

THE MYSTICIAN



ACTIVE
BISMARCK P6

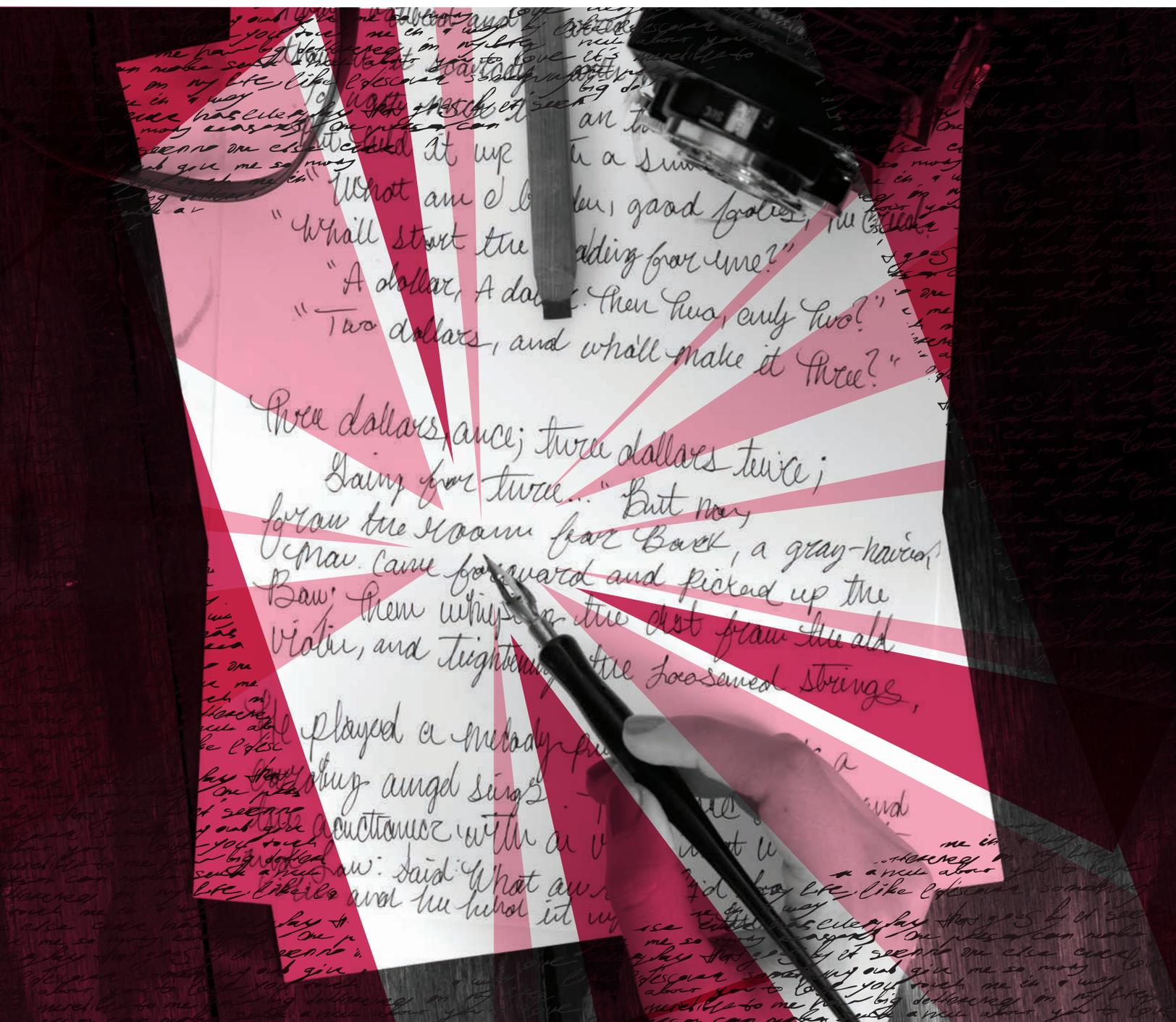
NEW
VOICE P7

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MAY 2017

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BISMARCK STATE COLLEGE



EDITORS' NOTE

BISMARCK STATE COLLEGE VOLUME 78, ISSUE 7
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In the midst of it all the year seemed to be a drag, but now that it's the end it seemed like it flew by. Another chapter has closed and now we can look forward to a new unread chapter to explore. Even if your unexplored chapter is going to be a time of reflecting, whether you take a year off or just not give a damn about making any plans for the summer, own your decision and make it a worthwhile. Whether it be beneficial to you in a career way, an emotional way or just a character way, it's your chapter and don't let anyone try to rewrite it. Only allow them to read it through your actions.

We at The Mystician are feeling bittersweet. Bitter about the year and peer interaction coming to an end, but feeling sweet about the next chapter in all our lives. We wish all our peers; young, old, street smart, book smart, both smart, transfer or dropout to have a prospering and adventurous next chapter. Remember, if the chapter doesn't turn out the way you hoped there is always time to rewrite the path you are on.

 The Mystician

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COVER PHOTO// Danielle Molinaro



DRIVE

- Bismarck Larks 04
- Active Bismarck 06



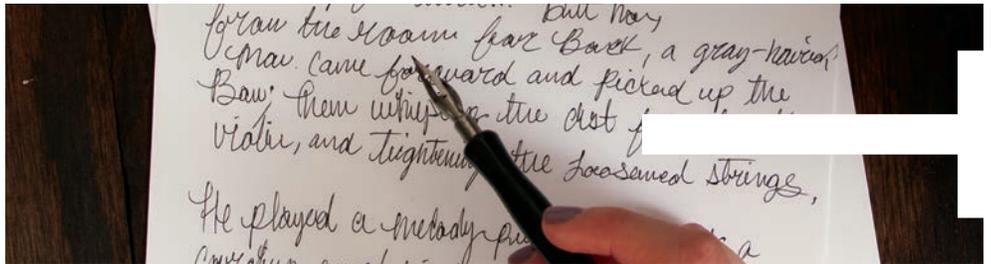
SCOOP

- New Voice 07
- Distracted Driving 08
- News Briefs 09
- Skin Safety 10



FEATURES

- Psych Club 11
- Malone's Rhythm 12
- Summer Agenda 14



HAPPENINGS

- Booze or Bust 16
- Library Farewell 17
- Master Sword 18
- Movie Troll 19
- #LetsGetMystical 20



POV

- Staff Editorial 21
- Leagal Addictions 22
- Struggle to the Summer Bod 23
- Ventures of Adults 23



BISMARCK LARKS

//ZACK GRAVES

BISMARCK, ND – The early months of 2017 have been exhilarating for the Bismarck sports world. March 4 kicked off the season for the Bismarck Bucks, a new professional indoor football team that has created a spark for sports fans in the community.

The excitement doesn't stop there. There's a new team in town: Introducing the Bismarck Larks of the Northwoods League (NWL). The NWL is a collegiate summer baseball league comprised of teams made up of the top college players from North America and beyond.

All players in the league must have NCAA eligibility in order to participate. Players are not paid, as their NCAA eligibility would be terminated immediately for receiving any form of payment from the league or coaches.

Despite joining the NWL as an expansion team, the Larks expect to compete right off the bat.

A couple players who will help make that happen are local products, Spencer Gillund and Trever Leingang.

