

THE MYSTICIAN

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ASPIRING TO GIVE EVERY STUDENT A VOICE

bscmysticmedia.com



BSC Student Julian Clemon hands out a commemorative t-shirt to Dr. Douglas Jensen, President of Bismarck State College, after he donated to the first BSC Feed the Need Taco Run. The Taco Run on Wednesday, Nov. 13, raised money and food donations for the Little Mystics Food Pantry. (Credit: Robert Mechaley III)

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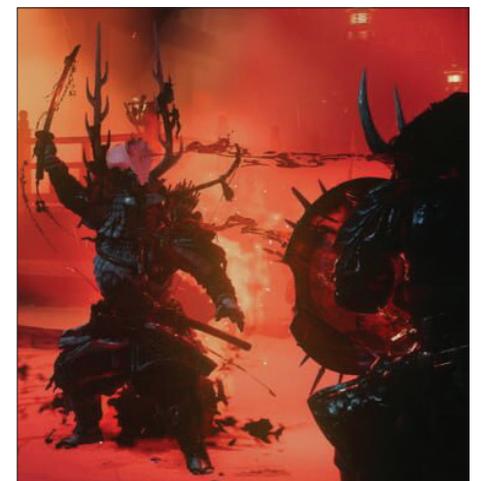
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THE MYSTICIAN

PUBLISHED BY THE STUDENTS – FOR THE STUDENTS

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LETTER FROM THE EDITOR

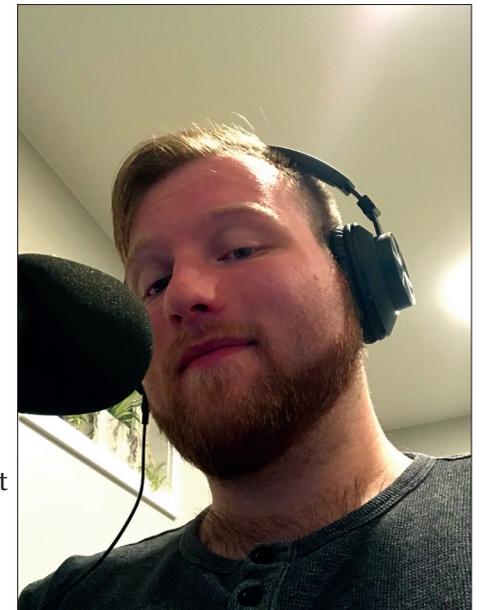
The Holidays are here at long last! In the words of the television series “Community,” “It is the notion that the coldest, darkest nights can be filled with laughter and light.”

I’m not going to lie, these months have been hard, and I am sure that it has been that way for many of you, too. I hadn’t seen my mother in months, and even her brief visit was plagued by fear of COVID-19. I don’t blame her. For many the thought of catching the virus can be scary. Not everybody will be asymptomatic. The worst reality is that not all of us will live. We are right to be afraid.

Our family, friends and strangers can be harmed permanently just by someone’s conscious choice to not wear a mask. Let me clarify something that I shouldn’t have to say: you have no actual reason to not wear a mask. It is not an infringement of your civil liberties. I can only imagine the absurd social privilege one must come from that being asked to wear a mask is a form of oppression to them. There is no pre-existing condition either so stop lying.

Do you know what I want more than anything this holiday season? I want to go to visit my parents with my sister in Rapid City with no fear of getting my family sick. Hearing my mom joke about her own mortality constantly may be cute to her, but the prospect of having to experience that hurts in a way that is hard to put words to. I want that dark and cold night to be filled with family and laughter.

Mask up and stop whining. It’s pathetic, and I want to see my family in person. Happy Holidays and please listen to the CDC. I’m begging you.



Robert Mechaley III
 EDITOR-IN-CHIEF

Crossword Information

BSC’s own Language, Literature and Communication Department Chair (and crossword geek) Michael Tomanek has created and submitted this month’s puzzle. Experiment, explore and try to find the answers yourself for the most satisfaction. If it proves too hard, fear not, you can find the answers on the Mystic Media Website. Just go to bscmysticmedia.com and check under The Mystician page for the solution to the puzzle.

The Mystician Mission Statement and Disclaimer

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

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

We strive to give a voice to student issues

and policies within the local community.

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

The BSC Mystician strives to be objective and is not affiliated with any outside organization.

The Mystician upholds the principles guaranteed by the First Amendment and utilizes these rights to bring diverse, entertaining and thought-provoking material to the college community.

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

PLASMA DONATION CENTERS SEEK DONORS

By **Kyleigh Hilbert**
MYSTIC MEDIA COORDINATOR

With student debts adding up each year, students are constantly searching for easy ways to make more money. Even with part time jobs, sometimes that just isn't enough for students. One way for anyone to easily make some money is through plasma donations.

Plasma is a component of human blood that can be used for many things in the medical field. There are a multitude of hospitals and research centers that are looking for plasma donations from patients.

"Plasma is the liquid part of your blood," Annie Paulson, Associate Professor of Nursing/Program Director at Bismarck State College said. "When you do a plasma donation, you donate the blood, then they run it through a machine, and they separate it out and give you your red blood cells back. Your body can build up more plasma pretty easily. That's why people can go to different places and donate plasma a couple times a week and they bounce right back from that."

There is a strong desire for plasma donations because it substitutes as treatments for a number of conditions and diseases.

"Many people have different immune disorders," Paulson said, "They may need plasma treatment for different types of anemia and some other rare blood disorders, or people with different kinds of cancers can benefit from the plasma donations as well."

Recently, plasma donation centers have been seeking people who have recently tested positive and recovered from COVID-19. There is a strong need for this because it has been used by medical centers for research and helping other patients with COVID-19.

