



Students travel to Washington, D.C. to protest Keystone Pipeline

Zach Van Orsdel
Staff Writer

Late Monday night several tired but accomplished Gusties returned to campus after traveling to Washington, D.C. on a 40-hour-long round trip to protest the extension of the Keystone XL pipeline.

The Keystone extension would be an addition to an already functioning system; essentially it would be adding a more direct route for the tar sands oil to flow from Canada to refineries in Texas.

"Because of the energy needed to extract it, the Canadian tar sands oil effectively has more carbon emissions per barrel than other oil sources," Director of Johnson Center for Environmental Innovation Jim Dontje said.

The goal of this protest was to rally people from across the nation to demonstrate their growing concern of increasing carbon emissions and the incurred climate change to the President and demand that any bill in favor of the expansion be vetoed.

"As a nation, we have not yet made a clear policy choice about how we will deal with climate



Six Gustavus students traveled over the weekend to protest amongst hundreds of people.

change; meeting the climate challenge requires us to reduce our carbon emissions significantly and quickly—we have to get a started on a downward trend soon," Dontje said.

The Sierra Club sponsored the protest, but many of those peo-

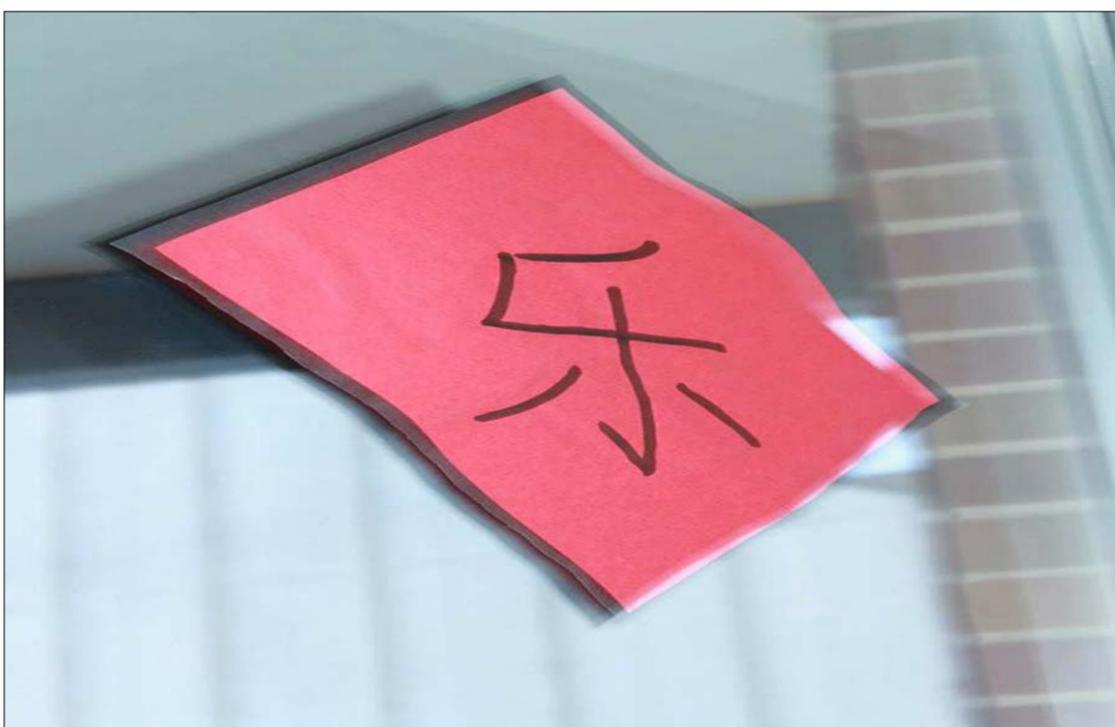
ple protesting were affiliated with 350.org, an environmental advocacy organization. 350.org reported that over 40,000 people attended the rally. Among those protesters were Gustavus students: Sophomores Tia Gustafson and Jessica Burggraf,

Juniors Rebecca Hare and Dan Larson, and Seniors Lizzy Logas and Dan Burnett. They made a day-long journey to show their opposition to the extension of the Keystone oil pipeline and returned late Monday night after another long return trip.

"Traveling to Washington, D.C. and participating in the rally was an amazing life experience. The passion was en-

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Chinese New Year event connects students with traditions



The Chinese character on the window above means "happiness."

Sam Hoppe
Staff Writer

Chinese New Year, also referred to as the Spring Festival and the Lunar New Year, is celebrated by millions across the globe. It is held as the most significant holiday in China.

The New Year is a time for people to take time off of work and visit the members of their extended families. It's a time when families come together and simply spend time together.

In an attempt to recreate these traditions, the Chinese Culture Club and the Crossroads program teamed up to plan and organize a Chinese New Year's. This is the Chinese Culture Club's first big event of the year, here on campus.

"It was a blast," Junior Co-president of the Chinese Culture Club Yiyi Chen said. "In China, this time allows for families who live far apart to come together; such as those who have

moved to the city or vice versa. Despite being celebrated in many places the focus is always the same: family and family-togetherness."

However, for international students at Gustavus, this is a holiday that they don't get to celebrate with their families due to classes scheduled on that date. However, each year Chinese Culture Club, along with Crossroads, organizes a celebration of the Chinese New Year.

"We helped provide a home-like environment for the new Chinese students. It lets them meet both international students and American students to connect," Chen said.

"The event definitely helped me," Haiyun Liang said. She is one of the international stu-

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Published weekly on Fridays, except during academic breaks, by the students of Gustavus Adolphus College. Subscriptions are available from THE GUSTAVIAN WEEKLY for \$40 per year.

Opinions expressed here in are not necessarily those of the institution or of its student body. The editors assume full responsibility for editorial and unsigned material.

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Campus Safety Report

Tuesday, February 12

- Campus Safety responded to a medical assist in front of Carlson Administration building.

Wednesday, February 13

- Campus Safety responded to a fire alarm in Pittman Hall set off by an unknown person.
- Campus Safety responded to a medical assist in Christ Chapel.
- A Collegiate Fellow and Campus Safety responded to a noise violation in College View Apartments involving three students.

Thursday, February 14

- A Gustavus employee reported a theft in the Schaefer Fine Arts BCD building.
- A Collegiate Fellow responded to a noise violation in Sohre Hall involving one student.
- Campus Safety responded to a damage to property report on Hollingsworth football stadium.

Saturday, February 16

- Campus Safety responded to an alcohol violation in Norelius Hall. One student was cited with underage consumption and possession and one student was cited with underage consumption.

Sunday, February 17

- Collegiate Fellows responded to an alcohol violation in Norelius Hall involving four students.
- Collegiate Fellows responded to an alcohol violation in Sorensen Hall involving two students.
- A Gustavus student was cited by Campus Safety for underage consumption in Sohre Hall.
- Campus Safety cited one non-student for underage consumption and issued a trespass warning while in Norelius Hall. A student was cited with a social host violation.

Tip of the Week:

Avoid parking tickets! Review the parking regulations online at: <https://gustavus.edu/safety/policies/traffic.php> Here are some of the top violations that lead to parking tickets on campus, please review them and contact Campus Safety at x8888 (24 hours) or email safety@gustavus.edu (business hours) if you ever have a question about parking regulations.

- A parking permit is required for students and staff to park on campus. Visitor spaces are closed to students and employees 24 hours a day, seven days a week, 365 days a year.

- Any vehicle receiving three parking citations for non-registration will be TOWED at owner's expense.
- Always assume that parking is

enforced, even if classes are not in session.

- Visitors wishing to park past 2:00 a.m. or overnight must register with their social host in the Campus Safety office and display a valid Guest Parking Permit, and in the Norelius Visitor Lot, park in the designated 'Overnight' parking spaces.

- Three Flags Circle is a no parking zone at all times, no exceptions. Unattended vehicles will be ticketed.

- Green (employee) parking is No Parking 2am-7am, seven days a week. Overnight parking for green permit holders is in the purple section of the Arbor View parking lot.

- One row of Red permit parking in the Stadium (Beck) parking lot is marked No Parking 2am-7am. Any vehicles (even with a red parking permit) parked in this row will be cited if parked there after 2am., 7 days a week.

- It's never 'too late at night' to get a parking permit. Campus Safety is open 24 hours a day by calling x8888.

- If you have a parking permit on one vehicle but are using another vehicle temporarily, you can get a temporary pass in the Campus Safety office at no charge. If you permanently change vehicles, it is a \$10 charge for a new sticker and the old sticker should be turned in.

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SO YOU THINK YOU HAVE AN OPINION? HUH PUNK? DO YA?!

WRITE A LETTER TO THE EDITOR.

LETTERTOHEEDITOR@GAC.EDU

Student Protest continued from Page 1

ergizing and inspiring,” Junior Co-President of the Gustavus Greens Hare said.

Writer and Gustavus graduate Kevin Kling '79, along with Frank Hornstein, a Minnesota State Representative, were also in attendance. Speakers at the rally included founder of 350.org, Bill McKibben, Chief Jackie Thomas and investor Tom Steyner.

“The Native speakers [included Chief Jackie Thomas] were extremely motivational. They talked about how children on their reservations are dying from contaminated water. They made you want to do everything in your power to stop big oil consumption,” said.

“The rally and march to the Capitol were profoundly moving, reminding me of the important opportunity we have in the United States to freely express our discontent, that we should utilize because so many others cannot.”

—Rebecca Hare

“The rally and march to the Capitol was profoundly moving, reminding me of the important opportunity we have in the United States to freely express our discontent, that we should utilize because so many others cannot,” Hare said.

If interested in participating in environmental activism in any capacity, the Gustavus Greens provides a variety of options to students.