They both currently play baseball for

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BSC

BISMARCK STATE COLLEGE **Mystics** **BISMARCK STATE COLLEGE ALUMNI ASSOCIATION**

Bismarck State College, where Gillund is working toward a degree in business management and Leingang is pursuing electrical engineering.

Growing up in Enderlin, ND, Spencer Gillund was first introduced to baseball at a young age by his dad.

"Ever since I can remember, I've had a bat in my hands," Gillund said.

He started out playing youth Tee-Ball for his hometown. Tee-Ball was the

beginning of a promising relationship between Gillund and baseball.

The baseball gene runs in the family as his father made a name for himself as a prominent baseball figure in Enderlin.

"It was always my goal to have people come up to my dad and say 'Oh you're Spencer's dad', instead of 'Oh you're Rick's son'," Gillund said. "That's what always pushed me to get better."

It is only fitting that Gillund wants to follow in his father's footsteps, attempting to make a name for himself.

His parents have had an enormous influence on his love for the game, keeping him level-headed and always reminding him of what's most important.

"My parents always pushed me to be the best but still wanted me to have fun,"

Gillund said. "If it wasn't for my family, I wouldn't be where I am today."

Gillund has big plans as he is motivated to prolong his baseball career as long as he can; hopefully getting a chance to play professionally someday.

"To play the game you love for a career is something not a lot of people can say, and that pushes me," Gillund said. "I want to take it as far as God will let me."

Trever Leingang's baseball career has been a journey. Similar to Gillund, Leingang was also introduced to the baseball world at a young age when his parents gave him his first bat and glove.

He played Tee-Ball for his hometown team, the Mandan Chiefs, where he clinged to the positions of pitcher and catcher. Eventually moving onto high school, Leingang kept his talents local and continued to play baseball for the Mandan Braves.

As a senior, Leingang and the Braves capped off a stellar season with victories in the Class A Region Tournament as well as the Class A State Championship. The dream season did not stop there as Leingang was also named the Powerade Athlete of the Year.

Baseball was not the only event that Leingang dominated. He was a three sport athlete in high school, excelling in football, hockey and baseball. He took pride in his work ethic, a characteristic influenced by his father.

"My dad pushed me the most to perform the best that I could no matter what I was doing," Leingang said, "He always told me hard work will take you a long way."

After an astounding high school campaign, Leingang accepted a scholarship to play for St. Cloud State University (SCSU) in Minnesota. Eventually realizing that SCSU was not the right fit, he decided to keep his talents local and found himself at Bismarck State College.

Similar to his teammate Gillund, Leingang has dreams of playing professional baseball.

"My long term goal is to play professional baseball," Leingang said. "With hard work and determination, anything is possible."

The Bismarck community is excited to have two local players representing BSC and their nearby hometowns while playing for the Larks this summer. "It is much deserved as these two have

put a ton of time and effort into this game," Corby McGlauffin, head coach for the BSC baseball team said. "It will make it fun to go out to the ballpark this summer to see these two play."

Opening day for the Larks is set for Tuesday, May 30. They will face the Wisconsin Eau Claire Express at 7:05 p.m. at Municipal Ballpark, located at 303 W Front Avenue. Find more information including ticket packages at bismarckbaseballisback.com.

Come out and support Trever, Spencer and your Bismarck Larks at BSC Larks night. They will be facing the Thunder Bay Border Cats Friday, June 2 at Municipal Ballpark. Gates open at 6:30 p.m. and first pitch is at 7:35 p.m. BSC students, employees and alumni will receive reduced admission.

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



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THE ACTIVE CITY OF BISMARCK

//TOM DELOZIER

PHOTO//TOM DELOZIER

It can seem like there is nothing to do in the Bismarck / Mandan area. If one would look around, they could find many things to do.

Bismarck has many gyms: Gold's Gym, Anytime Fitness and YMCA, amongst others. Anyone looking for an athletic challenge can consider Bismarck Crossfit Gym or [Solid Core]. For more variety, the Bismarck State College Aquatic and Wellness Center has olympic-sized indoor swimming pools.

For outdoor exercise there are 54 miles of paved trails for walking, running and cycling.

When winter sets in, there are indoor walking paths at the YMCA as well as at the BSC Aquatic and Wellness Center. There is an indoor driving range, soccer field and batting cages at the Four Seasons Arena, otherwise known as the golf dome.

In the summer, baseball and softball are go-to sports and the Mcquades Softball Tournament hosts over 400 softball teams.

Few people know the MDU Community Bowl is open in the summer for walking the track inside. Behind Shiloh Christian School is the Scheel's Sports Complex which has many baseball fields. During the summer evenings, the complex is alive with many baseball games.

Now there's the Bismarck Larks baseball team who will play in the Municipal Stadium. There is also indoor fooball with the Bismarck Bucks semi-pro football team.

Bismarck has many activities to offer throughout the course of the year. If more people took the time to look around, they might be surprised at what there is to offer.

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

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ND LAW INSPIRES MOVEMENT

//KATIE WINBAUER

Two years have passed since the New Voices legislation was signed into law in North Dakota. Since then, it has sparked national attention and been the framework for legislation in over 20 other states.

"You don't expect people from the rest of the country to pay attention to what you're doing and say, 'hey that's a good idea -- let's try that ourselves,'" Steve Listopad, founder of New Voices USA, said.

New Voices legislation restores and protects first amendment rights of student journalists at public high schools and universities. A focus of the movement is restoring the "Tinker Standard," which references the United States Supreme Court Ruling, *Tinker vs. Des Moines* from 1969 wherein students wore black armbands to school in protest of the Vietnam War. The Court ruled in favor of the students, claiming "students don't shed their constitutional rights at the schoolhouse gate."

The original New Voices bill was written in 2013 by students attending the University of Jamestown, in Jamestown, North Dakota. The bill was introduced and passed during North Dakota's 2015 Legislative Session.

Students, teachers, professors, media advisers, media professionals, legislators, attorneys, school administrators, parents, school boards

and educational organizations, and first amendment advocates are all people who are involved in the New Voices movement.

During North Dakota's 2017 Legislative Session, Listopad and other advocates introduced amendments to their bill. The Senate unanimously noted in favor of amendments that added retaliation protection for educators and advisers, along with clarification of legal liability.

Another amendment was the inclusion of private universities. This sparked strong opposition and was not passed into law.

"I was anticipating what happened," Listopad said. "I knew it was a long shot."

States have attempted to get legislation similar to New Voices for the past couple decades, but this is the first coordinated effort for states to develop.

"Every state has its own unique path to success, but the real magic is that we are all trying to do it together," Listopad said.

Since North Dakota created a basic template, other states can follow it and tweek portions to better suit their state statutes.

Listopad said one of the reasons people were inspired to start campaigns in their own states was because the 2015 New

Voices bill passed unanimously in the "reddest of red states."

"That's when people said, 'Okay, how did you do that?'" Listopad said.

At this time, there are no plans to further amend the New Voices legislation in North Dakota. Listopad said what is important now is following up. He said it is important that journalism educators are focused on maintaining the integrity of the law and journalism education in North Dakota.

"Now it's time to maintain what we have and perfect the education on top of the law," he said.

Listopad is moving to Arkansas to teach journalism and media at Henderson State University. He will be advising the newspaper and yearbook. While Arkansas already has New Voices laws, he will be closer to other states that do not have laws at the moment.

