types of families and their issues,

SMALL TOWN STRUGGLES

BY MACHAELA GERMANN

Rhame isn't a big town. There are no grocery stores or shopping centers, the closest Walmart is an hour and a half away. Main street is two blocks long and is the only street that is paved in town. We do have the essentials though: a post office, a volunteer fire department and of course, a bar.

Rhame has a population just over 150 residents, and that's counting the people who live 40 miles or more outside of town on a farm. It's not uncommon for people to come from a small town when you live in North Dakota, but sometimes people do not truly understand what it means to come from an extremely small town.

If a graduating class had over 100 kids in it, then it is not small. I went to a school where two towns had to join schools together, and I still graduated with a class of only 28.

That means I know everyone's middle name, their birthday, their dog's name, what their favorite candy bar is and whose grandma always wears purple. At every basketball game, I know whose parents are sitting in the fourth row up on the bleachers yelling, "You have to block that," plus I could name every single staff member and where they went to college. Now that's a small town.

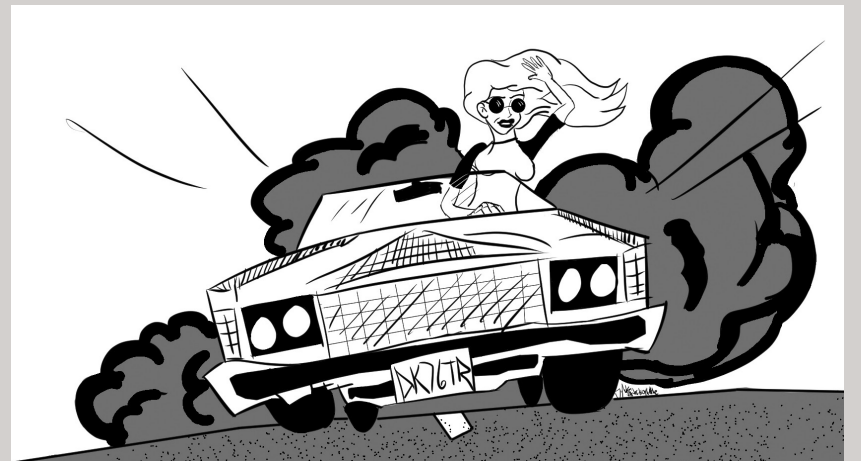
If there are turning lanes or stop lights, then it is not a small town. There are a few stop signs in Rhame and that's it. Three fourths of the town is gravel roads, hence why everyone has a dirty vehicle.

It's my second year at Bismarck State College, and I still use my Google Maps driving around here. I know miles and miles of back roads out in Timbuktu, but I still get lost in Bismarck. That's small town living.

Growing up in a small town means the wildlife outnumbers the people. The birdbath is also the favorite drinking spot for the local deer. Pheasants are often in the yard, and raccoons are common.

Having the dog bringing back rabbits and other small animals just becomes normal, rather than gross. Rhame is surrounded by hills that have horses and cows, so sometimes there may even be a cow out for a stroll in someone's backyard. That's a small town.

Everyone has their own idea of what is considered small, but those are some of the things that come to my mind to qualify for small town living. It may not be for everybody, but I love living in Rhame, even if it means I have to drive hours to get anywhere.



mental illnesses, body image issues, bullying and so many more things.

Yes, it's centered around an extremely selfish 17 year old girl, yes she has an eating disorder and loses a larger amount of weight faster than recommended. Yes, there's scandal and bad relationships, but what show these days doesn't have something along those lines? That's what makes them interesting to watch and what keeps people coming back for more.

Would there be a lot of people that would watch a show that has no drama, no big secrets being kept and spilled, no relationship issues, nothing dealing with important issues people actually deal with? If those were the guidelines for television and movies, I'm guessing at least 85 percent of entertainment would be gone, and that includes some children's shows.

My point is, stop judging a show because it incorporates issues that many people in the world face. Coming from a person who has and still has family issues, body image issues, relationship issues and mental illnesses, I like the show just fine.

Of course there were some parts that were completely insane, but that's what makes it television. She's selfish, rude and only wants revenge, but she starts to find

herself along the way.

Is everything probable? No of course not, but I can tell you that I don't feel personally attacked because someone on a tv show lost weight and wanted revenge on people that bullied her for years. Like Patty Bladell said, "Skinny isn't magic." It can't fix the all issues that we still face no matter the sudden changes.