“There are often opportunities to participate in local, state, and national campaigns for sustainability,” Hare said.

Gustavus Greens also has a Facebook page and invites all students to join the group.



All photos submitted

Faculty search aims to bring diversity to campus

Tram Bui
News Editor

The Office of the Provost has recently announced an initiative to bring more diversity to campus by way of introducing a Bruce Gray Post-Doctoral Fellowship position to the College.

This particular position is not an entirely new concept to campus.

“Back in the 1990s, we had a grant foundation that funded initiative for a pre-doctoral minority faculty member. In fact, as I recall, I Am We Are, sort of grew out of faculty interactions with one of the people who was here with that position,” Provost and Dean of the College Mark Braun said.

“Years later, people would ask me why we didn’t have the position anymore. It was greatly due to divisions in internal and external funding,” Braun said.

“One little piece of the diversity curriculum became this Bruce Gray Post-Doctoral Fellowship. We thought of Bruce Grey, who wrote *Black and Bold*, in thinking of the position. He did so much for bringing us forward and bringing student diversity to campus,” Braun said.

The Bruce Gray Post-Doctoral fellow will take on a reduced teaching load and will also likely spend time working with the Diversity Center and the Kendall Center for Engaged Learning. The position was also changed from pre-doctoral to post-doctoral position because the deans wanted to allow for candidates to devote full-time attention to the position, and the complexities and nature of dissertation work did not allow for that.

“Having grown up in a small town, and then attending college, I encountered a world of diversity that better represented the world. It was also entirely impactful in helping me understand the world.”

—Darrin Good

“Students will have the chance to take courses in the post doctoral faculty fellow’s area of research which will likely expand student’s course offerings. It won’t affect existing faculty except insofar as they will have a new junior colleague to talk about teaching and scholarship with,” Associate Provost and Dean of Art and Humanities Paula O’ Loughlin said.

The group decided it was best to augment an existing group that would help the community to build and strengthen campus diversity. Gustavus Adolphus College is a member of the Con-

sortium for Faculty Diversity in Liberal Arts Colleges (CFD), an association dedicated to strengthening the diversity of students, faculty members, and curricular offerings at liberal arts colleges. They also aim to maximize the educational benefits of diversity and encourage professors to use diversity as a resource for enriching the education of students. Other members of the CFD include Macalester College, Oberlin College, Vassar College, and Carleton College.

“We have a blueprint and curriculum for diversity that really lays out specifically what our plan is,” Braun said.

The blueprint outlines strategic goals that encompass the beliefs that diversity is everyone’s responsibility, Gustavus is an inclusive and welcoming community, and support for diversity is part of our institutional history and mission.

“This is one piece of a larger constellation of diversity initiatives that we’re working on in the Provost Office that we really have a sincere interest in trying to create a more diverse Gustavus campus. The importance of growth and maturation is to encounter people who are different than themselves,” Associate Provost Darrin Good said.

“It’s a priority of mine and the [academic] deans to further our strategic goals to increase the diversity of the faculty and the multicultural aspects of the curriculum,” Braun said.

“They’ll help us as a community to learn more from beyond classroom teaching. In turn, hopefully they’ll learn what it’s like to be a part of a liberal arts community,” Braun said.

In the late 1990s, about 4 percent of faculty came from underrepresented racial groups. Currently, the campus has about 15 percent of faculty who come from an underrepresented minority group.

The deans hope that the new Bruce Gray Post-Doctoral Fellowship position will be filled by the 2013-14 academic year. They also hope that the position will move from department to department in ensuing years in accordance to individual department needs.

“We hope the [efforts of diversifying campus] are twofold. It gives us a chance to bring in someone from an underrepresented group, but it also gives us the chance to mentor that person and hopefully help them see what a wonderful thing it is to teach at a liberal arts school,” Braun said.

“For me, having grown up in a small, not diverse town, and then attending [Augustana] college, I encountered a world of diversity that better represented the world. It was a culture shock at first, but it was also entirely impactful in helping me understand the world,” Good said.

Chinese New Year continued from Page 1

dents from Guangzhou, China, studying thousands of miles from home.

“The event made me feel more at home by taking part in paper-cutting [one of the activities at the event] and eating some of the traditional food. There was a lot of talking amongst people, just like how my family interacts during the celebration,” Liang said.

“It’s a wonderful opportunity to connect. Preparing the food and cooking together gave myself and others of diverse backgrounds the opportunity to talk about our respective families while we prepared the food,” Chinese Language and Literature Professor Shannon Cannella said.

This typical Chinese New Year celebration involved cooking and eating a meal and tak-



Students participated in paper cutting.

Submitted

ing part in activities, all with the purpose of bringing people together. This year the Chinese Culture Club decided to cook a dumpling dish, with 400 individual dumplings, for the 40 or

so in attendance. The main activities were ping-pong, poker, karaoke, and making shapes out of paper, similar to cutting a folded up piece of paper to make a snowflake.

Frost Week introduces new events; brings back favorites

Heidi Ide
Staff Writer

The Campus Activities Board kicked off Frost Week last Monday for the second consecutive year. It was brought back in 2012 after almost three decades in hibernation.

"It's a kickoff to spring semester for students," CAB Special Events Committee Co-President Jenny Marquette said.

Frost Week was a Greek-run tradition from 1949-1984 and held activities such as a hula contest and an election of a "frost queen." CAB has modernized the activities to include window painting, family feud, a CAB coffee house, Gustie Cup: Floor Hockey and a dance-all-night challenge. The goal for the week is for students to "Show up to the events and have fun," Junior Communication Studies Major and CAB Special Events Committee Co-President Jenny Marquette said.

"I'm most excited for the dance challenge; we have never done it ... it's a good way to get a bunch of students out and have a good time," Senior Communication Studies Major Katie Batz said.

"The dance is such a cool event, people like the idea of it. I hope it's something we can continue to have."

—Jenny Marquette

The week literally had a frosty start with plummeting temperatures and dangerous wind chills. On Monday night cam-

pus braved the bitterly cold weather to paint the windows in the Evelyn Young Dining Room. Cash prizes toward the organization were awarded to the most artistic organizations and winner of the student vote.

On Tuesday, Family Feud took place in the Banquet Rooms. Students were polled over J-Term so that the competition reflected real Gustavus student answers. A tournament bracket was set up, and the winning team was awarded a cash prize. The CAB Coffee House featured female singer Shevy Smith in the Courtyard Café Wednesday evening.

"It'll be cool to see the progress this year in the new events."

—Kyle Olson-Merrick

The Gustie Cup was held on Thursday in Alumni Hall. Teams with at least two members of each gender received two extra points in the Gustie Cup Standings. Friday night CAB is hosting a dance-all-night challenge—completely new this year. Held in Alumni Hall, it will start at 7 p.m. with a social hour and a chance to sign up and get a bracelet to enter the all night challenge. The last person standing at 3 a.m. will receive a \$200 grand prize. Gusties who don't think they can dance all night can still show up.

Prizes will start off small and work up to bigger prizes such as Twins tickets, Wild tickets, an iPod dock, and a TV. Various genres of music will be played throughout the night and Swing Dance Club will be showing up at 10 p.m. to teach people how

to swing dance.

"I really hope we get quite a few people to go to the dance challenge, there are really cool prizes," Olson-Merrick said.

"The dance is such a cool event, people like the idea of it. I hope it's something we can continue to have," Marquette said.

CAB will be hosting a trivia night at Saturday Night in Lund as a closing event to Frost Week. There will be more raffle prizes, popcorn, and wings from Patrick's.

"Last year [Frost Week] was pretty successful," Marquette said.

"It'll be cool to see the progress this year in the new events," Olson-Merrick.

They plan on bringing back all the events next year, especially the dance challenge, which they hope to have a very good turnout.



The CAB Coffee House featured female singer Shevy Smith in the Courtyard Café Wednesday evening.

Heidi Ide



Submitted

Junior CAB Coffeehouse Executive Lauren Kauffman and Senior CAB Co-President Katie Batz welcome groups to paint windows in the Evelyn Young Dining Room organizations on Monday.



Submitted

Members of the Pan African Student Organization (PASO) work together to decorate an Africa Night-themed window.



Submitted

Junior Brooke Meyer decorates the Habitat for Humanity window.

GUSTIE *of the* WEEK

— Alex Gunderson

Darcy Coulter
Staff Writer

Alex Gunderson might be a first-year student, but he's already made a great impact in our community in his short time at Gustavus. This weekend he will play the title character in *The Government Inspector*, directed by Theatre Professor Henry MacCarthy.

"It was incredibly intimidating, but the cast has been incredibly supportive," Alex said. The long hours that every cast member committed during J-Term were demanding, but also where friendships formed.

"I first met Alex over J-Term, when we were both taking part in the play. As a first-year student, he stood out right away to me because of his easy-going attitude and overall friendly demeanor," Junior Comfort Dolo said. "It's easy to be around him because of his humor and his general presence."

"As a friend, he is perceptive and honest. He makes himself available to anyone in need, regardless of what the need may be."

— Annie Galloway

Alex began acting in seventh grade and jumped at every possible chance to be in a production in both middle and high school. His experience shows

in his skills on stage.

"On stage, he is hardworking and focused," Sophomore Annie Galloway said. "One of my favorite qualities of Alex as an actor is his ability to incorporate feedback into a scene as soon as he's been given it."

"I gave it my all, and I'm just happy I got the chance to participate with such a talented group of actors and actresses. It's really been fantastic getting to meet new people and working with a new director and getting to express myself through theatre."

— Alex Gunderson

"I was very impressed with how he was able to come into Gustavus Theatre department with such a professional work ethic," Dolo said.

His fellow actors are not the only ones taking notice. Theatre Professor Henry MacCarthy was also struck by Alex's talent.

