THE GUSTAVIAN WEEKLY

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Bronze casting art class shows final pieces
pg. 6

Housing process eases concern for some, not all

Tram Bui
News Editor

As the year's housing process winds down, many students are still vocalizing strong opinions on the residences they have received and on the current state of the housing process.

Room draw, the process of room selection for students, has traditionally included assigning students random numbers and having them physically selecting rooms from a board in descending order of the priority numbers. The process was moved to an electronic system for a brief time before returning to the current system.

> "Gustavus does not have adequate housing options for a 4-year residential college. If Gustavus wants to stay competitive, they should consider investing in new buildings or renovations to current buildings."

Director of Residential Life Charlie Potts '01 has been working in collegiate residential living for the last decade and is currently spending his second year at Gustavus.

"I wanted a system that was more transparent, where students can see immediately where they stack on the priority line. Students can see immediately what room they get, and if they don't happen to get a top choice, they can see what's still available. Ultimately, it does give a little more choice. That was key to me," Potts said.

In recent years, Residential Life has been reaching out and broadening the scope of how students receive information on housing through expanding the residential life homepage and connecting through social media outlets such as Facebook and Twitter to better provide concrete information in an accessible way to students and parents.

"The biggest step in understanding the housing process is that students have to read the website. Some of the email information doesn't make sense if you don't read the website. For instance, I got several questions about whether we take average number or highest number for on-campus housing—and the answer (the highest number) is right on the Room Draw website under "What does my Room Draw number mean?," so thoroughly reading information presented is really important," Potts said.

The issues that students have voiced against the housing process are inappropriate and inadequate housing for upperclassmen, the lack of apartments and clusters available, and the difficulty in obtaining off-campus housing.

"[The process] is highly stressful, and it seems difficult to communicate with Res Life exactly what I need. They might be thinking one thing while I interpret that as another, and vice versa. They explain that there are many options for students, but leave it to the students to figure out what they are instead of laying some sort of road map for them," Sophomore Hannah Miller said.

Other students have been looking towards what the housing process currently means for prospective students.

"Gustavus does not have adequate housing options for a 4-year residential college. The upper-classmen options are not up to par with housing at other schools. Features such as air conditioning, carpet, sinks, and options for suites/grouped rooms are fairly standard for upperclassmen housing at other schools and are not featured at Gustavus. Students should consider these options when choosing a college. If Gustavus wants to stay competitive, they should consider investing in new buildings and/or renovations to current buildings," Sophomore Rachel Scharf said.

"With the addition of Chapel View last year and the potential for more units to be built there in the future, I don't think there would be a need [to build] another residence hall soon. There are academic building renovation priorities that are and should be higher on the priority list," Potts said in regards to circulating ideas of renovation and the building of new residential housing.

> "Kudos to [Res. Life] for doing what they are doing, but that doesn't make it any less stressful for any of the students on or off campus."

Other possible changes to the housing system in the near future could include gender neutral housing.

"[In regards to gender neutral housing] we are moving in a great direction to continue and build that conversation. In working with Queers and Allies (Q & A), they are putting together some research and collecting information from students here and from students at other institutions. In getting that feedback, we are setting ourselves up well to have that conversation on campus," Potts said.

The housing process differs from year to year, but seems to be a continually evolving process for both Residential Life and students.

"When you try to find housing for 1800 people, you try and find the amount that is fairest for the most people. It is tough when you don't get exactly what you want, but it's all a matter of perspective. But I think that students did really well in understanding the process and making it work for them," Potts said.

In the coming years, it seems that communication will have to improve between students and residential life to reconcile the best methods of housing almost 2,000 students on a small, residential campus, as the college population fluctuates and as student demand and availability of housing changes.

"That has to be the most stressful job because they have to deal with hormonally charged young adults who are only attuned to their own issues while disregarding that everyone else has the exact same complaints. Kudos to them for doing what they are doing, but that doesn't make it any less stressful for any of the students on or off campus," Miller said.

March for immigration reform

Haley Bell
Staff Writer

A class in the Spanish Department, Spanish 250: Crossing the Border, has created a march to raise awareness about Immigration Reform: Border Security, Economic Opportunity, and Immigration Modernization Act of 2013. The class, taught by Mayra Taylor, has been studying immigration and received help from OLAS to organize the service project in order to raise awareness about immigration in the US, as well as promote basic human rights.

"Every year, the class engages in a project that connects to a relevant contemporary issue on immigration. This year the 'Border Security, Economic Opportunity, and Immigration Modernization Act' was a perfect fit," Professor Mayra Taylor said.

This act is the first major immigration proposal in several years. It includes changes regarding Border Security and Legalization, Legal Immigration, Employment Verification, and Temporary Immigration.

"Our current system fails to make immigration regulated and safe for immigrants. We need to recognize that many undocumented workers are living with us and their human rights are being violated for profit. When preventable deaths are happening on U.S. soil, there is a problem," Sophomore Mikaela Warner said.

If the Senate approves the bill, and there are not any major complications in the House of Representatives, the president could potentially be signing a version of the reform by mid-June. The final bill that congress will present to Obama may have major alterations from the Senate proposal.

The class chose to support this reform because it would impact the lives of over eleven million undocumented immigrants, as well as the general US population.

"Not only is this immigration reform about immigrants from Mexico, like our class talks about, but it is about all immigrants and their beauty they bring to this country," Junior Emilie Scott said.

The march is a great opportunity for Gustavus students to speak up about an important issue that will impact the lives of people not only in their country, but also in their community.

"We hope that the march around campus will include a lot of students and will respectfully attract the attention of the campus in regards to this bill," Taylor said.

Anyone interested in supporting the important issue is welcome, regardless of political affiliation.

March continued on Page 3

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Campus Safety Report

Monday, April 15

• Campus Safety responded to an electrical fire in a college-owned vehicle.

Wednesday, April 17

• A student while in Bjorling parking lot was cited by Campus Safety for a drug/narcotic violation, driving under the influence, failure to comply with a College official, and simple sssault.

Tip of the Week:

Severe Weather

In Minnesota, severe weather takes different forms depending on the season. In late spring through fall, severe weather can include thunderstorms, tornadoes, hail, and straight-line winds.

Severe Weather WATCH: Conditions are right for severe weather to occur.

Severe Weather WARNING: Severe weather has been confirmed and is moving in a direction that jeopardizes the local area. GO TO SAFETY IMMEDIATELY!

Straight Line Winds: Tornado strength winds that do not rotate but blow in straight lines.

Severe Thunderstorms: Rainstorms that include thunder and lightning, as well as possibility of various sizes of hail.

Tornado: Conditions are right for a tornado when a hot humid air mass collides with a cold air mass. Wind speeds of a tornado can reach 200 MPH.

Severe Weather Response

Be aware of your location and the location of the storm shelter in the building you are in.

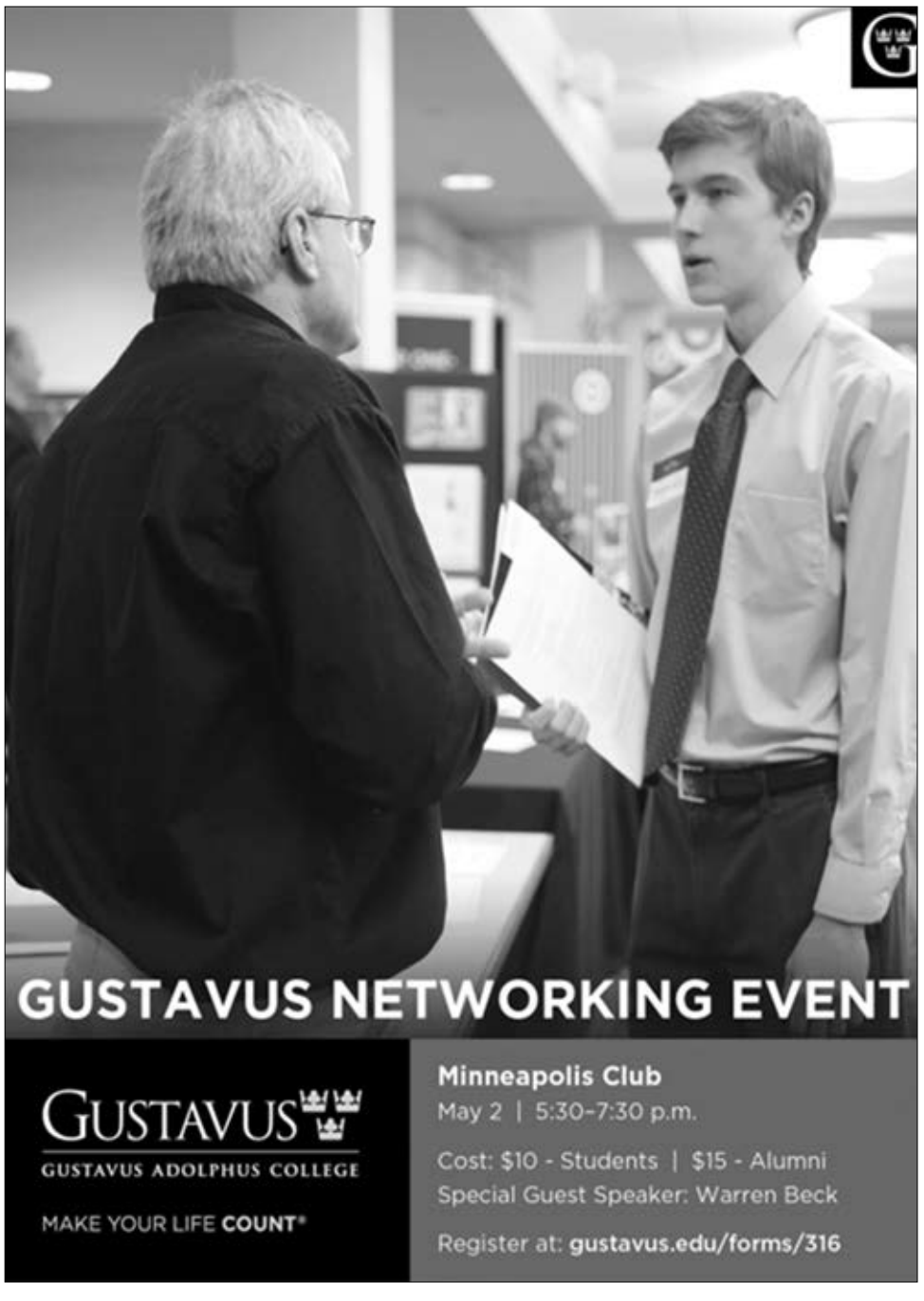
If a Severe Weather Watch is Issued:

• Listen to local radio and TV stations for further updates.
• Be alert to changing weather conditions.

If a Severe Weather Warning is Issued:

• If you are inside, go to the safe place in the building.
• If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area.
• If you are in a motor vehicle, get out immediately and head for safety.

Check your building for shelter location information, or the Campus Safety web page: https://gustavus.edu/safety/tips/weather.php



Gustavus students receive grants to fund future projects

Peter Diamond
Staff Writer

Coca-Cola Grant Receipients

The Kitchen Cabinet will be hosting a reception to congratulate the recipients of the 2013 Sustainability and Health Partnership Education Grant, which allowed funding to its winners for various service projects. The receptions will also allow these students a chance to present and share their projects with those in attendance.

