

# THE GUSTAVIAN WEEKLY

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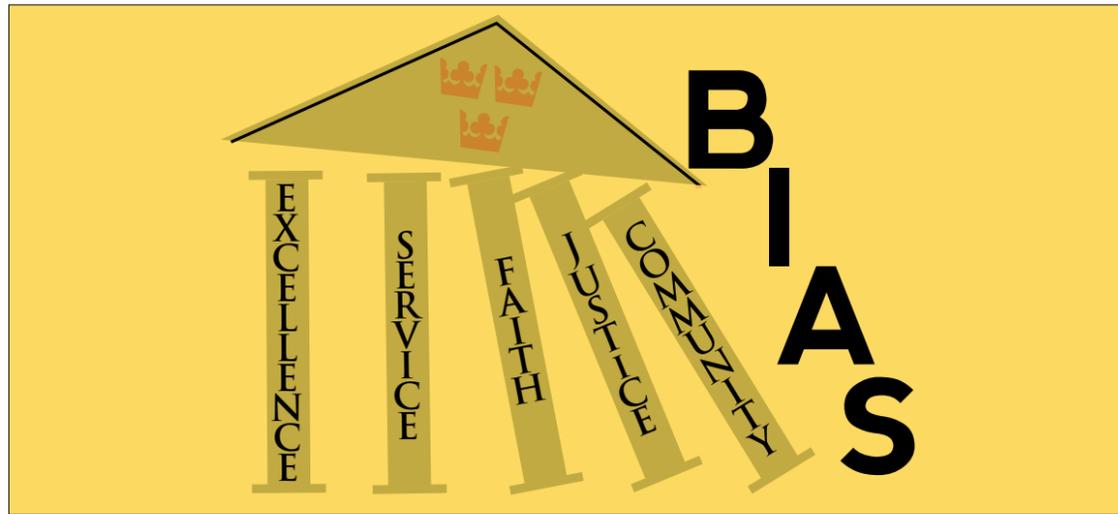
## Administration, students respond to bias incidents, prompts dialogue on cultural divisions

Victoria Clark  
Student Adviser

Over the last month, an unusual amount of bias incidents were reported to the Dean of Students. The incidents have prompted questions as to the administration's response method and spurred campus-wide dialogue regarding cultural divisions within the Gustavus community.

According to the Dean of Students Office, four bias incidents were reported within a few week's time. Due to federal law that guarantees the privacy of student educational records, THE GUSTAVIAN WEEKLY can only confirm the specificity of two of the incidents. Both incidents involved racial stereotyping of Islam and were posted to social media sites.

One of the incidents involved a student who posted an image of herself at a sorority-sponsored event to which she wore a turban and a sign that read "terrorist." The other incident



Blake Van Oosbree

involved two individuals in the Lund pool area, who posed for a picture wearing towel turbans and miming guns with their hands. The photo was posted with the caption, "Poolitically correct, clever we know."

While these two higher profile incidents received isolated conversation in the weeks before the wider community was in-

formed, the majority of students learned of the series of incidents on March 13, when an email was issued to students from Dean of Students JoNes VanHecke. The email detailed her concern regarding the recent influx of incidents reported.

"Several recent incidents, which have come to my attention, demonstrate to me that

our community is struggling with racial understanding and cultural sensitivity," VanHecke said in the opening of the email.

**Exchange amongst administration, students and faculty shapes preliminary discourse**

In response to the incidents, the Dean of Students Office,

as well as several students and faculty members, have engaged in discussions geared toward dealing with both the immediate and longer-range concerns regarding campus culture.

The first of these larger conversations between administration and students took place on Friday, March 17, which was organized by members of the Pan-Afrikan Student Organization (PASO).

VanHecke felt the initial conversation between the students and the administration was left unfinished and set up another dialogue for the following Friday to explain the adjudication process, discuss her office's plans moving forward, and allow students to present feedback and concerns.

Invitations to the second meeting were informally issued. Over 30 students attended, the majority of whom were from

**'Bias Incidents' continued on page 3**

## David Lim named winner of Immanuel Lutheran Church Organ Competition

Libby Larson  
Assistant News Editor

Many students walking past Christ Chapel in the evenings are familiar with the faint strains of organ music emitting from the building. More often than not, it is the sound of Junior Biology and Music Major David Lim at the keys.

Lim's time with the organ recently paid off as he was honored as the winner of the Immanuel Lutheran Church Organ Competition in Evanston, Illinois on Feb. 15. Lim entered the prestigious competition with a nomination from Instructor Dr. Chad Winterfeldt, adjunct professor of organ and interim college organist.