"Alex is a talented, reliable and hardworking actor. He always comes prepared to rehearsal and gives it all when onstage. It's a pleasure to work with Alex, and I look forward to many more productions with him in the future" MacCarthy said.

He doesn't let his success in theatre go to his head, however. "Working with him is also pleasant because of his humility. Alex never lets his achievements go to his head," Galloway said.

English Professor Sean Cobb also knows of Alex's humility.

"Alex doesn't like to make a big deal out of himself because he's humble, but I guarantee that he is going to do great things while at Gustavus and afterwards," Cobb said.

"I gave it my all, and I'm just happy I got the chance to participate with such a talented group of actors and actresses. It's really been fantastic getting to meet new people and working with a new director

With a full Gustavus career in front of him, Alex looks to a bright future, aiming for big dreams.

Mara LeBlanc



Mara LeBlanc

First-year Alex Gunderson is a double major in English and communications studies with a minor in theatre.

and getting to express myself through theatre," Alex said.

Theatre is not, however, Alex's only passion. He is an English and Communication Studies Double Major with a minor in Film and Media Studies, which will officially become a minor next year. These diverse interests are one of the reasons he loves Gustavus.

"I think Gustavus allows me the opportunity to go beyond my majors and experience courses and people that I wouldn't experience otherwise," he said.

Dolo has noticed his drive to explore multiple areas of study.

"He has such a passion for everything he does," Dolo said. "I have no doubt in my mind that he will do great things at Gustavus, whether it's in theatre or anything else he's involved in," Dolo said.

"I was very lucky to have Alex in his first semester at Gustavus in my Film Art & History class. Not many first semester freshmen get into that class, and Alex differentiated himself immediately; he is an exceptionally motivated and focused student for a first-year," Cobb said.

As Alex is quick to say, his real passion lies in film, which Cobb noticed while having him in his film class.

"He is very knowledgeable in film, and he brings that knowledge to class discussions where he is articulate, friendly, and helpful," Cobb said.

The way Alex interacts with his peers in the Theatre department has left a big mark on them.

"As a friend, he is perceptive and honest. He makes himself available to anyone in need, regardless of what the need may



Mara LeBlanc

Alex is the lead role in this weekend's theatre production, *The Government Inspector*.

be," Galloway said.

"Among the cast, he proved to be a valuable asset, not just because of his exceptional talent but also because of his ability to draw people in," Dolo said.

One thing that his friends agree on is that this is not the last Gustavus will hear of him.

"Alex has a lot of potential to do great things, and I have nothing but faith in him," Junior Connie Boatwright said.

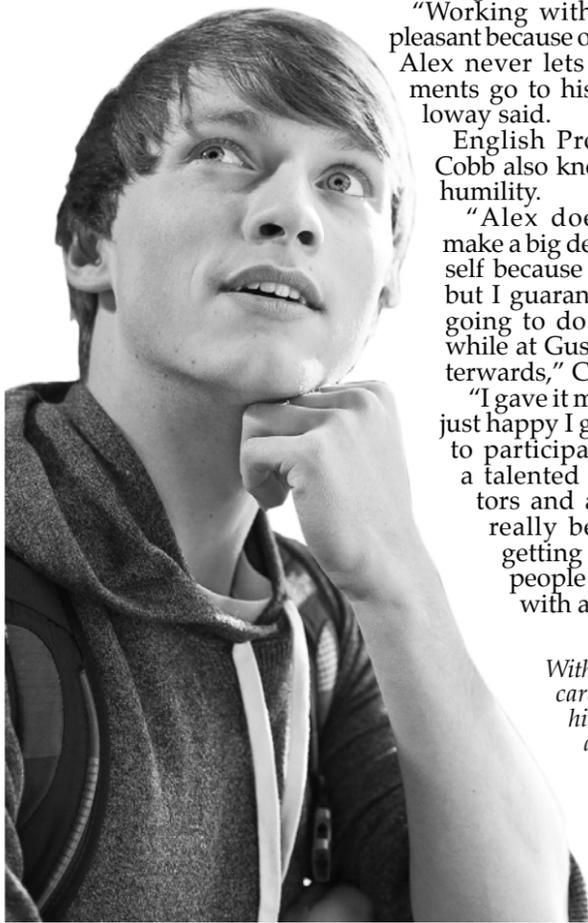
Galloway also feels confident

in Alex's impact on the school,

"Though I haven't even known him for two months, I am certain that he will continue to do fantastic things for the department, the college, and those he cares about," Galloway said.

His friends are not the only ones inspired by him; Alex's professors are also taking note.

"I love working at Gustavus because students like Alex teach me new things every day," Cobb said.



The annual celebration of African Night has something for everyone to come and enjoy

Darcy Coulter
Staff Writer

PASO (Pan Afrikan Student Organization) will once again be hosting their annual African Night this year at 5:30-9:00 p.m. on Mar. 1, 2013 in Alumni Hall. This year's theme is "Bringing Africa to Gustavus" and will try to bring attention to African countries that haven't been focused on at previous African Nights.

"We're having a lot of diverse performances this year; our main group is from Guinea, and we have two North African groups. We also have a Rwandan group performing, and student performances as well," Senior Co-chair of African Night Fadumo Mire said.

The evening will be filled with dance performances, but PASO has also decided to incorporate an educational component to the event, with a presentation on different African countries and a trivia contest, complete with prizes.

"The purpose is to educate the Gustavus community as well as St. Peter community about African culture" Mire said. "They can learn facts about Africa that they didn't know before."

Valentina Murleedharan emphasized the importance of the educational aspect.

"African Night always partakes in a certain method of attempting to show Gustavus what Africa is all about. From performances to a fashion show to food—all incredibly important aspects of our cultures. However, this year, our major focus is on education. We have a hearty presentation that will teach attendees about the innumerable beauties of the

African continent, as well as theatre pieces, poetry, and more." Murleedharan said.

Another one of the major features of the annual event is the food, which will be Somali and Ethiopian food this year, featuring a Somali rice dish called Bariis, along with Sambusa, a stuffed triangle pastry filled with beef. The Ethiopian options will feature Injera and sauces.

"You can have a taste of what African food is like," Mire said.

African Night features numerous dance performances, including some choreographed by students. There will be a compilation consisting of dances from West Africa choreographed by Junior and Co-chair of African Night, Sokhna Gueye and Junior Bertille Foncha. Another student performance is a Caribbean dance choreographed by Senior Natasha Hercules.

"We always hold African Night just to show the African culture since so many people have not seen that before, so we try to do that through the different performances, the fashion show and the food that we have," Mire said. "It also brings awareness, since all of the student performers are international students and many people don't even know that they dance in their culture."

This aspect of bringing African culture from home to Gustavus is pivotal for many of the international students who participate.

"I am proud of what students at Gustavus promote and that they take pride in the people they are. That is what African Night is about. It is the one night I feel like all of me is at Gustavus, because I have brought my

home here," Murleedharan said.

The event has been very successful in past years, and PASO is expecting an even larger crowd this year.

"We hope that, in one night, we can bring the incomprehensible spirit, soul, and vibrance of parts of the African continent to students. It is a feeling, a joy, that is inexplicable, but understandable if you attend," Murleedharan said.

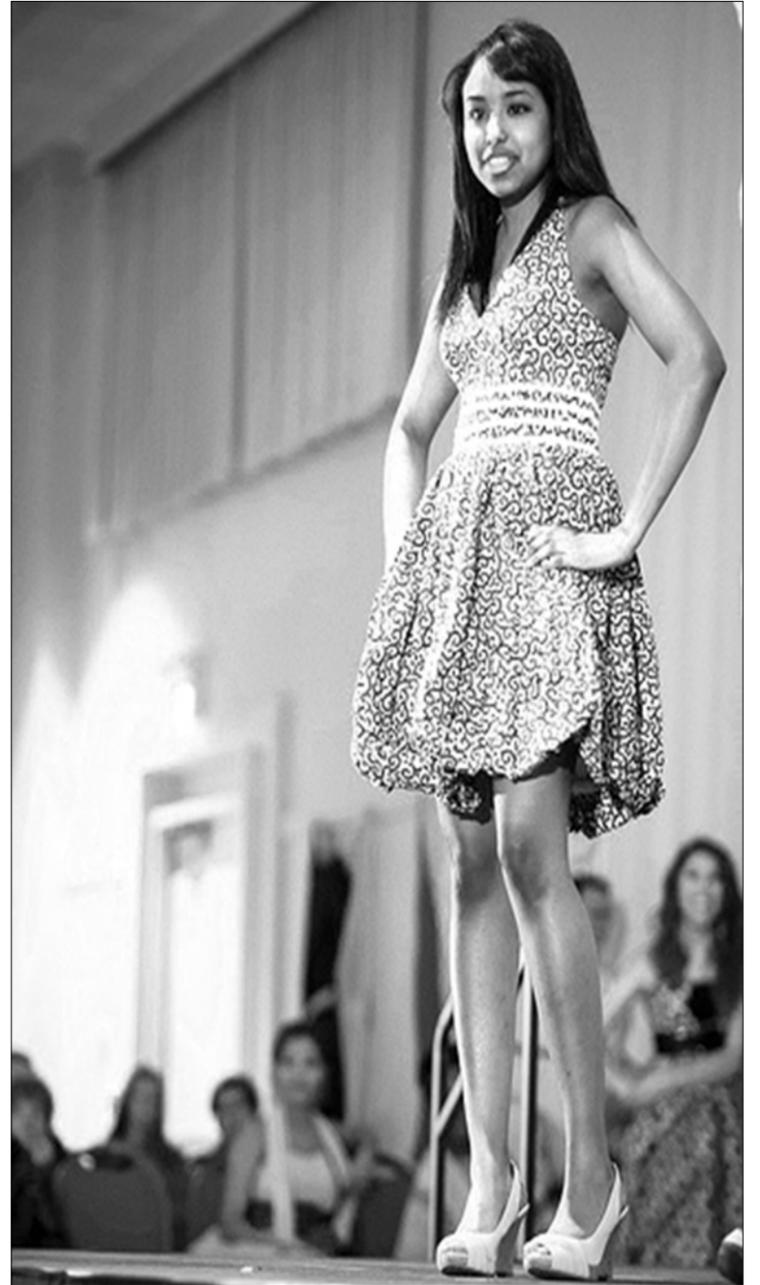
They will take advantage of this opportunity to inform a great number of Gusties and community members about African diversity.