"When you develop a disease, your body, the immune system, has antibodies that basically have a memory," Paulson said. "The antibodies live in your plasma, and they've been finding that doing plasma donations and plasma infusions can help people with decreasing their symptoms with COVID-19. I don't know if it's FDA approved yet, but I know that they are using it heavily. And they are finding some positive results from it."

Also known as convalescent plasma therapy, according to the Mayo Clinic website, the FDA is

allowing the treatments since there are no approved treatments made for COVID-19 yet. This treatment is known to lessen the severe symptoms some patients have been experiencing, and helping lessen the mortality rate.

Almost anyone is able to donate their plasma to donation centers such as Biolife in Bismarck. When going to donation centers, donors can expect a full physical and some questionnaires to make sure donors are healthy enough.

"They (nurses) check your blood pressure, hemoglobin level, and a full physical before you go and donate plasma," Paulson said, "and then if you pass all of their standards, you complete a questionnaire that says if you've ever traveled to certain countries or had certain diseases, any recent tattoos or piercings, been in jail or things like that. They then clear you from having any concerns, have you come in and donate."

If potential donors have had coronavirus, they need to bring proof that they tested positive to the donation center. Donation centers often pay more for that plasma for up to two donations. By donating plasma, donors are giving a lifeline to someone in need.

For more information go to: <https://www.biolifeplasma.com/us/>

BSC OFFERS FREE TESTING

By **Kiara Strickland**
REPORTER

Bismarck State College started offering free COVID-19 testing for students and employees on Sept. 14, 2020 with the help from Bismarck-Burleigh Public Health. Although it has been going on for a while, students and employees may still have a few questions about it. Vice President for Student Affairs Kaylyn Bondy has all the information they need.

"It is held every Monday from 11:30 a.m. to 12:30 p.m., and so not only students but also any staff member at BSC can come to have their COVID test," Bondy said.

The free COVID-19 testing event is scheduled in the Armory Building on Bismarck State College's campus. BSC asks all individuals attending the event to socially distance and wear masks to protect themselves and others from COVID-19. BSC and Bismarck-Burleigh Public Health are better able to socially distance people by creating time slots for individuals to pre-register.

Signing up for a time slot to receive a COVID-19 test at BSC is very simple. Individuals can go to <https://bismarckstate.edu/events> and click "BSC Monday COVID Testing Event." There individuals will click "sign up for a time slot" and then fill out the survey. Individuals must also

pre-register with the North Dakota Department of Health at <https://testreg.nd.gov>.

"The tests that we have on campus are the throat tests ... they're not the nasal test, and so very quickly individuals can come in, get their throat swabbed, and then they leave," Bondy said.

Individuals who have been tested before prefer the throat test over the nasal test for a less uncomfortable experience.

BSC and Bismarck-Burleigh Public Health are providing prizes for students who get tested at the site.

"Just as a way to let people know that we appreciate them coming here, we appreciate them keeping BSC safe so that we can be together face-to-face like we are today ... there are a few different prizes," Bondy said. "Any student that tests is put into a lottery and then there are some that are drawn out for coffee cards."

At the end of the semester, one lucky student who received a COVID-19 test from the free testing event will be put into a drawing for a \$250 BSC Spring 2021 scholarship sponsored by the BSC Foundation.

For more information, go to <https://bismarckstate.edu/events/BSC-COVID-Testing-Event> or contact Vice President for Student Affairs Kaylyn Bondy at (701) 224-5638 or kaylyn.bondy@bismarckstate.edu.



Students, staff, faculty and members of the public get tested for COVID-19 in The Armory building at BSC. Free testing helps to control the spread of the virus by keeping people informed on whether or not they are positive if they are asymptomatic. (Credit: Kiara Strickland)

THE MYSTIC MASCOT'S ORIGIN EXPLORED WITH A NEW LOOK AND NAME

By Robert Mechaley III
EDITOR-IN-CHIEF

On Nov. 2, the newly revamped mascot of Bismarck State College was given the name Merlin. The name was proposed by Jackson Helman as one of eight finalists and won by popular vote through the BSC website.

Where does the Mystic come from and why did people believe he had a name prior to this official one?

A March 28, 1988 article for The Mystician written by Irene Voth explains the beginnings of the first Bismarck Junior College basketball team and the naming of The Mystics.

According to a member of the first class of Bismarck Junior College, Nickie Barbie, the idea for a magical mascot came from a newly in fashion comic strip character, Mandrake the Magician.

“Mandrake the Magician” was a comic distributed by King Features Syndicate and written by Lee Falk in 1934 with Phil Davis as illustrator. The character was a hypnotist and illusionist who fought criminal forces such as The Cobra and his own brother Derek. The comic character was serialized in a twelve part film series in 1939 and a radio play series in 1940.

Thus, BJC had a character for its mascot but nothing to call it. There is no reference to who came up with the Mystic, but it never bore a religious or philosophical meaning.

According to the former Public Information Officer at BJC, Jordis Conrad, the mascot being called the Mystic came from the Mystic River in Connecticut.

There have been a number of iterations in which the mascot was displayed. A widely used version on the athletic plaques in one hallway

of The Armory entrance, is believed to have once been cropped, stock art work.

In the eighty years the mascot has existed, there had never been an official name for the character. An unofficial name that stuck was Ian. Ian came from a mnemonic device created by Karen Bauer, assistant professor of journalism, to help students remember how The Mystician was spelled.

Not every member of BSC is happy with the new official name. Dean Bellin, associate professor of technical theater, said he does not understand why the name would be changed.

“Whether it be official or not, the mascot has always had a name as far as I know. And that name has always been Ian,” Bellin said. “This is dated back a good number of years and has been known widely throughout campus as Mystic Ian.”

A number of magnets were printed and distributed anonymously saying, “Vote Ian.”