According to Winterfeldt, the Immanuel Lutheran Church Organ Competition provides support for collegiate musicians who demonstrate interest in church music, encouraging careers and future involvement in the field.

Lim performed Bach's "Prelude and Fugue in D-Major," the Hymn setting on Shearing's "Jerusalem, My Happy Home," and the hymn "Comfort, Comfort, Now My People (Freu Dich



Submitted

Organist David Lim was honored as the winner of the Immanuel Lutheran Church Organ Competition in February.

Sehr)."

In addition to the performance, the competition included an interview portion, which Winterfeldt said encouraged competitors to share their perspectives and philosophy of music in the church.

After being declared the winner, Lim came away from the competition with a cash prize, gold medal, and an invitation to return to Evanston in early May for the Winners Recital.

Lim began playing the organ in seventh grade and has been a pupil of Winterfeldt's for the past two years.

"He really has been kind of the driving force to encourage the organ studio here, in terms of he is always inviting other people to take organ lessons, always really making sure we know about concerts. He's just very a great enthusiast for the instrument," Winterfeldt said.

Winterfeldt also described Lim as a diligent and curious student, adding that his hard work and practice have been major factors in his success.

Lim said watching the organist play while attending Catholic Mass with his grandparents as a child was the inspiration which sparked his involve-

ment with the instrument. He also attended many concerts, exposing himself to a variety of organ music.

He currently lends his musical talents to Christ Chapel, also serving as a sacristan.

"The really fun part about playing for services is just doing it, I suppose. Playing in services on a regular basis is good performance practice. It's always fun to kind of not to say reinvent hymns, but to kind of offer your own musical portrayal of what the text is, which is what I enjoy most I suppose. It just brings a new dimension to the text," Lim said.

Chaplain Siri Erickson also reflected on Lim's involvement with the chapel.

"David really does have a way of making that organ come alive in a way that's very engaging and energetic, and I know when he's up there playing people really pay attention to what he's playing and cheering him on and also just delighting in the experience he creates," Erickson said.

Anyone interested in listening to Lim perform may attend his Junior Organ Recital on Friday, April 11 in Christ Chapel at 7:30 p.m.

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# Campus Safety Sergeant Mike English retires after 14 years

**Christine Peterson**  
*Staff Writer*

After 14 years of dedicated service, Campus Safety Sergeant Mike English is retiring from his position at Gustavus. To celebrate his diligent work and highlight his accomplishments, there will be a farewell reception today, March 28, in the Three Crowns Room.

English is originally from Portland, Oregon and has lived in various places around the United States due to his previous career in the United States Marine Corp. However, his retired Navy wife, Colleen English, brought him to the

Minnesota area.

"I retired out of the Marine Corp back in '93 . . . later I met Colleen from Minnesota, she was retiring from the Navy and we ended up getting married and came back here," English said.

Previous to Gustavus, English led a successful, 26-year career in the United States Marine Corp. He was successful in various jobs such as service in Vietnam, embassy work in India, security work for the White House and recruiting.

Professor Aaron Banks, who has had English guest lecture in his self defense and First Term Seminar classes, holds great respect for English due to his service and role at Gustavus and in the

Marines.

"I have always had a deep respect for Mike. He is a Vietnam veteran and retired Marine. He is passionate about his military service and career. [His service] defined him as a person and he has been a wonderful advocate and model for GAC students over the years," Banks said.

Surprisingly, the Marine Corp. was not as different as one might think from the environment and work at Gustavus.

"Actually, in the military environment when you're around a base, you have your own community and friends. . . . It's a lot like a college campus here at Gustavus . . . all your friends are living

*"[English] has been a wonderful advocate and model for GAC students over the years."*

—Aaron Banks

right here on campus, and its much like that little small community which is really neat," English said.

After retirement, English and Colleen

*'Campus Safety Sergeant' continued on page 4*

## Campus Safety Report

### Tuesday March 18

- A Gustavus student reported the theft of personal belongings from Rundstrom Hall.

### Thursday, March 20

- Campus Safety responded to a medical assist in Uhler Hall.

- One student was cited by Campus Safety for an off-age alcohol violation in College View. Two students were cited for failure to comply with a College official.

### Friday, March 21

- A Collegiate Fellow and Campus Safety responded to a noise violation in Southwest Hall.