"This event became really well known in the past few years, and each year we try to bring more diversity and bring a country that wasn't represented in the past, so this year we tried to do countries that weren't represented before," Mire said.

Ultimately, excitement is building for not only the festivities of African Night, but the educational opportunities as well.

"I think that its really important to learn about different cultures. If we didn't have African night, people might not know anything about African culture. If we have African night, at least that's one night that you're exposed to the culture," Mire said.

"African history, culture, language, custom, tradition, food, clothing, values—these are so pivotal in Gustavus understanding a beauty that is unlike their own," Murleedharan said.



At last year's African Night, the fashion show displayed different pieces of clothing and featured Gustie models.

Gustavus Flickr

Welcome the beginning of the spring season with pancake brunch in the Arboretum

Who: Gusties, adults, and children

What: Pancake brunch and a tapping demonstration

Where: Interpretive Center in the Linneaus Arboretum

When: 10:00 a.m. Mar. 2, 2013

Cost: \$8.00 for members and \$10.00 for non-members

Aaron Albani
Copy Editor

As spring begins to approach, nature is changing with the season. As a way to celebrate this change and connect to the early Minnesotan natives and settlers, the Linneaus Arboretum is offering an event about making your own maple syrup, by means of maple tapping. Maple tapping is the process of drilling holes in maple trees to collect the sap. The sap is the raw ingredient in maple syrup.

Although syrup can be made from all types of maple trees, sugar maples are known for being the sweetest and therefore are used most commonly for making maple syrup. Sap flows throughout the maple trees all year, but with the high and low temperatures oscillating around

freezing during the day and night this time of the season, March and early April, sap begins to flow quickly. Typically, tapping is done in early March, two weeks before this change in the weather.

Join the Interpretive Center for a pancake brunch, complete with syrup, bacon, eggs, fruit, orange juice, and coffee. Students and faculty are encouraged to watch a demonstration to learn how to tap a maple tree. The brunch is on Saturday, March 2 at 10 a.m. Students and faculty should register by Wednesday Feb. 27, 2013 if interested.



Once the sap in a Maple tree begins to flow, they can be tapped and the sap can be collected for syrup making.

Submitted / Scott Moeller

DreamWorks presents: slightly above average *Rise of the Guardians*



Aaron Albani
Copy Editor

Needless to say, my expectations were low. I'd heard very little of this movie, for one thing; for another, the prem-

ise just screamed mediocrity. However, as I found myself somewhat invested in the plot halfway in, I realized *Rise of the Guardians* worth was greater than anticipated.

Try to soak this in and not yawn, as I did—it's tough not to, I'll warrant. The idea is that all the "imaginary" characters from your childhood—Santa, the Easter Bunny, the Sandman, the Tooth Fairy, Jack Frost—are all the guardians of childhood, innocence, hope, etc. When the children believe in them, the guardians can fulfill their happiness by giving them presents and subsequently keeping them safe from the Boogie Man.

You remember the Sand Man:

the guy that casts you into wonderful slumber and comforts your every fleeting moment of sleeping bliss with spectacular dreams. Well, the enemy of the Guardians, the Boogie Man (Jude Law, *Sherlock Holmes*), the embodiment of fear and all things terrible, has been infiltrating children's dreams and systematically shattering all of the guardians' holidays.

If there is no Christmas, the children don't believe in Santa; if they can't find any Easter eggs, then the Easter Bunny must not be real. You get the idea. When the kids stop believing, the guardians cease to exist.

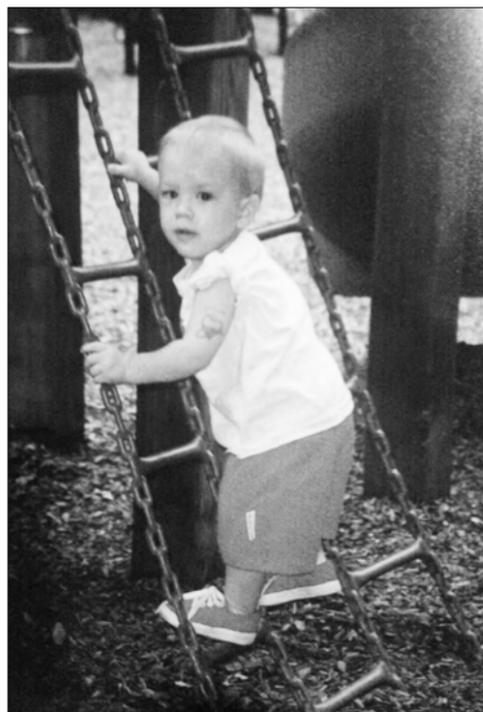
Enter our esteemed and identity-seeking protagonist. Jack

Frost (Chris Pine, *Star Trek*), with no knowledge of who he was before the Man In The Moon dubbed him as Jack Frost, is called upon to join forces and become a guardian. Alongside Santa (Alec Baldwin with a Russian accent), the Tooth Fairy (Isla Fisher, *Confessions of a Shopaholic*), the Easter Bunny (Hugh Jackman, *X-Men*), and the Sandman (doesn't actually say anything, so he's purely imagination/merriment/all things good), Jack Frost will hunt down and defeat the Boogie Man and fear itself, therefore restoring peace and happiness to all children everywhere—spoiler alert.

I know. There's all manner of

cliché-ridden nonsense about this setup, but it really turned out to be rather entertaining. The animations are fun and once the plot got moving and Jude Law's Boogie Man started to wreak a little havoc and spark a little tension, the movie picks up and isn't so bad.

If you don't like anything else, you'll want to chill with the Sandman who wins the Undoubtedly-The-Best-Character Award. I think this movie is worthy of three and a half stars out of five.



Want to Climb
the Rungs?

Apply for
Editor-in-Chief
for the Weekly

Applications Due
March 8th

email Weekly@gac.edu

Mara LeBlanc

Feature Photos Gustie Harlem Shake Tuesday Feb. 19, 2013



This past Tuesday Gusties gathered in the Beck atrium to perform the Harlem Shake. The dance has become a YouTube sensation that is hitting the nation from all corners. The videos consist of one person dancing for 15 seconds while others sit in the background, then the video cuts and for the next 15 seconds everyone is randomly dancing. Photos from Gustavus Flickr.

Looking for SUMMER EMPLOYMENT?

Join the Admission Office this summer
as a full-time TOUR GUIDE!

You'll also be a:

Receptionist

Coordinator

Mingler

Greeter

Team-Player



All around great GAC Representative

Applications due **Friday, March 15** by 4:30pm

Stop by the Admission Office to pick up an application!
Contact Lindsey (x6363 or lowens) with any questions.

Blake Van Oosbree

Hannah Forster '13
Senior, Elementary Education major

I'm in the "got the dream job!" stage. I've wanted to join Teach for America since freshman year and am so thrilled that I've been accepted! It was a long, intense process including a preliminary application, online testing, and a final interview in Minneapolis. Now that I've been accepted, I am preparing to move to the Mississippi Delta to teach in one of the lowest achieving schools in the nation for the next two years. This was also my dream location. I'm excited to go and immerse myself in a completely different culture/lifestyle in a different part of the country. Teach for America is an organization connected with AmeriCorps that trains the strongest leaders,



Submitted

mostly from universities across the country, to be achievement-oriented teachers and to teach towards closing the achievement gap in the United States. The organization trains these people for teaching-through-leadership and then places them in the lowest achieving schools across the country. The goal is to have strong leaders in the schools, fighting for educational equality. As an education major, this is one of my biggest passions, and I am so incredibly excited to be joining the Corp. My advice: Be patient. Don't be concerned if your friends have it all figured out and you're just not quite sure yet. Everybody's timeline is different. Open your eyes to the possibilities! This is a great time in your life to get away and experience something completely new and challenging before settling down into a long term position/career. Have a plan B. I had to wait for over a month to hear back from Teach for America after my final interview. I chose not to let this wait stress me out—instead, I decided to be proactive and start exploring other options that would help me achieve my goals and do what I'm passionate about.

STAGE 5:
GOT THE JOB!

hear back from Teach for America after my final interview. I chose not to let this wait stress me out—instead, I decided to be proactive and start exploring other options that would help me achieve my goals and do what I'm passionate about.

Rebecca Nelson '14
Junior, Public Accounting major

Even though I am an Accounting major, accounting was something that I was never too interested in pursuing after college. I knew that getting an internship for this summer would be one way that I could start exploring many of my different options after graduation. To do this I started networking with some business professionals that I have had the opportunity to meet while here at Gustavus.

STAGE 4:
INTERVIEWING

My resume was forwarded to the right people at Thrivent, and before I knew it, they were calling me asking when I could come in to interview. I knew that the people I interviewed with were going to make their decision in the next two days, so I immediately sent out cards thanking them for the opportunity to interview with them. Two days later I received a call from HR offering me the position, and I cannot wait to start my internship this summer!