Junior English Major Rebecca Hare, Co-President of the Gustavus Greens,regularly updates the Kitchen Cabinet on Greens activities that are connected to food and sustainability. When the Dining Service considers changes to its menu, Hare also provides her voice to consider an environmentally conscious perspective.

"The Kitchen Cabinet is an advisory board to the Dining Services that meets once a month to discuss what often goes untalked about in discussions of buying, selling, and consumption. Our discussions focus on the morality and sustainability aspects of the food the Caf purchases and serves to students. There are representatives from the all around campus," Hare said.

The event will be held Friday, April 26 at 2:30 p.m. in the Heritage Banquet Room, and all are welcome.

Fulbright Scholars

In addition to the Coca-Cola Grant Recipients, Seniors Ally Voss and Joey Taylor have each been awarded Fulbright English Teaching Assistant Grants while Senior Sarah Lucht has been awarded the Fulbright Reasearch Grant.

The Fulbright Program is an international exchange program sponsored by the United States government, created in order to promote the mutual understanding between United States citizens and people abroad. It allows scholars and students to study abroad in order to conduct research and engage the community they will be visiting.

Voss, a Spanish and Sociology and Anthropology double major, has been placed as a high school English Teaching Assistant in northern Spain. The majority of her time there will be spent working with Spanish students in a classroom, but she will also be focusing on a civic engagement project outside the classroom.

"The Fulbright to Spain works perfectly into my plans because upon my return to the U.S. I will be moving to Houston, TX to work for Teach for America as a bilingual educator. Having access to Spanish culture and being able to immerse myself more deeply in the language can only help my teaching and ultimately my future students," Voss said.

"I would like to thank so many professors, coaches and mentors here at Gustavus who have encouraged me and influenced my path! Two of the professors who have most affected me include Professor Rosenthal and Professor Kalbermatten. Both of these women have given so much of their time, talents and energy to guide me and help me determine what my passions are and where I want to go after I leave Gustavus. I will definitely strive to follow their examples and be the kind of instructors that they are on a daily basis for all of their students," Voss said.

Taylor, a Russian Studies and Political Science double major, will be sent to Russia to teach either conversational English or medical terminology at a university.

"The goal of the program is to provide universities and colleges with native speakers of English. These institutions are located in areas that traditionally don't attract many non-native speakers, specifically Americans. As an ETA, my job will be to teach as well as act as a resource in terms of American culture and life. I will be responsible for connecting with my community," Taylor said.

"I want to move back to Russia for the long term and the Fulbright definitely helps me with that. The grant is for one year, so after I'm finished with teaching in the town where I am sent, I plan to move back to St. Petersburg (I studied there last year) and continue teaching English while exploring other options such as interpreting/translating and working with foreign students who are studying abroad," Taylor said.

Lucht, a Chemistry and Biochem and Molecular Biology double major, will use her Fulbright Research Grant to travel to Iceland to work with Dr. Eyfjörd at the University of Iceland on research in genetic mutations, cancer prognosis, DNA replication, and other various subject matter.

"I have known for a long time that I want to live abroad and the Fulbright is the perfect opportunity to combine my academic aspirations with my love for travel. I am very excited about getting the grant, though to be completely honest the idea of finding housing, getting a residence permit, and figuring out a foreign country is a bit intimidating at the moment! It should be a wonderful learning experience," Lucht said.

Lucht plans to attend the Harvard School of Public Health for a Masters in Epidemiology focusing on Cancer Epidemiology in Fall 2014.

Coca-Cola Grant Award Receipients

Assistant Athletics and Alcohol and Drug Education Director Kari Eckheart.....2013 Wellbeing Fair

Katie Barta '13..... Trash to Treasure

Katelyn Warburton '13.....Be the Light (therapeutic light boxes)

Sophia Ogren-Dehn '13 .....Big Hill Farm Shed

Samantha Good '13 ..... Biking Initiatives

Greg Wiessner '14.....Peer Health Coaching

Courtney Farland '13..... Gusties Love Group Exercise

Assistant Athletics and Alcohol and Drug Education Director Kari Eckheart.....March Mission Nutrition

Kirsten Larson '15 ..... Labyrinth in Linneaus Arboretum

*(*Above*) Receipients of the Coca Cola Grant awards will attend a banquet event in their honor on Apr. 26. Taylor (*near left*), Lucht (*bottom left*), and Voss (*bottom right*) have both been awarded the Fulbright English Teaching Assistantship Grant for 2013. Taylor will travel to Russia, Lucht will travel to Iceland, and Voss will teach in Spain. All photos submitted.*

March continued from Page 1

"It is about political parties uniting to choose something that is best for the country but also for the people who need a better life and come to America," Scott said.

The march will take place May 2, 2013. People will meet in front of the Jackson Campus Center at 12:30 p.m. Participants are encouraged to wear their red, white, and blue. The signs and banners are going to be provided for the marchers.

"I am personally marching to add my voice to the millions that are already fighting for this common sense immigration reform. I am an undocumented immigrant marching because this is the land that I grew up on and call home. I march for my pathway to citizenship," Sophomore Marcela Lopez, member of the executive board of OLAS said.

The class and OLAS strongly encourage everyone to raise their voices and join in on the march because 'Llegó la Hora,' (the time is now).

Celebration of Creative Inquiry

Celebrate inquisitive minds in research and scholarship by attening presentations from students, organizations, and groups on campus.

Friday, May 3, 2013

Campus Center, 5:00 p.m. to 7:00 p.m.

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GUSTIE *of the* WEEK

— Julia Tindell

Kate Plager
Editor-in-Chief

It's hard to tell whether Senior English Major Julia Tindell's empowering, caring demeanor or intelligence and immense skill makes her a stand out at Gustavus.

"She is a fantastic writer, and that applies to basically every kind of writing I can think of. When we read the plays we wrote in class, hers were always very skillfully done, and I would be impressed each time. Whenever other people would read theirs, she would have the best compliments for you, whether that was "You have a fantastic brain!" or something more specific," Sophomore and Co-Organizer of the 48 hour Play Project Nick Gersch said.

"She really knows who she is and is very comfortable with her identity. She really helps others be comfortable too."

—Lauren Sekelskey

Mara LeBlanc

An avid reader, Julia thrives within her major and takes pride in her extensive book collection.

While in college, Julia has had plays and a memoir published in Firethorne, an article called "21 tips for people who don't drink" published online On Thought Catalogue and an interview with Illustrator David Small published in World Literature Today.

This fall, Julia studied abroad at the University of Oxford, England. However, even when Julia was away from the Gustavus campus, she continued to make an impact.

While she was away, the Gustavus Theatre and Dance department performed the play Julia wrote entitled "At Risk." The show depicts the story of siblings' struggle after the alleged suicide of their mother and the town gossip that followed. "I haven't seen it, which is crazy! The really cool thing though is that a lot of people said it made them think about labeling mental illness," Julia said.

Now that she's back on campus, Julia is once again busy in the theatre sphere. During January Interim experience, she performed in *The Government Inspector,* is an active member of I Am We Are and organized the 48 Hour Play Project.

"Julia was the creative force in the project. She always generated fantastic new ideas, intense brainstorming sessions, and she was naturally the one doing most of our writing. She has so much experience on campus she was able to find many different ways of getting news out and expanding our influence," Gersch said.

Stepping into the role of producers was new for Julia, but she accepted the change with excitement.

"It was so hard not to playwrite because I love doing that, but it was fun to see it from this perspective. It was a very stressful process, but the payout was phenomenal—worth all the stress," Julia said.

"I remember after the 48 hour project had finished, just turning to Julia, and saying 'we did it,' after all of our hard work. She had pushed the both of us to the max of our potential, and we were able to be proud of what we had accomplished because of it." Gersch said.

Julia describes her life philosophy, which dictates her personal relationships and drives her work for social justice as "radical Love."

"Whenever I write that, I write it with a capital 'L' because it is the center of everything and is so important," Julia said.

She says this personal philosophy stems from Christianity and *The Brothers Karamazov* by Fyodor Dostoyevsky.

The Brothers Karamazov also inspired Julia to name her beta fish "Alyosha Fyodorofish Karamazov" after one of the main character of the novel. However, she also makes note that the fish is a drag queen on the weekend named Lady Macbeth.

Sexuality has become a focus for Julia through school.

"I would actively label myself as Queer. My junior year I took a class called queer theory and that completely changed my perspective on the world. Queer theory became my lens for looking at things. To be more specific, I'd call myself a queer feminist. To me that means I'm open to opportunities to embrace people. The label queer is funny; if you look at the history of the word 'queer' it means abnormal or weird. However, it's one of the most normalizing words. It means that there isn't normal and abnormal," Julia said.

Julia's ultimate career goal is to become a college professor of English and Queer Studies in Literature. However, for now, Julia is taking a break from school after she graduates.

On April 23, Julia helped organized the Asexy Workshop for asexual awareness week.

"Asexuality is a little understood identity. It is a person who does not experience sexual attraction. It's interesting to talk to people who are asexual about the reactions they get from others when they tell them about their sexuality. People usually either make jokes like "What are you?—an amoeba?" or they think it's some kind of mental disorder—like they're crazy," Julia said.

Julia has used her confidence, understanding of queer theory and radical Love to help others on campus feel comfortable with their sexuality.

"She really knows who she is and is very comfortable with her identity. She really helps others be comfortable too," Sophomore Lauren Sekelskey said.

Mara LeBlanc

Julia is well on her way to success. She has been published and has performed on stage during her four years at Gustauvs.

Metal casting in the modern world

Beth Schmidt
A&E Editor

Greg Mueller has spent this semester teaching ten Gustavus women about the art of cast metal sculpture. The process of cast metal sculpture began 5000 years ago, incorporating the elements of earth, air, fire, and water. This is also the art form that Paul Granlund, long time Sculptor-in-Residence at Gustavus, used to create the Granlund Sculptures located around campus.

The process of casting metal creates a community activity, as it takes four to five students to have a successful metal pour. Metal casting is just one of the many art classes offered on campus but one of the few that requires teamwork for a successful end to all those involved

The class has had the opportunity to work on a couple of projects including "Sceptres and Staffs" and investigating contemporary "green" trends in the art form as they use reclaimed iron that was salvaged from the St. Peter Community Hospital torn down last year.

"The best part of this class is the amount of freedom and flexibility we have with our work. Greg is an awesome professor and very open to new ideas. I feel like anything you could dream up, he can help make happen which has produced some great final pieces," Senior Emily Seelen said.

The "Sceptres and Staffs" project took five weeks for the class to complete. It involved making a mold with found objects and wax, using the wax forms to create another mold and then burning the wax out of the new molds. After the mold making, the students worked together to pour the 2000 degree liquid bronze into their molds and then welded the cast pieces together and finished with power grinding tools to perfect the creations.

