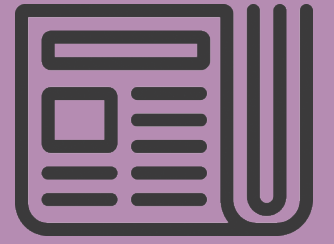


— THE — Mystician

[N E W S] P A P E R



VOL. 84 ISSUE 5.A BISMARCK STATE COLLEGE BISMARCK, N.D. FEBRUARY 2023



Cold temperatures and fog created frost that blanketed campus during the month of January. This included trees around campus, such as this one in front of Jack Science Center on Jan. 13, 2023. (Credit: Zachary Weiland).

LETTER FROM THE EDITOR

Hello everyone and Happy Spring Semester!

It's hard to believe that we are now over halfway through the academic year. It's even harder to believe that we are already a month into what is my final semester here at BSC.

This college and its campus community have been a major part of my life for the past two years. I remember attending my first classes on campus in January 2021 not knowing what I was really doing. Here I am in February 2023 about to graduate and move into the next chapter of my life.

I'm not going to get too sentimental in this letter because I don't want anyone to cry on only the first page of this issue. What is something else I can talk about in this letter...?

Oh, I know. Y'all, I am absolutely swamped this semester, let me tell you. I decided that it would be a good idea to sign up for 12 credits, on top of my duties as the Editor and an internship at the Capitol that requires me to write two articles a week.

It's not unmanageable, but I've never been the best at balancing work. I'm sure there are many of you that can relate to this feeling. This semester is challenging me to grow in that way—to become better at balance.

I urge everyone to reflect on something that you may not be great at and see if you can grow in that area. It doesn't have to be major, but it's always a good thing to make efforts to grow as a person. Your future self will thank you.

With all that said, let's enjoy this semester! It'll be summer before we know it. To all my fellow students who are about to graduate in May, don't forget to have fun this semester too. This is the final page on this chapter of your life.

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.

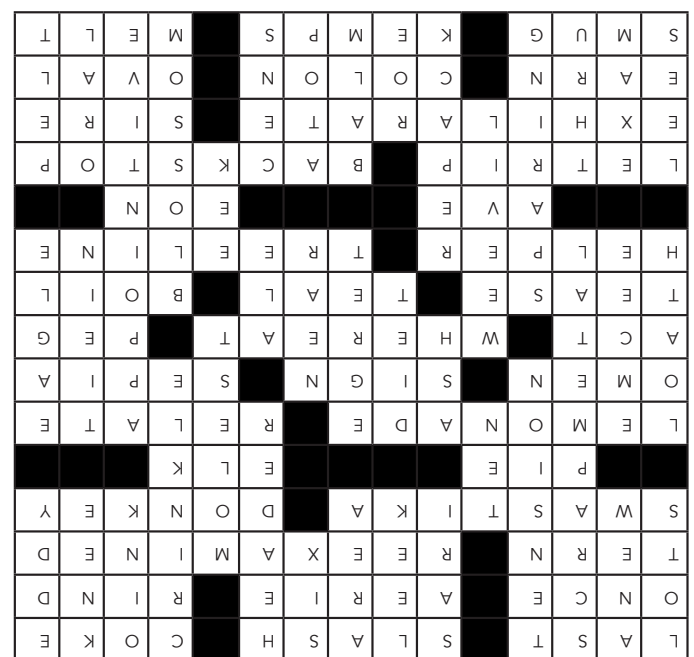
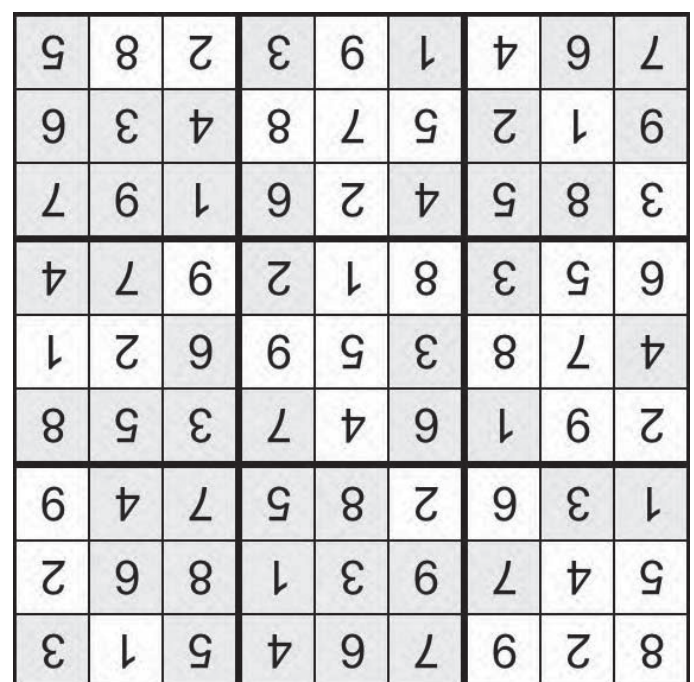
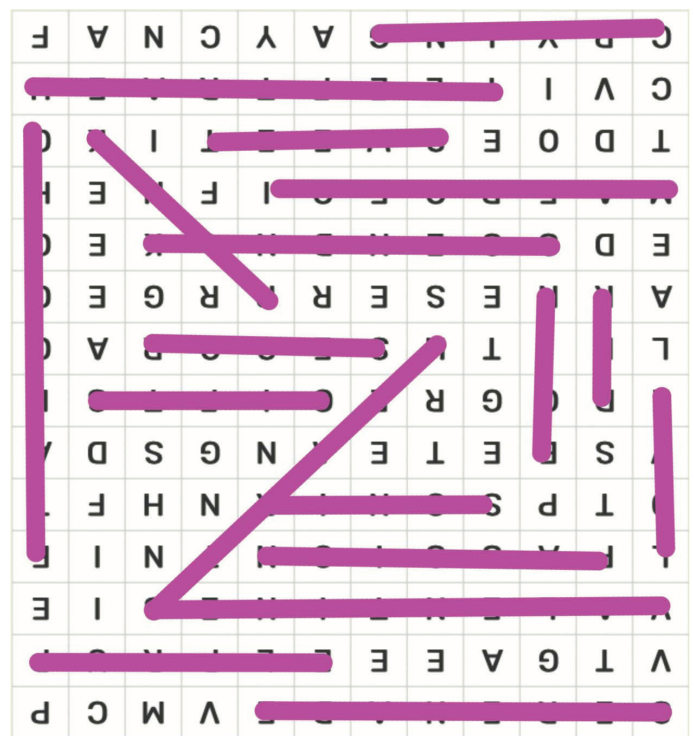
Our goal is to incorporate as many students as possible and be an outlet for student expression.