### Saturday, March 22

- Campus Safety responded to an under-age alcohol consumption violation in Pitman Hall. The student was transported to Rivers Edge Hospital.

- Collegiate Fellows responded to a College policy violation in Norelius Hall involving four students.

- Campus Safety found eight vehicles that had been damaged by eggs in the Sohre parking lot.

### 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!

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.

<https://gustavus.edu/safety/tips/weather.php>

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.

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# Dove Real Beauty Speaker inspires students to consider media influence and body image

McKayla Murphy  
News Editor

Real Beauty Speaker Stacy Nadeau opened her presentation on Friday, March 21 with a warning that she would be completely open and honest with the audience for the entirety of her allotted hour and a half. Nadeau followed through as she discussed her own body insecurities, as well as eye-opening topics that hit home for many in the audience.

According to Nadeau, who was a member of the six women featured in Dove's original Real Beauty Campaign, the 2005 campaign was the first of its kind. The idea stemmed from a Dove poll that found that 98 percent of women didn't feel comfortable calling themselves beautiful. The original campaign featured six women of various shapes, sizes, and colors, all in their twenties, posing in just their underwear.

The campaign has since expanded to include multi-generational magazine advertisements, as well as video advertisements, such as the Dove Evolution video and the recent Dove Real Beauty Sketches.

The Dove Evolution video adds to the campaign by showing the transformation a photo undergoes before it is published in a magazine. The Dove Real Beauty Sketches videos show the difference between how a person describes their physical selves and how a person that they were recently introduced to describes them.

First-Year Kristin Podratz, who attended the event, said that it was the Real Beauty



Dove Real Beauty Speaker Stacy Nadeau speaks to students about media and body image.

McKayla Murphy

Sketches that drew her there.

"I just thought it was really interesting, and I had seen a lot of the Dove commercials, and I think I knew about the ad, but I knew more about the comparison sketches and I wanted to see what was behind them," Podratz said.

Nadeau also highlighted the fact that negative mindset is not only socially acceptable, but often socially encouraged. Outlining what she referred to as "Girlfriend Poker," Nadeau questioned the need for today's women to "one up" each other with what they dislike about their physical appearance.

"We started bonding over our bodies, and what we hate about them. We have so much more to offer. It's time to change the

conversation," Nadeau said.

First-Year Rachel Hain also appreciated Nadeau's "anti-fat talk" ideas.

"I really liked how she talked about embracing your body as it is now and discouraging those kind of backhanded compliments like, 'Did you lose weight?' and 'You look great.' It is definitely important to be more aware of what you say to other people and what you say to yourself," Hain said.

Nadeau also touched on what she called "the negative checklist," or the mental list of flaws that individuals often keep.

"You would never walk up to a friend and say the things that we say to ourselves. These things have been ingrained for so long that we don't even know

where we learned them from," Nadeau said.

*"We started bonding over our bodies, and what we hate about them. We have so much more to offer. It's time to change the conversation."*

—Stacy Nadeau

Nadeau highlighted the way that media influences how individuals view themselves. The Dove Real Beauty Campaign was the only positive media act out there until recently, when,

the American Eagle Outfitter's brand Aerie, joined suit by refusing to airbrush/retouch their models.

Nadeau shared an anecdote about a girl struggling with anorexia, who was encouraged by these ads. In fact, the walls of the hospital that the young woman was staying were eventually wallpapered with the ads. Nadeau described the realization that the campaign was having real effects on real people as the turning point. From that moment on, the six women of the campaign came together to change the media.

"We cannot change the media overnight—I know this, but you put [women] in the same room, behind the same cause, and you better watch out," Nadeau said.

Junior Anna Wiltse was inspired by Nadeau's call for change.

"My biggest takeaway is that as a consumer, and as an individual, especially at this age, we have a lot of power in the community, and with media in general. This campaign was possible and is still happening because consumers bought into it and are supporting it. And in that way, we have buying power that actually does drive the economy and does drive merchandise. It might be a slow change, but we can never stop thinking that we have that power," Wiltse said.

Near the end of the presentation, Nadeau left the audience with a simple, yet impactful statement.

"You all have way more to offer than your pants size or how many hours you clock at the gym or how much you can bench press," Nadeau said.

## 'Bias Incidents' continued from page 1

PASO, the Diversity Leadership Cohort (DLC), and other students affiliated with DLC organizations.