"My hope is through their personal imagery, symbolism, and inventive forms, students and viewers will see a fresh interpretation of what Gustavus student leaders will look like in the twenty-first century," Sesquicentennial Sculptor-in-Residence Greg Mueller said.

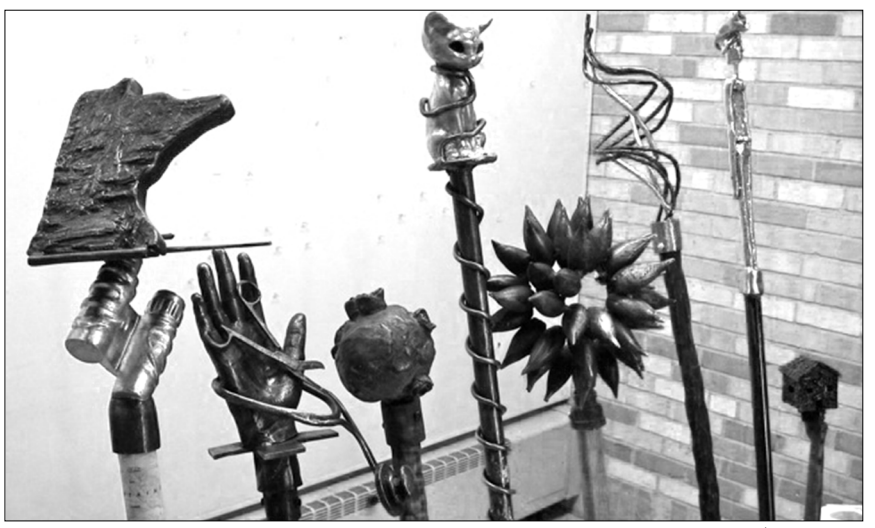
The type of creations that the students were able to make covered a vast majority of interest areas and passions. The class did not require students to be art majors and there is a mixture of class years. The experience of a liberal arts education allows students on campus to get a sample of many disciplines.

"Art is all around this campus and I wouldn't have really noticed it honestly, or how it was made, if I wouldn't have taken this class. Different art forms allow many different possibilities, textures, and projects to be created and expressed," Junior Rosh Lnu said.

"True artists shouldn't restrict themselves to a certain area and each form of art has its special beauty," First-year Yingying Cao said.

Having the chance to directly work hands-on with an art form has given the students the opportunity to take a leading role in what they produce. The "Secptres and Staff" project tapped into the historical legacy of the staff as a representation for kings, military, or religious power. The meaning behind the staff allowed the students to show how they wanted to lead their futures.

"In the short time I have known these young women, I am confident every one of them, some may not know it yet, will find themselves in a future leadership role someday," Mueller said.



Submitted / Greg Mueller

Students learned the centuries old process of metal casting and created a staff representing themselves and how they would lead.

May Senior Recitals

All performances in Bjorling Recital Hall

May 5
1:30 p.m.
Antonio Herbert
flute

May 5
3:30 p.m.
Anna Giles
voice

May 5
7:30 p.m.
Alexa Johnson
piano

May 19
3:30 p.m.
Tim Grev
trumpet

Books in Bloom merges design with library resources

Ben Miller
Managing Editor

This year, the Folke-Bernadotte Memorial Library will be hosting its third annual Books in Bloom Event. This event, put on by the Gustavus Library Associates (GLA) is a fundraiser for the library, with all money raised going to increase the library's endowment.

Funds are raised by individual sponsors who donate five-hundred dollars to sponsor a "bloom," or a floral arrangement based on a book that is available in the library. This year, there will be 30 blooms which will provide fifteen-thousand dollars for the library.

This event is modeled after a program at the Minneapolis Institute of Arts called Art in Bloom, where the Institute selects paintings and asks florists to create an arrangement that interprets the work.

"This year's event is in memory of Marlys C Johnson, the founder of Books in Bloom, who passed away in March," Chair of the Books in Bloom Committee Marisa Schloer '09 said. "Due to her creativity and passion for Gustavus, this event was made into a reality."

"This type of event gets people to come in and see what our library is like," Director of Communication Services and Special Events and College Liaison to the GLA Dean Wahlund said. "Last year we had about five hundred people come through to see the blooms, and we hope to break 500 again this year."

"This event also gives people encouragement to read some of the books on display because they are interested or influenced by the blooms," Wahlund said. "We give a brief synopsis of the book and ask the designer to put together a brief explanation of their use of certain colors or certain flowers in the bloom."

The design for this year's event was created by Gustavus Sophomore Jenny Marquette.

"I worked on this design last year in my Graphic Design class," Marquette said. "I wanted to bring a change to the event publicity—something that was brightly colored and very simple in its design. I was so excited when my Graphic Design teacher called me this year to let me know that my design had been selected."

Members of GLA are especially excited for Books in Bloom because of the snowy spring weather.

"I'm looking forward to the simple idea of bringing a little bit of spring into the Library during a snow-covered April when it's long overdue," GLA Board Member and Books in Boom Planning Committee Member Sonja Timmerman '98 said. "During such a busy time of the academic year, I hope students and other guests will be able to enjoy the arrangements on a purely aesthetic level."

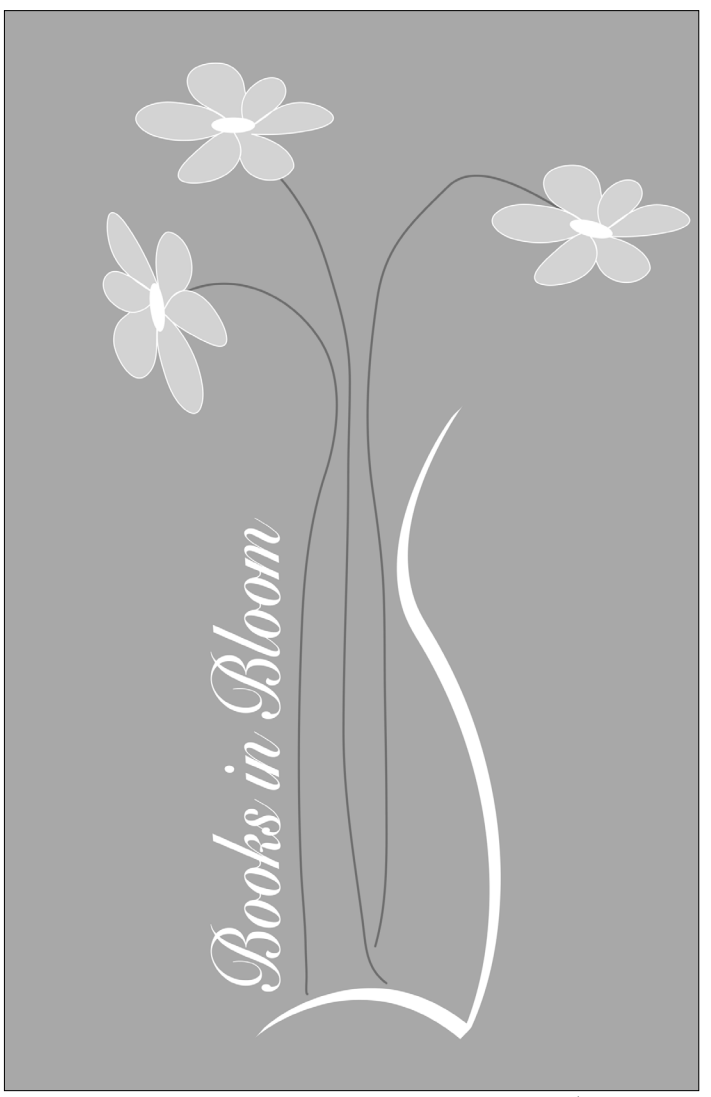
"I also feel like Books in Bloom has hit its stride—designers know what the event is about and are incredibly creative with their designs," Timmerman said. "This year, there happens to be several titles from my list of personal favorites, so I'm eager to see these arrangements in particular."

The Gustavus Library Associates is a Friends-of-the-College organization that was created in 1977 to promote learning, literature, and the Library. Anyone interested in learning more about the organization or about Books in Bloom can visit gustavus.edu/gla.

Books in Bloom 2013 will take place May 3 to 5 in the Folke Bernadotte Memorial Library. The event is open to the Gustavus Community and to the public free of charge.

A preview of blooms

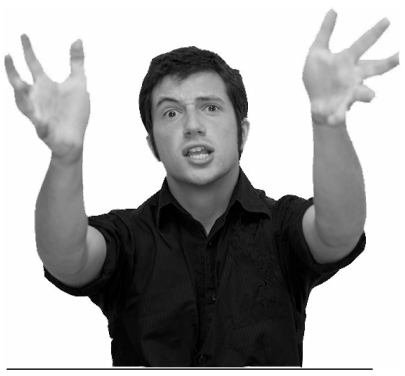
- *The Hunger Games Trilogy*
- *Because of Winn Dixie*
- *Les Miserables*
- *The Hobbit*
- *Downton Abby*



Submitted / Jenny Marquette

Books in Bloom is the annual library fundraiser bringing a creative display of flowers to library resources.

Gangster Squad falls short of expectations



Aaron Albani
Copy Editor

It's another tale of bad guy gangster meets questionably motived cop in 2013's *Gangster Squad*. With big name actors at its side, this film tries so hard to be something great, but falls short and provides an average amount of excitement.

Sgt. John O'Mara (Josh Brolin, *No Country For Old Men*) is ordered to work undercover to take down Mickey Cohen (Sean Penn, *Milk*), the most powerful gangster in Las Angeles. Alongside O'Mara is a number of cops including the likes of Ryan Gosling (*Crazy, Stupid, Love*), Giovanni Ribisi (*Avatar*) and a few other familiar faces.

In all honesty, Sean Penn is the greatest part of the movie. Playing the illustrious Mickey Cohen, Penn brings a great character to the film. His acting is unmatched by all the other characters in the movie, and I found myself aching to see more scenes with him instead of the protagonist and his buddies.

What this film was missing was a good dose of character development. Relying instead on new wave cinematography and extended action scenes with explosions and loud music, *Gangster Squad* lost some of the anticipation I had for some of the great character conflict I've come to associate with gangster movies. I needed more than watching the good guys take out all of Mickey Cohen's men and systematically destroying him.

The film does, however, offer entertainment. It's quick paced and easy to follow. Ryan Gosling plays a cop that falls in love with Mickey Cohen's girl (Emma Stone, *Easy A*), and is his normal heart-throbbing character with a bit of a 40s twist (cue awkward looking fedora). As the film goes on, and tension gets higher his character serves as a sort of moral compass for O'Mara, trying hard to make him come to his senses when all hell breaks loose.

It's one of those movies that you know the ending before the movie even begins, because it's been made a hundred times before. But you watch it anyway since it has a favorite actor in it, or because you love gangsters and the 40s.

It's nothing to write home about, but I'd say if you're in the mood for popping in a movie while you write an essay or clean the kitchen, this is one to add to the list. I assign three and a half stars out of five, the extra half coming purely from Sean Penn.