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

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

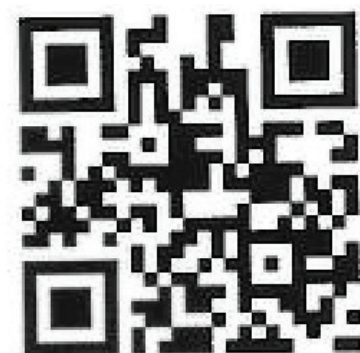
GAMES ANSWER KEYS

Games can be found on Page 8.



Michael Tomanek January 2023—Themeless

Scan here to visit us online



bscmysticmedia.com



IS YOUR INFORMATION SAFE?

By Ashlee Presser
MYSTIC MEDIA CREW/REPORTER

Increased technology usage led to the rise of the digital world. However, scams and the exposure of personal data online has made the need for cybersecurity increase as well.

Bismarck State College's cybersecurity program has grown to address technology security needs. In the fall of 2016, an Associate of Applied Science degree in Cybersecurity and Computer Networks was developed by adding more security training into the curriculum of the previous I.T. program. A BAS degree program has since been introduced.

With the help of California based Palo Alto Networks, a major cybersecurity company, BSC's cybersecurity program is training students to protect information, recognize the difference

between spam and phishing messages, identify fraud and keep up with the ever-changing digital world.

"There's just a lot of things that have to be done to keep things secure," said Assistant Professor of Cybersecurity Nick See.

Cybersecurity is described as the application of security within data and computing. It all boils down to keeping sensitive data such as usernames and passwords, credit card and personal information, networks, devices and other data from being compromised.

"The best way I would describe [cybersecurity] is basically being a police officer of the internet," said Connor Grahl, a junior in BSC's cybersecurity bachelor program.

One of the most common types of cyber attacks are phishing related scams, which are emails with urgent links that bring up a bogus site that

looks legitimate. Any usernames and passwords entered on this fake site can be stolen by attackers.

"The chances are pretty good you use the same username and same password on multiple sites," said See. "So, therefore now they have your access on multiple sites."

Carol Flaa, the Chief Information Officer at BSC, works closely with all departments on campus to make sure that technology needs are met. She explained that BSC has a cybersecurity team that meets weekly to plan and prepare the annual required employee training on cybersecurity.

"Cybersecurity is very important in today's world," Flaa said. "Everyone at some point uses the internet and needs to be cyber smart."

The cybersecurity team hosts events to educate students and employees about two-factor authentication, email phishing, the importance of strong passwords and more.

"The cyber scams that I have seen happen are usually with students," Flaa said. "They fall for a phishing scam offering them a great job or asking them to buy gift cards. There's been a few times students have lost several hundreds of dollars before they realized they were scammed. Unfortunately, at that point when they realize and report it, it's too late, and there's no way to get their money back."

Cyber attacks can be prevented in many ways. Users should run software updates on their devices. Waiting a few days before installing updates can give developers time to catch and fix bugs. Anti-malware software such as Malwarebytes or Windows Defender can also prevent cyber threats.

Giving out as little information as possible online can help reduce the amount of personal data lost in the event of an attack. Using a good



Connor Gahl is a junior in the BSC Cybersecurity Program.
(Credit: Ashlee Presser)

username and password will reduce the chance of accounts being hacked. A good password should be lengthy: at least 12 characters or more. Using phrases or full sentences are an easy way to remember long passwords while making them as secure as possible.

Also, storing data on a device gives users more control over the information, while data stored in the cloud makes the user reliant on a company.

"That's the hard part about what's going on with computing today," said See. "Your data doesn't belong to you. It belongs to someone else, and you have to rely on that someone else to secure that information."

Students and faculty with questions about their cybersecurity can visit the BSC Help Desk inside Schaffer Hall or on the BSC website under student life.

To find out about cybersecurity events happening on campus, go to the events page on the BSC website or tune into the Mystic Media Minute.



Nick See is an assistant professor in the BSC Cybersecurity program
(Credit: Ashlee Presser)

MYSTIC MARKETPLACE OFFERS GLUTEN-FREE MEAL OPTIONS

By Taylor Aasen
MYSTICAST EXECUTIVE PRODUCER

Some people enjoy dieting. Some have no other choice. That is why the Mystic Marketplace is introducing more options.

Chris Warner, the Food Service Operation Manager at Bismarck State College said some students are too shy to discuss their dietary restrictions such as celiac disease. However, he said that he knows there are those with allergies to certain foods.

"They don't want to feel like imposing, and that's the biggest problem. They feel like they're being a bother," Warner said. "And they're not being a bother, it's just, they have to eat and I totally understand that."

According to Dr. Joseph Murray, a Mayo Clinic gastroenterologist, evidence shows that celiac disease is becoming more common. Data from the Celiac Disease Foundation says that 1 in 100 people have the disease but only 30% are properly diagnosed.

Sometimes, it takes years for celiac disease to show up. It can be a hard transition. One day, an individual is enjoying fried foods and cake. Then the next thing they know, they're checking every ingredient on the back of every item they buy. Eating in the cafeteria can be another challenge.

As of right now, the Marketplace offers gluten-free pizzas, buns and various desserts. Warner wants to bring in more items so those with allergies are able to have more options. Warner said he needs to know what dietary

restrictions people may have to help everyone enjoy a hot meal.

"I don't know any of the other dietary concerns. So, that's kind of a problem," Warner said. "I don't know if there's dairy or other items that they can't have. So, that's a part of the problem—if they don't come to me, I don't know."

More gluten-free items are expected to appear on the Mystic Marketplace menu in the future.

If any students would like to see a certain food item at the campus cafeteria, it could be as simple as a request to the chef.



BSC Food Operation Manager Chris Warner.
(Credit: Taylor Aasen)

TENNIS COURTS' DEMISE LEADS TO POLYTECHNIC EXPANSION

By Seth Iverson
MYX PRODUCTION MANAGER

With the whirring and thrashing of excavators, the tennis courts and the surrounding trees were torn out of the ground, leaving piles of dirt, dust and rock in their wake. What lies ahead with this sudden change in atmosphere and what does it bring next? That is up to those in Administration at Bismarck State College.

The two tennis courts, located between the National Energy Center of Excellence and the BSC Armory were demolished in November 2022, clearing the way for the upcoming polytechnic facility.'

A groundbreaking ceremony took place in the Basin Electric Auditorium inside the BSC National Energy Center of Excellence on Nov. 29.

BSC President Doug Jensen and North Dakota Governor Doug Burgum where amongst those that spoke at the groundbreaking ceremony.