"We need to keep passing New Voices laws in our states," Listopad said. "We are closing in on our first watershed movement."

For more information on the New Voices movement, visit www.newvoicesus.com.

(Katie Winbauer is a student at Valley City State University. Reach her at katiwinbauer@gmail.com.)



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www.bismarckstate.edu/alumni/congrats

MEDIA DISTRACTIONS

//CONNOR GRAVES

“One... two... three... four... five.” Five seconds. This is the minimal amount of time that your attention is taken away from the road from technology based distraction, according to www.wgcu.com.

The first lesson in driver's education is having “both hands on the wheel” prohibits the availability of limbs to using a cell phone while driving. Before any media technology was assembled in last decade, decisions on purchasing a car was fairly simple. These simple decisions came down to gas mileage and color. Instead, with today's technology, people are now making vehicle decisions on which car has the most luxurious, “hi-tech” gadgets.

According to www.automotive.com, in 2011, North Dakota instilled a law against texting and driving. In 2013, over 32,000 people have been killed in technology-related distractions while driving. Using car technology while driving has become popular, yet dangerous and life-threatening.

Distracted driving is defined as “driving while doing another activity that takes your attention away from driving.”

There are three types of distractions: visual, cognitive, and manual, which all have an impact on our ability to focus on the road. Various studies done by the CDC and the National Highway Traffic Safety Administration state that using any technology while driving is a particularly hazardous act, because it requires a combination of all three of these distractions at once.

It is also stated that cell-phone or any other technology usage while driving impacts a driver's reaction as much as having a blood alcohol content level of 0.08 percent. This may not be much, however, using mediated

devices while driving still puts people at a high risk of getting into a car accident.

“I don't seem to have the urge to look at my smart-phone, but now that I think about it, I tend to change the radio station constantly,” Mike Thornson, track coach at University of Mary said.

Although some people are able to fight the urge to use their cell phones while driving, mediated technology is still a problem and is only becoming more popular in today's society. The technology used in vehicles today can improve driving experiences, but it is said that it makes roads more dangerous according to www.wired.com.

“My car has the voice system in the car where you can talk on the phone without using your hands,” Myron Schultz, professor at University of Mary said. “I thought it was a lot safer than actually holding your phone to your ear, until I couldn't remember the color of the last light I went through.”

While technology is moving to more hands-free systems that allow people to communicate through their smartphones, studies are showing that hands-free technology are still featuring as a distraction.

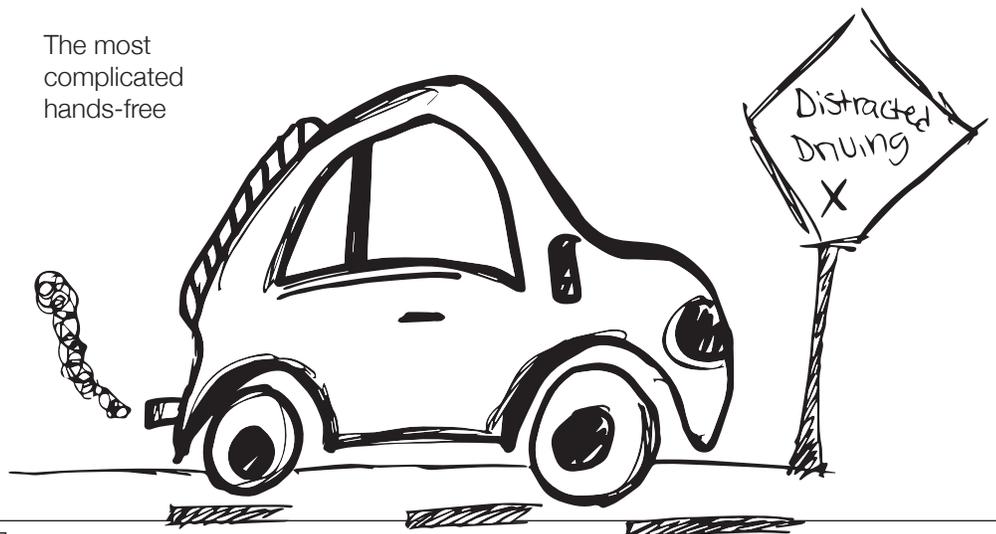
The most complicated hands-free

technology can take motorist minds off the road for as long as 27 seconds, according to www.newyorktimes.com.

The use of mediated technology while driving has become a prominent issue in today's media world. People have a very hard time resisting their phones, even if the dangers of driving and using your cell phone or any other technology outweigh the apparent pleasures we get from receiving a text message. Because the harsh statistics, many efforts are being made to combat this “national epidemic.”

Law enforcement officers have become more strict, yet some believe it is not enough. There has been an increase in the amount of public campaigns and education about the dangers of distracted driving. With all of these efforts, there is hope in reducing the amount of fatalities due to mediated technology use.

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



NEWS BRIEFS

HERBALIFE

A new Herbalife club is opening on May 15, in Bismarck. Booming Nutrition will offer meal replacement shakes, as well as nutritious, protein filled snack options. The club is located at 625 S. Washington St. and is open daily. Weekdays the club is open from 7 a.m. to 7 p.m. Saturday they are open 9 a.m. to 4 p.m. and Sunday from 11 a.m. to 4 p.m.

COMIC CON

The Veteran's Memorial Public Library in Bismarck will welcome their first Comic Con on May 6. Attendees may dress as characters from their favorite comic book or fandom in this event that includes trivia contests, photobooth and explore themed rooms.

SHAKESPEARE

Capitol Shakespeare is holding auditions for their summer show "As You Like It" on May 25 and 26 at 6 p.m. in the Sidney J. Lee Auditorium. Actors should have one minute long Shakespearean monologue prepared. There will also be scripts to read from at the audition. Actors must be a graduated senior or 18 years and older to audition.

GRADUATION

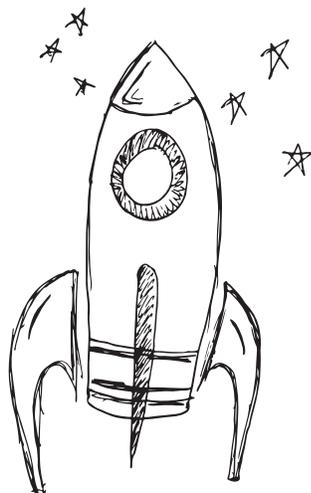
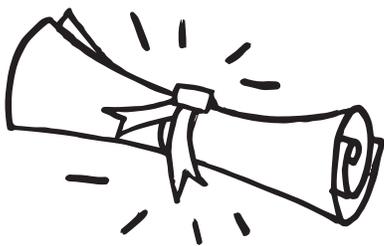
Bismarck State College's 77th Commencement Ceremony is on Friday, May 12, 2017 at 2:00 p.m. at the Bismarck Event Center. For further information contact Sue Lippert at Sue.Lippert@bismarckstate.edu or call her at (701) 224-5428.

AEROSPACE

BSC freshman and first-generation Native American college student, Chantel Andrade has been accepted into the NASA Community College Aerospace Scholars project. Andrade was chosen from 348 community college students from across the United States.

SUMMER SCHOOL

Summer school will begin June 5. Enrollment has already begun for BSC students.