James Blake brings beats and soul to second album

Eric Larson
Staff Writer

James Blake returns with his soulful release *Overgrown* following his dub-heavy EP "Love What Happened Here" released last winter and his self-titled debut full length in 2010. The blend and variety on *Overgrown* is stronger than his debut, creating a more definitive sound rather than an alternating mixtape of ballads and club music. While still carrying the dub-step label, Blake could not be further from what has come to be termed "bro-step," coming mostly out of North America.

An artist who performs piano covers of ballads from the likes of Joni Mitchell and Feist, yet performs his own DJ sets in English clubs is difficult to categorize. It's an unlikely mixture that wouldn't work well for too many artists, but Blake is very careful in his production and an extraordinarily gifted musician to boot.

The album's first single "Retrograde" is an excellent example of Blake's genre-bending in practice. The song begins with a simple bass and clap beat with low piano chords and Blake's humming. The vocals eventually kick in, but blend softly with the rest of the track until the chorus when the heavy synths pour in and Blake reaches his higher register singing "Suddenly I'm hit/Is this the darkness or the dawn."

This is Blake's version of a "drop," and it feels far more appropriate than some of the abrasiveness that gets tied to the term. Rather than relying on a hodgepodge of raucous noises to drive home the moment, Blake hits one chord and lets it resonate with the listener for a instant. The track flows into a quiet piano ballad "dlm" which recalls back to his cover of Joni Mitchell's"A Case of You." The next two tracks "Digital Lion" and "Voyuer" counter "dlm" as the two most definitive dub-step tracks on the record. Both are fun tracks that would fit right in on Blake's EPs or in a set at a club.

One thing entirely new for James Blake on the record is "Take a Fall For Me" which features RZA of Wu-Tang fame rapping over Blake's R&B beat. It's not entirely misplaced, but lacks the dynamics of some of the other tracks on the album. It just isn't there enough lyrically to stick out on it's own. Where Blake creates most of his magic is through repetition and through the twisting and manipulation of phrases and chords in a way that makes them grow in different directions.

"A Wilhelm Scream" was particularly famous for that on his debut and "Love Round Here" and "Last of Us" both do a terrific job of emanating the the same practice. Unfortunately there isn't another track that quite reaches the same high points as "Retrograde," but just about every track is good enough to warrant the album multiple spins. Overall I gift the album four stars out of five.

Gusties swept off their feet last week

Walk a Mile in her Shoes

Vinny Bartella

Walk a Mile in her Shoes brought out Gustie men in high heels to promote awareness for women who are victims of sexual assault.

48 Hour Play

Vinny Bartella

Last weekend the 48 Hour Play brought students of all majors together to write and perform a playwright.

Center For Student Leadership: Looking Ahead to 2013-14

Outreach (Church Relations and Community Engagement)

With a mission to strengthen the presence of the Church at Gustavus and the presence of the College in the church, the Outreach group holds a place for Gustavus students, alumni, faculty, and staff to search for alignment of the inner and outer life. This area of the CSL values a life lived in service to others as a life well lived and the objective of education itself. The opportunities held by the Outreach group range from vocational reflection, service, and liberal arts learning to a variety of off-campus constituents.

Community Based Service and Learning

With goals of maintaining excellence in service and leadership, the Community-Based Service and Learning group works to enhance students' critical understanding of public issues, supporting their academic and civic development, and encouraging a life-long commitment to citizenship, public contribution, and capacity in local communities. This area of CSL prides itself in strengthening students' capacity to serve well to others through the development of leadership skills, an ethic of service, and a meaningful partnership with the community to deliver shared goals with a mutual benefit. The Community-Based Service and Learning challenges students to reflect in themselves through experiences with elders, local students, and peers to find meaning in service and recognize how their specific gifts and talents can be used to create a better society both locally and globally.

The Center for Servant Leadership at Gustavus is offering many volunteer opportunities for students for the 2013-2014 school year. With 45 coordinators, the center houses four main areas of volunteer opportunities. More than half of Gustavus students are actively involved in at least one CSL group.

Vocation/ Reflection/ Integrative Learning

Deriving from the Gustavus Mission Statement, the Vocation group strives to reflect on each individual's callings to live out their distinctive gifts, passions, and senses of faith and meaning to benefit their communities and help address the needs of the world. This area of volunteerism has three tiers that students can choose from. Apprentices is an opportunity for first-years to be involved in, while ambassadors are aimed for sophomores, and partners are geared towards juniors and seniors. Through programs such as retreats, workshops, and course offerings the goal is to reach into every aspect of campus life-intellectual, physical, emotional, social, and spiritual. This area works across campus with academic departments, the Chaplains' Office, International Education, the Diversity Center, and student organizations to coordinate existing programs as well as integrate new initiatives.

Career Development

The Career Development group gives students a place to go to gain support and gain clarity, confidence, and connections to find which career best suits them. With opportunities to assess individual interests, explore careers, and gain experience through internships, interviews, and job fairs, this group works specifically with students to implement individual career goals and lead students in the right path to their dream-career. This area gives those students the chance to be involved with the Mayo Scholars Program specifically aimed towards those students interested in a health profession, where they are able to volunteer in a local emergency room to gain experience in the field.

Submitted

Submitted

Submitted

Far Left: The Habitat for Humanity group for 2012-13 gathers together for a picture during Act! Speak! Build! week. Middle: Andrew Hirschey Gustavus student and his little partner dress up for halloween. Right: The Big Partner Little Partner coordinators of the 2012-13 year.

There are many other special interest student-lead groups available through the CSL:

T.A.G

The Trips and Activities Group (T.A.G.) is an after school program for St. Peter youth that gives students the opportunity to be active through games like soccer, basketball, capture the flag, and nature hikes.

STUDY BUDDIES

Study Buddies is a CSL group in which students help children in the St. Peter school district strive for academic achievement by helping them with their homework and overall educational experience.

GUSTIE BUDDIES

Gustie Buddies pairs Gusties with developmentally delayed youth and those who are typically marginalized in society to foster friendship and growth in the community.

BIG PARTNER LITTLE PARTNER

Big Partner Little Partner works with students in the St. Peter school district to develop and increase social skills through interactions and activities.

YOUTH MENTORING

Youth mentoring is also available at the Hoffman Center, where students interact with teen boy juvenile sex offenders to support rehabilitation and provide themes of healing and forgiveness.

OTHER GROUPS

Other groups integrated into the CSL include, Pound Pals, which gives students the opportunity to work at local pet shelters and advocate for animal rights, and Habitat for Humanity, where students build homes for people in need and advocate for affordable housing.

Food for thought

Awkward

Andy Bryan
Staff Columnist

I write to you today to bring an apparently harmless, social quirk to light. I want to look at the word "awkward" and all the meanings and uses it has come to bear amongst Americans in my generation. I do this because, in spite of this word's apparent harmlessness, a closer examination of its use reveals a disconcerting habit we are all developing in how we confront confusion and discomfort. But before I get ahead of myself, I'd better clarify exactly what use of this word I'm talking about.

Picture yourself in the cafeteria on any given weekday. Let's say its the lunch rush, and you've somehow wound up trying to get to the checkout with your burrito during that ten minute window when the entire population of Gustavus hits the checkout lines as well. While you squeeze your way through the shapeless mass of a line towards the lunch lady that is least likely to overcharge you, you run into a friend. Let's call her Brenda, since no one in our generation has that name.

You and Brenda exchange niceties, and before long you mutually realize you aren't moving anywhere fast, so Brenda decides to give you the low-down on her yesterday evening. "Well, we went to the bar," she says "And we met up with some friends. It was fun but then people started talking about politics."

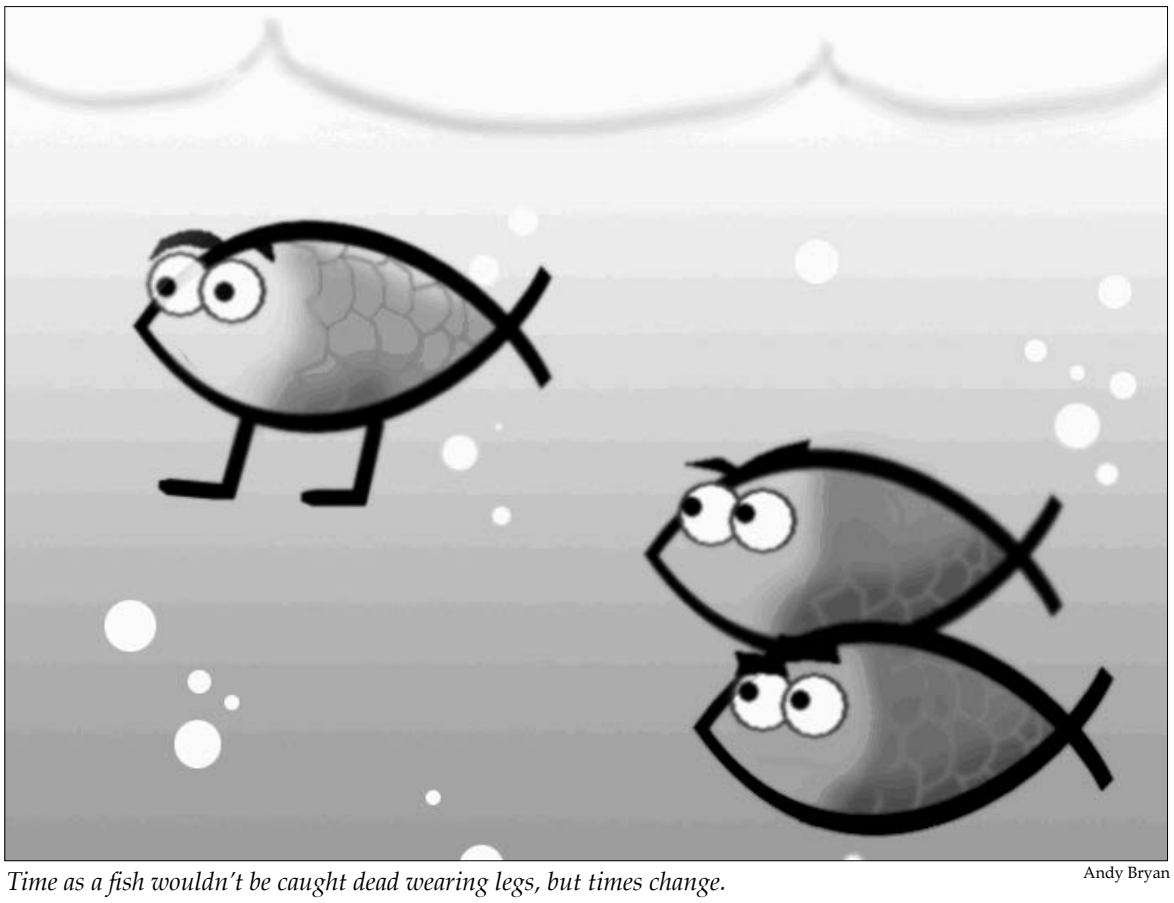
"Oh, buzzkill," you respond, careful not to lose your place in line to your absorbing conversation, "What were they talking about?"

"Oh, I don't know. It was super awkward." And that's where she lets her story end.