Gov. Burgum praised the project's concept of equipping students with the skills and degrees ready for local demand, saying that education has to be more responsive to workforce needs.

"If the private sector is sending signals that we need more nurses, we need more power plant operators, we need more folks that understand advanced material science, we need more UAS operators — you name all the fields we have, and we need schools who are helping provide those career paths for our young people," Burgum said in a November 2022 press release.

Since then, construction on the new facility has progressed. Crews spent much of November clearing debris from the site, such as leftover concrete from the courts and trees.

December was spent digging out a space for the building despite heavy snowfall from two major blizzards and bitter cold conditions.

The Polytechnic building will include hands-on labs and project-based classes where students can collaborate



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POLYTECHNIC BUILDING
BISMARCK, ND

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PAGE A001

on advanced applied research to build equipment and programming for various industries.

Since 2018, BSC has dedicated itself to transitioning into a polytechnic institute, commissioning studies with the National Coalition of Advanced Technology and Gray Associates to determine the skills needed in the North Dakota workforce to prepare students for industry jobs.

"North Dakota needs a mechanism to ensure we have the highly skilled workforce our public and private sector stakeholders need to continue to sustain and grow our economy. BSC is now positioned to build the talent pipeline that will impact the economy now and for many years into the future," Jensen said in a story published in December 2021 on the BSC website.

Gov. Burgum signed Senate Bill 2345 in 2021 which granted BSC \$38 million from state fiscal funds for the construction of the facility.

The project is estimated to be completed and opened in time for the fall 2024 semester.



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Renderings of the polytechnical facility under construction between the NECE Building and the BSC Armory. The building is slated to open in 2024.
(Credit: Provided)

NEWS BRIEFS

FUE, NDFU FUND INSTRUCTOR TRAINING FOR FARM MANAGEMENT EDUCATION

BISMARCK, N.D – The North Dakota Farm Management Education Association was given \$10,000 from the Farmers Union Enterprises (FUE) in 2022.

These funds are being used for mentoring new and early career Farm Management Education (FME) instructors across four tech colleges in North Dakota, including Bismarck State College. FUE has provided \$50,000 over the past decade.

Funding for FME programs in North Dakota is supported by the North Dakota Career and Technical Education Department.

A list of instructors, regional and state average numbers, and past news articles covering a range of topics for agricultural producers can be found at ndfarmmanagement.com.

BSC AGRICULTURE RECEIVES CHS FOUNDATION GRANT

BISMARCK, N.D. – BSC's agriculture program was awarded a \$79,141 grant from a long standing partnership with the CHS Foundation, who have invested in BSC Agriculture programs and students since 2000.

The funding is aimed at revitalizing current programs and to purchase new state-of-the-art equipment to be implemented in the Agriculture Systems Management course curriculum.

This will give students hands-on experiences in industry related skills in electronics, hydraulics, automation, robotics and sensor technology.

Students will be proficient in diagnostic equipment, reading electrical schematics, operating electrical control devices, and more after completing the program.



BISMARCK EVENT CENTER SPRING EVENTS

By Caleb Herr
MYSTIC MEDIA REPORTER

The Bismarck Event Center and the Belle Mehus Auditorium have a full slate of action for this spring. Whether young or old, there is something for everyone to enjoy.

Concerts

The Bismarck Event Center will present the "Let There Be Rock" concert this spring. After numerous team members tested positive for COVID before the show last year, the concert was rescheduled for April 22 at 7:15 p.m. There will be tributes to AC/DC, Poison, and ZZ-Top throughout the evening.

Comedy Shows

Grammy Award-winning stand-up comedian Lewis Black presents his new show "Off The Rails" on Saturday, Feb. 18 at the Belle Mehus Auditorium.

Bert Kreischer performs his 2022 comedy show on March 22 in the Bismarck Event Center. "The Bertie Boy Relapse Tour" was originally scheduled in November but was postponed due to a blizzard. The well-known American stand-up comedian will begin his performance at 7 p.m.

Kids

The Shrine Circus will be in Bismarck this April. The Circus will present five shows in just two days. Two shows on Friday, April 14, and three shows on Saturday, April 15. All shows are in the main arena in the Event Center.

The American children's entertainer and educator known as Blippi is coming to Bismarck in May. "Blippi: The Wonderful World Tour!" will be live on stage in the Bismarck Event Center at 2 p.m. on Sunday, May 7.

Sports

The high school Class A West Region Basketball Tournament will be played at the Event Center. It is a three-day tournament starting on Thursday, March 2. Both the boys' and girls' tournaments will go on throughout the days.

The North Dakota State Boys Basketball Class B tournament will take place just two weeks after the West Region Basketball Tournament. The tournament will also be three days long. The first round of games will start in the afternoon on March 16. The Class B Boy Basketball championship will close out the tournament in the evening on March 18.

Visit the North Dakota High School Activities Association website to access all the tournament brackets and game locations.

BISMARCK PARKS DISTRICT TO HOST FEBRUARY EVENTS

By Irie Townsend
MYSTIC MEDIA CREW/REPORTER

Valentine's day, Groundhog day, Presidents' day. February is here and there are countless activities to take part in all month. Bismarck's Parks and Recreation is hosting Flurry Feast throughout the month of February.

Parks and Rec is hosting a winter photo contest starting on Feb. 1 and ending Feb. 28. The community is invited to take and submit as many winter photos as they please. The pictures can be taken on either a phone or camera.

All pictures submitted should be taken at a BPRD park, facility, program or event.

To enter the contest, participants must email their photos to bisparks@bisparks.org with the subject line "photo contest," and include the photographer's name and the location the photo was taken.

Each winner will be announced online and the top three photos will be picked. All three of the winners will receive a prize.

Adaptive bowling will be offered on Mondays from 4-6 p.m. starting in February and ending May 22. at Midway Lanes in Mandan. The price to participate is \$3.50 per game, which includes the

shoe rental.

Snow Volleyball will be offered Feb. 7-28 at Tatley-Eagles Park. Volleyballs will be available at the warming house during regular warming house hours.

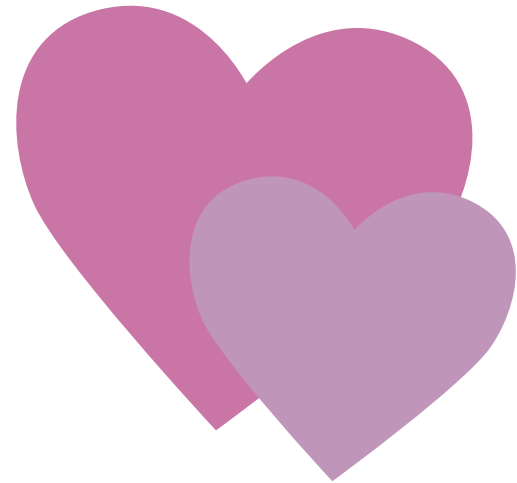
There will be free public ice skating on Tuesdays, Wednesdays and Thursdays from 12-1:15 p.m. through the end of March. Skating will take place at VFW Sports Center. There will be no skate rentals so participants should bring their own skates.