Kristina Fosse '13
Senior, Sociology and Anthropology major

Currently, I am waiting to hear back from the Peace Corps about an official invitation to serve as a Peace Corps volunteer. For those unfamiliar with the application process, applying for the Peace Corps takes tremendous amounts of patience and flexibility. One year has already passed since I began my journey to become a Peace Corps volunteer.

I began the application last February, submitted it in March, and had my interview in May. It wasn't until October that I was officially nominated to serve as a volunteer in the Education Sector, with a tentative departure date of July 2013. As of now, my application is at the Peace Corps headquarters in Washington, D.C. where it is being screened for suitability and competitiveness. During the month of March, I should be hearing from my assigned Placement

Officer about whether or not an official invitation is heading my way. An official invitation will tell me the specific country I will reside in for the next two years, my exact job title and description, as well as my final departure date. Serving as a Peace Corps volunteer has been in the back of my mind for a number of years, but being here at Gustavus definitely pushed me to commit. If I am selected to serve as a volunteer my life will change drastically. Moving to a different country for 27 months, integrating myself into a new culture, learning a new language, and being separated from my family will be challenging. Gustavus has so many resources for students looking for jobs or internships. The Center for Servant Leadership, GustieJobs, professors, and alumni can all provide assistance in your job/



Renee Hoppe

STAGE 3:
WAITING

STAGE 2:
APPLYING

Applying for jobs can be a strenuous and tedious process, but with the right mindset and a few tips, the application process can be painless.

Following instructions is key to any application process—especially online. Although page after page fill-in-the-blanks may seem pointless and repetitive, remember that each employer is seeing this for the first time.

Another important tip to remember is to review before you submit—discrepancies will be noticed by employers. Fill in all the items that need an answer, even if it means contacting previous employers or searching elsewhere for the information.

Finally, don't be lazy when applying for jobs. Spelling errors, writing

"see attached" and skimming the instructions are all common mistakes that should be avoided. Be truthful on your applications, but also give yourself credit—you worked hard to get where you are now.

THE ROAD TO YOUR DREAM JOB:
GUSTIES TELL IT ALL

Katie Batz '13
Senior, Communication Studies major

I am currently in the "not really sure what I'm doing" phase of my job search. For a very long period of time I was not worried about it at all, just knew I'd get around to it at some point. But, as more and more of my friends are finding out what they are doing next year, the drive to find a job for next year has increased.

The drive did not come without a little bit of panic, however. For me, the whole process seemed so stressful. But, I decided to just start diving in. I signed up for the Job Fair and started looking at the emails from Cynthia Favre with a little more intention. I am planning on working in the Events and Hospitality Industry somewhere so I've been looking specifically at positions related to that. As soon as I started seeing posi-

tions that I could actually see myself in, the stress went away a little bit. I find it pretty thrilling to think that my next business card could say, "Katie Batz, Event Coordinator" and can't help

STAGE 1:
FREAKING
OUT

but think to myself, "I could do that!" I think it is so important to apply for jobs that you are excited about, not just things that will get you through. I feel more confident in my abilities to perform well in an application process when I know I have a passion for the position.



Submitted

Reading this will make you cooler Eric Whitacre beats dead horse



Mackenzie McCann
Staff Columnist

Nowadays the internet is making it easier than ever for musicians, composers, and 14-year-old rich girls to get their music out into the world and into the ears of any human with access to a computer. However, the same artists who gain their fame and success on the World Wide Web can easily use its tools to exploit their fans into supporting some of their ridiculous endeavors.

Take Eric Whitacre, for example. Anyone who has ever been a part of an organized musical ensemble at some point in their life knows exactly who this golden-locked beauty of a man is. But, if you happen to live under a very unmusical rock, let me explain. Whitacre is a super-popular, Grammy-winning, music-composing,

choir-and-band-directing god.

Over the past several years he has organized a "Virtual Choir" that has sprung him into global fame. Long story short, he uploaded a video of himself conducting his song, "Lux Aurumque," received over 185 separate videos from 12 different countries of people singing his music, spliced together the audio from each, and voila!—the first Virtual Choir video was born. According to his website, the video gained over a million views in the first two months and has now acquired over 3 million. Now, after three Virtual Choir videos (each new one receiving less and less media attention and subsequently, fewer views), Whitacre and his team have set their sights on a fourth installment. But here's the catch: it will be completely fan-funded!

Seems legit—the entire global Whitacre fandom coming together to create a piece of popular culture with their voices and bank accounts. I wasn't completely turned off by the idea until I discovered the Kickstarter campaign of \$100,000 to fund the project. Wait . . . \$100,000?! "Believe it or not, VC3 alone cost us way more than \$100,000 to make," his Kickstarter page justifiably explains. The aforementioned video has received only about 500,000 views.

For someone who has a Twitter stream jam-packed with pop culture jabs and the latest musi-



No one drops beats like a dead horse.

Mackenzie McCann

cal memes, Whitacre seems surprisingly out of touch with the ways of the almighty internet. Nowadays web sensations lose their hype as quickly as they gain it (Remember the Gustavus Meme page on Facebook? Oh yeah, that exists). However, I've come to believe that Whitacre doesn't consider his Virtual Choir videos to be anything near comparable to flashmobs or the Harlem Shake (which is already so last week), otherwise, they probably would have

died off alongside Nyan Cat and Double Rainbow guy. I honestly hate to say it, but Virtual Choir is past its prime.

There must be something better that Whitacre can spend his, time, energy, and fans' money on than a YouTube video, that (if the exponential decay graph is accurate) will receive only about 250,000 views. He could start a scholarship fund for aspiring musicians and composers. He could establish a music program for underprivileged

children. He could buy me a really nice engagement ring. There is just no way to convince me that any video that can be viewed for free on the internet is worth \$100,000 to make. The sad punchline to this story is that Whitacre has exceeded his goal by over \$20,000. I mean, come on, Rebecca Black only had to pay \$4,000, and look how many views her video has!

The Bunion Bruises increase in academia



Aaron Albani
Staff Columnist

The opening of The Fighting Center brings about the age-old debate of whether or not "the pen is mightier than the sword." And in the case of Gustavus' newest tutoring organization, the sword trumps the pen every time.

The Writing Center has a new neighbor in Confer Hall as their up-and-coming competition and all out adversary, The Fighting Center, opens its doors to Gustavus students.

The proposition for a violence-oriented tutoring session came as a shock to many professors of the English Department, but after some eye-opening

and new-age theories for essay construction were offered to the department, the decision to allow the program's inception was nearly unanimous.

"When it all comes down to it, a good pounding can really get the creative juices gushing," Associate Professor Lars McNash said. "I like to think a punch to the gut can communicate more than just metaphorical significance, but literal significance as well."

The Fighting Center will host a mixture of student and professor employees, open around the clock to help any students at any stage in their essay writing. During a regular first visit, students will be asked to read segments of their work out loud to their respective tutor. If, at any moment, a mistake is discovered, the student will be reprimanded and encouraged to engage in a physical duel with their tutor to defend the paper's honor.

"It hurts a bit at first, but what really doesn't hurt is the feeling of finishing your paper on time," First-Year Jackson O'Phil said, while holding an ice pack up to his black eye and two chipped teeth.

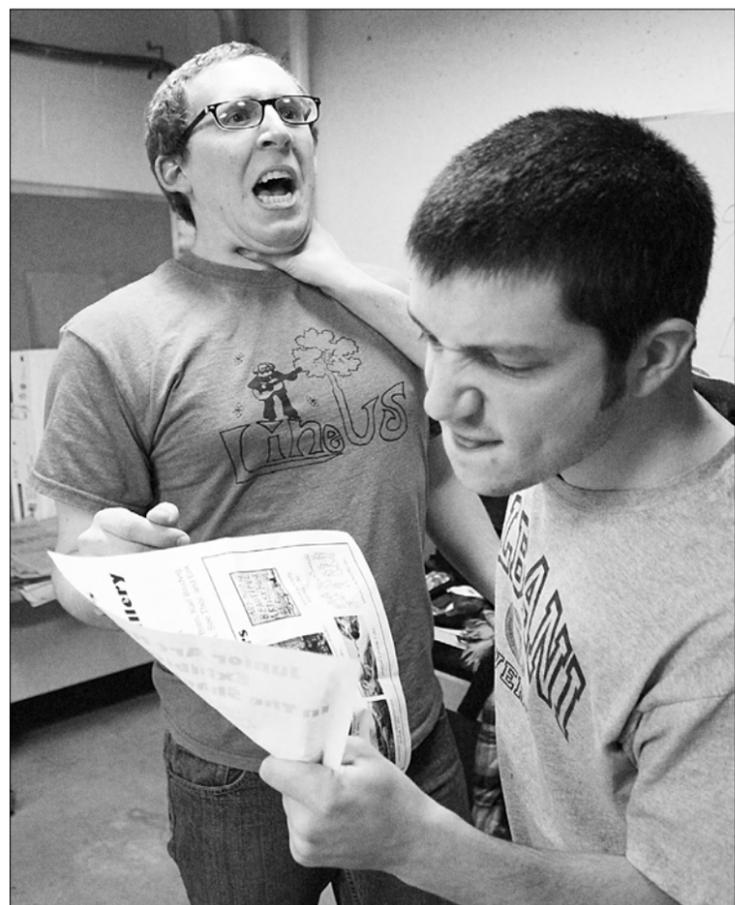
The estimated success rate

for The Fighting Center is well over 100%, the additional data accounting for the brutality of the brawls' influence on the students to write additional essays of their own accord. While lying in bed with a crushing headache as their wounds heal, the students will have nothing to do but fuel their desire to formulate new academic theses.

"I love my job as a tutor," Senior English Major Larry Von Strauss told reporters. "It gives me a chance to really help out students who need it, and punching their ribcages is the best way I've found to do it."