It is this use of the word that has always made me uneasy, a use, I am sure, many of you have heard many times before. The word "awkward" is being employed to avoid being concerned, to avoid understanding an unconventional idea or participating in an unusual activity. What ought to be a term used to describe unreasonable or uncooperative behavior has now become a quick means of adopting close-mindedness validated by a lazy conformity.

Now, I don't mean to knock the urge to conform. Conformity is natural. It's a well meaning, albeit sometimes harmful extension of the desire to identify with people around us, but if ever there was an era during which people should be getting comfortable with the idea of being a little weird, it's now.

If you buy into social darwinism, then you might say a society's environment dictates which social traits are best



Time as a fish wouldn't be caught dead wearing legs, but times change.

Andy Bryan

suited to adapt. That being said, it seems as if we live in an era of environmental change, in more than one sense. It's safe to say most Americans would know what you were talking about if you mentioned environmental change or degradation. Even more might react if you mention a changing economy or job market. Social conventions are going to have to change to meet a changing environment, and that's not really news.

The Gustavus community has a number organizations dedicated to addressing social, environmental, and professional change. Hell, we even have an Environmental Studies department outfitting students with the knowledge and preparation needed to join a mounting public effort to confront environmental issues. But all the knowledge and professional intent in the world can't trump an instinctual, adverse reaction to change.

No one can predict what the next, crucial, progressive invention will be, but it won't be coming out of more of the same. It would be a shame to miss out on an opportunity to contribute to that kind of progress, but if you're playing it safe, let's face it: the leap of faith can be an awkward move.

The Bunion

Mother Nature caught with possession of illegal substances

Aaron Albani
Staff Columnist

Sources confirmed Tuesday that a number of illicit narcotics were, in fact, administered to Mother Nature and that she will be answering for her more than questionable behavior in recent weeks.

While it has not yet been released to the general public exactly what substances Mother Nature has been ingesting, locals have their suspicions.

"If you ask me, I say it's speed. Why? Just makes you crazy, don't know up from down. She probably hit up and couldn't stop running around, then wanted to cool everything down," Frank Catton, resident of St. Peter, said.

Other citizens are not so accepting of Mother Nature's bipolar attitudes and decided instead to protest, starting riots and wielding banners brandishing phrases like, "Down with Mother Nature," "F*ck this!" and "Where is spring?"

When pressed for further explanations, many sobriety advocates simply crossed their arms, rolled their eyes and said, "You just don't get it, it's April."

In attempt to answer for her crimes, Mother Nature's executive board hosted an open press conference. Mother Nature herself sat with the board and spoke for herself numerous times, apologizing profusely.

"So I was going through a tough time in my life. I was vulnerable, innocent; I didn't know where to turn. The drugs, they just made me feel alive, you know?" Mother Nature paused while a member of the board handed her his handkerchief. "I'm sorry, okay? I am."

While a humble apology and a sincere promise to pump up the heat seemed enough to satisfy most, a few reluctant advocates remain fixed against her. Even though she has finally provided warmth to these lands, advocates claim "Supposed to snow again this Thursday. We'll see how you feel about those promises then."

Local scientists have also noted the recent havoc wreaked upon other living creatures. Everyday spring robins could be seen last week dazed and confused searching profusely for the green grass to which they are so accustomed during these warming months. Piggy Ragton, an ornithology specialist, spoke to the robins and translates their reaction to Mother Nature's frivolous disregard for others.

"It's important to understand that robins are kind, domestic creatures. But when faced with changing environments, they can lose all control. One robin I spoke to said, 'Ahhhhh! Where's the fu*cking grass?!' and hopped about the sidewalk, evading the onslaught of passersby," Ragton stated, while nursing a paralyzed robin with warm milk and a snuggie.

Looking ahead many people are hopeful and comfortable with how the remainder of spring is going to unfold, but officials are reminding people that Mother Nature is indeed still in a fragile state and is likely to relapse at any given moment.

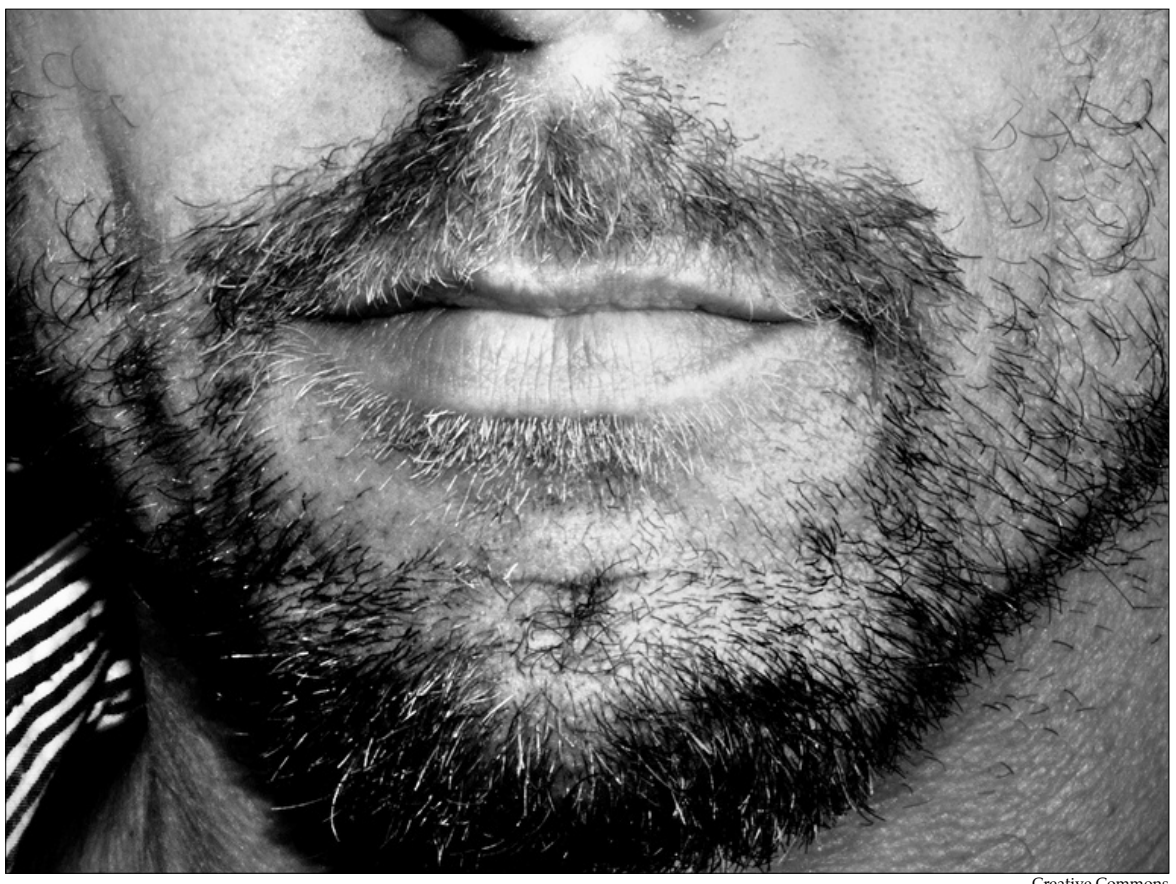
Aaron Albani

Don't do drugs kids — just look what happened to ol' Mother Nature.

Reading this will make you cooler

Save the beards

Mackenzie McCann
Staff Columnist



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Scratchy, bushy, prickly, patchy, peach fuzz — whatever you've got, you've got to rock it.

I have a confession to make. Well … to be quite honest, I technically already made it on the Gustavus Love Confession page, and according to the 39 "likes" it has received, I think it's safe to assume that everyone agrees with me.

Beards are awesome, and we Gusties are lucky enough to have a plethora of finely-bearded gentleman in our presence.

However, I'm writing this article because I'm concerned about the beards. 'Tis the season of warm weather, and with the drastic temperature change comes the desire to start fresh and stay cool. Thousands of beards are mercilessly slaughtered every year at the start of each summer, and it needs to stop.

Winter stirs up the yearning in many young gentlemen to embrace their inner mountain men and grow a beard to protect their delicate faces from the harsh icy winds of the holiday season. Motivational occasions such as No Shave November, Decembeard, and Januhairy encourage the normally beardless to grow what Sophomore Physics Major, and Relatively New Member of the Bearded Community, Nick Gersch, calls "a perma-scarf."

However, when the sun finally decides to warm the northern hemisphere the beards start to disappear. This extensive winter has actually been a blessing in disguise, as the facial hair has stuck around longer than usual.

My hope is that it continues to stick around.

You see, the benefits greatly outweigh the costs when it comes to maintaining a beard during the warmer months. Yes, the face gets a bit sweatier. Yes, it may be a tad bit uncomfortable. But the simple fact is that it's just plain attractive and makes everyone within eyesight of the beard smile.

Just think of all the celebrities who look 100 times more rugged, worldly, and handsome with a beard—George Clooney, Ben Affleck, James Franco, and yes, I'll say it, even Ryan Gosling—just to name a few. But why is this?

Gersch, the genius word-inventor from earlier, explained, "A beard defines the jawline. When I shaved mine off the first time it looked like I had a baby face. I didn't like it." Gersch's words ring true. A beard makes one appear older, and with age comes wisdom. Wisdom equates to intelligence and good decision-making. Thus, bearded gentlemen just seem to be more trustworthy than their hairless counterparts.

Sophomore Theater major Annie Galloway offered up a few suggestions for current and potential beard-growers. "They gotta take care of that s#&%!" she exclaimed, "Maintaining the beard is crucial."

And indeed, her words seem to illustrate a quite popular opinion among others who are less fond of facial hair. Beard maintenance is equally as (if not more) important as other personal hygiene responsibilities among men. Like a well-thought-out hairstyle, a beard must be groomed and taken care of to have its desired effect.

Luckily St. Peter is home to Nate's Barbershop, a fabulous vintage establishment with a staff that's more than happy to give you tips on how exactly to style and rock your facial fuzz.

But what if ultimately facial hair's just not your thing? That's totally fine! As much as I would encourage everyone to give a beard a shot at some point in their lives, it's inevitable that some just prefer the clean-shaven look. Go for it. Own it.

But for those of you with a beard who are highly considering giving it a break for the summer, I beg you from the bottom of my heart to reconsider. Whether you realize it or not, your beard stirs up feelings of hope and joy in many of those around you. Keep that happiness alive, gentlemen. Keep your beards.

The Good, the Bad, and the Meh

Week the Twenty-First

Jeffery Tambor, most famous for his role as mayor of Whoville in 2000's adaption of *How the Grinch Stole Christmas*, visits campus!

Having to fight off the newly-awakened rabid squirrels and confused robins on the way to class.

Now that it's warm, we can start complaining about the campus smelling like sh* t.

Underclassmen blues

by Sydney Seewald

The Hidden Truth

What is terrorism?

Sherick Francois
Staff Columnist

According to the Federal Bureau of Investigation website, terrorism is defined as "unlawful use of force and violence against persons or property to intimidate or coerce a government, the civilian population, or any segment thereof, in furtherance of political or social objectives."

Now let's switch over to some recent events in which the term, "terrorism," has been loosely thrown around. Starting off, I will demonstrate the influence of mainstream media along with the hypocrisy that our country stands on.