SIXTEEN03

Sixteen03 Main Events will hold their 3 annual 1940s USO Night on May 20. Tickets for this event will be donated to various charities in recognition of Armed Forces Day. Tickets are limited and available only in advance. Find them at Vintage Closet, Hodge Podge, Classic Rock Coffee and Exposure Boutique.

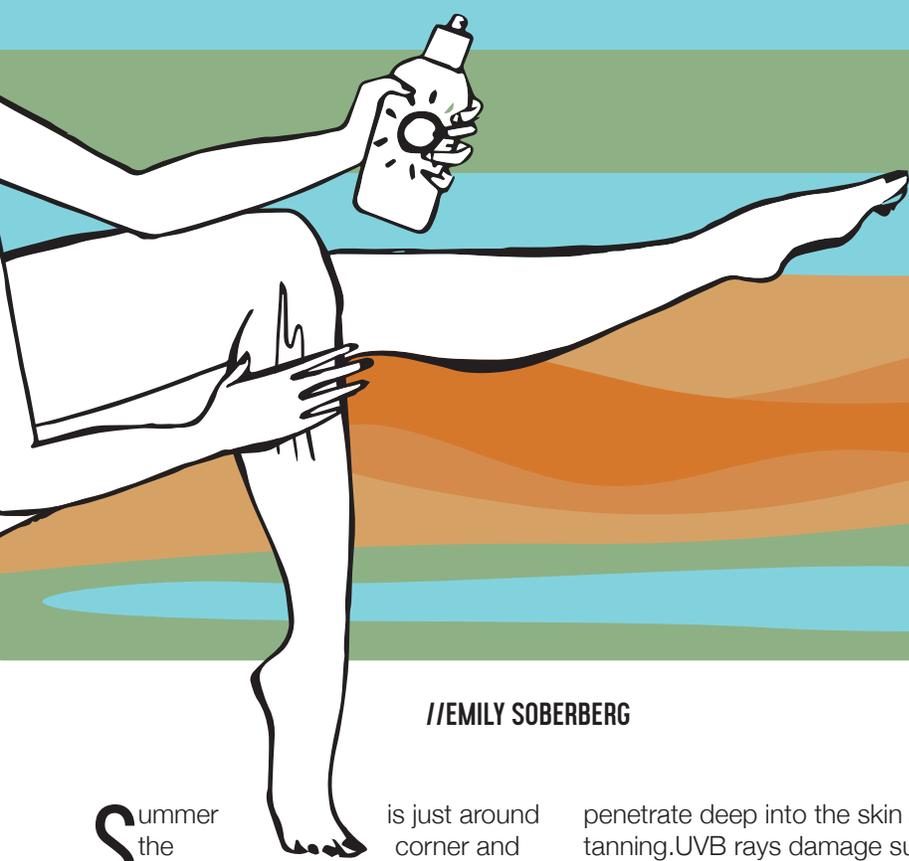
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SUMMER SKIN SAFETY



//EMILY SOBERBERG

ILLUSTRATION//DANIELLE MOLINARO

Summer is just around the corner and everyone is wanting to get their tan on. But has anyone ever wondered what the best way to get a tan is? Are tanning beds better or healthier than the sun? Is the sun better than tanning beds?

In regards to what method of tanning is healthier, the answer is neither. That dark glow from prolonged sun exposure that everyone seems to love is actually an indication of skin damage from the ultraviolet rays. When UV rays damage our skin, the pigment called melanin causes our skin to turn a darker color.

While some exposure to the sunlight is healthy and necessary, too much of a good thing can turn bad quickly. Despite the fact that sunlight is natural, excessive exposure to the sun and it's UV rays can still be damaging to a person's skin.

Over 30 million people visit tanning salons each year. Many people who frequently tan are big advocates for tanning beds, claiming that the artificial light is healthier than outdoor tanning and an excellent source of vitamin D. No matter whether the tanning takes place indoor or outdoor, both cause damage to a person's skin.

There are three types of UV rays; UVA, UVB, and UVC rays. UVA rays

penetrate deep into the skin and cause tanning. UVB rays damage superficial skin cell layers, causing sunburn. UVC rays are considered harmless because they are absorbed by the ozone layer and do not reach the earth. Approximately 95% of the earth's UV solar radiation is UVA rays, and around 5% are UVB rays.

According to Harvard Health Publications, the UVA radiation from tanning beds is approximately three times more intense than the UVA radiation from the sun. For many years, scientists have believed that UVB rays were more dangerous because of how sunburn is linked to melanoma. Ever since the late 1980's UVA rays have also been seen as dangerous because they also increase skin cancer risks and are the main cause of photoaging.

In 2007, the International Agency for Research on Cancer analyzed 19 studies on indoor tanning and the risk for melanoma. It deduced that people who begin tanning by use of tanning beds before the age of 35 have a 75% greater risk of developing melanoma.

There are a few negative side effects that can come from frequent tanning. There is an increased risk of skin cancers, either melanoma or non-melanoma skin cancers. Premature skin aging such as leather-like skin, wrinkles, and sun spots can also occur from tanning.

In order to help prevent skin cancers and skin aging, it is important to try to avoid the sun's rays when they are the strongest (from 10 a.m. until 4 p.m.), use sunscreen, and possibly wear protective layers of clothing to help cover the skin. Many people think that tan skin is "healthy skin", when in reality healthy skin is a color that is close to the amount of melanin you naturally have.

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



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PSYCHOLOGY CLUB: PAYING IT FORWARD

//HUNTER ANDES

The Psychology and Addiction Studies Club (PASC) at Bismarck State College is Minot State University students who are earning their degree on BSC campus. The club has been doing a variety of community service projects around the area, and recently traveled to Concordia College in Moorhead, M.N. for the Red River Psychology Conference.

“Our community involvement has been one of the many highlights of the club,” Dylan Horner, MSU psychology student and PASC president said.

“In November club members volunteered to gather garbage at Papa’s Pumpkin Patch for the second year in a row,” Horner said. “We have volunteered to ring bells for the Salvation Army during the past two holiday seasons, and have also participated in several community walks, which help raise awareness for hunger-related issues, addiction recovery, and suicide prevention, respectively.”

Horner who is also a BSC alumnus said the club’s commitment to giving

back is very important. As majors in psychology and addiction studies, they understand the importance of positivity and opportunity, and try to encourage positive outcomes wherever they can.

One way they do this is by making donations to places like Burleigh County Social Services – an organization within our community that’s provides foster care services. Their donations include games and activities for children and family members to use during visitations.

“We will also be making a donation to the family of Kieran Veitz,” Horner said. “Kieran is a young girl who was born with a number of health-related issues, including her heart being outside of her chest. We plan to donate an outdoor activity for her and her family to enjoy.”

Whitney Clapp, PASC member, is an Addiction Counseling major at MSU and BSC alumnus. She emphasized the joy of giving back to the community with the funds they raise through the club.

“We found that we really enjoy giving back to the community with

//PHOTOS SUBMITTED

the funds we raised,” Clapp said. “We loved donating family games to family services in the beginning of the semester, so we wanted to keep giving back whatever we could.”

Horner said members of PASC traveled to Moorhead, Minnesota, to attend the Red River Psychology Conference at Concordia College. This trip allows members to meet students and professors as well as learn more about current research projects in the surrounding areas and to support our donations and community projects.

“We have worked hard to fundraise during both semesters,” Horner said. “The money from these fundraisers also helps support the opportunities for club members.”

As the semester comes to an end, PASC is planning one final event to give back to the community.