Batting cages will be available for half their original rental price on February 13 from 9 a.m. to 9 p.m. at the Fore Seasons Center.

All participants must reserve a batting cage in advance.

There will be a free skate with the Bobcats at Jaycee Centennial Park from 3:00 p.m. to 5:00 p.m. on Feb. 12. Spent the afternoon skating outdoors with Bismarck's very own junior hockey team. Snow coloring sheets and treats will be provided in the warming house.

The Top Tracer Range Contest will occur Feb. 19-25 at the Fore Seasons Center. Groups can play the new challenges throughout the week. Regular driving bay fees apply, plus \$2-5 per contest.



FOOD INDUSTRY IS RELYING MORE ON GROWING DIGITAL SPACES

By Seth Iverson
MYX PRODUCTION MANAGER

With the development of apps like Uber Eats, GrubHub and Doordash, businesses are now given an opportunity to open and expand in the digital space.

Virtual Restaurants work exclusively with the intent of delivering food through online services.

These restaurants give the opportunity for smaller businesses to thrive without the need to rent space for seating customers. The concept has spread from metropolitan areas to smaller towns across the country.

Businesses in the Bismarck/Mandan have started opening virtual restaurants. Papa Corazon's Quesadillas in Perkins and The Burger Den in Peacock Alley are examples of already existing restaurants that opened a virtual restaurant.

Virtual restaurants have allowed people who have never operated a business to open their own restaurants. A local example is the online bakery Macaron Man, run by current UND student RJ Tare.

After the lockdowns made it impossible for Tare to get macarons

"COVID happened and people realized how restrictive it is to have storefronts when there was a global lockdown. I think more and more businesses will transition to a virtual business..."

from a Fargo bakery, he decided to take up baking his own as a hobby.

Tare used his baking skills to start his virtual bakery. He started Facebook and Instagram accounts where he posts pictures of his macarons.

Tare offers a wide range of flavors, from standard flavors like red velvet to more unique flavors like cosmic brownie, fruity pebble and milky way.

While he also has a website, RJ says he prefers to use direct messaging services on his social media pages for customers to make orders while supplies are limited.

Tare was able to start serving at

events with the support of his family and the community.

He has served events such as bridal showers and fundraising for organizations like Dakota OutRight, a group dedicated to finding a safe space for those in the LGBTQIA community.

Balancing a small business and being a full-time student, along with having a part-time serving job, has been difficult for Tare. He is also considering attending graduate school.

Tare said this could affect the fate of his business if it gets in the way of his life goals. Despite this, Tare believes expansion is inevitable.

"I think it's just bound to happen," Tare said. "COVID happened and people realized how restrictive it is to have storefronts when there was a global lockdown. I think more and more businesses will transition to a virtual business, but I think some businesses will never truly transition to just a website. Rather, it will be another tool to make more profits."

Tare believes that while there are benefits to virtual restaurants, physical stores are still important. Seeing other people shop in person is something a virtual business can never replicate.



ARTS & ENTERTAINMENT

SEEDS OF HOPE OFFERS AFFORDABLE SHOPPING AND SERVICES TO THE COMMUNITY

By Mina Good Eagle
MYSTIC MEDIA REPORTER

Seeds of Hope offers affordable shopping and services to the community.

Thrift stores have more than one function. On one hand they are businesses that offer repurposed items such as clothes, decor, and furniture. On the other hand, they often exist to help folks down on their luck. Most thrift stores are attached to some kind of charity.

Seeds of Hope is one of these stores and also an affordable option when students are looking for room decor or fashionable clothing. It is one of the largest thrift stores in the Bismarck-Mandan area and has been in business for nearly three decades.

“The store is part of the Abused Adult Resource Center,” store manager Lisa Ternes said. “Back when the agency started, the donations were for the women and children, and they also had safe homes.”

The Abused Adult Resource Center,

which runs the store, offers many services, which include advocating for victims of sexual assault, a family safety center, a womens shelter, transition centers and apartments for single women. Services offered by the organization are all funded by the Seeds of Hope store, and grants.

The store offers an individual customer experience. Ternes said the merchandise is one of those distinctive elements, and many of these items may hold sentimental value for people.

“The items in the store are unique because there is only one of that item. You see it, you gotta buy it—there aren’t ten of them. They are one-of-a-kind,” Ternes said.

Seeds of Hope is located on the corner of Main Avenue and North 6th Street in downtown Bismarck. Information about the store can also be found on Facebook, and on the AARC website.

Seeds of Hope also offers a loyalty program to customers and all profits go to charity.

A&E BRIEFS

NORTH DAKOTA STATE FAIR RELEASES TWO MORE GRANDSTAND ACTS FOR 2023 FAIR

MINOT, N.D. – The North Dakota State Fair has released the names of two more acts to play this year.

Five Finger Death Punch and Whiskey Myers will perform at the 2023 North Dakota State Fair. Whiskey Myers will perform on the stage Thursday, July 27, and Five Finger Death Punch will perform Friday, July 28.

Five Finger Death Punch have amassed 28 hit singles, 14 of which have topped the chart at number one. Whiskey Myers is a country rock band. Whiskey Myers has played more than 3,000 live shows to ever-increasing crowd sizes since their emergence in 2007.

The North Dakota State Fair will run July 21-29, 2023 in Minot, North Dakota. Tickets for the 2023 North Dakota State Fair are currently unavailable, but will go on sale at a later date to be announced.

ADAM BASIL TO APPEAR AT IMAGICON

MINOT, N.D – iMagicon has announced that actor Adam Basil will be a guest for their 2023 event, their ninth such in Minot.

Basil is best known for his roles in Beauty & The Beast (2017), but has also been featured in Venom: Let There Be Carnage (2021) and No Time To Die (2021).

iMagicon is a popular fan-based convention that includes cosplay, special guest speakers, gaming, anime, larping, and much more. iMagicon will be in Minot April 28-30, 2023.

For more information about tickets and events, visit their website, imagiconnnd.com.

CAMPUS CALENDAR

FEBRUARY 12: Lincoln’s Birthday

FEBRUARY 13: BSC Mystics W & M Basketball Vs. United Tribes Technical College BSC Armory – Women’s at 5:30 p.m. Men’s at 7:30 p.m.