With a little more than three months left of the semester, The Fighting Center will no doubt make its way into each and every student's schedule as the assignments come rushing. Be sure to make an appointment well in advance of finals week and stock up on crutches and Ibuprophen.

**All people, places, and events described in The Bunion are completely fictional and by no means are representative of any non-fictional people, places, or events. All likenesses are completely coincidental.*



Vinny Bartella

The fighting center is a place where students of all backgrounds feel comfortable. They are often welcomed by a slap to the back of the head.

The Hidden Truth Are we moving too far with technology?



Sherick Francois
Staff Columnist



Has it strayed away from assistance and transgressed into obsession?

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What is technology? According to Random House Webster's College Dictionary, technology "is the application of knowledge for practical ends" or the "branch of knowledge that deals with applied science, engineering, and the industrial arts." Now with that said, one has to wonder how far our society has progressed in the age of technology. I've concluded that technology has single handedly taken over the lives of most Americans. In today's day and age, one can barely look around without seeing someone with some form of technology whether it be an iPad, smartphone, or even a tablet.

While I agree that our tech-

nological advancements benefit and assist us, I wonder if technology has gone from assisting to taking over our lives. For instance, how often do we think about the fact that we must look through our phones' contacts in order to call our parents? It may seem a pity, however, the fact of matter is that most of us can't even remember the number to our household without the help of some form of technology. Instead of assisting

our lives, I fear that technology has prompted man to become subconscious idiots or in the words of CNN columnist LZ Granderson, "automated idiot savants." The simple things that we take for granted have been over-shadowed by our advances in technology. In retrospect, surveys have shown that 65 percent of U.S. consumers are spending more time with their computers than their significant others. Not to mention that most

U.S. consumers are unsatisfied with their technological experiences at times.

As if that's not enough, take a look at the issues of Drone Warfare. There exist myriad amounts of explanations to the benefits of Drones; however, drones have given countries the option to use a precise long-range attack without any casualties. This raises the ethical and moral question: how can we consider technology a

form of assistance if that same technology has been shown to terrorize others? Like the atomic bomb, even though drones exemplify mankind's compatibility to keep up with modern times, heavy reliance on technology will soon transform into destruction. Essentially, it can be argued that Drones will become a prime example of how destruction can manifest from technology.

By no means am I arguing that our technological advances have not aided in our continuance in life, however, the humanistic or traditional side of me believes that these advances have moved beyond assistance to obsession. How often is it thought that by the push of a button, an entire country of people can be wiped from the face of the earth? Not to mention, such advancement flourished due to technology. Inasmuch as technology has simplified certain aspects of everyday life, it, has also caused conflict and destruction that are prevalent in today's society. So next time you open up your smartphone or Mac computer think about its role in your life, while bypassing the fact that technology makes life easier.



The Good, the Bad, and the Meh



Frost Week D.A.N.C.E. off – time to bust out all those moves normally reserved for distant cousins' weddings.



Don't want to sleep next to the dumpster behind the Caf? Better start thinking about next year's housing.



It's almost spring, and therefore Application Season. Or as we all know, Rejection Season.

Food for thought Too big to work (part one)



Andy Bryan
Staff Columnist

As many of us progress towards the end of our academic careers, we are able to look back at our lives in school with a perspective earned from experience. We might look back with gratitude at aspects of our schooling which we once took for granted. On the other hand, we might look back at our past curricula and shudder at a history lesson that once seemed innocuous, but whose moral implications startle us today.

The latter is possible not only because we are older and look back with more experiences to draw from, but also because the world has changed since those lessons were taught, and the standards for what ideas are appropriate to instill in the mind of a child have changed with it. For instance, every year our nation's teachers need to revisit how to present Christopher Columbus to their classes.

The hypocritical rhetoric of our nation's forefathers on the American slave industry is another topic that seems to



It's still a small world, it's just full of people after all.

Creative Commons

become increasingly apparent in academia as the years go on, and teachers continue to debate over whether or not to include *Huck Finn's* edgy language in their syllabi.

Many of these evolving topics seem to be related to our nation's identity, which indicates a parallel evolution may be going on. Each generation of Americans that questions which national figures they want their children to admire is gradually redefining our national identity.

Despite these re-evaluations, there are certain tenets that are simply too close to the core of our nation's philosophy to be questioned. The notion that democracy is the greatest shape a society can take is one of these unquestionable beliefs, but in a constantly and completely changing world, I don't think any aspect of our culture should be left un-scrutinized.

But how could our world have changed to make democracy any less the ideal of individu-

alism and self-determination than it has been presented as for centuries in this country? Simply stated: our world has gotten very crowded. Our nation's population has gone from around five million at the turn of the nineteenth century to roughly three hundred million today. The degree of empowerment derived from knowing you have the freedom to voice your opinion is significantly diminished when that voice

is being drowned out by hundreds of millions of others and counting.

Our relative smallness in a massively populated world and the pressure that puts on our potential social and political ambitions is an underreported reality in the information age. It would be careless to imply that the world's exponentially mounting population has gone unnoticed, but our popular culture and laws still incessantly reference ancient documentation as authorities regardless of the fact that they were written in a world where democracy meant something entirely different than it does today.

Now, this isn't intended to be an argument against democracy as a method of governance, but it is intended to demonstrate how even the most apparently stable of our social values is actually in a state of constant flux. Specifically, this change is one of expansion and growth. To disregard this dynamic nature is to allow social values and laws to become antiquated and to fall into disrepair. As a generation, we know enough about social negligence leading to disrepair to realize that we can't afford to procrastinate.

Regardless of how one feels about our culture today, the fact that old rules and definitions no longer apply to it is undeniable. Be it in the regulation of businesses or the structure of government, changes must constantly be made so long as we continue to expand.

Letters to the Editor

Job Search Article Response

Katie Volney in her "The Job Search Quandry" article is correct....your career cannot stand only on your education from a "good" school. Your good education is one leg supporting your career. The other legs are engagement (you need to care more about your career than anyone else), exposure (manage your on-line presence and get to know people well enough for them to refer opportunities to you) and experience.

The great thing is experience is not only paid employment. It includes service learning and consulting projects you do as part of academic courses, research, leadership roles in clubs and organizations, campus employment, study away, community service, membership in professional associations (groups like Society of Human Resource

Managers and Midwest Global Trade Association) as well as part-time and summer employment, career explorations and internships. There is an increasing number of Mankato employers seeking interns.

Having the privilege of reading over 700 Gustavus candidate resumes every year, I have seen an increase in the Gustavus opportunities that qualify as "experience" for employers.

I encourage students to not think of their experiences as only full-time, paid experience. Combine 4 summers (3months x 4 years = 12 months), part-time (40 hrs/month x 9 months x 4 years = 1440 hours) and you are at 21 months of experience PLUS your academic work!

The good news is that the job market is really opening up! There are 208 employers at MN Private Colleges Job and Internship Fair - as many as the Fair has ever had! (You can see these employers interested in MN Pri-

vate Colleges candidates at www.mnpcfair.org.) There are lots of opportunities - BUT employers are wary of "cold" applications. Meaning the "apply, apply, apply" advice may not work as well as it once did. A better plan is to "network, network, network." Because chances of being selected for interviews (and then jobs) goes up if you have some connection to the employer.

By Cynthia Favre,
Gustavus Career Development

Dear WEEKLY-

I can't help but notice all the sex-soliciting posters. As a Lutheran school, we don't do much to perfect sexual intimacy. The condom and STD posters everywhere lack the encouragement of sexual purity, or waiting till marriage to have sex. I know that a lot of the posters on campus are the nurses trying to keep everyone from possible pregnancies and STDs.

But there is no absolute certainty that either won't happen if you don't abstain from sex. Sex is sacred, beautiful and best if kept private! It is the deepest form of intimacy two humans can ever share with one another. I have many high-school friends with children out of wedlock or who are in unstable situations, and after helping them through pregnancy it becomes obvious that if you don't want to get pregnant yet, to get an STD, or suffer severe emotional baggage.. Don't have sex yet!

Relationships are created to cherish one another's body,

soul, and spirit. God made all of us with the intent to be completely admired! If you take it easy on the physical side of things, the beauty of one's entire being is increasingly embraced. Saving one's virginity is SO incredible.. it takes away from any comparison in your marriage as well as encourages trust in your personal character of faithfulness towards your significant other before even committing to marriage (How beautiful would it be on your wedding night to know that each of you was completely there to give each other)! To see integrated truths of the beauty of sexual purity on the posters would be lovely.

This campus is full of astonishing, dedicated people, and I'd love to see the work ethic, passion, and love here carried out in the healthiest way to our future families.

Much Love,

Lainey Mikel Religion '13

* The Calendar Page is considered editorial. The opinions expressed herein are not the opinions of THE GUSTAVIAN WEEKLY, but actually what's in those emails we get at like 1 a.m. that I imagine no one reads.

Friday, Feb. 22

Faculty Shop Talk

Interpretive Center
4:30 p.m.

The Gustavus faculty knows their s@#\$ about cars.

Weekend Movie: *Rise of the Guardians*

Wallenberg Auditorium
8 p.m.

The alternate title was *Rise of the Adoptive Parents*.

The Government Inspector

Anderson Theatre
8 p.m.

The Black Eyed Peas said they aren't going because they "don't want no drama, no no no no drama."

Saturday, Feb. 23

GAC Idol Auditions

Alumni Hall and Aerobics Room
9 a.m. to 5 p.m.

The ratings of GAC Idol have dipped since the British guy left.

The Government Inspector

Anderson Theatre
8 p.m.

The other play, *The Anarchist Inspector*, just doesn't have the focus of this one.

Weekend Movie: *Rise of the Guardians*

Wallenberg Auditorium
8 p.m.