“I think when you are dealing with something like a mascot that touches the entire campus, I think the entire campus would like to have a say on if there is a name or a rename,” Bellin said.

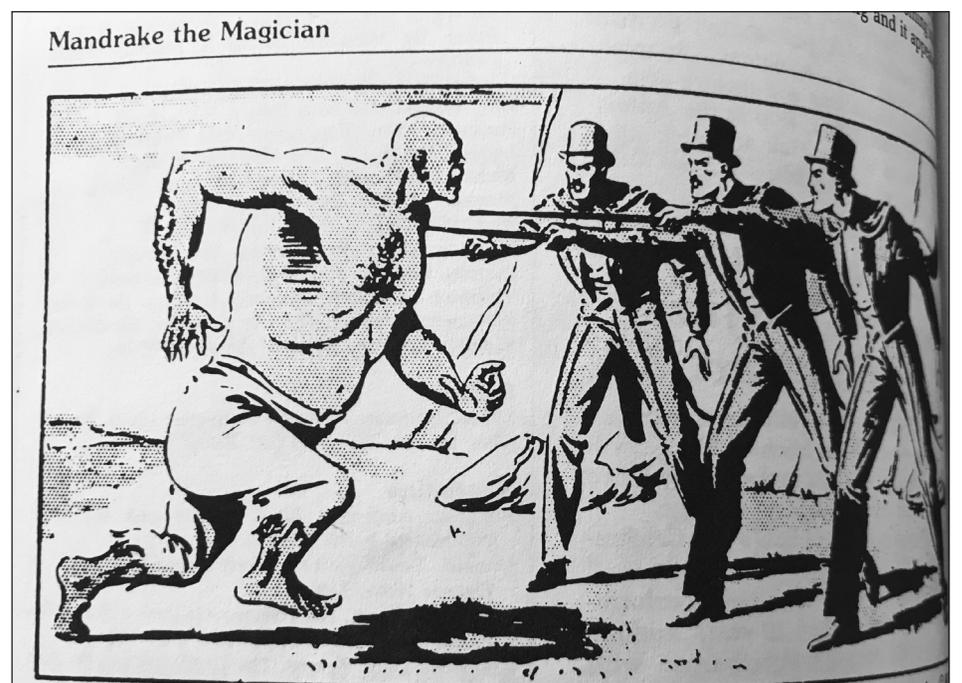
One criticism raised was the low number of votes that determined the official name. Outside of the criticisms, Merlin has made a number of public appearances and personally presented the award for choosing the name to Jackson Helman. That was balloons, a silly string shower by Merlin and a free Mystic Java coffee every week for a year.

“Whatever name other people may call it,” said Bellin, “It will always be Mystic Ian to me, and I will always refer to it as such.”



Above: The newest redesign that prompted the name change. Merlin can be seen at events around campus and in promotional posts for BSC on the school’s social media pages. (Photo Provided)

Below: A panel from the original “Mandrake the Magician” comic strips. The character of Leon Mandrake is a regular stage magician who is given real power by his father. (Credit: Robert Mechaley)



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GOVERNOR DOUG BURGUM'S NEW EXECUTIVE ORDER MANDATES MASKS

By Alex Woroniecki
REPORTER

Governor Doug Burgum has recently made an executive order, on Nov. 13, that has provided new restrictions. These restrictions will be in place until Dec. 13, where it will then be revised.

“Our situation has changed, and we must change with it,” Burgum said according to an Associated Press story on Nov. 14.

Asking someone to wear a mask was no longer working. Under the new

restrictions people must wear face coverings inside of businesses, indoor settings and outdoor settings where distancing isn't possible. Exceptions for the mask mandate include children under the age of 5 and people with health conditions that makes it difficult to wear a mask.

“Mandating is needed otherwise people will not wear them.” said Kyleigh Hilbert, a Bismarck State College student.

With a mask, people are able to protect themselves and others from

the virus. People who are coming into close contact with someone who has COVID-19, could mean they are out of work and school for two weeks. This can affect how much someone makes in a bi-weekly paycheck.

In April a survey done by PYMNTS.com found that out of 2,118 people, 60% of them live paycheck to paycheck. Being out for just two weeks could hurt their financial stability. Not all employers are able to give workers a two week leeway.

One BSC student, who went hunting

over the weekend with family was in close contact with a COVID-19 positive family member, has to spend two weeks in quarantine.

People wonder if they should now be wearing masks around their families. That is truly up to the person and we don't always know if a family member is positive. With the Holidays approaching, make sure to stay safe and watch your own health to protect those around you.

To find more information, go to the CDC website.



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Bismarck State College student, Breckon Felch, studies in the quiet lounge area of the Student Union. According to the CDC, using a mask mitigates the spread of COVID-19 between persons who are positive but asymptomatic. (Credit: Kyleigh Hilbert)



NEWS BRIEFS

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HESS CORPORATION DONATES EQUIPMENT TO BSC ENERGY PROGRAMS

Bismarck, N.D. – The Hess Corporation recently awarded the Bismarck State College Foundation a grant to purchase training equipment for the BSC National Energy Center of Excellence's (NECE) Petroleum Production, Process Technology, and Energy Services.

The \$49,312 award will be used to purchase hands-on laboratory equipment to provide students with the hands-on training in operation, installation, design, and troubleshooting skills needed for the energy industry. The equipment specializes in electric motor control

and Supervisory Control and Data Acquisition (SCADA) technology.

The BSC Foundation and Hess Corporation have had a longstanding partnership to expand and improve BSC energy program training and instruction.

“Hess has been very generous through donations of equipment, supplies, scholarships and more,” says Kari Knudson, executive director of the BSC Foundation. “Their continued support over the years has been invaluable as BSC continues to educate the current and future energy workforce.”