FEBRUARY 14: Valentine’s Day

FEBRUARY 14: Create a Heart Pillow Student Union 11 a.m. – 1 p.m.

FEBRUARY 15: Matt’s Buying Coffee Student Union 9 a.m. - 11 a.m.

FEBRUARY 15: Positivity Event Student Union 10 a.m. – 2 p.m.

FEBRUARY 20: Presidents’ Day BSC Closed

FEBRUARY 22: Ash Wednesday

FEBRUARY 22: Washington’s Birthday

FEBRUARY 22: Consent Fries Poutine Student Union 11 a.m. – 1 p.m.

FEBRUARY 22: “The Art Of Writing” Reception By BisMan Writing Guild. Reception from 4 p.m. – 6 p.m. Gannon Gallery | 2nd Floor LEA Hall Exhibit: January 18 – MARCH 7

FEBRUARY 23: Yoga Night Student Union 7 p.m. – 8 p.m.

FEBRUARY 27: Game Day Student Union Game Room 9 a.m. – 3 p.m.

FEBRUARY 27: Leprechaun Scavenger Hunt Student Union

FEBRUARY 28: Leprechaun Scavenger Hunt Student Union

FEBRUARY 28: Career Awareness Fair Student Union 11 a.m. – 1 p.m.

MARCH 1: Leprechaun Scavenger Hunt Student Union

MARCH 2: Leprechaun Scavenger Hunt Student Union

MARCH 3: Leprechaun Scavenger Hunt Student Union

MARCH 7: Mashed Potato Bar Student Union 11 a.m. – 1 p.m.

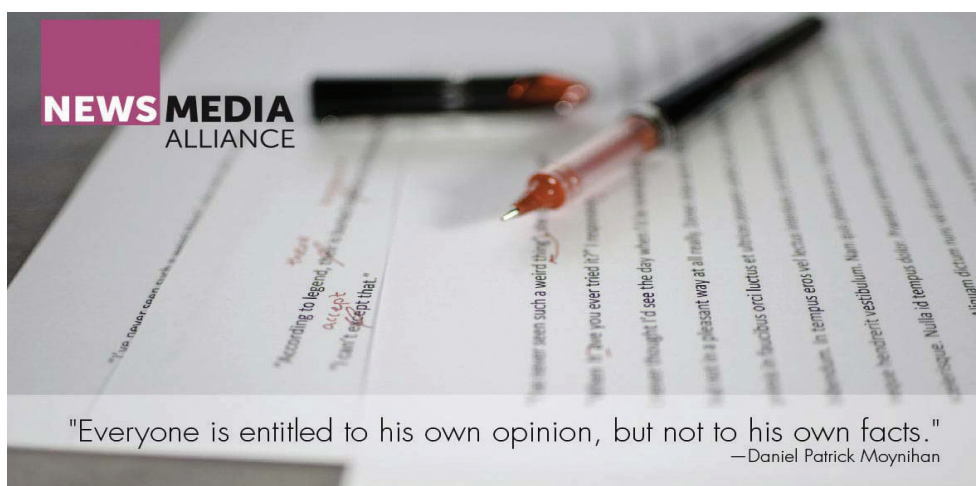
MARCH 8: Clover Cupcakes Student Union 11 a.m. – 1 p.m.

MARCH 8: Spring Job Fair NECE 4 p.m. – 6:30 p.m.

THE MYX ON-AIR SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Pop	R & B	Alternative	Hip Hop	Rock	Blues	Alternative
8:00	Country	Levon	Pop	R&B	Alternative	E.V Podcast	contemporary
9:00	Veronica	Zachary	Seth	MyxTalk 2	Veronica	Emily	Rock
10:00	Hip Hop	Humanities	Tinashe	Zachary	Hip Hop	MyxTalk 1	Hip Hop
11:00	Levon	MyxTalk 1	R & B	Blues	Country	Tinashe	Country
12:00	Humanities	Country	Emily	Humanities	MyxTalk 1	R & B	Humanities
13:00	Alternative	Seth	Blues	Hip Hop	Levon	Veronica	Seth
14:00	Pop	Blues	Alternative	MyxTalk 1	Pop	Humanities	Blues
15:00	Zachary	Veronica	Zachary	alternative	Seth	MyxTalk2	Alternative
16:00	R&B	MyxTalk 2	pop	Tinashe	Emily	Blues	Rock
17:00	Contemporary	Rock	Levon	alternative	Hip Hop	R & B	Tinashe
18:00	Alternative	Emily	Hip Hop	Levon	Blues	Zachary	Alternative
19:00	Hip Hop	contemporary	Alternative	Pop	Hip Hop	Alternative	R&B
20:00	Emily	Country	Country	Seth	MyxTalk 2	Country	contemporary
21:00	Blues	Tinashe	R & B	Blues	contemporary	Alternative	Country
22:00	Pop	Blues	Veronica	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

1



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

BSC FIRST-YEAR COACHES WELCOME NEW SIGNEES

By Mystic Media Staff

Bismarck State College coaches and athletic staff have been busy recruiting and signing new players for the spring season.

Baseball

Head Baseball Coach Jaden Scott announced the signing of two players to play next season for baseball.

Rydell Adair is a catcher from Swift Current, Saskatchewan and graduated from Sunwest Distance Learning Center. Adair averaged .287 with a .731 OPS for the Swift Current 57s and hit .457 for the Calgary Bucks.

Scott also signed right-handed pitcher Ezekiel Dokes from Denver East High School in Denver, Colo.

Track and Field/Cross Country

Track and Field and Cross-Country Head Coach Jamison Dietrich has announced three new athletes for track and field and cross country for the 2023-2024 season.

Samantha Meehl of Oakes, N.D. was fifth in the state in Class B discus last season. She has personal bests of 110-9 in the discus and 35-0.5 in the shot.

Brody Ferderer is a Class A all-state runner and has been all-conference

three times in cross-country. The Bismarck Century High School athlete was 10th in cross-country last season.

Ferderer also will run distance events in track. Ferderer's best times are 10:06 in the 3,200 meters and 16:19 in 5K cross-country.

Ivar Martell, from Bismarck Legacy High School, a two-time Class A all-conference runner in cross-country, posted a 16:13 over 5K and just missed earning all-state honors.

Martell's 4x800 relay team took sixth at State Track. Martell has posted a 4:35 in the 1,600 meters and 2:02 in the 800.

Softball

Women's Head Softball Coach Kurt Grensteiner announced the signing of Sophia Wood from Kelly Walsh High School in Casper, Wyo.

Wood is a right-handed pitcher and shortstop and a two-time all-state selection.