“In celebration of Arbor Day, the club will be purchasing a few trees to be planted in Zonta Park in Bismarck,” Horner said. “This will be a great event for members to come together and make a lasting contribution to the Bismarck community.”

Clapp said PASC’s goal is to get together, network and talk about what interests them as Psychology and Addiction Counseling majors.

“The tree planting is another way for us to contribute to our community, memorialize our club and the good times we have had,” Clapp said. “We all have a love for Psychology and for Bismarck.”



L:R Dylan Horner, Torina McConnachie and adviser Dr. Paul Markel. Top of Page L:R Tyler McKay, Kayla Bryant, Brett Williamson, Whitney Clapp, Dylan Horner and Tori McConnachie.

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

MALONE'S RHYTHM

*Very... something out of you
be... you to love you such
it's... to me how big difference in my life*

//ALICIA BILLOCK

Carmenetta Malone is a single mother of six and a senior online student at Bismarck State College. She has achieved her associates degree in Power Plant Technologies and is in the process of attaining a bachelor's in Energy Management. She also has a bachelor's degree in Mass Communications from the University of Wisconsin, in Milwaukee.

As an online student living so far away from campus,

Malone finds the experience both challenging and rewarding.

"When I first started with the power plant technology, some of the applications they had as far as starting the boilers and things like that, it was a little bit hard for me to

catch on to that at first. I eventually got the hang of it," she said. "I do really like the online classes."

Although Malone is strictly an online student, she is still able to branch out and meet new people.

"Even though it's online, I am still meeting people from everywhere. Sometimes I have the same students in multiple classes," she said. "A few of them have even kept in contact

"Malone surrounded by her lovely children and grandchild."



love



//PHOTO SUBMITTED

in case we are ever in each others areas or have any information about a job or career leads."

Flexibility of the online classes is key to fit Malone's busy life schedule.

"I like the flexibility of the online classes. I am a single mother of six. My oldest is 24 and my youngest is nine. I work rotating 12 hour shifts at my job as a treatment plant operator at Veolia Water."

Malone has also branched out of her focus of study to share her love of writing poetry.

"When I think back, I think I started

"Sometimes you just have to jump through the hoops. No matter how hard it gets."

writing in sixth grade. I have been writing my whole life but it was not till then that I started really getting into it," Malone said.

Malone began writing at such a young age but she has not always been able to share her poems easily.

"I have been writing a very long time. I have hundreds of poems written. It was not until recently that I actually began

to share my work outside of my blog," Malone said. "It was only about two years ago that I started to share."

Malone submitted two of her poems to the BSC student run literary magazine, Figments of Imagination.

"Any student who is taking even one credit through BSC is welcome to submit their work to Figments of Imagination," Kim Crowley, Figments of Imagination adviser said. "Once we have received all submissions, they are sent out to a group of judges to review them."

Malone's poems were selected by the judges and students in the English 213 class to be published in this school years issue of Figments of Imagination.

"I was so excited when I heard that they were publishing my poems. I always thought that no one wanted to hear what I have to say," Malone said. "So when I got the e-mail I could not believe that they chose my work."

"Carmenetta Malone's poems were easily chosen by the students in the class and by the judges. They were also liked by the staff," Crowley said. "It seemed like a no brainer to include them in the magazine."

At the end of the school year the BSC music department put on a College Concert and a Chamber Singers

concert. Each year submissions from Figments are selected to be read by the author at these concerts.

"Malone's poems were chosen to be read so we sent out the invitation not knowing whether or not she would be able to make it," Crowley said. "Her response came as a great surprise to us. We were so happy she was able to come to BSC and read her work for us."

"I was so excited when I heard that they were publishing my poems. I always thought that no one wanted to hear what I have to say."

- Carmenetta Malone

Malone has not had the smoothest ride, but through it all she has persevered.

"Sometimes you just have to jump through the hoops. No matter how hard it gets," Malone said. "We all have problems and sometimes you have no choice, you just have to jump through those hoops and in the end it will pay off."

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



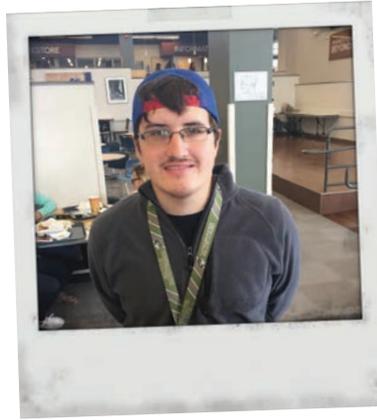


SUMMER AGENDA



"I'm moving to Alaska after getting married."

- Abigail Syverson



"I will be working as an RGIS Inventory Specialist," Nicolai said. "I will possibly be coming back next fall to finish some classes."

-Matthew Nicolai



"My fiancée and I will be moving to Cleveland for school, so my summer will be very exciting. Meeting new people and exploring the city will be fun. It will be our first taste for life in a big city."

-Dylan Horner



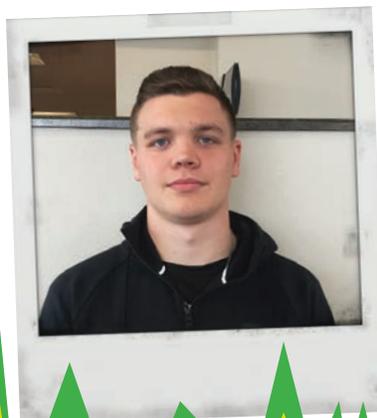
"I'm planning to be in the musical."

-Asha Gallagher



"I plan on working and going to the lake."

-Kaitlynn Rueb



"I am working at Scheels over the summer, and will be working out and playing basketball when I'm not at work."

-Brody Nieuwsma





"I am looking forward relaxing and not worrying about classes or tests, I am also looking forward to finishing my promotion at work."

-Kaleb Tipton



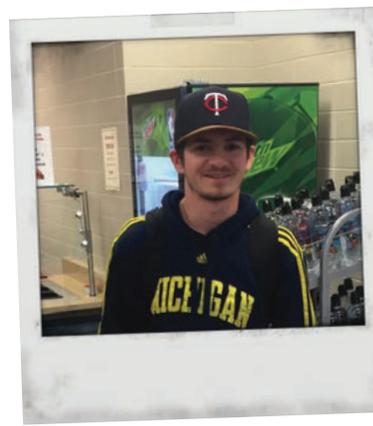
"I work at Nardello's pizza, and hope to apprentice at a tattoo shop. I'm looking to move to California next year."

-Courtney Zachmeir



"I have a lot of camping trips with my family planned, and an anime convention in Canada."

-Madelyn Kopp



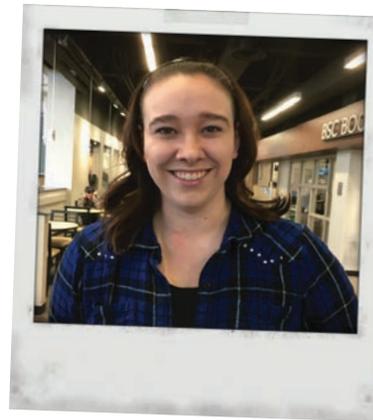
"I am graduating this year and will be working for a wind farm somewhere," Wiek said. "I also would like to do some traveling if possible."