The new equipment integrates with existing pieces in the NECE training laboratories, increasing capacity and efficiency of the current lab trainers. Faculty will pair the new equipment with a portable cart that contains a computer, camera, display monitor and microphone to provide virtual lab demonstration for students studying remotely or socially distanced due to the COVID-19 pandemic.

“We're fortunate to have the trust and support from private industry backing these essential technician training programs,” says BSC President Doug Jensen. “Public and

private partnerships are critical in providing the workforce our state needs to keep the energy economy running.”

“This specialized training prepares students for realistic conditions in the workplace,” says Hess Corporation General Manager Brent Lohnes. “We have seen the positive impact from the hands-on training that BSC faculty provide for our current and prospective employees. It's a pleasure to continue our collaboration with BSC to provide the best training for our industry.”

BASEBALL KICKS OFF WITH A BUNT

By Dante Ames
REPORTER

Bismarck State College's very own men's baseball team is currently practicing and preparing for future games in the spring with the assistance of their two coaches.

With the guidance of the Head Baseball Coach Michael Keeran and the Assistant Baseball Coach Peter Sitorius, BSC's men's baseball team, has been practicing their craft and have already played several games this fall semester. The team would normally practice outside in the BSC bowl arena, but with the cold months already here they have taken to practicing in the BSC Armory gym.

They have currently played three unrecorded games.

"I guess it was kind of like a test run for everyone," Sitorius said. "It went pretty well. I think we went two or three and one and showed a lot of promise on both sides of the ball hitting offensively and defensively. So, I mean we got that out of the way a little bit — got some of the jitters for these freshmen — got their first college games out of the way so they got a little more comfortable."

The first game they played this fall was a home game played Oct. 3 at Shiloh Christian School against Jamestown College. On Oct. 13 they then played two away games against Valley City State University.

Although the baseball team has only had a few games this semester, they still have practices regularly. The official games and season for Junior Varsity Baseball will pick back up promptly in the spring.

"The way our schedule is set up, we'll play Saturdays on the road and Sundays at home," Sitorius said.

COVID-19 still being a real threat, especially to athletes, is well known. Like any other part of the world and the United States, BSC's athletes are following COVID-19 protocols to keep themselves and others safe.

"We are not a very high cardio sport; you know baseball isn't for the most part," Keeran said. "The only position that hasn't been wearing masks is the

pitcher, but everyone else has been wearing masks and you know when we do drills or practice when we're in a large group setting everyone has been wearing masks."

With a guaranteed baseball team to represent BSC in the spring, Keeran said he is quite excited. Keeran said there are 20 new freshmen and 10 returning sophomores.

"I think really the cliché of 'it's a brand-new year, brand new team' is actually true this year," Keeran said.

For more information and to keep up to date on the BSC men's baseball team go to <https://bscmystics.com/sports/bsb/index>.



The Mystic baseball team practice indoors at the Armory for the upcoming season. (Credit: Kyleigh Hilbert)



JUSTIN TURNER FACES TROUBLE WITH THE MLB



Caden Shean

THE MYSTICIAN
SPORT
REPORTER/
COLUMNIST

Another sports season has come and gone. Major League Baseball (MLB) has officially concluded their season with the Los Angeles Dodgers winning the World Series. The league had their struggle of coronavirus cases but ultimately were able to overcome those obstacles. That was until one huge positive test came out of nowhere.

The LA Dodgers Justin Turner was yanked from game 6 of the World Series in the seventh inning after testing positive for COVID-19. This was of course the correct call at the time for the safety of everyone playing and the instance of the series reaching another game. Fortunately, the series ended in the 6th game and Dodgers were champs.

The issue is what happened after the game. Justin Turner actually went

back on to the field to celebrate with his team. He is getting tremendous backlash on social media as well as seeing a punishment from the MLB coming in the near future.

Do not get this twisted, I believe the virus is serious and I get that. The fact when he returned to the field with his teammates, he was masked up. He took the mask down once and that was for a picture with his team. His teammates have been around him constantly, so they too were already in close contact with Turner.

For me, I do not see this as a big deal. Winning a World Series is such a lifetime goal and accomplishment for everyone who steps on the diamond at any level. It is tough to blame him for wanting to celebrate the achievement with his team.

If the MLB wants to try and punish him for this then that is on them, but maybe they should have tried harder to stop him from going on the field with his team. I am accepting what Turner did and super happy for him winning his first title and being able to celebrate with his team.

NBA READY TO KICKSTART 75TH SEASON



Kade Trottier

THE MYSTICIAN
COLUMNIST

The NBA's 2020-21 season is set to start on Dec. 22, just 72 days after the Los Angeles Lakers beat the Miami Heat to win last year's finals, making it the shortest off-season of any major sport in sports history. Let us rewind to what brought the NBA's kickstart.

Last year's NBA season began Oct. 22, 2019 running smoothly until March when the COVID-19 virus hit American soil. On March 11, the NBA season was indefinitely suspended with teams having played between 63 and 67 games.

The NBA's original schedule had planned for the regular 82 game season to begin in October and end in April with the Finals to end in June. However, the season was finally able to resume on July 30.

Under the plan, 22 teams played an additional eight regular season

games to determine playoff seeding. The other eight teams' seasons had come to a close. Sixteen teams were then able to go about playoffs as they normally would, with all games played in the NBA Bubble at Disney World in Orlando, Florida.

On Aug. 26, the season was suspended for a second time when players decided to strike in order to support the Black Lives Matter movement. Play resumed three days later.

On Oct. 11, the Lakers were crowned champions of the 2019-20 season.

For the Lakers and Heat, their 72 day off-season is the shortest in sports history. For the eight teams who didn't qualify for the NBA Bubble, their off-season lasted 151 days, the longest in sports history.