Administration members in attendance were Associate Dean of Students Stephen Bennett, Director of Residential Life Charlie Potts, Director of Alumni and Parent Engagement Glen Lloyd, Interim Assistant Director of Multicultural Programs in Diversity Development and Multi-Cultural Office Xavier Karjohn, Professor of Religion and GWS Deborah Goodwin, and Professor of Theatre and Dance and GWS Amy Seham.

The first topic addressed at the March 21 meeting was student frustration regarding the lack of what VanHecke referred to as "hard-facts" surrounding the incidents.

She explained how the Family Educational Rights and Privacy Act (FERPA), a federal law that protects student education and conduct records, prevents the college administration from releasing any information about

the specifics of any given violation of college policy.

VanHecke acknowledged student frustrations about what she thinks is seen as a lack of transparency about the adjudication process.

"I think what people are struggling with is that they don't know, or perhaps don't trust that these incidents are being adjudicated—I think some may think that nothing is happening because it's not public record," VanHecke said.

"What people should understand is that I can't talk about the specifics of these incidents because what is at issue in these cases are individual's conduct records, which are protected by the federal law," she said.

Despite the prohibitions posed by FERPA, VanHecke wished to reiterate the administration's stance on handling incidents such as the ones recently reported.

"What I can tell you is that when we believe that there is a violation of college policy, we will adjudicate. We will adjudicate whether or not we think a student will be in violation or not. We will always utilize [the

judicial] processes because it's the right thing to do," she said.

After addressing the concerns regarding the adjudication process, VanHecke walked students through her office's plan for responding to the incidents, which were divided into short, mid, and long-term goals. (For a full list of the goals outlined at the meeting, see the web version of this article.)

### Changing policy and changing minds

Many student concerns overlapped with the proposed administrative goals. Many reiterated the need for concrete aims like changing the college's harassment policy to more effectively serve aggrieved parties.

Several cited the reactionary model of the current policy and their desire to see more proactive measures taken in dealing with harassment and intolerance.

"What I see when I look at the student handbook is a lot of reaction. I'm looking for pro-action," Senior Kelly Dumais said.

To illustrate the point of pro-

action, Senior Valentina Muraledharan spoke to the need to change even the terminology used in the handbook.

"We should have an anti-harassment policy, an anti-sexual assault policy in addition to the reactive policy measures that currently exist," she said.

The majority of the conversation at the March 21 meeting, however, focused on the facilitation of intentional discussions not only between those individuals or groups associated with the bias incidents and those injured, but also amongst the wider community.

Several students reported that, as of late, the conversations on campus have been misdirected and polarized due to what is seen as "us" and "them" ways of thinking, which speak to deeper cultural misunderstandings on campus.

Two students at the meeting gave personal illustrations of misdirected conversations they see occurring on campus. According to these students, individuals associated with the bias incidents approached them individually and apologized to them.

The individual apologies, the students said, are an example of how the dialogue has shifted to a reactive rather than productive discourse on cultural education and growth.

Junior Naweed Ahmadzai, who grew up in Kabul, Afghanistan, said these personal apologies appear problematic to him because it speaks to the misconception that only those who "look diverse" are the aggrieved party in situations of cultural insensitivity.

"Singling me out and apologizing to me—or anyone who looks like me—directly almost reinforces the idea that only people who look like me—or are from where I'm from—are automatically associated with terrorism. It reinforces the idea that people from my part of the world are synonymous with terrorism," Ahmadzai said.

"Terrorists can wear anything, they don't have to be wearing a turban, they can be from anywhere. I want people to understand that cultural ignorance

## 'Bias Incidents' continued on page 4

## Showcase unites sophomore class

Marissa Haeny  
Staff Writer

Members of each Gustavus class have a sense of pride for their school and their fellow classmates. On March 20, members of the class of 2016 came together to celebrate talents during the Sophomore Class Showcase. The only requirements for participating were being a member of the sophomore class and having a talent to share. Sophomores Britta Johnson and Olivia Tusa, who are both class officers, organized the showcase. They were in charge of recruiting performers and planning the show.

"The purpose of the showcase was to bring our sophomore class together by showing off some of amazing talent we have and hopefully meet new people. It's exciting to be able to come together as a team and do something for our class," Johnson and Tusa said.

Sophomore Angela Donofrio performed an original song at the showcase. She thought that the showcase was a great idea, but initially planned on just attending, not performing.



The 2014 Sophomore Showcase featured different talent acts, all from the class of 2016. Pictured performers are Shiloh Landskov, Alexa Giebink, and Shannon Graham.