Whether you take my long rant about this show to heart, or if you decide that you don't care about another person's take on something, is completely your opinion.

I'll finish out with my favorite quote from Deborah "Dee" Marshall for all the people who think that losing weight suddenly will fix every problem in the world; "Being skinny doesn't mean shit if you're ugly on the inside."

With that being said, make sure you actually understand the topic of conversation before you give your input on major issues like this, so study up for all the controversy and get your sass back to class.

SICKIES GARAGE: BURGERS FOR FOR GODS

BY MORGAN DRAKE

There are many burger joints in North Dakota, but one of the best happens to be right here in Bismarck. On North State Street, Sickies Garage sits where the old Hooters once was.

It has a manly car theme on the outside, but don't let that fool you. Sickies is a family eatery with something for anyone who comes through, except vegans, sorry.

The restaurant has friendly service with waitresses who are very attentive to their tables, and the drinks on tap are very

good, I recommend the old style root beer. Because of how busy they can get, service can be slow at times, so make sure to plan for about 15-20 minutes of waiting.

The restaurant provides sports games on each TV in the restaurant which is a plus, and the environment never gets quite as loud as somewhere more crowded such as Buffalo Wild Wings. The burgers are quite delicious, there are more than 20 burgers on the menu, each one made different and special in its own way.

After having tried almost half the menu, I can safely say that the Swiss Mushroom Burger is the best version of that burger I have ever had. The Blown Tire Burger is one of the best go-to burgers in recent memory. It has onion rings, barbecue sauce, and two types of cheese. What more could you ask for?

The promotions and special off-menu burgers are also a welcome change of pace. Recently, Sickies had burgers made of a special Japanese meat that was

absolutely fantastic. There is also a bar in the restaurant, however this reviewer has yet to visit that. Maybe in another year or two. Sickies Garage is a good place for college students, as they have a Tuesday college student discount, half off any menu item if you purchase a drink. Overall, Sickies Garage is a great place to eat and has a huge menu of original burgers and delicious appetizers. I give this restaurant four out of five burgers.

CRAZY RICH ASIANS

BY RJ TARE

There are a plethora of colorful, creative, and sometimes crazy cultures in Asia, however, "Crazy Rich Asians" perfectly captures what is in the heart of every Asian culture: family.

The movie was released nationally Aug. 15, 2018, and it boasts an all Asian cast, such as Constance Wu as Rachel Chu, Awkwafina as Goh Peik Lin, and Ken Jeong as Goh Wye Mun.

"Crazy Rich Asians" is a rom-com film that follows the story of Rachel Chu, an economics and game theory professor at NYU, and her boyfriend Nick Young, who unbeknownst to Chu, is actually the heir of the richest family in Singapore.

As the movie goes on, Chu is challenged by constant criticism, Young's disapproving mother, a bitter ex-girlfriend, and the ideals of keeping the Asian culture. With all the pressure on

Chu's back, seeing her handle it for love is a movie worth watching.

In terms of cinematography, the bright and lively colors echo the colorful culture and sunny experience of Asia. The film also captures different kinds of Asian cuisine and vacation hotspots, which adds to that Asian representation aspect.

The plot is praiseworthy for how it stirs the audience's emotion. One moment I'm crying over what Rachel has to endure,

and the next I'm hysterically laughing because of Peik Lin and her family.

Overall, "Crazy Rich Asians" is a movie I would like more people to see. It's not only because of Asian representation, but also the heartfelt romance between two lovers and how their classes divide them. It portrays the importance of family, and what sacrifices one has to endure to keep the heart of culture thriving. I give it 5/5 Clapperboards.

STUDENTS LOOKING FOR A FRESH START

BY BAILEY WILHELM

Students Looking for a Fresh Start

Almost every incoming college student seems to have been warned, or at least has heard the dreaded phrase, "The Freshman 15." This is the weight gained by college students, mostly during their first semester of their first year. There are reasons why it's easy to gain weight, but luckily there are tips on how to avoid it.

College is a time full of new beginnings, places and friends. When moving to a different city for college, students may want to experience the unfamiliar places. These places could include restaurants, coffee shops and ice cream spots. Given the social aspect and the independence gained from being on one's own, it can make these places tempting.