As you all may know, mainstream media has been flooded with various accounts of the recent Boston bombings that took place on Wednesday, April 17th. Both Dzhokhar Tsarnaev and his brother Tamerian Tsnarnaev have been convicted as the main "suspects" behind the Boston bombings. Investigators recently published an online statement in which they were quick to label Tamerian, the eldest brother, as having ties to radical Islams back in Russia.

According to the FBI, the Russian government claimed Tamerian was a "follower of radical Islamist Organizations" who had "drastically changed since 2011." Although the evidence of such is considered vague, it still managed to make its way into the media. The public is now conflicted with two differing perspectives of these suspects.

The first—identified Russian immigrants who migrated to escape the Russian Wars of 1990 are now being labeled as "terrorists" or radical Islamists. What message does this present to our public?

Furthermore, I must state that I am against the killing of innocent civilians. Therefore, I cannot stand by as mainstream media brainwashes the public with its lies and fabricated truths. Before even receiving substantial evidence pertaining to the bombings, these two brothers were quickly labeled to having ties with international terrorists.

Yet when evidence came that disproved this assertion, the media still continued to label them as terrorists.

In labeling the bombing as a form of terrorism, the media has conditioned one to think one way due to the images that have always been terrorism. Thus, if one receives a false image of a certain thing, they will continue to accept this image even when there is more to the image that meets the eye. When asked about the incident, President Obama was quoted saying "this was an act of terrorism."

Now, lets switch the topic at hand. In recent international affairs, the United States has resumed drone strikes in Yemen. Two strikes in the last several days have broken a three-month lull that existed within the country. Both strikes have killed a total of seven people, two believed to be suspects of Al-Qaeda. With no definite proof that the alleged suspects were in fact involved with Al-Qaeda, drone strikes terrorized the village of Wessab.

Farea Al-Muslimi, a youth activist and writer tweeted "Wessab, my village, is no doubt th most peaceful ppls and one of th poorest areas in Yemen. congrats, u jst made violence attractive to them."

After reading such a thing, how can anyone sit back and not see the contradictions of our country and our false truths that are used to justify our treacherous acts? President Obama had no hesitation to label the Boston bombings as an act of terrorism. But when asked whether the strikes in Yemen and Afghanistan were acts of terrorism, White House Press Secretary Jay Carney stated, "well I will have to know more about the incident."

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Who exactly do we define as terrorists?

I find it very difficult to believe the White House Press Secretary has limited information on the international affairs that are taking place overseas. To simply deviate away from the killing of innocent civilians puts into question how much our country actually practices what it preaches. And therefore, how can we, as citizens, trust the allegations or information displayed on mainstream television?

Letters to the Editor

I had the privilege of attending this year's Relay for Life event on April 19th at Gustavus Adolphus College.

My son Matt was honored to be your student speaker this year. Matt was diagnosed with Acute Lymphoblastic Leukemia during his senior year of high school in February, 2009, and just finished up his last chemotherapy in August, 2012.

Currently he is in remission. This is the third year I have attended the event at Gustavus and our family has participated in Relay for Life in Le Sueur County, where we live, for many years. I want to congratulate the Gustavus Relay for Life committee and all of the students and faculty for such a wonderful event.

This year when I walked in the door to Lund Center I could just feel the excitement, passion, and momentum. Not that there has not been this feeling the other years I attended but this year there was just something special in the air. There were so many more students and teams participating than in the past couple of years and their energy just resonated throughout Lund Center.

The part of the evening at Gustavus that once again brought tears to my eyes was the luminary ceremony. Hundreds of college students walking in complete silence in the dark illuminated only by the lit bags honoring, or in memory, of their loved ones.

And then, equally as silent and reflective sitting down in the dark and watching the slide show, again in honor and in memory of their loved ones. It was so beautiful.

I want to thank the Relay for Life committee for all of your hard work, all of the students for caring and for raising so much money, and the entire GAC community for recognizing the importance of this fundraising event. As the mother of a cancer survivor I want you to know that you do make a difference and that you are appreciated for all of your efforts. Thank you for your hugs, your tears, your encouragement, and for being so supportive of my son.

My hope is that together we will continue to raise funds and bring awareness so that someday a cure will be found for all cancers.

The back of Matt's purple survivor shirt this year said "I Am Hope." Thank you for helping to give our family hope.

Teresa Collins

I'm sure that almost everyone has seen the flyers around campus featuring students of the Gustavus Secular Student Alliance voicing their reasons for being atheists. Some of the quotes include "I am an atheist because religious dogma is poisoning public discourse" and "I am an atheist because I believe in living a life without fear."

The intention of the flyers as I understand it is to promote the group. As an agnostic student at a Lutheran college, I can appreciate the value of a group that offers secular students a chance to discuss their beliefs with those who share them. However, the way in which the group is promoting itself is disrespectful. They have every right to voice their opinions, but the posters attack religion.

They are rude, and I (as well as my agnostic friends) do not appreciate atheists and agnostics being portrayed in this way. I do not hate religion just because it is not a part of my life. Whether it is their intent or not, the Gustavus Secular Student Alliance is painting itself as an antitheist group.

Although I am not religious, some of my closest friends are devout Christians. Our differences in faith have never negatively impacted our friendship, and I know that things being said on these flyers hurt them. The attitude portrayed by some of the posters sends an 'us vs. them' message, and that's not what the culture of Gustavus is about.

A group such as this has the opportunity to create understanding and acceptance between people of different faiths. I hope that they choose to take advantage of that opportunity in the future because we are not agnostics, Christians, Muslims, Jews, Buddhists, and atheists. We are Gusties.

Elizabeth Froden, '16

* The Calendar Page is considered editorial. The opinions expressed herein are not the opinions of The Gustavian Weekly, but rather the transcripts of one of the accreditation meetings people keep talking about. I think they went off topic.

Friday, April 26

Coca-Cola Educational Partnership Grant Reception

Heritage Banquet Room
3:30 p.m.

I haven't been invited back since I asked for a Pepsi.

Spring Swing Dance

Alumni Hall
7 p.m.

They have been angrily waiting for the temperatures to rise to hold this event.

Big Speaker: Jeffrey Tambor

Christ Chapel
8 p.m.

Whoa, CAB. I wouldn't go so far as to say he's big. That's kinda rude.

Weekend Movie: *Gangster Squad*

Wallenberg Auditorium
8 p.m.

I hate to see what s***ty titles didn't make the cut for this movie.

Saturday, April 27

Weekend Movie: *Gangster Squad*

Wallenberg Auditorium
8 p.m.

Let's be real, Ryan Gosling is the only member of this squad that's worth a damn. Right, girls?

Sunday, April 28

Gustie Cup: Ultimate Frisbee

Lund Arena
1 p.m.

Regular frisbee just feels inadequate these days.

Cardio Fusion

Lund 224
6 p.m.

Not to be confused with Kim Jung Un's experimental nuclear exercise program "Cardio Fission."

Weekend Movie: *Gangster Squad*

Wallenberg Auditorium
2 p.m.

There ain't no shame in having a taste for that Ryan Gosling man candy. None whatsoever.

Monday, April 29

Provost's Listening Post

Jackson Campus Center
12 p.m.

Provost Braun is going to sit on top of a tall pedastal in the middle of the campus posting stuff on Overheard at Gustavus.

Tuesday, April 30

Boosting Your Reading Comprehension

Culpeper Language Center
3 p.m.

Try logging off Facebook for once.

Wednesday, May 1

Epsilon Pi Awareness

Courtyard Café
7 p.m.

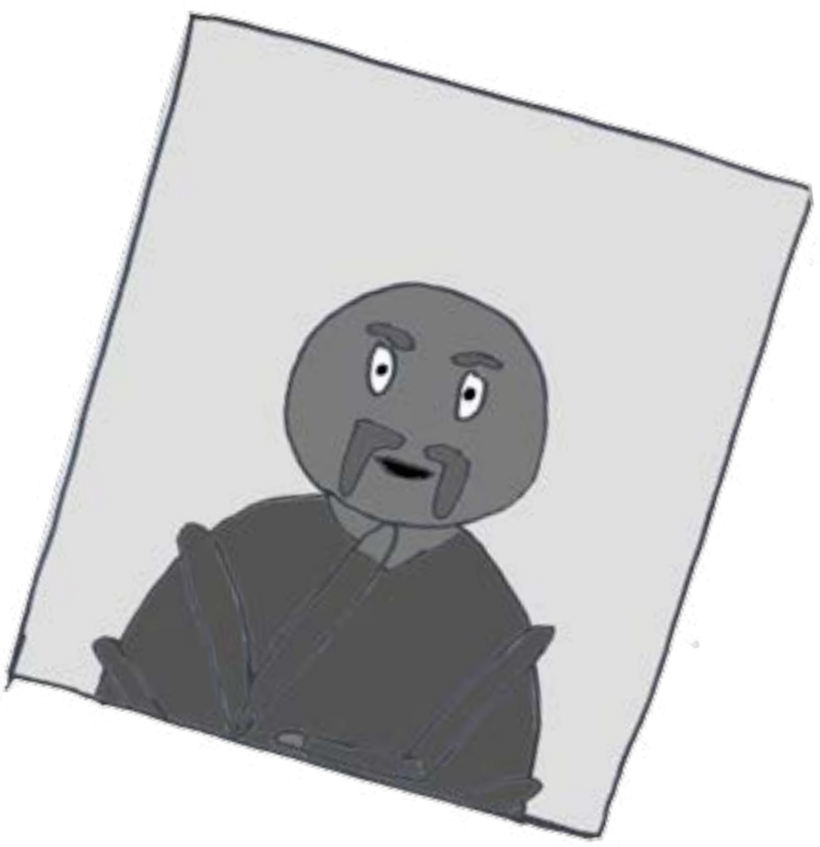
Those Eppies are as sweet as blood sugar.

Thursday, May 2

Teachers Talking Writing

St. Peter Room
11:30 a.m.

This is where professors make fun of s***ty papers.



Manspider is going to give Jeffrey Tambor his headshots. Oh hello, Hollywood.

Feit-sty Not Really Horoscopes

Aries

It all makes sense: The lack of spring was Mother Nature's elaborate April Fool's joke.

Taurus

She is so smug thinking she can pull off that kind of hoax just because she can make tornadoes and stuff.

Gemini

Is it not cool to bash President Ohle anymore?

Cancer

I'm finally eligible for the NFL Draft. Wish me luck!

Leo

There weren't any drug violations on 4/20?! Check the Campus Safety report!

Virgo

The Hulk has been making some serious progress in therapy lately by finding out his triggers. If you see him, give him some words of encouragment.

Libra

Aaron Sorkin has got to have his own religion by now with all of the preaching he does with *The Newsroom*.

Scorpio

After getting stopped by Campus Safety, pulling a Reese Witherspoon by asking, "Do you know my name?" might just work.

Sagittarius

Spring semester senior year is like a game of Chutes and Ladders with only chutes.

Capricorn

Can we just go give some hugs to all of those angry people on the atheism posters?

Aquarius

We couldn't get Will Arnet to come to campus? C'MON!