The upcoming NBA season is fluttered with question marks: How many fans will be allowed in the arenas? How will the Raptors participate in the upcoming season? What precautions will be taken to keep the players COVID free?

A Christmas day showcase is a good place to start.

MYSTIC WOMENS BASKETBALL STAY FOCUSED DESPITE UNCERTAINTY

By Caden Shean
SPORTS REPORTER/COLUMNIST

The Women's Basketball team has been practicing to prepare for this upcoming season. It will be a different feel to the team with only returning three players and on top of that a new Head Coach.

Thai Haggin took over the head coaching in positions in Basketball as well as Softball just last Spring and it is safe to say that this has not been the way she had envisioned everything to start out with the coronavirus pandemic taking place. So staying focused with the season up in the air may seem like a challenge from the outside.

"Trying to stay focused during this crazy time takes place with the athletes", Haggin said. "They want to be here and they do anything they can to be here so they help to stay focused by not worrying about them."

The team has 14 new freshmen to go along with only three returning sophomores this season. So they are a young squad that will rely heavily on the experience of the returners.

"Their (the returners) leadership skills will be huge and they will be our captains", Haggin said. "You do not count on them only on the court but

also off of it, whether it be practice, weightroom, or doing what they should outside of basketball."

With a new wave of players coming in, there is a lot of whole to fill with those who left. Haggin believes the girls will be able to do just that.

"With covid, we have been able to practice even more than those guys did (last years players)", Haggin said. "As we get going, they have a great chance at making an impact right away.

The atmosphere at Bismarck State is not new for Haggin. After being an assistant coach for the women's basketball team for the last 3 seasons, she has been around for a while and made a smooth transfer into the head coaching role.

"The best part was the experience I gained as an assistant", Haggin said. "I was able to get experience in practice and recruiting so it made the process smooth especially with staying in the

system."

It will be a whole new look lady mystics basketball team this season but a fun one to watch nonetheless.

The season kicks off on January 20th and United Tribes.

The 2020-2021 Lady Mystics Basketball Team will begin their Spring Semester season with 14 freshman players. (Photo Provided)



EVERY STUDENT'S VOICE

ASPIRING TO GIVE
EVERY STUDENT A VOICE:

This is our mission statement at The Mystician. It is often said that in higher education, we grow as people and become who we are through learning and experience. We know you would like to let yourselves be heard, and this new addition to our student newspaper is just the way to do that. You will often see our reporters and columnists out and about getting interviews. If you would like to have your voice heard here, answer openly and honestly to them and allow your picture to accompany your opinion.

QUESTION: WHAT ARE YOUR FAVORITE HOLIDAY TRADITIONS?



“Since my mom is from England, we get Christmas crackers and then we get advent calendars and we basically set up Christmas right after Thanksgiving. So on Black Friday, we usually do that. We have a really big dinner and then on Christmas Eve, we get to pick one present each to open and then we open that. Then on Christmas Day, we all wake up late and we wear Christmas pajamas and we just kind of open up the presents and then hang out with our family and watch “A Christmas Story.””

-Samantha Dinga



“In our family we do Christmas villages! So we each gift a new piece every year, and usually the piece have significance. This year I got a dog park to symbolize adopting my dog. This has passed through my grandma, my mom and now myself.”

-Erin Pasley



“We have supper together as a family, and usually on Christmas Eve we open two presents, and the rest of them on Christmas morning. We also have a movie night on Christmas Eve all together.”

-Lexiz Fraction



“My favorite holiday tradition is travelling to see my relatives either to California or Belize and just spending quality time with them”

-Cathia Giselle Albeño



“Usually around this time of year, my family and I go hunting. Then for Thanksgiving, we go to Minnesota to see more family and that is where we do our big family meal.”

-Dustin Eichten

BIDEN SURPRISES WITH PROGRESSIVE POLICY

By Samantha Rosario
COLUMNIST

Joe Biden has been announced the 2020 Presidential-Elect alongside his running mate, Kamala Harris, as the Vice President-Elect.

Biden is not only known for his eight years as Vice President of the Obama Administration, but holds a record of most years as a public servant, this year being his 47th. He has also overseen and assisted in the passing of legislations.

ECONOMY

Biden is consistent with his support for blue collar workers who are mostly minorities, supported by his “Build Back Better” plan, which includes a \$30 billion investment fund for minority owned businesses. He also believes his environmental “Biden Plan,” which will have \$2 trillion invested into green energy, will come out in favor of the working class and unions who generally work in this field. Biden supports raising the federal minimum wage to \$15 an hour and proposes \$10,000 of student loan forgiveness for federal loans, which are both greatly supported by most young adults. He has pledged to use \$400 billion to purchase American goods as well as a plan to invest \$300 billion of federal income for materials made in the United States, research, technology, and related services.

RACIAL MATTERS

Joe Biden has been criticized for his support and assistance in co-writing The Violent Crime Control and Law Enforcement Act of 1994, which targeted low income and minority neighborhoods. The Bill was passed as a means to minimize crime, which ended up contributing profusely to mass incarceration in the 90s. Black people and People of Color are disproportionately affected by mass incarceration due to racial inequality. While the U.S. has seemingly had an excessive incarceration issue, the Crime Bill only aggravated this more. Since then, Biden has recognized this and addressed his remorse to minorities and those affected. He plans to improve the bill by changing policies regarding mass incarceration.

Many portions of the law are controversial: the ban on assault weapons and the Violence Against Women Act are among the few parts that are supported by a majority of the left. Biden proposed policies to reduce incarceration and gender and income disparities. He plans to fund rehabilitation for prisoners upon release. He wants to create a \$20 billion grant program to motivate states to invest in reducing incarceration. Biden supports getting rid of mandatory minimum sentencing, decriminalizing marijuana as well as expunging marijuana convictions. His stance on putting an end to the death penalty may be his

most controversial issue.