"Back in my hometown, Powers Lake, we only had one restaurant," Brianna Honrud a sophomore at Bismarck State College said. "Coming to Bismarck, there are so many more options."

Along with going out to eat, college students tend to snack and overeat at night. Late night homework habits and the stress of studying can lead to indulging in a pint of ice cream and a bucket of popcorn.

These issues correspond with eating at awkward times. A typical high school schedule is having classes from 8 a.m. - 3 p.m., with lunch around noon. In college, classes are sporadic and can throw off an entire eating schedule.

A tip to counteract these issues is to plan and prepare. Going out to eat is a fun and social thing to do with friends, but keeping it to a minimum is vital. Try to decide a day of the

week that can be a cheat day.

Only going out to eat once a week helps students limit caloric intake as well. It not only saves students a few pounds, but it also saves a few dollars. Meal prepping is another suggestion. By setting goals and following an eating schedule, maintaining a healthy lifestyle becomes simpler.

According to an article found on The National Center for Biotechnology Information, when students are bored, there is an increased desire to snack as opposed to eating something healthy.

Instead of grabbing a Ben & Jerry's Fudge Brownie ice cream that contains 992 calories per pint, try Halo Top Chocolate Mocha Chip as an alternative. It only contains 280 calories per pint, and has proven to be a good source of protein.

Along with finding substitutes for favorite treats, keeping a healthy abundance of fruits, vegetables, yogurt, granola bars and other nutritious products is important.

At the end of the day, before going out to eat or snacking, students should ask themselves, "Do I need this because I am hungry, or do I want this because I am bored?"

Being active in high school is a given. There are many activities, clubs and the daily gym class for one to participate in. College is a different story. Unless a student is playing a sport in college, it is difficult to find a gym that is adjustable and affordable.

Bismarck State College Aquatic and Wellness Center offers BSC students a free membership. All they have to do is show their student ID card and sign up.

The Wellness Center is located on campus and has two pools and a wellness gym. The gym includes lifting, cardio equipment and offers fitness classes throughout the day.

Working out a few times per week keeps the heart healthy and the extra pounds off. Not only can working out increase physical health, it also increases mental health.

"I love how the Aquatic Center is free for all Bismarck State students," Kyra Braaten, a sophomore at BSC said. "It's location is also very convenient."

The Freshman 15 can sneak up on any student at anytime during the first year of college. It can be avoided by not going out to eat as often, cutting back on late night snacks, stocking up on nutritious and alternative foods, and heading to the gym. Although the Freshman 15 can heavily weigh on a student's mind and body, it can be prevented.

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WORD SEARCH KEY



SUDOKU KEY

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ANSWERS TO THE MYSTICIAN 80.1
WORDSEARCH AND SUDOKU

ARTS

BOOK REVIEWS

**PERSON ON THE
PAVEMENT**

**COMICS AND
GAMES**

JACK REACHER: THE MIDNIGHT LINE

BY JUSTINE EMILY SMITH

New York Times' number one best-selling author, Lee Child, released his 22 book in the Jack Reacher series. One of his newest installments, "The Midnight Line," is a Mid-West mystery. Although this book might have its long roads and slow turns, the details are something that only a Midwestern could understand. After spending 13 years in the army and doing several tours in

Afghanistan and Iraq, Reacher, an ex U.S. military police officer, thinks and breaths survival. Though he might not fully agree with the military rules and regulations, he has his own set of values he sticks to. Being smarter and stronger than your average farmer, Reacher travels the rural hills of South Dakota and deserted wilds of Wyoming as though it's his own backyard. In "The Midnight

Line," Reacher's journey starts in a small town in Wisconsin, where he finds a mysterious lost treasure in a local pawn shop. The only problem with this, is that anyone willing to work that hard for it, wouldn't have given it up that easily. At this point he only cares about one thing, finding its rightful owner.

With just the clothes on his back and a toothbrush in his pocket, Reacher

ventures out into the silent Midwest. After some time, and countless interviews, Reacher continually gets closer to his answer.

In the end, he uncovers something deeper than anyone could have come to expect. From dealing with DEA to getting into it with some FBI agents, Reacher digs himself into something bigger than a lost trinket.