Pisces

It's a good thing Martin Luther King, Jr. didn't talk about all of his dreams. That one dream where he lost all of his clothes would have detracted from the message.

Finding hope among the Marathon's destruction

Sports and Fitness Editors Linnea Moat and Renee Hoppe reflect on the Boston Marathon.

Linnea Moat and Renee Hoppe
Sports & Fitness Editors

John F. Kennedy once said, "The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy."

While marathons are usually marked by happy finishers, post race drinks, and enthusiastic crowds, this year's Boston Marathon will always be remembered as an absolute tragedy. Two brothers, Tamerlan and Dzhokhar Tsarnaev are suspected of planting bombs near the finish line, which detonated about 4 hours after the marathon began, a time when a majority of the racers finish. According to ABC News, three people were killed and more than 200 were wounded.

This past Friday the older Tsarnaev brother was killed in a shootout with the police, as his brother fled, finding a hiding place in a Boston man's boat. Now that authorities have taken him into custody, Tsarnaev will be held for questioning and eventually taken to trial.

As the number of Facebook posts regarding this topic dwindle, and the public's attention shifts away from this tragedy, as it usually does after these kinds of events, it is critical that we don't forget the accomplishment of finishing a marathon—especially the Boston Marathon—along with the outpouring of support and kindness surrounding last week's tragedy.

Running 26.2 miles is an incredible feat that very few can accomplish. It takes dedication, willpower, and an incredible amount of strength—qualities that were demonstrated when many of the marathoners kept running past the finish line in order to donate blood at the nearest hospital.

"I did hear that a lot of the runners literally ran from the finish line to go donate blood. That's phenomenal that people were thinking in that capacity. I just think that runners are pretty tough, and I'm just grateful that there were so many resources right there at the finish. In really tough times and moments, it's amazing to hear some of these stories, what people will do and step up to the plate," Olympic U.S. marathoner Shalane Flanagan said in an interview with *Runner's World*.

Flickr

U.S. Olympic marathoners and training partners Kara Goucher (right) and Shalene Flanagan (left) embrace after racing the Boston Marathon. Flanagan finished fourth with Goucher crossing the line behind her in sixth place.

Many of the runners trained their entire lives in hopes of qualifying for the Boston Marathon, never imagining that once the day finally arrived it would be marred by chaos and destruction. It is in these times, however, that reminding ourselves of the strength and perseverance that these marathoners possess becomes increasingly important.

"I am forever saddened by what happened and for the victims, but ready to remember small moments of joy from Monday," Olympic marathoner and Duluth-native Kara Goucher tweeted a week after the bombings.

While remembering those who lost their lives or were injured as a result of the Boston bombings is vital to commemorating the event, remembering those who crossed the finish line or tried their best to accomplish their goal of finishing is just as important. In order to maintain a positive outlook on life and continue moving forward, an equal balance of honoring the victims and recognizing heroic acts as well as athletic achievements is crucial.

Lelisa Desisa Benti, a 23-year-old Ethiopian-native was the men's winner, finishing in 2:10:22. This was Benti's second marathon—he won his first marathon earlier this year in Dubai. American Jason Hartmann finished fourth for the second year in a row.

32-year-old Kenyan mother Rita Jeptoo, who also won in 2006, won the women's race in 2:26:25. Flanagan finished in fourth place, and her training partner, Goucher finished sixth.

These runners, along with the 26,839 other registered runners trained diligently for years to achieve their dream of racing in the Boston Marathon, and their accomplishments deserve to be celebrated, despite the tragedy that overshadows the day.

"The Boston Athletic Association extends its deepest sympathies to all those who were affected by Monday's tragic events. Those who lost their lives and were injured are in our thoughts and prayers. It is a sad day for the City of Boston, for the running community, and for all those who were here to enjoy the 117th running of the Boston Marathon. What was intended to be a day of joy and celebration quickly became a day in which running a marathon was of little importance. We would like to thank the countless people from around the world who have reached out to support us. Boston is strong. Boston is resilient. Boston is our home. And Boston has made us enormously proud," Thomas Grilk, the Executive Director of the Boston Athletic Association said in a statement released Tuesday, April 16.

In addition to celebrating the runners who raced in the fateful Boston Marathon, there are countless heroes who also deserve to be celebrated for their selfless responses to the tragedy.

Continued on page 16

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Lelisa Desisa Benti, a 23-year-old Ethiopian-native was the winner of the men's division, finishing in 2:10:22. This was Benti's second marathon.

The key to mental and physical health is simpler than you think

Imani James
Staff Writer

Laughing doesn't just feel good; it also helps us burn calories. While enjoying a hearty laugh, our heart rate increases by ten to twenty percent, which also increases our metabolism. Laughing also lowers cortisol levels, a function that controls our body's post-meal metabolism and stashes fat in the midsection of the body.

According to Juliette Kellow's article *Laugh Yourself Slim*, laughing for 15 minutes a day can burn between ten and forty calories a day depending on your weight and height. This is enough to burn one to four pounds per year. While losing calories is one benefit that comes from laughing, the more you incorporate laughter on a daily basis you are likely to feel less stressed, be happier and have an energy boost in your daily activity.

"Laughter is believed to be beneficial to patients because it reduces anxiety and stress, renders pain manageable and bolsters the immune system," Marshal Brain said in his article How Laughter Works.

Many of us know that the act of laughing seems to feel good to us and we believe it is a good thing to laugh. Laughter actually helps produce more T-cells and globulins that benefit our immune system. As well as stimulating our catecholamine hormones in order to release endorphins (our natural feel-good chemicals) in our body which is what gives us an enjoyable mental sensation. Laughter also decreases pain, relaxes your muscles and helps prevent heart disease, according to the article "Laughter is the Best Medicine." Increasing our blood flow and improving the functions of our blood vessels creates a healthier heart and is exactly how laughter helps the heart.

In our social circles, laughter plays an important role in creating bonds and connecting individuals to others. Using humor and laughing makes us more attractive to others and also promotes teamwork. Additionally, the contagiousness of laughter makes it an easy activity to be involved in. Laughter allows a more positive and optimistic outlook in tough situations. By spreading the joy, you are able to create a fun and less stressful environment. Having a sense of humor and enjoying a laugh with someone else adds excitement and joy to any relationship.

A simple smile, reminding yourself of the good things in your life, spending time with playful people and incorporating humor in your life itself are all things that help improve laughter and create an optimistic outlook. Making time for fun, enjoyable activities in our busy schedules is an important thing to do. Ways in which people can create laughter are simple. Activities such as watching a funny movie or TV show, going to a comedy club, reading the funny pages, seeking out entertaining individuals, sharing jokes or a funny story, shopping in a bookstore's humor section, hosting a game night with friends, playing with a pet, enjoying some playtime with children and simply doing something new help you to loosen up, appreciate the good things in life, and reap the benefits of happiness.

There are other outside tools for getting a good laugh in. One example is laughter yoga classes. These classes are offered at gyms such as LifeTime Fitness. Laughter yoga classes involve unconditional laughter with yogic breathing tactics. It is the idea of spreading laughter with others and learning also how to control breathing in a healthy way. Therapists also are trying to incorporate laughing in their counseling sessions with patients. Being able to acknowledge a funny moment is good for our well being, both mentally and physically.

Track and Field competes in rain or shine

Zac Isaak
Staff Writer

Submitted

Sophomore Caitlin Fermoyle holds her place at the front of the pack in the women's first outdoor race at the Carleton Relays. The women are looking to have a successful season now that the snow is beginning to melt.

This year's unpredictable weather has taken its toll on many spring athletes, especially the Gustavus Track and Field Team. As this year's spring outdoor season comes closer to an end, the team struggles to find time to compete in meets before entering the MIAC Conference meet.

"We have had some good practices, but the weather has taken a lot of the season away. The season is going to be very short. We will have to compact a lot," Head Coach Dale Bahr said.

Due to the snowy conditions, the team has only competed in three meets, their most recent being last Saturday, April 20, at the Carleton Relays. Both the men's team and the women's team finished 7th out of the 10 teams that competed that day.

Despite the weather, the Track and Field team's spirits remain high, eagerly waiting for the weather to cooperate. The team has remained optimistic and has continued to work hard in preparation for a big push in the MIAC Conference meet.

"We just have to understand that we can't control the weather. We can adjust and focus on the fundamentals. The attitudes are great and the motivation is still there, we just need to keep that up. Everyone is sticking together. People are anxious to get outside. Once we get outside, things are going to get better. We will be ready. It's going to be crunch time once we get outside," Junior Thrower Pat Tracy said.

" We just have to tough it out and prepare for Conference," Coach Bahr said.

"We have a chance to win every time. We have a lot of potential points out there to be scored. I have a lot of faith and big expectations for this team. I'm very optimistic about the team's potential."

— Pat Tracy

For Senior Distance Runner Meredith Bache-Wiig, the snow has made training interesting.

"As a distance runner, I am always training outside so the weather conditions have made for some interesting runs. We occasionally have to alter our routes if there is too much snow or ice or water in a given direction but for the most part we just run through it. It's sometimes difficult to train at the right speed or heart rate when the footing is difficult but I think we've been able to overcome the obstacles that the weather has presented us with," Bache-Wiig said.

Pole vaulting hasn't experienced too much difficulty with the weather and has managed to still practice indoors during this time period.

"As a team, it's tough to have an outdoor season, especially since we can't practice outside. For pole vault it's a bit easier because we can vault inside. Overall, it's not too crazy for us. It's going to be nice when we can get outside," Senior Co-Captain Pole Vaulter Josh Owens said.