"Even though I play guitar and sing a lot for my church worship group, I do not play in settings other than that very often, because I get extremely nervous. As terrifying and nerve-racking as it was to play in front everyone, it ended up being really fun. The best part

for me, though, was getting to hear everyone else perform and see their talents. It was great to be in an environment like that with our class – where we were all supporting and cheering each other on because we genuinely wanted everyone to do well," Donofrio said.

Many sophomores agreed that the showcase was a fun and interactive way to learn about classmates and their talents. Sophomores Anna Lundquist and Margaret Schroeder both attended the showcase.

"I think the event helped unify the sophomore class. It

was really awesome seeing other sophomores show their talents that I didn't know they had. I enjoyed getting to know more about other sophomores at Gustavus," Lundquist said.

"I thought it went really well, the courtyard was packed [with people waiting] to see everyone show off their talents. It was a great opportunity for people in our class to express their creative side. I think it definitely helped get our class closer and more fun events like this would help," Schroeder said.

Donofrio, Lundquist, and Schroeder all say that they would enjoy another showcase in the future.

"It was a enjoyable event, and I would definitely go if they did it again," Lundquist said.

"I would definitely like to have another sophomore showcase. I would be more willing to play for it next time and I think that, because more people know about it now, there would be an even better turn out, both for audience members and performers," Donofrio said.

Student ideas for all-class events can be directed to the respective class officers.

### 'Bias Incidents' continued from page 3

affects everyone, it's a problem for our whole community, not just for those who look like the stereotype," he said.

Junior Shaketta Reliford, who was also approached and apologized to directly, reiterated Ahmadzai's point.

"To me, what you're saying inadvertently is 'only "your" group—only people of color—are affected by these issues.' People need to know that not only groups of color are those affected by ignorance. This should be, this is, something that everyone should care about and feel compelled to change," she said.

For Reliford, the misdirection of campus conversations speaks to the urgency of a facilitated dialogue.

"We need to bring people together now [to discuss these issues], because this problem obviously goes deeper than these individual incidents. The longer we wait, the further we move apart. It's creating an 'us versus them' type of environment on campus. If we don't talk about it, people will keep reacting to their anger or their hurt instead of dealing with it productively," Reliford said.

VanHecke agrees with the need for larger conversations about the cultural climate on campus and will do whatever she can to facilitate the kind of discussions students like Ahmadzai and Reliford are looking for.

VanHecke explained it is harder to initiate a restorative justice style of conversation in this situation, because the parties involved are harder to

identify. Individuals and not organizations perpetrated the incidents, so college-sanctioned dialogue could only apply to the individuals, limiting the farther-reaching dialogue that is needed. Also, those injured by the incidents are a much larger and harder to identify group, making the invitation to such a dialogue potentially exclusive.

Despite the difficulties of creating a facilitated dialogue, VanHecke assured students that she would see it done.

"I can't force these groups to come to the table, but I will try my hardest," VanHecke said.

In addition to the more immediate conversations that need to take place, both administrators and students have agreed an ongoing conversation is needed to address the cultural rifts that exist within the community.

"I'm thinking about what kind of dialogues and conversations we can facilitate and engage people with that help us get to a place where we're not just talking about individual incidents, but we're talking about bigger, cultural issues on campus," VanHecke said.

Some of her longer-term goals would respond to the need for these more in-depth conversations.

"I hope that we can find a way within our curriculum to build some of this in with more intentionality. There are so many opportunities to be educated around multicultural competency and social justice issues on this campus and I think it's really easy for students to choose not to participate in any of that," VanHecke said.

"How can we get to a place where everyone has to attend, everyone has to participate, everyone has to think about some

of these issues? I think that the way to do that is through the curriculum, through graduation requirements, or something along those lines. I'm thinking about how I can partner with faculty to make that happen," VanHecke said.

In addition to the goals outlined by the Dean of Students Office, various student groups and faculty have begun mobilizing efforts to engage the community in restorative and educational dialogue. Readers should watch for articles on these ongoing efforts in the weeks following Spring Break.

### 'Campus Safety Sergeant' continued from page 2

plan on moving away from the cold weather to Texas. However, they will greatly miss the Midwest and community around them.

English expresses the difficulty in missing relationships and the sense of the responsibility of helping here at Gustavus.

"[What he will miss the most is] probably the relations with the people, my fellow officers, the students that I have working for me, the students that we have involved, also that sense of responsibility and helping people," English said.