Biden refused demands to directly defund police, even though the movement does not call for the eradication of law enforcement but instead relocating funding to other social services, which is an idea Biden supports as well as demanding a \$300 million investment into a community policing program.

HEALTHCARE

In 2009, Vice President Biden oversaw the passing of the American Recovery and Reinvestment Act to help the country recover from the Great Recession economic crisis. He assisted in passing the Affordable Healthcare Act, giving health coverage to Americans with pre-existing health conditions. Biden plans to expand public healthcare, planning to insure about 97 percent of Americans. He wants to give Americans the option to apply for public health insurance that would provide benefits to the elderly and set the enrollment age at 60, four years less than the eligible age for Medicare.

EDUCATION

Biden supports education policies that would help young people such as expanding tuition-free colleges and student loan forgiveness. He also supports universal preschool access.

CLIMATE CHANGE

Biden has promoted his Biden Plan which would replace the Green New

Deal. The Biden Plan states that the United States will have a 100 percent clean energy economy and will reach net zero emissions by 2050. Last year, more than 60 countries pledged the same, yet China and India have not joined although they are the other biggest carbon emitters besides the United States. He has proposed for the federal government to invest \$1.7 trillion into his green energy plan.

Biden, being the moderate Democrat he has always been, is surprisingly supportive of progressive left policies. As someone who identifies with the far left, I am not much of a Biden supporter solely because of his moderate politics. Moderate politicians may use performative activism to appeal to minorities or groups that want more support when in reality, politicians will do nothing to implement change. Biden is someone who always speaks on change, but usually panders to his other moderate colleagues.

Is it possible that he actually wants to represent those who are underrepresented? Is he realizing that this country is in need of serious change? Or is it from the pressure of scrutiny and criticism from the young people who will inherit this country that is pushing him to be more progressive?

I guess we will find out over the course of the next four years.

USEFUL TIPS ON CAFFEINE CONSUMPTION

By Jon Fettig
COLUMNIST

Caffeine is the number one stimulant used around the world. When enjoying a cup of joe, it's easy to understand why. But not all those drinks and how they are good for us.

“There are different amounts of caffeine that everyone should drink and it depends on a lot of things,” Jean Rolandelli, associate professor of biology at Bismarck State College said. “For example a moderately sized healthy non-pregnant adult shouldn't drink any more than a total 400 mg a day of caffeine (about 4 regular cups of coffee). Children should avoid caffeine in all forms. Pregnant women will increase the risk of miscarriage with caffeine consumption.”

Rolandelli teaches biology classes with another focus being nutrition.

“I have a genetic blood disease that can only be managed with diet,” said Jean Rolandelli, an Associate Professor of Biology at Bismarck State

College. “My mother and her mother had it. My mother was a food stylist, so I have been learning about foods, the preparation and their nutritive value for my whole life.”

Some people drink caffeinated beverages as a boost of energy to get going in the morning, but there are ways of staying awake and being energized without caffeine.

“A healthy metabolism requires a wide complement of B vitamins and minerals,” Rolandelli said. “We found the Emergen-C vitamins drink mix had the closest mix of vitamins and minerals needed for a well-functioning metabolism. Your ability to process your food well and get the most out of the nutrients you absorb is where your natural energy comes from. If you sleep enough, eat a healthy low sugar, high plant-based diet and on occasion enjoy an Emergen-C you may find you don't need as much caffeine to stay awake.”

Metabolism is a process in which the body converts what's eaten into energy. This process is done by

building blocks for proteins, lipids, nucleic acids and some carbohydrates. These are all called enzymes, which speed up chemical reaction to support life, build muscle, destroy toxins and help with digestion.

Many people use caffeine or sugary drinks whether it's for school work or exercise or any activity where it's needed to help stay awake.

“Caffeine binds to receptors in the brain and blocks them so the molecule produced by work and exercise that would normally make you sleepy can't bind well and you stay alert,” Rollendeli said.

According to Healthline.com, drinking caffeine has good long term effects like lowering the risk of heart disease, strokes and type two diabetes.

“The commercially prepared energy drinks can have a lot of junk in them, a food science experiment if you will,” Rollendeli said. “That doesn't mean coffee with four pumps of sugary syrup and a large dollop of whipped cream is healthy. All that sugar and fat will offset

any health benefit, increase your risk of weight gain and chronic disease.”

There are good reasons for drinking natural coffee over energy drinks. One main reason is that they have less chemicals and no sweeteners. There are different coffee brands from different places and many are organic giving different flavors.

Tea (Camilla sinensis) from the tea plant is another amazing healthy caffeine-filled beverage. It has an antioxidant called ECGC that is effective in protecting the body. Herbal teas are not made from the tea plant, so they don't have the same benefits but are also interesting beverages that can be part of a healthy diet. Too much tea (over 3 cups a day) or tea that is steeped too long can become high in tannins that can increase the risk of stomach cancers.

It's nice to try caffeinated drinks sometimes, but as with all things moderation is key.

ARTS AND ENTERTAINMENT

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FIND A SHOW TO "HATEWATCH"

By Robert Mechaley III
EDITOR-IN-CHIEF

Depending on what day you ask me, my favorite TV show will change. On the best of days, it is "Hannibal" a very experimental, psychological thriller directed by Bryan Fuller and aired by NBC. Despite its glaring flaws, it manages to tell a powerful story of grandiose villains and the power of mind games played between morally ambiguous protagonists.

On the worst of days when I feel like venting, I'll say it is CW's "Riverdale." "Riverdale" is a dumpster masquerading as a teen mystery drama. The writing is abysmal, the tone is far too serious for the dialogue delivered with the charisma of a wooden plank and the plotline is nonsensical.