What's with all of the animated movies, CAB? I'm an adult!

Sunday, Feb. 24

Weekend Movie: *Rise of the Guardians*

Wallenberg Auditorium
2 p.m.

Hopefully this movie isn't sad. Hugh Jackman has met his make-you-cry movie quota already with *Les Mis*.

The Government Inspector

Anderson Theatre
2 p.m.

The conservatives called this play another liberal agenda of invasive government. I don't think they got it.

Justin Feit's 21st Birthday

All Over the World
12 a.m. to 11:59 p.m.

Oh, that's weird. How did this get in here?

Monday, Feb. 25

Hispanic Film Festival Screening of *Even the Rain*

Wallenberg Auditorium
7 p.m.

The title is not lying; they literally bring rain water to dry places.

Tuesday, Feb. 26

Selling Your Language Skills

Culpeper Language Center
4 p.m.

Or for those with tattoos in Chinese, selling your bodies.

Wednesday, Feb. 27

Bruce Gray's *Black and Bold* Book Discussion

St. Peter Banquet Room
3 p.m.

There's going to be wine and cheese there? F@#\$ Case Day, sign me up!

Good Food for Busy Gusties

St. Peter Co-op
6 p.m.
It's definitely not at the Caf! Zing!

Thursday, Feb. 28

Step Aerobics

Lund 224
12:40 p.m.

I'd rather do some Elevator Aerobics.

Feit-sty Not Really Horoscopes

Aries

The other neighborhoods of New York are scrambling to make a dance that college students will do wrong.

Taurus

You are going to bring out the worst in GAC on Saturday.

Gemini

It looks like a lot of groups forgot about Window Painting based on the artistic quality this go-around.

Cancer

Someday Jack Black will get his due at the Oscars.

Leo

If nothing else, Michael Jordan needs to come out of retirement for *Space Jam 2*.

Virgo

Yes, if you are counting, that's two *Space Jam* jokes in two weeks. Call me a sucker for classic cinema.

Libra

When people don't know current events, you're all like, "Syria-sly?"

Scorpio

With the inclusion of Jeffrey Tambor on CAB's speaker list, *Arrested Development* fans at Gustavus blue themselves in excitement.

Sagittarius

Here's to hoping Jennifer Lawrence kills her fellow nominees for the Oscar for Best Actress with a bow as a publicity stunt for *Catching Fire*.

Capricorn

Your Case Day strategy is the worst idea since the announcement of *Girl Meets World*.

Aquarius

Ohle is taking part in Case Day. He could really use a cold one—or twenty-four—these days.

Pisces

Are these even horoscopes anymore? No, they aren't.



Manspider goes for a different kind of Case Day . . . courtroom television marathon!

Women's gymnastics: new leadership and new direction

Imani James
Staff Writer

Women's gymnastics this year at Gustavus has been on a roll with new head coach and Gustavus alumna, Katie Olson, and the team's new spirit throughout the season. Head Coach Katie Olson says this year has been going very well and feels proud of the team comradery that has been established. This year the women's gymnastics team has won a complete gymnastics meet. Olson hopes that the women end this year with many fond memories from Gustavus. Olson feels confident about the team's chemistry and the support the women have for one another. She sees this quality from the women on the sidelines as they cheer each other on.

"When somebody's up, everyone else is behind them. That's all I can ask for," Olson said.

Olson believes that the bond within the team this year has caused higher-level scores compared to previous years. As far as the challenges Olson says the demand on the gymnasts' bodies seem to be their obstacles with slight injuries during meets. However, there are three meets left of the regular season for the women and Olson wants the whole team to walk away with great memories.

"I want these women to leave here knowing that they were the best gymnasts that they could be," Olson said.

Junior Jamie Ries was recently named WIAC (Wisconsin Intercollegiate Athletic Conference) "All-Around Gymnast Of The Week." Ries has been a national competitor for two years running, and she hopes to return to Nationals again this year. She hopes to compete as an "All-Around Gymnast," which she understands holds heavy competition. She is very excited about the team's win in a gymnastics meet just a couple weeks ago as well.

"This year is a building year for us," Ries said.

Ries feels the biggest goal for the team right now is simply performing to the best of their ability and hitting on all events. Many of the players seem to agree that the chemistry of the team is quite noticeable. Ries says this year she believes there is more energy and passion within her teammates on a higher level thanks to the new coaches and team.

"Through those doors, walk the most spirited gymnasts," Ries said.

Ries also expressed the level of respect and appreciation she has for the new head coach. Ries believes this year there is a new found motivation and drive for the women in practices as well as in every meet.



Junior Ashley Greeder performs an impressive floor routine. The women's team has been having a great season under new leadership.

Senior Samantha Opsahl hopes to end her last year by returning to Nationals as well. She feels every meet has been a great experience and is proud of her personal performance as well as her team's. Opsahl has seen how each year is different than the last and says the improvements this year.

"We are really invested in

each other this year. I haven't really necessarily seen that in other years," Opsahl said.

Opsahl enjoys Coach Olson's leadership; she recognizes her positivity every day and thinks that Olson keeps things fresh. Olson pushes the women as well as talks and interacts with them on a healthy level—just what the team needs. Opsahl

has seen in different ways how dedicated the coaches are to the team and believes that has boosted everyone's attitude.

"It is encouraging to see the coaches are invested in us, and they have shown us we are worth it," Opsahl said.

P90X vs. Insanity: which is the best for you?



Rebecca Anderson
Staff Writer

Each New Year brings about a wave of new fitness resolutions along with a surge of new gym memberships. Lately a growing number of people have been bucking tradition and ditching the cold walk to the gym in favor of at-home fitness programs.

Two of the most popular video series on the market right now are P90X and Insanity. Their infomercials are plastered over late night TV claiming to provide killer workouts and stunning results, all from the comfort of home. Each workout regimen comes packed as a set of DVDs with a predetermined workout plan and nutritional advice. Just follow the instructions to a new and improved you.

Now the only obstacle standing in the way of a killer bod

is choosing which program is right for you. Both programs have significant hype and loyal followers, so I have objectively analyzed the two, so you can decide which one is the right fit.

Despite similar structure there are significant differences between P90X and Insanity. Insanity is a cardio-intense workout plan that utilizes interval training to get you the "best workout of your life" whereas P90X is a program that incorporates cardio but focuses more on strength training, using dumbbells, pull-ups, and your own body weight to provide the resistance needed to build muscle and burn calories.

P90X is a ninety-day workout regimen that claims it can significantly improve fitness in three months through intense physical training. P90X's advertising emphasizes "muscle confusion," a method of cross training and periodization achieved through switching the order of exercises and incorporating new and varied movements. Muscle confusion supposedly prevents the body from adapting to exercises over time, resulting in continual improvement without plateaus. The program provides a great all-around workout with exercises that are easy to execute.

The Insanity workouts are shorter than P90X workouts, typically lasting only 45 min-

	P90X	INSANITY
Fitness Instructor	Tony Horton	Shaun T.
Workout Slogan	"Bring it!"	"Dig Deeper!"
Length of Program	90 days	60 days
Average Time of Workouts	~ 75 min	~ 45 min
Style of Workout	Muscle Confusion	Max Interval Training
# of Workout DVDs	12 disks	10 disks
Workout Schedules	6 days/wk + 1day stretch/rest	6 days/wk
Minimum Equipment Needed	Pull Up Bar, Resistance Bands or Dumbbells	None
Additional Recommended Equipment	Yoga Mat, Yoga Blocks (2), Heart Rate Monitor, Push Up Bars	Yoga Mat, Heart Rate Machine
Recommended Supplements	P90X Recovery Drink, Shakeology, Protein Powder	None
Best For:	Bulking Up	Cardio/Endurance
Price	\$119.85	\$119.85

utes. Each section is broken into three to four minutes of intense exercise followed by 30 seconds of rest. This may not sound like much, but the intense nature of the exercise provides maximum impact in a minimal amount of time. The fast pace and constant rotation of exercises helps make the 45 minutes fly by. While the main emphasis of the program is cardio, many of the routines are designed to incorporate core and upper body strengthening. Although it's hard to tell while you're in the middle of it, each session provides a full body workout.

Both program has its pros and

cons, and choosing the best fit for you depends on what you're looking for in a workout experience. Insanity is less of a time commitment than P90X and also requires less equipment. It would be an ideal fit for anyone with a busy schedule or lack of space and resources. However, the workouts require a lot of jumping and other exercises that are tough on knees and joints. P90X is easier to modify for those just beginning to get back in shape or those with bad joints or old injuries. P90X also has a stronger emphasis on strength exercises and muscle building while Insanity is better

for cardiovascular endurance and power. Those looking to bulk up and increase muscle mass might be happier with P90X while anyone looking to burn fat or increase cardiovascular endurance would like Insanity. At the end of the day it's all about personal preference and ability.

No matter what workout trend you decide to embrace and subsequently complain about, with the proper planning and commitment you'll be jacked in no time.

Men's basketball dribbles into the offseason



Gustavus Sports Information

Coach Mark Hanson talks with his team during a recent game against the University of St. Thomas. Despite having a tough start to the season, the men have stepped up their game and improved their standing in the MIAC.

Zac Isaak
Staff Writer

The Gustavus men's basketball team played their final regular season game against the Concordia Cobbers last Saturday afternoon. Heading into the game, the Gusties needed a win in order to clinch a spot in the MIAC playoffs.

After a hard battle fought against the number two seeded Cobbers, the Gusties finished the game losing 69-62 in regulation. The Gustavus men finished their season with a regular season record of 13-11 (11-9 MIAC) while Concordia improved their record to 18-7(15-5 MIAC).

"The seniors were very important; a pivotal part of the team. It's a long season and they made sure everyone kept their focus."