BOOK REVIEWS



BLACK HAWK DOWN

BY NIKOLAS ZURAFF

When I first read the book, "Black Hawk Down," I expected it to be the same as the film. Prior to reading the book, I had only seen the movie, but the book exceeded all of my expectations. It gave me a different outlook on America's occupation in Somalia and the Battle of Mogadishu. At the beginning of the book, it tells about the early stages of the Battle of Mogadishu, on Oct. 3, 1993. The Delta Force, Army Rangers, 160th SOAR (Special Operations Aviation Regiment) and Navy SEALs (Sea, Air and Land)

approached Mogadishu in helicopters, humvees and trucks. They were going to pick up warlord Mohamed Farrah Aidid's two lieutenants and top political advisor. There were over 160 soldiers in the city, the mission was supposed to be no more than five minutes. However that did not happen, Somalis shot down a Black Hawk helicopter resulting in the deaths of both pilots and injury of two other people. Within minutes, a second helicopter was shot down by RPG fire, causing American soldiers to be pinned down and trapped within the city. By the next morning, 18

Americans were dead, 73 were wounded and pilot Michael Durant had been captured by the Somali military. On the other side, the Somalis' body count was over 1,000.

The book tells a solemn story of the deadly firefight that took place in 1993. It was very action-packed and historically accurate. Author Mark Bowden visited Somalia in 1999 in order to bring the story to light.

I personally loved this book and recommend it to others, because of how action-packed and historically detailed

it is. It went into great depth about the people involved on both sides of the battle. Bowden portrayed the military operations accurately and many Somalis and American soldiers praise him for it. It changed my view on the war, the way I look at politics, and the way I see the United States Military. I once saw the United States as an invincible force that couldn't be weakened, but this book shows how any nation with strength can be brought to its knees.

SUDOKU

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WORD SEARCH

Buildings on Campus

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LEA
 SCHAFER
 JACKSCIENCE
 SWENSON
 LINDSTROM
 MYSTIC HALL
 NECE
 STUDENT UNION
 MEADOWLARK
 HIGHERED
 CAREER ACADEMY
 LEACH
 ARMORY

P.O.P!

Amy Jacobson



- Nicknames:** Lamy or A
- Hometown:** Wishek
- Favorite quote:** "Wherever you are, be all there." -Ji
- Favorite season:** Fall, because sweatshirt weather is the best weather.
- Top five favorite things about BSC:**
 1. The volleyball team.
 2. Bonnie in the Union.
 3. Good relationships with professors.
 4. 35 percent off in the bookstore on home game days.
 5. Jeni Walsh.