-Keenan Wiek



"I am back-packing in Mexico over the summer, specifically to the Yucatan Peninsula. I will be gone for four months or until I run out of money."

-Tyler Rietz



"I'm going to anime convention to Canada."

-Paige Kihle



"I'll be working for MDU here in Bismarck, as an apprentice electrical lineman, I plan on turnin' up all summer long."

-Chase Fugere



"I will be working, getting ready for UND and auditioning for Capitol Shakespeare."

-Tanner Hostetter



BOOZE OR BUST



WHERE: THE TOASTED FROG

WHAT'S ON THE MENU

- 1 • OLD-FASHION
- 2 • MANHATTAN
- 3 • PICKLES

PRICE RANGE

**DOESN'T ACCEPT
FOOD STAMPS**

//BRETT WILLIAMSON

As in childhood, sometimes the people you consider important are too busy to come out and play. Not one to play by all of life's rules, I decided to follow my friend to work and see what she does in the parallel reality.

Anika Rovig serves two, equally important, roles for our diligent city. By day she is the co-editor-in-chief for *The Mystician* and by night a bartender at Bismarck's Toasted Frog.

"In school I have to be tame – here I can be uncut and natural," Rovig said. "I think it is good because it evens me out. There are times I need to be forced into a desk, but sometimes I need to be let off my leash."

As I found my perch at the bar awaiting my friend's attention, I remember thinking it was nice to be leaning on a clean bar top that didn't smell like a bucket of wet gym socks.

She greeted me with a smile and asked what she could mix up for my first drink. As an admirer of the finer arts, I felt it wrong to force her hand in the matter and left my palate in her charge. Being partners in crime from time to time, I knew she would lead me in the proper direction.

The first drink she mixed was a Woodfords Reserve old fashion. The drink consisted of cherry, soda, a dash of orange bitters and kick of Woodfords Reserve Whiskey. The drink was smooth with a slight kiss of intoxicating danger. She explained that the secret to the exceptional taste was in the action and not so much the mix.

"With this drink, I am a muddler and not so much of a grinder," she said.

"At the Toasted Frog, we make a large assortment of drinks – from manhattans to martinis. We have to be

PHOTO//BRETT WILLIAMSON

knowledgeable in just about every type of drink there is."

As I finished my drink, she ordered me a plate of fried cheesy dill pickles. The pickles were wrapped in wonton bread and lined with Havarti cheese. The bites were an even flow of crunch and pickled ecstasy.

"What makes these so perfect is that the wonton bread absorbs the grease while deep frying," Rovig said. "That is the secret to the Toasted Frog crunch."

For the curtain call she mixed a Green Apple shot. It was a mixture of wild apple, vodka lime and kick of Green Apple Pucker. The shot was more of a drink, but I chalk that up to her being one of my best friends. The shot went down without struggle but filled my stomach with a comforting warmth.

Rovig would float across the bar serving her patrons and giving the best happy hour strategies. In her moments of free time she would make it a point to drift back to my end of the bar and talk about future plans after college.

"I haven't decided where I am going next," Rovig said. "I will just have to wait and see where this summer takes me."

The Toasted Frog is a spot to socialize with friends minus the riff - raff of the chaotic bar scene. I found it enjoyable to sit in peace and enjoy a well-made drink. I can't speak for the rest of the crew, but if Rovig is working, you will be well taken care of. The Toasted Frog is a for sure win – just keep it refined and graceful.

"I enjoy bartending more than serving," Anika said. "When serving there is a level of etiquette that must be maintained. But being the bartender there is more room to bullshit and have conversation."

LIBRARY FAREWELL

//HUNTER ANDES

A librarian who has been with Bismarck State College since 2001 is saying goodbye to BSC. Johanna Bjork, BSC's reference librarian, has recently decided to pursue an opportunity in the state of Idaho.

Bjork was offered a library director position at Lewis-Clark State College, in Lewiston, Idaho.

"Why Idaho you say? I was offered a Library Director's position at Lewis-Clark State College," Bjork said. "The last 15 plus years at BSC have been amazing; however, as I have told my students, sometimes a doorway opens and one must run for it."

Bjork was active in many activities around BSC. She was known for dressing up as Mystic Ian for various BSC events and working with students to make their experience at the college a more enjoyable one.

"I will miss jumping in the Mystic-Ian costume and marketing for various BSC events," Bjork said. "I will miss working with Dee and Buster in the Athletic Department for archive research - working with The Mystician on projects and supporting so many events - music and theatre departments - evening concerts, plays and musicals - the BSC archives - the phenomenal food that food service provides - and all the classes I have worked with over the years ... particularly the last couple years of working with the Intro to Computer courses."

"I will miss so much about BSC," Bjork said. "If I didn't mention you I am probably thinking about you and wondering ... how are you doing? Did you get your daily dosage of caffeine today?"

Photo: Johanna Bjork and The Mystician's very own Mystic-Ian.

Bjork was truly inspired by the students she was able to work with over the years. She will particularly miss her psychology, music appreciation, online speech, and art classes who she has spent the last couple years guiding through the intricate world of research and citation development.

"I will miss many of you dearly – goodbye, good-luck and if you are ever in Lewiston, Idaho, find me."

- Johanna Bjork

"Librarians are builders," Marlene Anderson, director of library services said. "We build collections, services and relationships and are committed to helping people."

"Recently, Johanna Bjork, one of our reference and instructional librarians, left her position at BSC to take on a new role as Library Director at Lewis-Clark State College in Lewiston, Idaho,"

Anderson said. "The good news is that what Johanna built during the 15 plus years she was at BSC remains. The legacy of her work is in our BSC Archives & Digital Collections and in the information literacy skills she taught students through our embedded librarian initiative."

Anderson said that Bjork's last day at BSC was April 7 and she started her new job in Idaho on April 24, 2017. She said it is a wonderful opportunity for Bjork and they wish her all the best.

Bjork said she will also miss the questions that were considered impossible. She said the best question is an impossible question – they provide the most amazing challenge.

"I will miss many of you dearly," Bjork said. "Goodbye, good-luck and if you are ever in Lewiston, Idaho, find me."

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



MASTER SWORD REVIEW

//BRETT WILLIAMSON

KINGDOM HEARTS I.5 PLUS II.5: A COMPLICATED ADVENTURE

Smashing together the Disney universe and a large handful of Final Fantasy, the Kingdom Hearts series can turn into a complex mess fairly quickly. Trying to figure out how Mickey, Donald and Goofy fit into a Final Fantasy-esque adventure game can leave many gamers scratching their heads.



Gearing up for the much-anticipated Kingdom Hearts III, Square Enix issued a re-release collection of the first six entries to the Kingdom Hearts series for the PS4 on March 28, 2017. Kingdom Hearts I.5 Plus II.5 features remastered versions Kingdom Hearts I.5 Final Mix and II.5 Final Mix along with two supplementary remastered games, Re: Chain of Memories and Birth by Sleep Final Mix. Also included are two remastered cinematic scenes from two spinoff games, Re:coded and 358/2, which act as movies to fill in the plot between the titles.

The plot is initially centered around Sora, a young boy whose world is one of many consumed by a dark force, The Heartless. Sora finds himself separated from friends and family on an alternate world. On his quest to find his lost home, Sora discovers he is the chosen one to restore light to the lost worlds taken by The Heartless. With the help of his two newfound companions, Donald Duck and Goofy, Sora sets out on a journey that spans various worlds and dimensions to find his lost world and King Mickey, who holds the secrets to

The Heartless and legendary Keyblade. The bounds of reality and perception of memories serve as plot twists and turns on Sora's long adventure.