Wood's career batting averaging is .379 with a .509 on-base percentage and .632 slugging percentage. She has 26 stolen bases.

In the field, she has a .961 fielding percentage at shortstop. As a pitcher, she has an .846 winning percentage with 132 strikeouts and a 3.36 earned run average.



Jaden Scott
First-year Head Baseball Coach



Jamison Dietrich
First-year Head Cross Country and
Head Track & Field Coach



Kurt Grensteiner
First-year Head Softball Coach



BSC Sophomore guard Ashton Kinnebrew attempts a freethrow in the second half of a game against North Dakota State College of Science on Jan. 23, 2023. The attempt came during a late second half comeback that ultimately fell short as the Mystics lost 88-87.
(Credit: Zachary Weiland)

- 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.



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BACK ON TRACK

MYSTICS
RUN
JUMP
VAULT
THROW
HURDLE
RELAY
WIN

Photos Credit: Amber Kaiser



CHARLES HUMANN



JACK WILSON



AANDERS WELTZ



COLE ROHRBACH



BREENA SAND

MADISON BEBEE

Bismarck State College Track practices running and hurdles inside the Career and Technical Education Building

INTEREST INQUEST

LEARNING THE LEGISLATURE

By Zachary Weiland
MYSTICIAN EDITOR-IN-CHIEF

Growing up and becoming an adult always brings new challenges and learning experiences. For millions of college students around the world, internships are daunting but necessary.

This semester, I am challenging myself by doing an internship during the school term.

I'm currently doing a reporting internship at the North Dakota Capitol building. Those that live in this state know that our state legislature meets every other year; they meet in the spring following a November general election.

The current session will last until the end of April, or until they have met for 86 "legislative days" (which is basically just government talk for work days).

Covering our state government is incredibly new for me. Last summer,

I did a reporting internship at The Bismarck Tribune where I covered just about everything besides politics. State government is a totally different beast than anything I've written about before, here, or at the Tribune

For one, my mere presence in that building drops the average age of the place by at least 25 years. We have so many older legislators, and I've had to learn how to relate to them more.

It's one thing interviewing and socializing with people my age, it's another thing talking with people my senior. There is such a difference in interests and styles of humor.

It feels a lot like trying to talk to my relatives during holidays.

Secondly, it feels a lot like being back in middle school again.

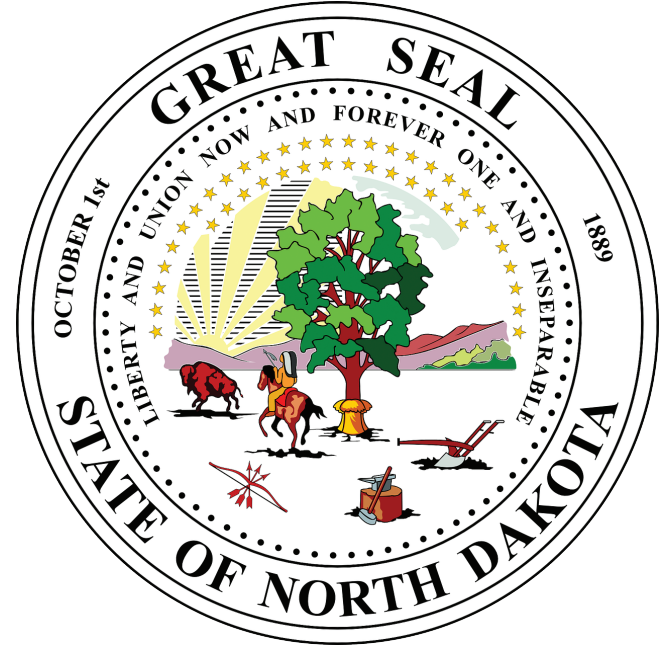
The legislature operates on such a strict schedule when it comes to when each committee meets and where,

or when the floor is in session.

It can make it hard to find people to talk to, or catch people in a time when they aren't very busy. And it doesn't help that I'm busy all the time, too.

Overall, I've really been enjoying the internship. It's been a great way to measure how much interest I actually have in an area of journalism I've always been interested in.

And, most importantly, it has allowed me to grow into a more rounded reporter.



MEALS FOR ONE

TAKE OUT MADE IN

By Kaia Lehman
MYSTIC MEDIA GRAPHIC DESIGNER

HOW TO: ORANGE CHICKEN

Ingredients

- 1. Chicken
 - 2. 2 Boneless, Skinless Chicken Thighs
 - 2. 2 Egg white
 - 3. 1 Tbsp Cornstarch
- Sauce
 - 1. 1/4 cup Orange Juice
 - 2. 1/2 Tbsp Soy Sauce
 - 3. 1/2 Tbsp Brown Sugar
 - 4. 1/2 Tbsp Rice Wine Vinegar
 - 5. Dash of Sesame Oil
 - 6. Salt to taste
 - 7. A little Garlic and Ginger
 - 8. 1/2 Tsp Cornstarch
 - 9. Oil for Frying

Recipe

1. **Chicken:** Whisk together Cornstarch and Egg Whites with a fork until almost frothy (about 1 min) Add cut up Chicken to Mixture and let sit for 5 min:
2. **Heat** about 2 inches of oil in a deep set pan until a deep fry thermometer reads 350°. Carefully drop chicken pieces 1 by 1 into the oil, gently flipping, until golden (about 3-4 min) Let rest for 2 to 3 minutes then fry again for 1 minute to solidify the coating.
3. **Sauce:** Put Orange Juice, Soy Sauce, Sugar, Vinegar, Sesame oil, Salt, Crushed Red Pepper, Garlic, and Ginger in a small nonstick skillet and whisk. heat until bubbling and starts to thicken (about 5 min)
4. **Whisk** together Cornstarch and 2 Tbsp water and add 1 - 2 Tbsp of the cornstarch mixture to the sauce. Mix and Thicken for about 1 min
5. **Toss** the Chicken in the Sauce to serve.

Check out our tutorial on **MystiCast!**

recipe courtesy of the food network

In the life of a college student, take out is oftentimes its own food group. However, take out can get to be unhealthy and expensive quickly.

Learning how to cook for oneself is a life skill. While it may not be essential to life in the modern era, for people on a strict budget, a.k.a. college students, it may be helpful to learn how to cook to satisfy those cravings for a much cheaper price.

There are many places to shop for the required items, the most notable being Walmart and Target. But don't discount grocery stores such as Natural Grocers, Dans Supermarket, Cash Wise Foods and the like. Oftentimes, grocery stores have better deals or locally sourced products over large chain stores. Just be sure to check out and compare prices to get the best deal.