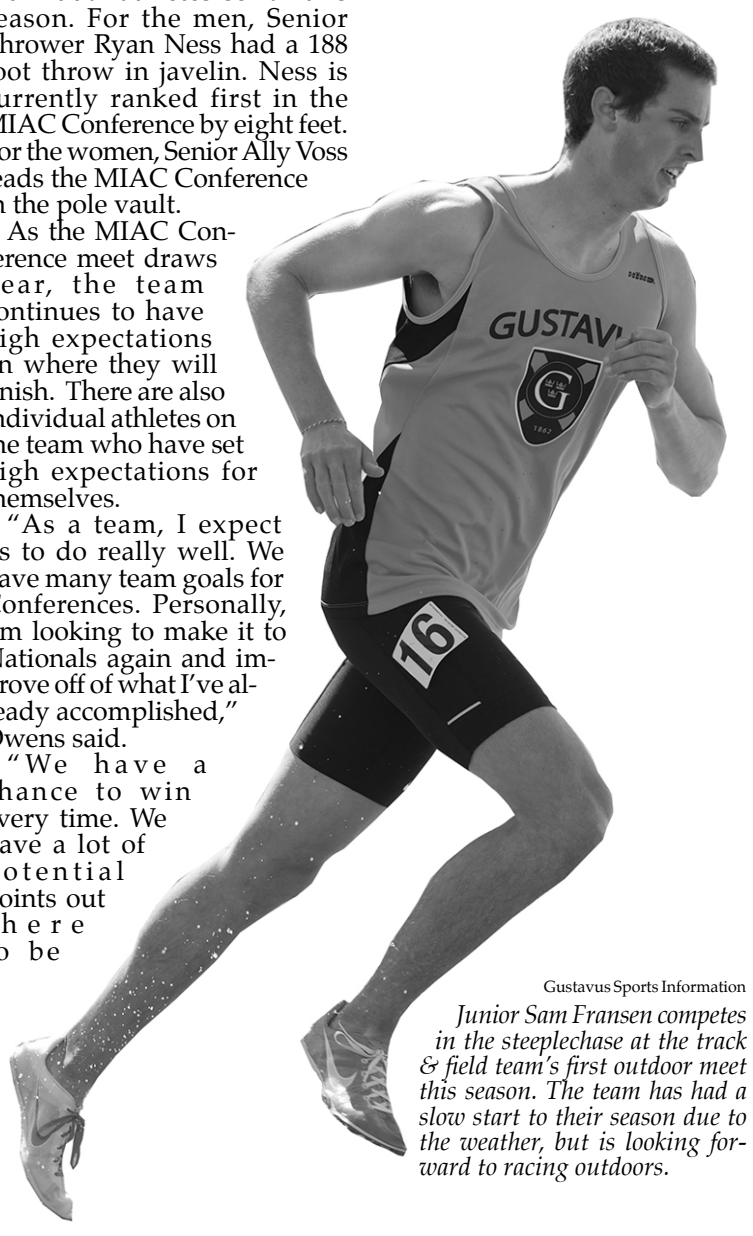
There have been some outstanding performances from individual athletes so far this season. For the men, Senior Thrower Ryan Ness had a 188 foot throw in javelin. Ness is currently ranked first in the MIAC Conference by eight feet. For the women, Senior Ally Voss leads the MIAC Conference in the pole vault.

As the MIAC Conference meet draws near, the team continues to have high expectations on where they will finish. There are also individual athletes on the team who have set high expectations for themselves.

"As a team, I expect us to do really well. We have many team goals for Conferences. Personally, I'm looking to make it to Nationals again and improve off of what I've already accomplished," Owens said.

"We have a chance to win every time. We have a lot of potential points out there to be scored. I have a lot of faith and big expectations for this team. I hope we send at least a couple athletes to Nationals. I'm very optimistic about the team's potential," Tracy said.

"We always shoot for top three in the Conference. We were 7th indoors but we are a stronger outdoor team than indoor team. I'm confident we will do well again this year. Our goal is to finish in the top three for men and women. We are looking to go to outdoor Nationals. I would like to see five people or more go to Nationals," Coach Bahr said.



Gustavus Sports Information

Junior Sam Fransen competes in the steeplechase at the track & field team's first outdoor meet this season. The team has had a slow start to their season due to the weather, but is looking forward to racing outdoors.

SPORTS SCHEDULE

Friday, April 26

Baseball hosts Hamline University 2:30-7:30 p.m.

Women's golf vs. MSU-Mankato 2:30-7:30 p.m.

Softball @ Augsburg College 3:30-8:30 p.m.

Saturday, April 27

Baseball hosts Concordia College 1-6 p.m.

Men's Tennis hosts St. Olaf College 10 a.m.-2 p.m.

Track & Field hosts Drake Alternative/Alumni meet

Women's golf @ Carleton Invitational

Softball hosts Saint Mary's University 1-6 p.m.

Women's Tennis hosts College of Saint Benedict 1-4 p.m.

Sunday, April 28

Baseball @ Saint Mary's University 1-7 p.m.

Men's Golf @ Saint John's Invitational April 28-29

Women's Golf @ Saint John's Invitational April 28-29

Softball hosts Saint Catherine University 10 a.m.-2 p.m.

Softball hosts College of Saint Benedict 2-6 p.m.

Women's Tennis @ Carleton College 2-5 p.m.

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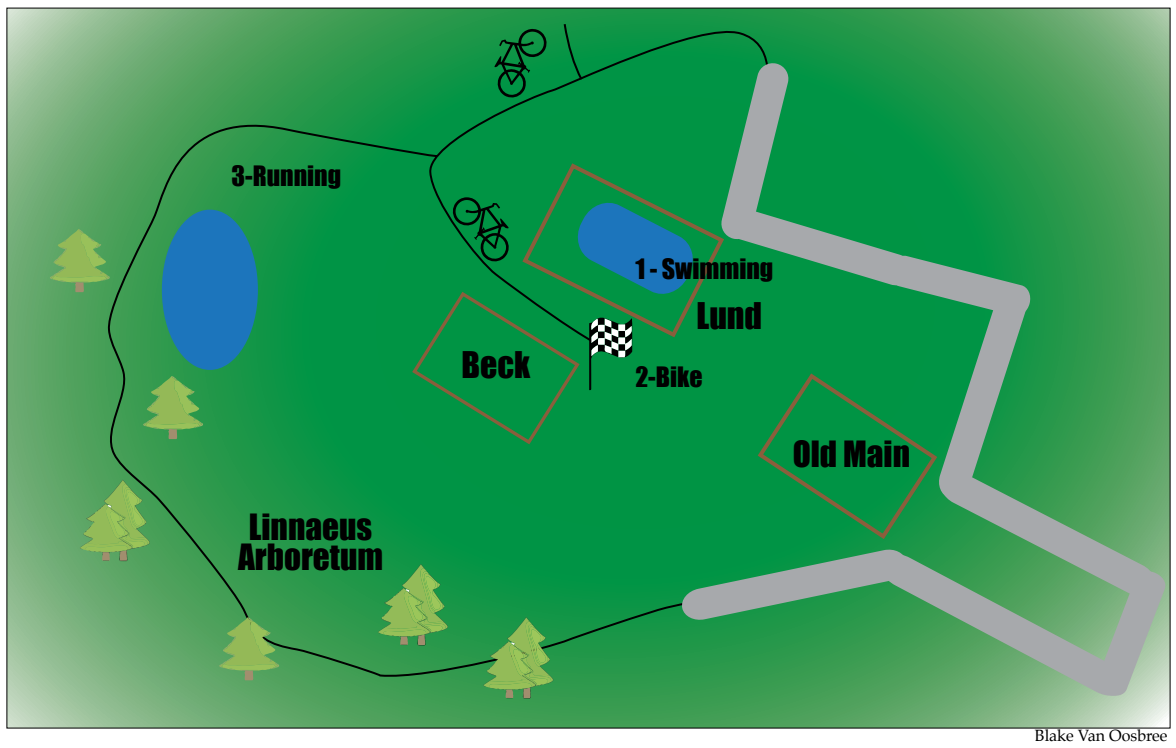
Take the Hill triathlon: three times the fun

Haley Bell
Staff Writer



Blake Van Oosbree

The triathlon begins in the Lund pool with a 500-yard swim, followed by a 12.5-mile bike ride through St. Peter. The final stage is a 5k run through the Linnaeus Arboretum and the Gustavus campus.

The Take the Hill Triathlon will take place on campus on Saturday, May 4, 2013. The Epsilon Pi Alpha Fraternity, as well as community volunteers, will be hosting the event.

Epsilon Pi Alpha alumni, Peter Nerothin, founded Insulindependence, an internationally recognized non-profit organization. As a diabetic and ultra-endurance runner and triathlete, he broke the stereotype that diabetics cannot be active and healthy.

Nerothin and some of his friends come to Gustavus to run the race every year. All proceeds go directly to Insulindependence.org and its affiliate partner, Triabetes.

Insulindependence serves to revolutionize diabetes management. The mission is to inspire diabetics to set personal fitness goals, educate them on adaptive management strategies through hands-on experience, and equip them to explore their individual capacities.

"This translates into an important event for campus because even if you don't face diabetes, there certainly are members of our community who do. Like many other events on campus the triathlon is a gesture that raises awareness and demonstrates support for those we care about," Junior Breanna Schlegel said.

The triathlon includes a 500-yard swim in the Lund Natatorium pool, a 12.5-mile out-and-back bike ride through the St. Peter countryside, and a 3.3-mile run through the Gustavus Adolphus College campus. Participants can choose to participate individually or on a team. The teams can consist of two or three athletes. Prizes will also be given out after the race.

"The triathlon is extremely important to my family, friends, and myself. I am so proud our campus does this event and I can't wait for it to expand in the coming years," Senior Amy Beck said.

To ensure the safety of all participants, race signs, cones, and volunteers will mark the course. There will also be medical support by the Spine and Sports Institute of Maple Grove, MN.

People that signed up for the triathlon vary from athletes that do triathlons annually to people that are in it for fun and to stay in shape.

"One thing that I really like about all triathlons is that there is always such a positive and motivating atmosphere. There are so many different types of people there ranging from elite triathletes to those hoping to complete their first triathlon, all with the same smile on their face," First-year Mata Agre said.

Regardless of the individual's background, they all share one common goal: to race for a good cause.

To register and get details about the triathlon, go to www.takethehilltri.org.

For information about insulindependence, go to insulindependence.org.

Submitted

A triathlete competing in the running portion of last year's Take the Hill Triathlon. The running course goes through the Arb and around campus, finishing between Beck and the Library. There is still time to sign up for this year's event.

There's still time to sign up for the Take the Hill Triathlon!

What: Triathlon through St. Peter and the Gustavus campus to raise money and awareness for Insulindependence.org, a non-profit that supports people with Type-1 diabetes

When: 9:00 a.m. on May 4

Where: Check-in at Lund Arena

Student price: $30 for individual racers, $45 for relay teams

Register online at www.takethehilltri.org.

"Finding hope among the Marathon's destruction" continued from page 14

Joe Andruzzi, former New England Patriots offensive lineman, is one of these heroes. According to *The Toronto Star*, Andruzzi was standing near the finish line, cheering on the runners with his wife when the bombs went off. A picture of Andruzzi carrying a distraught woman to safety went viral on social media, but Andruzzi was quick to shift the attention away from himself.

"The spotlight should remain firmly on the countless individuals—first responders, medics, EMTs, runners who crossed the finish line and kept on running straight to give blood, and the countless civilians who did whatever they could to save lives. They were the true heroes," Andruzzi said in a statement released after the marathon.

The Boston Athletic Association has already confirmed that the Boston Marathon will be run in 2014.

In an interview with *Runner's World*, Flanagan envisioned how next year's Boston Marathon will look. "I see it being just a passion-filled group that has even more motivation to get the best out of themselves on a personal level. I think that everyone is going to be there with heavy hearts but just celebrating the fact that we are back and to celebrate a great city and a great event and celebrate running," Flanagan said.

While the 2013 Boston Marathon will always be remembered as a tragic event, it is also important to celebrate and remember the beauty that was seen amongst the destruction. It is imperative that we remember the perseverance it took each runner who lined up at the starting line to get to that moment. The champion runners who crossed the finish line in the top ten deserve to be remembered for winning one of the world's elite marathons. The victims of the bombings deserve to be honored, and the heroes who saved the lives of others should be revered. It is in their selflessness that we can find the hope and courage to carry on in spite of our aching hearts.

If you are interested in making a donation to help the victimis of this tragedy, Mayor Menino and Governor Patrick encourage everyone to visit onefundboston.org.