FACULTY FIVE

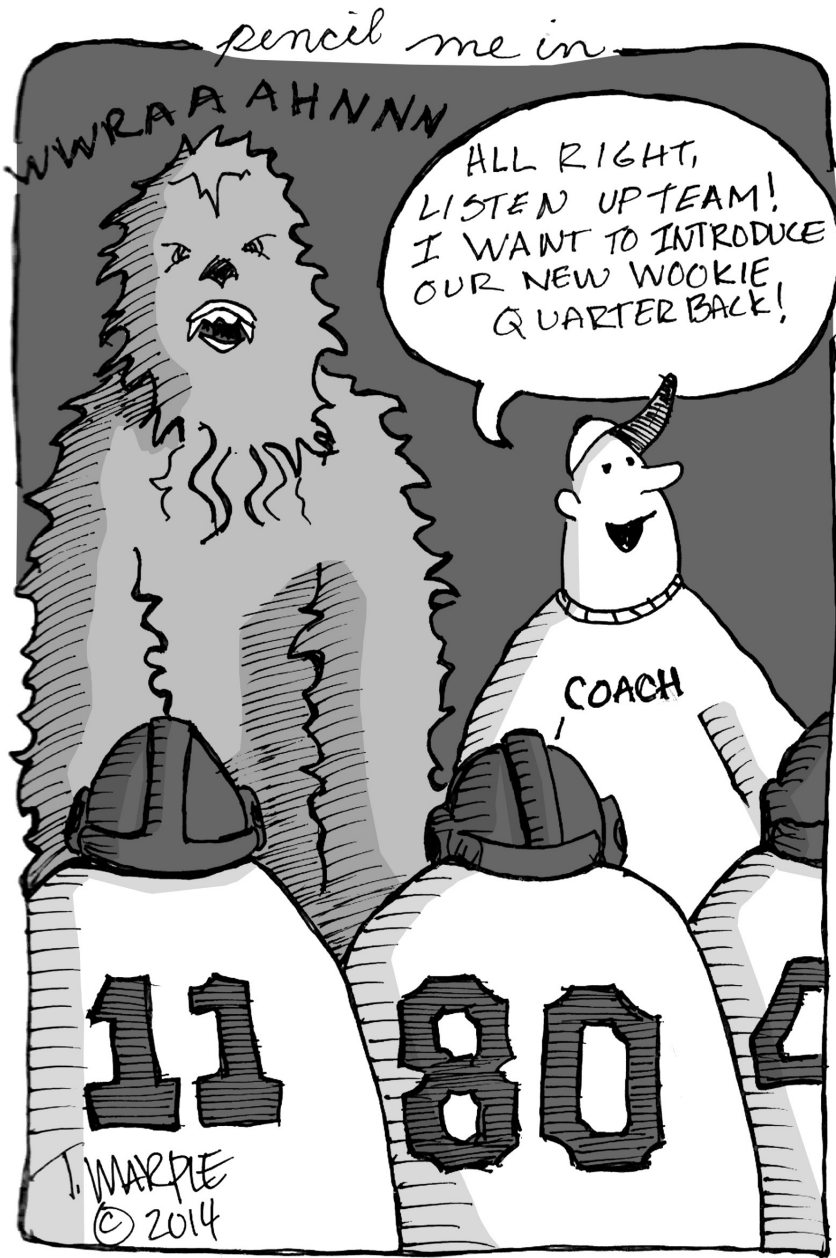
DR. Larry Skogen



- Best thing about the campus:** The location, I think we are the prettiest campus in the northern plains.
- Like about being president of BSC:** It's a lot fun to interact with folks.
- Years spent as an educator:** Vice President for five years and president for about ten.
- Like most about meeting new students:** Their enthusiasim.
- Plan on doing when retired:** Sit in my den, do research, and write.

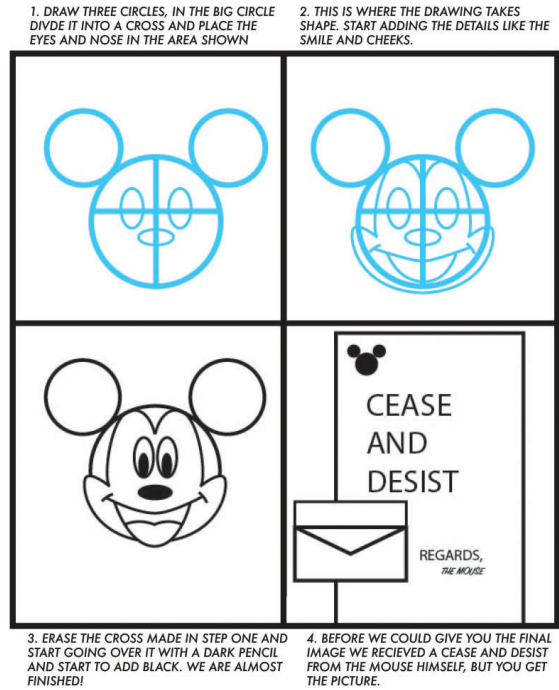


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THE WOOKIEE

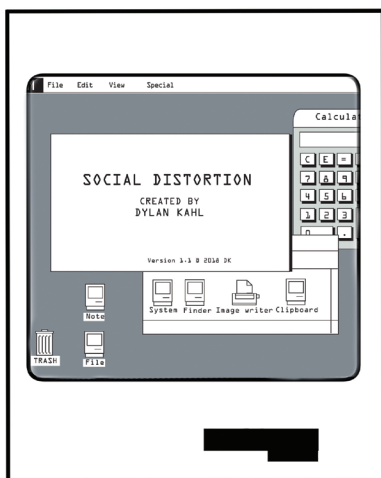
HOW TO DRAW FOR BEGINNERS



FROM A GALAXY FAR, FAR AWAY...



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"Man that movie sucked. I'm going to make a joke about it and post it on my social media so my friends can get a laugh. It's not like i'll offend anyone!"



"What I hear is the boss found a post he wrote long before he worked here about a movie and fired him for his offensive remarks."



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