My favorite bad moment has to be when a previous series antagonist tried to launch himself into space while dressed like Evel Knievel from the top of an abandoned convent and mental asylum. A once serious cult leader masquerading his organ — harvesting operation as a religious group, Edgar Evernever, was reduced to the strangest caricature.

If I find the show to be horrible, why would I say it is one of my favorites? The answer is that it is my favorite "hatewatch." I find that sometimes, it is hard to enjoy a serious show when I have a bad or busy week. What if I can turn off my brain and jump onto the absurd rollercoaster before me?

Are you burnt out from a good show ending? Good news! You can turn off your brain like me and just allow something to happen. No critical theory needs to be applied, all glaring problems can be glossed over, and you can just laugh as much as you please.

If you want a good place to start, try many of the recent CW shows. They are not high art, but they are entertaining. Even after finishing all of "Riverdale," I crave more of the goofy shenanigans trying to be a gritty crime drama. It is satisfying to watch an adult trying to be a high schooler saying he was attacked by a bear while on the run after being framed for murder. Dumb moments like this exist in each episode, allowing you to embrace the absurd.

"Hatewatch" a show for yourself, it can even be a show many enjoy but isn't to your taste.

"Riverdale" and my other new favorite "hatewatch", "Evil", are available for streaming on Netflix.

"IT'S DANDY" BY MICHAEL TOMANECK

ACROSS

1. Airport org.
4. Making a cake
10. Wind amount
14. Pocket temperature
15. First game
16. eight, pre.
17. Genetic ltrs.
18. Color and a flavor
19. 2-Down's sound
20. Paddle
21. Hotmail initials
22. Emperors
23. Hush money
25. Pick onions?
29. Hosp. areas
31. Remainder
35. Talk
38. Not a right
40. Lay cement
41. infield hit
42. Rent
43. The hunted
44. Song itineraries
46. Formerly
48. Rubs away
50. Kiss' Peter

54. Girl in Wonderland
57. As if...
59. Lose a life
60. Arizona city
61. Mono's follower
64. _____ pinch (2 words)
65. Make a small cut
66. Pleasurable calm
67. Three strikes
68. Coin flip
69. Icy rains
70. Submission to an ed.

DOWN

1. Pound
2. Underwater detector
3. 1980s home arcade
4. Xer's parent
5. CC rates
6. Mr. Reeves
7. Roadside stay
8. Pos. opp.
9. Coll. Exam
10. It is Everlasting
11. Bruins' coll.
12. Mix
13. Spinning toys
22. Tater piece

24. Soda-flavored lids?
26. To suit or satisfy
27. Sport ofcls.
28. Regular
30. Nacho dance?
32. EPL replay tech.
33. Apple eater
34. Skywalker
35. HIMYM broadcaster
36. Color
37. Colonizer
39. _____ get started
45. Outrage
47. Says again
49. Sour discs
51. Vernacular
52. Tissue target
53. Chairs
54. NL city
55. Carson follower
56. Mideast threat grp.
58. Posted
61. Snake dialogue
62. Bus. Card abrv.
63. Poetic until

ANSWERS ON PAGE 2

SUCKER PUNCH GAME STUDIOS ADDS NEW MULTIPLAYER MODE



Travis Askerooth

THE MYX PRODUCTION MANAGER

You know, a few issues ago (The Mystician 82.2), I wrote about a game called “Ghost of Tsushima.” It was a really good game with an emotional storyline, great gameplay and a world begging to be explored. After I wrote that review, I thought that I wouldn’t be able to talk about it anymore. Well, I’m glad to be proven wrong.

“Ghost of Tsushima: Legends” is an add-on multiplayer game developed by Sucker Punch Studios and was released on Oct. 26, 2020. It is a free experience that expands on the gameplay and tests the player’s skill at the game—now with a friend.

When this mode was announced back on Aug. 17, many people’s minds (including mine) exploded. An entirely new mode that is multiplayer focused; contains various story, survival, and raid missions; and no microtransactions is something unheard of in the gaming community.

If a mode like this were to be released under a publisher like Activision or EA, it would either be microtransaction-filled, a paid experience or even both. Luckily, as long as you have the game, the player gets the mode for free.

So, what is this mode all about? It

is a separate experience where you don’t have to play the single player in order to understand the combat and controls. In fact, it starts off with a tutorial sequence that shows off the old and new moves of the four classes: the samurai, the hunter, the ronin and the assassin.

Each class has their own unique perks and play styles that help shake up the gameplay. The samurai is a well-rounded character who is good for beginners; the hunter focuses on bow skills; the ronin plays support and can heal allies; the assassin relies on stealth to take care of the weaker enemies.

There are nine story missions, four survival missions and a raid mission split into three chapters that can be completed with two or more players. The story and survival missions both have difficulty levels (bronze, silver and gold) while the raid is a fixed difficulty. As you complete each mission, the player is rewarded with weapons, charms and utility items with a random rarity and ki level. By leveling up your ki, you would then get access to better items and progress further in the story. From my experience, you can go through the story missions and the varying difficulties without having to go and grind other levels in order to access the rest.

The levels themselves are split into three sections where the players have to complete the quests. In higher difficulties, they gain the option to do a couple of side objectives that can net them extra rewards if completed.

In survival missions, up to four players can join in to defend against waves of enemies as the players defend specific areas. When players defeat enemies and defend areas, they get currency that allows them to buy items to help aid them as the rounds get harder.

As for the raid missions, they can only be completed with friends, and I wasn’t able to find help with this task yet.

What else is there in the game? Players can unlock cosmetics and emotes for their characters as they level up and complete challenges. There are daily challenges to spice up the gameplay and two nightmare

challenges that change weekly. The nightmare challenges include one story mission and one survival mission that provide a much harder experience for players. Upon completion of either challenge, the player is rewarded with a level one hundred and ten item, which is the highest level in the game.