Each game features a variety of worlds in which Sora and his companions must venture to hopefully find their way home. Each of these worlds is represented by a different Disney franchise. Sora will help Aladdin and the Genie take down the vile Jafar, assist Captain Jack Sparrow reclaim his treasure and even help Winnie the Pooh find his lost friends.

These worlds are the magic of the Kingdom Hearts series. Each world has its own mechanic to separate it from the others. Sora will take the form of a lion cub in the Lion King's Pride Lands and in the world of Neverland, Sora will gain the ability to fly. The games are not limited to Disney characters and worlds. Many of Square Enix's Final Fantasy characters also make an appearance as friends and foes. To this date, there are few achievements more gratifying than taking down Final Fantasy VII's Sephiroth in Hercules' coliseum.

The four playable titles are full games that will take the player about 30 hours each to complete. Each of the four games have their own variation of battle mechanics and growth systems. Kingdom Hearts I.5 and II.5 are more action-driven while Re: Chain of Memories is based on a card system. At first the changes between games can be overwhelming, but are quickly appreciated. With more than 100 hours of possible gameplay across the four titles, the changes in between games break the monotony.

Donald and Goofy will act as Sora's battle companions throughout the majority of the games. They cannot be

controlled, but the player can adjust A.I. tendencies to the match player's combat style. The different worlds also add party members the player can utilize, such as Jack Skellington and Ariel. Alongside the additional party members, players can also summon special characters to join the fray to help in the battles.

The graphics hold fairly consistent across all the titles. Kingdom Hearts I.5 and II.5 hold the highest quality, while Re: Chain of Memories and Birth by Sleep tend to get flat from time to time considering they both are remasters from older systems. All the games maintain a sweet 60 frames per second, vibrant colors and many of the original Disney voice actors. The character designs and animations hold true to their Disney film counterparts.

There is so much content in this collection for \$49.99 it is hard not recommend it. The Kingdom Hearts story can be a convoluted mess if you have never played a Kingdom Hearts game before. It is advised to play this collection before Kingdom Hearts III is released. With Disney acquiring the Star Wars and Marvel franchises ... it is too exciting to imagine what Kingdom Hearts III may have in store.



EPIC ADVENTURE!
5 OUT OF 5

- + FINAL FANTASY / DISNEY**
- + FOUR COMPLETE GAMES**
- + HOURS OF GAME PLAY**
- + VARIATION BETWEEN GAMES**
- CONVOLUTED PLOT**

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

MOVIE TROLL : KONG SKULL ISLAND

//HOLDEN SANDAL

Since 1933, the mythical ape/man King Kong has amazed audiences around the world, the last instalment being in 2005. On March 10th of this year the 5th and hopefully final installment in this series, Kong Skull Island hit theaters. This time Director, Jordan Vogt-Roberts took a different approach than in past films. The Movie begins with a flashback to 1945 where Hank Marlowe , a US air force pilot played by John C. Reilly, is shot down over the mysterious Skull Island, where him and another downed Japanese Pilot fight and get their first glimpse of the “monster” Kong.

Now, we flash forward 28 years to 1973, Amongst America trying to dissolve itself from the nightmare in Vietnam, “Scientist” Bill Randa, played by John Goodman. Randa and member of his team attempt to get Government funding for an expedition to the Mysterious Uncharted Skull Island, the place where myth and science meet. Randa and his team eventually get the approval for the Expedition. We then meet Colonel Preston Packard leader of the Sun-Devils air squadron, played by Samuel L. Jackson. Packard is a man who has become disillusioned by America’s abandoning the war in Vietnam, he is battling his inner demons and in the end lets them consume him. Randa and his

assistant then go to Thailand to look for ex SAS Captain and tracker for hire James Conrad, played by Tom Hiddleston. The team is then joined by Anti war photographer Mason Weaver , played by Brie Larson.

The movie plot line was lacking any real story, mostly just scenes of gurling violence as the team encounters Kong and other prehistoric beasts. Most of Packard’s men are killed by Kong in a intense air battle. The one part that is the most interesting is man vs beast, you see between Kong and Pacard who lets his demons consume him and swears to wipe out Kong no matter what the cost. Randa and Packard are killed in the process along with most of Packard’s men who survived the battle with Kong by a lizard like beast known as Skull Crawler.

Kong along with the help of Conrad and the rest of the team wipe out the Skull Crawler and make it to the extraction point in time to be rescued. The classic misconception of Kong as a monster who has no feelings and is a killing machine introduced in the previous movies is seen in this movie. The music choice for the soundtrack is amazing and stays to the music of that area, but besides that this movie is a sad ending to the franchise.



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

FINAL VERDICT:
6.5/10

ARE YOU THE ONE?
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Activity Center Leaders

Coaches and Officials

Facility Attendants

Lifeguards and Swim Instructors



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INSTAGRAM



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#LETSGETMYSTICAL

STAFF KETCHUP AND RELISHING EDITORIAL



HUNTER "CHEESEBURGER" ANDES

What hasn't The Mystician done for me? I have always had a passion for writing; however, being an editor has taught me a different type of writing. The Mystician taught me not be afraid to speak out for what I believe in, but most importantly to seek the truth, even if the truth is not popular.

BRETT "THE SHOW STOPPER" WILLIAMSON

My favorite debacle at The Mystician was waking up on my livingroom floor at 6 a.m. and being told I had pushed a life-sized, stuffed panda bear down a ski slope at Huff Hills at 8 a.m. My head hurt from the night before but seeing everyone else's face in pain made that morning a little more sunny. If you're going to freeze your ass off while sweating out a bottle of Jose Cuervo... it's nice to do it with the people that screwed you over on a Saturday morning.

ALEXIS "COIN FLIP" LARSON

The Mystician really helped me gain confidence about my writing skills. I never thought I would work on a paper, let alone be a co-editor. It also helped me get my voice heard on campus. I also gained a new group of friends after being forced to put up with them for two years, but I do love them.

EMILY "OPINIONATED" SODERBERG

Being a part of The Mystician has done a lot for me. I have been able to expand

on my writing skills and gain confidence. I have learned that my opinion really does matter I had no idea that I would enjoy being involved in this so much.

MEGHAN "TURKEY BURGER" MCNEIL

The Mystician has ignited a spark within me to reach out into my world and see the truth. I have learned to also ask the important questions and to work with a multitude of people that have varying points than my own. I would also like to thank karen for being a role model and a friend.

HOLDEN "AMERICAN MUSCLE" SANDAL

The Mystician helped me gain confidence as an emerging journalist. Working with this magazine helped me see all the hard work and time that goes into publishing a college magazine. I also gained a sense of belonging and a family.

TARYN "LOUD MOUTH" FISCHER

The Mystician has done a lot for me. I have always been a very shy person and I never thought I would do anything other than just go to and from my classes while in college. The Mystician provided a place where I feel more at ease and made me a part of something. It helped to give me a confidence that I never thought I would have.

ANIKA "GLITTER AND SWEAT" ROVIC

I enjoyed getting to know the artistic and creative side of everyone. Sometimes people's imagination can get overshadowed, and while participating in The Mystician, it seemed to do the opposite.