—Dane Schmid

Both senior captains, Guard

Ben Biewen and Wing Jim Hill, managed to score double digit points in the game. Biewen led the men with 19 points while Hill finished right behind Biewen with 12 points.

The Gusties had a tough beginning this year, but managed to be very competitive in the conference season, giving them the opportunity to compete for a playoff spot.

"After a slow start we were very competitive throughout the rest of the conference season. Unfortunately we didn't get enough wins needed to make the playoffs," Head Coach Mark Hanson said.

While the team did not make the playoffs or finish the season the way they had hoped, there were still many positives to take away from their season.

"This is always about more than winning. The experience and the process of becoming a close-knit team has meaning well beyond the final spot in the standings," Hanson said.

Old rivalries amongst MIAC teams as well as the bonds the Gustavus men have formed will continue to fuel their play next

year, even after losing some key players to graduation.

"The captains were unbelievable. I learned more than I thought I could from them."

—Jed Kreuser

"The satisfaction of making bonds you're going to have for the rest of your life, something that not everybody gets to experience, is a positive thing to take away from this season. We also have some revenge from this season that we need to settle next season, which will help us work hard during the offseason," Sophomore Wing Jed Kreuser said.

Not only was this the final game of the regular season, but it was also the last basketball game of the careers of both senior captains along with Senior Wing Blake Shay and Senior Post Reed Sallstrom.

"This group of seniors, like many before them, provided leadership, intent, passion, and talent. It is difficult to see their careers come to an end because of what they mean to me, the program, and their teammates," Hanson said in regards to the importance and impact the seniors made on the team.

"The seniors were very important; a pivotal part of the team. They kept everyone in check during the season. It's a long season, and they made sure everyone kept their focus. They also did a lot of off-season preparation prior to this season," Schmid said.

"The captains were unbe-

lievable. I learned more than I thought I could from them. They were the first guys to introduce themselves to me when I came here to Gustavus. All of the seniors on this team are incredible at basketball," Kreuser said.

The Gustavus men will now begin their off-season; a time for the players to work on their physical strength and conditioning, along with the fundamentals and mental aspects of the game. This will also be a time of adjustment with four senior starters leaving the team and a new first-year class joining next year. For some of the players, the off-season is a great opportunity to help them become better players for next season.

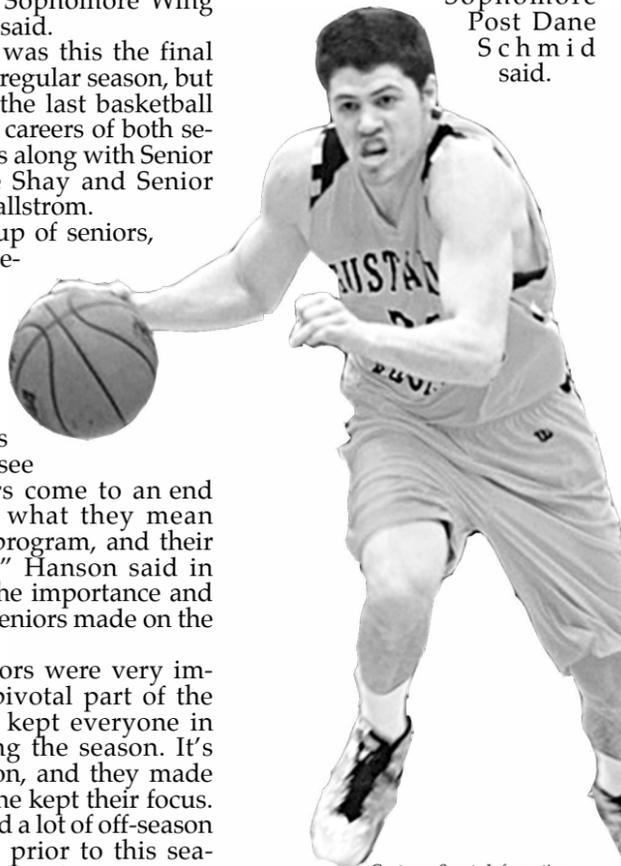
"Since I play post, I want to get stronger and more physical. I want to improve my stamina so I can play just as good in the second half as I did in the first half," Schmid said.

"Getting in the weight room is something we need to do. It's a physical game, and we need to bring more intensity to the game. We need others to step up as well since we are losing four starters," Kreuser said.

Although the team didn't meet its usual goals, they still managed to improve their game over the course of the season.

"It's a tradition that we finish as one of the top three teams, and we didn't do that, nor did we make the playoffs. However, we did improve throughout the season so that is a goal we did accomplish, along with finishing with both a positive overall record and MIAC record. Losing is not a good thing, but there is a silver lining to it. As a team, we know what losing feels like and it makes us not want to feel that way again. Hopefully that will carry on into the next season,"

Sophomore Post Dane Schmid said.



Gustavus Sports Information

SPORTS SCHEDULE

Friday, Feb. 22

Men's Hockey hosts St. Olaf College 7:05-9:30 p.m.

Men's Tennis hosts ITA National Indoor Championship

Men's Tennis vs. Emory University 5-9 p.m.

Men's Track & Field @ Macalester Pre-MIAC Meet

Gymnastics @ UW-Eau Claire 6:39-9:30 p.m.

Women's Hockey @ College of Saint Benedict 7:30-10:30 pm

Women's Track & Field @ Macalester Pre-MIAC Meet

Saturday, Feb. 23

Men's Nordic @ NCAA Central Region Championships

Women's Nordic @ NCAA Central Region Championships

Women's Tennis vs UM-Duluth

Monday, Feb. 24

Men's Nordic @ NCAA Central Region Championships

Men's Tennis hosts ITA National Indoor Championship

Women's Nordic @ NCAA Central Region Championships

Women's Tennis @ College of St. Scholas-

Friday, Feb. 28

Men's Track & Field @ MIAC Multi's

Women's Track & Field @ MIAC



Open
M-F 9:30am-5:30pm
Sat. 10:00am-1:00pm

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Hope runs high for Twins in Fort Myers



Linnea Moat
Staff Writer

The lights are on in Hammond Stadium and Twins players, both familiar and new, have donned their uniforms to compete for a place on the 40-man roster. Just like every spring before, the players have reported to camp 'in the shape of their lives,' and there is a high level of hope floating in the Florida breeze.

That hope isn't as prevalent in the Minnesota cold, however, as fans brace themselves for what could be another disappointing season. The front office and Manager Ron Gardenhire are aware of the growing dissatisfaction in the home team's less-than-stellar performance the past two seasons, and have made dramatic changes this off-season to try and reverse the team's downward spiral.

The beginning of the off-season brought changes to

the coaching staff, with only Gardenhire and Pitching Coach Rick Anderson keeping their jobs.

The changes kept on coming as Outfielders Denard Span and Ben Revere were traded to the Washington Nationals and the Philadelphia Phillies, respectively, for prospects and pitchers.

For the past two seasons the Twins have struggled with pitching, as the starting pitchers and the bullpen have been riddled with injuries. This season will be a rebuilding season since many of the strong arms the Twins have acquired during the off-season were sent to the Twins minor league affiliates. This spring is the first time these pitchers will practice with Twins veterans and have a chance to learn from the coaches.

"They've all been with different organizations, so we'll get them working on their fundamentals and on learning our way of playing. It will be a lot of fun," Gardenhire told fans at TwinsFest in January.

Despite being young and inexperienced, Gardenhire told fans at TwinsFest that he is confident these new pitchers will develop quickly.

"These kids have major league stuff and the ability to get guys out, so now it's a matter of being patient and making sure we do the right things to protect their arms. We've got a little bit

of depth among our starters—we've got guys who know how to pitch," Gardenhire said.

Last season, despite having a weak and oft-injured pitching corps, the Twins were able to piece together 66 wins thanks to their offensive strength. With power hitters Morneau, Willingham, and Doumit, the Twins are confident in their ability to score runs.

"We just need our starters to eat up innings so that we can protect our bullpen and give our offense a chance later in the games, and we'll be fine. We can score runs when we have Mauer and Morneau and Willingham and Doumit and Plouffe—guys who can get a ball out of the ballpark. We just need to figure out a way to stop the other team from scoring," Gardenhire said.

Keeping the other team from scoring will be critical if the Twins want to increase the number in their wins column this season. One way to do this will be to strengthen the infield, where there are some question marks after last season. Brian Dozier, Pedro Florimon, Jamey Carroll, and Eduardo Escobar are all vying for infield positions during spring training. All four had playing time at the major league level last year, and all but Carroll spent time in the minor leagues as well. Gardenhire has expressed interest in using Florimon and Dozier as the starters with Carroll and Escobar serv-



Creative Commons

A sign outside of Hammond Stadium welcomes Twins fans to Spring Training.

ing in utility roles.

The other big question mark is center field. With the loss of both Span and Revere, Aaron Hicks, Darin Mastroianni and Joe Benson will compete for the position. Chris Parmelee appears to be locked in at right field after having several successful seasons bouncing between Triple-A and the major leagues.

Despite the almost unlimited

supply of hope surrounding the team in Fort Myers, Twins fans shouldn't expect a drastic turnaround by their favorite team this season. It's likely that this season will be another disappointing one statistically, but if everything goes according to plan, it should be a stepping block towards a winning team in the near future.

MIAC Swim & Dive teams 'Shake' for Grace



Gustavus Sports Information

At this year's MIAC Championships, swim & dive athletes from competing teams participated in a "Harlem Shake" dance in honor of Gustavus Sophomore Grace Goblirsch. Goblirsch was diagnosed with leukemia this past September and Gustavians have rallied around her in support ever since. The slogan of Gustavus' swim & dive season, "Race for Grace" has helped the team to train diligently and they have dedicated their races to her.