“Ghost of Tsushima: Legends” is a good shot-in-the-arm that the game needed. It adds a variety of content and improves on the already fantastic gameplay. While a little short on missions, it excelled at keeping the player’s attention and as long as Sucker Punch Studios continues to build off this multiplayer, “Legends” could become something greater.



The four playable classes available to play in “Ghost of Tsushima: Legends”. “Legends” requires a copy of “Ghost of Tsushima” and a PlayStation Network subscription. (Credit: IGDB.com)

COVID-19 AFFECTS MARVEL STUDIOS PRODUCTIONS

By Azariah Njuguna
REPORTER

The threat of coronavirus COVID-19 has effectively shut Hollywood down. Productions have been suspended across the globe, new theatrical releases have been delayed or are being released straight-to-VOD.

And while the future of the many movies and shows in development is a low priority in contrast to protecting the health of humans everywhere, the delay of Marvel’s long-awaited Black Widow does bring up a valid question: how will the Marvel Cinematic Universe be affected by the coronavirus shutdown?

Marvel had big plans for a post

Avengers: Endgame future. That film marked a farewell for a number of characters, paving the way for something of an MCU reset. Black Widow—which was supposed to hit theaters in May—was intended to be the beginning of Phase Four. The start of something new.

“Well for me it didn’t really hurt that much when I heard that Marvel will take some time to release a movie,” said Fredrick, a BSC student, “I have always been more of a DC fan and could care less about Marvel.” He finishes with a laugh.

Marvel also planned on significantly changing the MCU by interconnecting the feature film storylines with new limited series on Disney+. The first

of those, The Falcon and the Winter Soldier, was supposed to be released on the streaming service this summer, followed by WandaVision in the fall and Loki in early 2021. Each one of these miniseries—running eight episodes or so in length—would be an essential piece in extending the MCU.

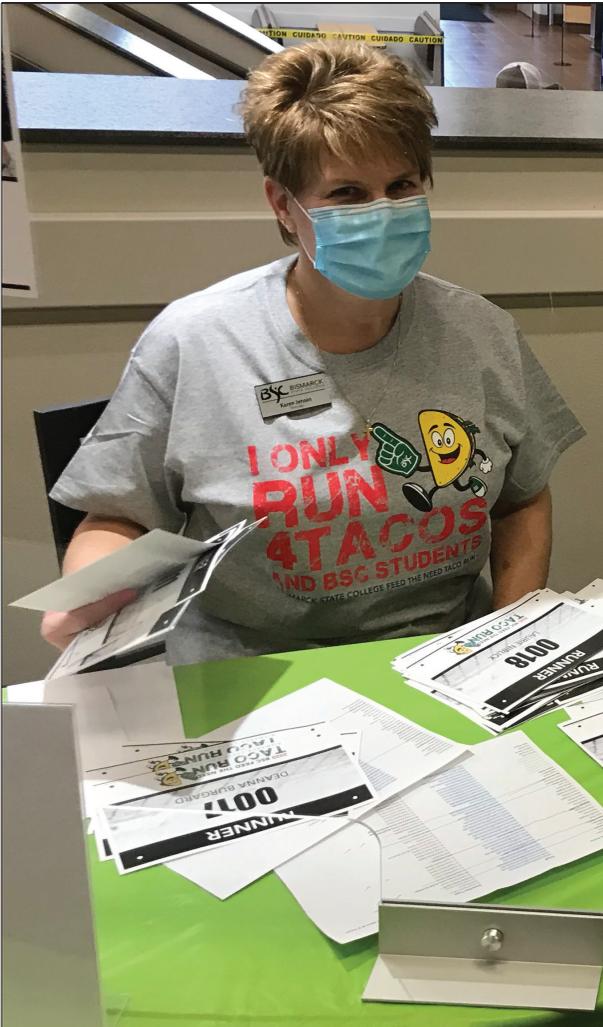
Scarlett Johansson’s first solo outing as the Black Widow had to be rescheduled, setting off a landslide of release changes that were then followed up with even more dramatic changes that meant 2020 will be the first year since 2009 that there wasn’t an MCU movie release.

The furthest film away on the Phase 4 series was the last to be confirmed. Captain Marvel was a huge success

in 2019, grossing over \$1 billion worldwide, and as Marvel Studios announced the additional movies, the studio also confirmed Captain Marvel 2. Brie Larson’s return as Carol Danvers is scheduled to hit theaters on July 8, 2022.

Though COVID-19’s human cost is the most important element of the crisis, the shifting release dates is a disappointment to many Marvel fans. Nevertheless, from sequels to origin stories, Phase 4 has it all, and there’s plenty to look forward to as the Marvel Cinematic Universe’s movies eventually hit theaters.

BIG EVENT FROM LAST MONTH



THE BSC FEED THE NEED TACO RUN

On Nov. 18, Bismarck State College Student Life hosted its first ever Feed the Need Taco Run. Students, Faculty and Staff turned out to donate either ten dollars or five or more non-perishable food items.

All proceeds in money or food go towards filling the Little Mystics Food Pantry outside of The Student Union.

The small wooden box was created by the Girl Scouts as a project to benefitting the school's students.

Anybody who donated was able to take home a commemorative t-shirt and two free tacos provided by Mystic Marketplace. Karen Jensen, Amanda Morse and Sarah Owens worked the donation desk. The t-shirt desk was

staffed by Julian Clemon. Janey Irwin and Jenna Elingson handed out tacos at the final stage of the race themed charity drive.

According to Heather Sheehan, the Taco Run collected more than 500 dollars in cash and 1100 food items. The Little Mystics Food Pantry has distributed over 2000 items to date.