ALICIA "SIX-PACK" BILLOCK

"That's what," she said.

AMANDA "MANDIBULAR" JOYCE

I learned a lot in my first year on staff here. My favorite thing about the Mystician is that I get the chance to test out my career path. Also I really enjoyed everyone on staff and I love the Mystic Media days. I'm excited to return next semester, but I will miss a large portion of my Mystician family that are leaving.

BROCK "BROCOLI THE JOCCOLI" HILNER

I learned that writing a story is much more than asking questions, and the scariest part is over when you really become interested in your story.

Contributors To Staff Editorial:

Hunter Andes	Anika Rovig
Taryn Fischer	Emily Soderberg
Amanda Joyce	Brett Williamson
Meghan McNeil	Alicia Billock
Alexis Larson	Holden Sandal
	Brock Hilner

Disclaimer:

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

Mission Statement:

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

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

Agenda:

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

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

Contact Us: editor@mystician.org

LEGAL ADDICTIONS



// EMILY SODERBERG

It's 2 a.m., you're pulling an all-nighter and all you need to make sure you stay awake is plenty of coffee and candy. With enough of these two things, you feel as if you could take over the world (or at least your chemistry homework). Yet without even realizing it, you are most likely very dependent on both caffeine and sugar.

Both sugar and caffeine dependencies are very real, and any type of dependency or addiction is far from healthy.

There have been many studies that have researched sugar and whether or not it is addictive. A 2007 research study found that refined sugar is more addictive than cocaine. Their experiment involved rats, who were allowed to choose mutually-exclusively between sugar water and cocaine - 94% of the rats chose the sugar. Even the cocaine-addicted rats switched to sugar as soon as that was offered as a choice for them.

It has been determined that our sweet receptors have not adapted to the recent high-sugar diets of today's world. Because of this, the excessive stimulation of these receptors generates reward signals to the brain, which can have the potential to override normal self-control mechanisms. This is what leads to the addiction.

As far as caffeine is concerned, it is more so seen as a dependency rather than an addiction. Studies have determined that those who take in a minimum of 100 mg

of caffeine a day (approximately the amount in a cup of coffee) can acquire a physical dependency that would trigger withdrawal symptoms such as headaches, lethargy, nausea, irritability, etc.

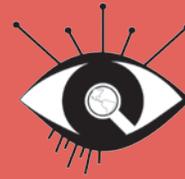
Continued exposure to caffeine will reduce the stimulatory effects of the caffeine, which will allow the user to have an increased tolerance. Roland Griffiths, a professor at John Hopkins University, greatly believes that caffeine withdrawal should be seen as psychological disorder. Withdrawal can begin as early as 12 hours and last as long as nine days.

With the continuous exposure to both sugar and caffeine, it comes as no surprise that there are so many people who have a dependency on both of these substances. There is "hidden" sugar in almost all of our foods and we can find caffeine in almost any beverage.

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



MY STRUGGLE TO THE SUMMER BOD



VENTURES OF ADULTS



//ALEXIS LARSON



//ANIKA ROVIG

So I recently joined a gym because I realized eating pizza every night isn't really helping me get into my swimsuit for the summer. At my gym "Anytime Fitness," they have the opportunity to hire one of their personal trainers to help you reach your goal. My goal is to be skinny and toned by tomorrow, but that's unrealistic so I decided to give myself three months.

Now I have no motivation to do anything so I hired one of their personal trainers. I had one of my first training sessions the other day. Before I died during my workout, I went to starbucks to try their new Unicorn Frap. It was probably the worst thing I have ever tasted in my life. But it was the perfect pre-workout drink because I wanted to exercise every part of it from my body.

I haven't fully worked out in about 10 months, so needless to say I am out of shape. One of the first things we did were pull-ups. I am not a strong person and I have never been able to do a pull-up in my life. My personal trainer had to hold my legs, so thank god i shaved because i'd been doing on two weeks no shave. It was probably one of the hardest things I've done and I am sure i looked like a dying fish trying to struggle my way up to the bar. I only did eight. Although I am doing terrible now I hope that in the coming weeks I will start doing a lot better. To reward myself after a hard workout, I went to Kobes and treated myself to a yummy Gwen Sebastian roll. It may not be the healthiest roll to get, but it sure is the tastiest.

If you are like me and have just been making excuses to not go to the gym, get yourself a unicorn frap and then you'll find your motivation. Also if you decide to join anytime fitness let them know that Alexis Larson sent you, if they don't know who I am just remind them that I am the one who can only do eight pull ups.

(Alexis Larson is an editor for The Mystician. Reach her at editor@mystician.org.)

Iwonder about some parents who didn't teach their children about proper airplane etiquette. I bet they witness them for the the first time deviating across their assigned border for their own comfort. I bet they regret not teaching them. By this time, I hate to say it but, it's too late to save the deviators. When I think about my own childhood I can't remember a specific time when my parents taught me about airplane etiquette.

I found out by almost knocking a kid on his ass, United style. I was spreading my wings to the Golden State when I found myself finding comfort in seat 36E of the rattling Boeing 757. If you've ever been less than blessed with the middle seat you know how your head gradually starts to gain weight and slowly but aggressively heads down like a mayday plane.

For me, I know that the flailing won't stay within the border, but there is no stopping my Tourettes-like motion. I nail the 7-year old toddler, alongside my flailing arm was my synchronized swimming leg, which probably felt like a peg leg to the kid. I found my soul being looked through by a 34 pt. text mother. Although I had explained to her that the encounter was completely involuntary, she seemed to watch me like a hawk the rest of the flight.

Sometimes your parents can't teach you everything. I doubt that mother warned him about the potential possibility of a woman wailing on you when your playing candy crush. Just like my parents couldn't warn me about being an unconscious hazard to children. Once in awhile you have to learn lessons through experience. Even if it feels degrading at the time. I'll never sleep or deviate across my assigned border again.

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

THE EDITORS'

MYX FYX



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



THE MYX CREW AND AIR TIMES

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

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

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

"The Ether" with Cameron Olson
TUESDAY @ 1 P.M. FRIDAY @ 2 P.M.

MYX Talk
WEDNESDAY @ 10 A.M. FRIDAY @ 10 A.M.

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

TO LISTEN: GO TO WWW.BSCMYX.COM

LAST DAY OF SCHOOL HOT TRACKS

1: WISH I KNEW YOU: THE REVIVALISTS

2: HOLLABACK GIRL: GWEN STEFANI

3: SUNSHINE: ATMOSPHERE

4: THE LUCK YOU GOT: THE HIGH STRUNG

5: TAKE ME OUT: FRANZ FERDINAND

6: WHEN YOU WERE YOUNG: THE KILLERS

7: PUMP THE JAM: TECHNOTRONIC

8: DON'T YOU FORGET ABOUT ME: SIMPLE MINDS

9: AFRICA: TOTO

10: TOXIC: BRITNEY SPEARS

11: THE CHAIN: FLEETWOOD MAC

12: ISSUES: JULIA MICHAELS

13: PARIS: THE CHAINSMOKERS

14: WEAK: AJR

15: STRANGERS LIKE ME: PHILIP COLLINS

16: THAT'S WHAT I LIKE: BRUNO MARS

17: THE MIDDLE: JIMMY EAT WORLD

18: MOVE ALONG: THE ALL-AMERICAN REJECTS