In total to make this meal, it cost \$3.82 per serving. Which is about a third of the cost if one went to Panda Express instead. Plus, it takes the same amount of time to make the food as it takes to get the food.

Panda Express recently came to Bismarck, and the lines have been flooding as one could expect. While Panda Express may be on the cheaper side, it's still about \$8 for a single serving. Oddly enough, making orange chicken is not that difficult. Anyone can make this dish if they have a sauce pan and a way to fry chicken.

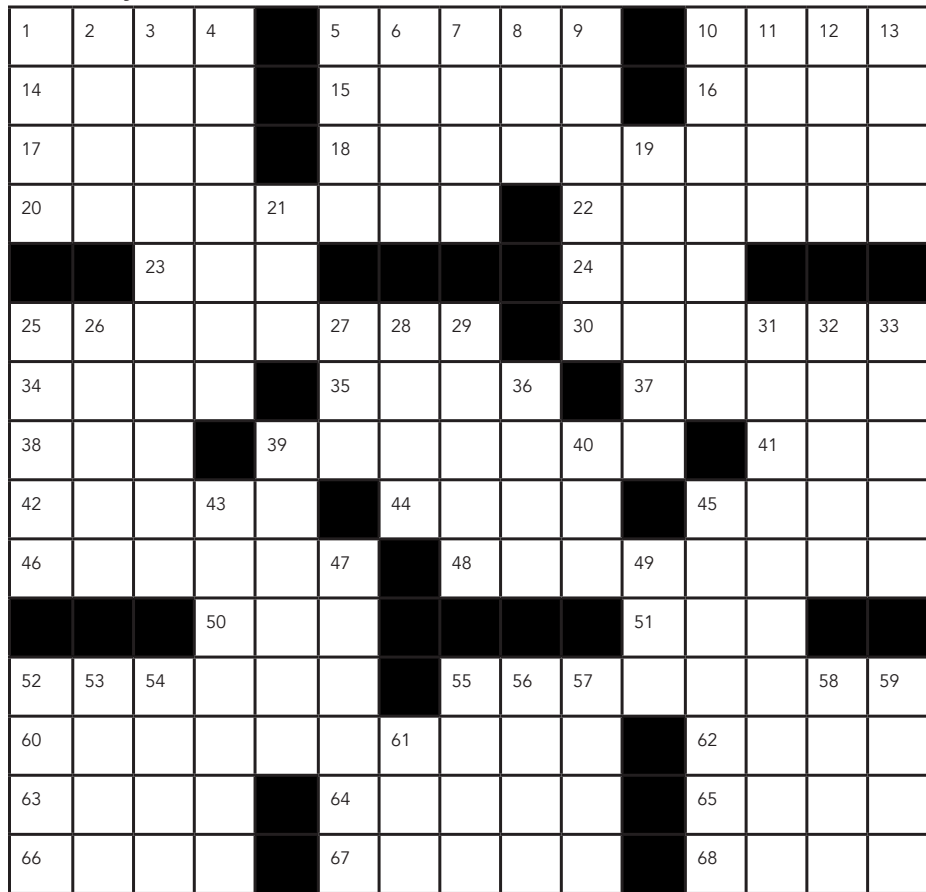
In 30 minutes, Panda Express chicken will be made for a fourth of the cost. One can either make all of the chicken and use the rest as leftovers, or freeze the chicken and make it again another day. Learning to cook can be a challenge, but in the long run, it all pays off.

Read next month's edition: Chick-fil-A chicken sandwich at home.

COMEDY CORNER

February 2023—Themeless

Michael Tomanek

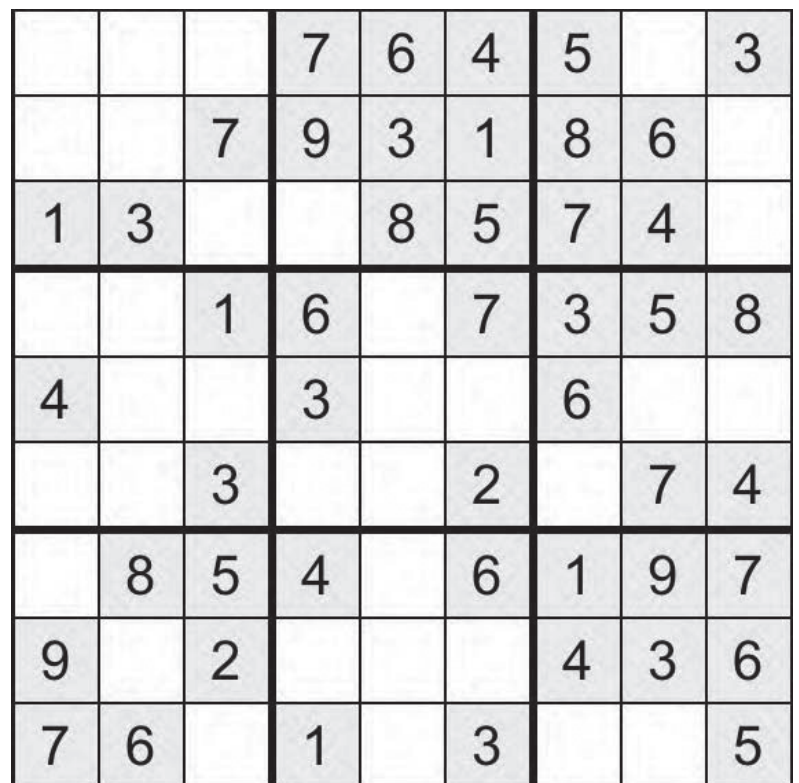
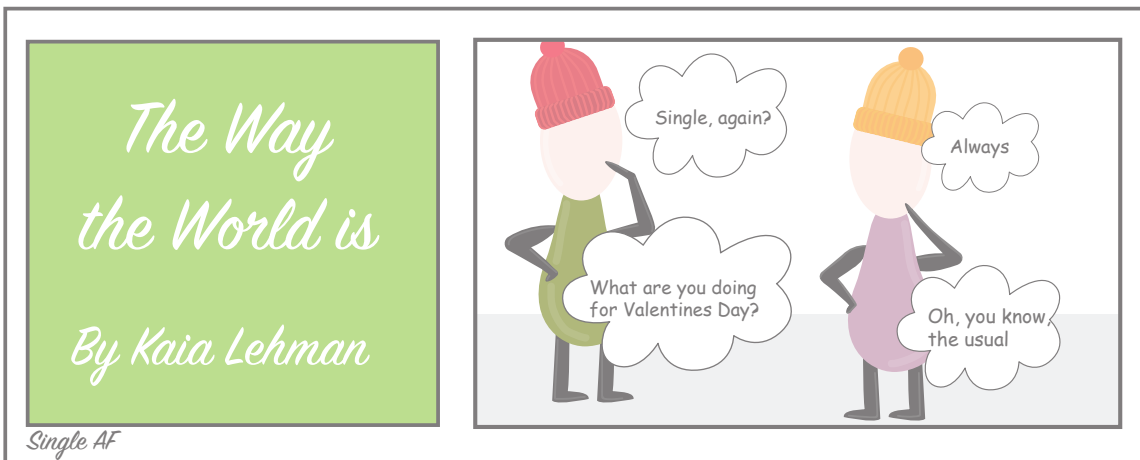


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| VALENTINE
ROSES
RED
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CHOCOLATE | HEARTS
ICE CREAM
CRYING
RINGS
GIFTS | PASSION
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SWEET
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If you're single this Valentine's day, think about it as Discounted Chocolate Day Eve and celebrate accordingly.



EVERY STUDENT'S VOICE

Describe your favorite or least favorite advertisement.

Taylor Aasen

I really dislike Corona ads because they remind me of how I live in a frozen tundra. Instead, I could be sipping a Corona on a beach somewhere much nicer than here.

Jamila Williams

My favorite advertisement is the Lebron James Nike Commercial from 2006 where Lebron presents several alter egos in the promotion of the brand. I believe the commercial itself was entirely humorous and creative in its execution. The song choice as well as the different versions of Lebron is what makes me believe that it is one of the best commercials to have been aired.

Seth Iverson

I can not think of a greater example of a commercial I despise more than Mountain Dew's Puppy Monkey Baby. The concept at the beginning is sound: "what if we took three things that people find cute like puppies, monkeys and babies and combined them, making the cutest creature to exist?" But the idea failed spectacularly. Instead of creating the cutest mascot ever for a soda combining "juice, dew and caffeine," they created an annoying abomination that I sometimes see in my nightmares. I would never wish that thing on my worst enemy.

Zachary Weiland

I'd have to say the "You Rule" Burger King ads that have been plaguing my television screen as of late. Just like a political ad during election season, it seems like one is played once out of every three commercials. Not to mention, they have a whole discography of jingles for these ads which only adds to the terror. The only good that has come out of that ad campaign are the funny copy-pastas and memes that I see from time to time on Twitter.

Mina

Good Eagle

The Orbit gum commercials were my favorite because they replaced all the bad words with ridiculous nonsense words! My least favorite was the one where they use the song "Arms of the Angels" that one always made me cry!

Caleb Herr

The recent Burger King "You Rule" advertisements have only become more annoying over time. The company made more than five different commercials and jingles for this campaign. The obnoxious lyrics of the different food items and toppings gets stuck in my head, and it does not help that the ads are on almost every commercial break during the NFL Playoffs.

Kaia Lehman

I remember watching Nickelodeon on TV all the time as a kid and the Zoopals commercial was always on. The song still sets my teeth on edge.

STUDENT GOVERNMENT ASSOCIATION FEBRUARY NEWSLETTER

Aquatic & Wellness Center

Did you know that as part of tuition, all BSC students have a free membership to the Aquatic Center for that academic year? The Aquatic Center hosts several events throughout the month, free to students. These events can be found by scanning the QR code and clicking *Group Fitness Classes*, or found on the whiteboard downstairs in the Student Union by the Esports gaming room.



Tutoring Center Prize

Do you know where the Sykes Student Success Center is? If you are not sure you'll be happy to learn that it's close to Schafer Hall! You can stop by the Success Center to receive help from a tutor on a wide range of academic courses. Also, for every time you attend a tutoring session, you'll be entered in a drawing for a grand prize of a TV or a second-place prize of a \$150 Amazon gift card.



Residence Hall KeyCards

It has come to the attention of SGA that students who live on-campus would prefer to use their student IDs to access their residence hall rather than normal keys. We recognize this issue and have sent a resolution to Student and Residence Life for further investigation. We will keep the student body updated with new information as it is received.

SGA & Social Media

SGA is on Facebook and Instagram! Senators post weekly on both school and senate events. Facebook posts occur on Tuesdays and Instagram posts on Fridays. Follow us at Bismarck State College SGA (Facebook) and bsc.studentgov (Intstagram).

Marketplace Highchairs

In order to support students with young children or visiting families, SGA has voted to purchase booster seats and high chairs for the Mystic Marketplace. Keep an eye out for their arrival.

Upcoming Events

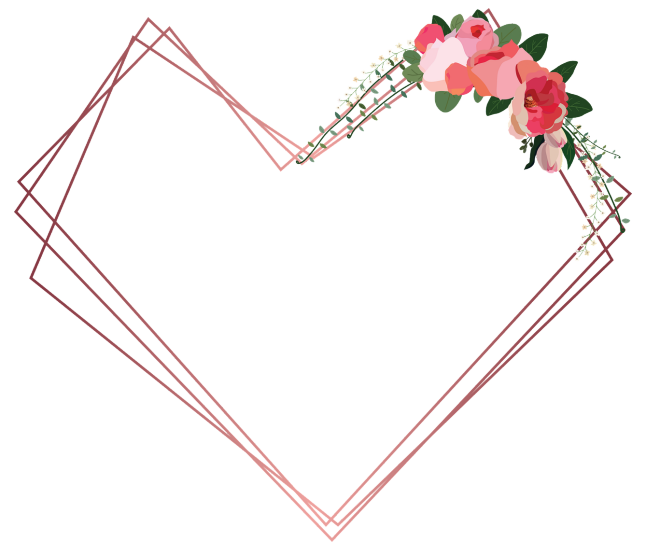
More details at <https://bismarckstate.edu/events>

- Feb 1- Mac & Cheese Bowl
- Feb 5- BookTalk at Library
- Feb 6- Cocoa & Canvas
- Feb 7- Chili & Cinnamon Rolls
- Feb 14- Create a Heart Pillow
- Feb 15- Positivity Event
- Feb 22- Consent Fries
- Feb 22- "The Art of Writing"
- Feb 27- Game Day
- Feb 27-Mar 3- Leprechaun Scavenger Hunt
- Basketball Games - Feb. 2, 9, 13



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The **MYX** app
today to stream all
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weekly polls



Sweetheart Serenades

On Valentine's Day
Tuesday, February 14

\$30 includes a rose and a song

Choose from "Can't Take My Eyes Off You"
or "The Longest Time"

Contact Dawn Hagerott by February 12 to
schedule your serenade at 701-224-5768 or
dawn.hagerott@bismarckstate.edu.

BSC Campus & Bismarck/Mandan Community: 9 a.m. – 6 p.m.

**Bookings fill up fast, call TODAY!
All proceeds go towards student scholarships.*