One of these missed relationships will be with Pat Tracy, Gustavus senior and former Campus Safety student supervisor. Tracy is going to miss the joy English brings around campus and his supporting attendance at Gustavus events.

"Mike is great to have conversations with, and he is always watching out for everyone. He

always is talking with people and genuinely cares to help others while also being supportive of the activities on the campus," Tracy said.

In regards to the farewell reception, English is excited to spend time with his community here at Gustavus, but not looking forward to being the center of attention and saying those tough goodbyes.

One of those tough goodbyes will be to Professor Banks. Banks is going to miss English's joy and mischievousness here on campus, as he would sneak up on people on his Segway.

"I always enjoyed watching Mike zip around campus on his Segway. He displayed quite the sense of balance and was really clever at sneaking up on people," Banks said.

He will be deeply missed by staff, faculty, and students alike for his remarkable service and his selfless, kind disposition.

Please join in celebrating English's work and accomplishments on March 28 from 4:30-7 p.m. in the Three Crowns Room. Gustavus is indebted to English for his 14 years of service protecting the students and place we call home.



Allison Hosman

Campus Safety Sergeant Mike English will be missed after his 14 years at Gustavus.

# GUSTIE *of the* WEEK

*Adwoa*

**Ellyn Sheehy**  
Staff Writer

For the majority of Gustavus students the question “Where are you from?” is simple. It’s something they can answer quickly, without hesitation. For Senior Adwoa Afreh, it is the opposite. She was born in Ghana and lived there until the age of eleven, when she and her family moved to Chicago.

“I call two places home . . . Chicago and Ghana. I can’t say only one of them because they share equal responsibility in raising me,” Adwoa said.

She first heard about Gustavus her junior year of high school when she attended a small private college fair. There she met an admissions counselor from Gustavus and ended up having a great conversation with her. A conversation that later influenced her decision to apply to Gustavus.

Adwoa has made the most out of her time at Gustavus through her involvement in a number of activities and the lasting relationships she’s formed with both students and staff. In her three and a half years, she has been a part of Student Senate, the Interfaith Advisory Board, the Pan-African Student Organization (PASO), while taking advantage of a Sexual Violence

Awareness, Prevention, and Education internship. She is also a mentor in the St. Peter community.

“[Being a mentor] has been a great opportunity for me . . . it’s not just about helping them learn, it’s about what they teach you and their impact on your life,” Adwoa said.

Jill VanOsdol, who is currently the supervisor for Adwoa’s internship, knew from the start that she was exceptional.

“My first impression was that she was energetic, passionate, caring, and intelligent . . . She is so articulate and able to fully engage in all the things that she does. She goes out of her way to befriend people, say hi, and to learn about them as much as let them know who she is and what she is about” VanOsdol said.

One of the many, meaningful connections she’s made was with her first-year roommate Valentina Muraleedharan. Muraleedharan is a senior at Gustavus and one of Adwoa’s closest friends.

“She is somebody who believes if you want to change the world you have to be the one to implement . . . she is definitely a doer,” Muraleedharan said.

Adwoa is appreciative towards the impact Gustavus has had on her.

“It has changed the way I see my peers, the way I view my

world, my faith, and my home community . . . it is endless,” Adwoa said.

Her outlook on campus and our community is something worth hearing. She believes that a “Gustie” is not someone you can define.

“It’s our differences that make us Gusties and through that comes something great,” Adwoa said.

Adwoa has had an equal impact on the lives of those she has met as the Gustavus community has had on hers.

“She taught me how to be a Gustie and my Gustavus wouldn’t be the same without her,” Muraleedharan said.

Adwoa began her career at Gustavus as a Physics major, but since then has changed to a Sociology/Anthropology major. It was during her junior year that she realized she wanted to work with people, out in the world and make a difference. As of now, Adwoa’s plans for the future include a myriad of things. Graduate School, non-profit work, and travel are but a few of the things she wants to accomplish in life.

The bottom line is, “I want to be doing whatever it is I want to,” Adwoa said.

In whatever profession Adwoa goes into, she will stand out and impact the lives of others the way she has here.



Allison Hosman

Adwoa is described as energetic, passionate, intelligent and caring.



Allison Hosman

As a Sociology/Anthropology major, Adwoa wants to do some non-profit work and help people after graduating.



Allison Hosman

Adwoa is involved in many groups on campus including the Interfaith-Advisory Board, Student Senate, and the Pan-African Student Organization.

# Gustavus Choir performs at esteemed conference



**Allison Hosman**  
Photography Editor

We are all aware of the talent the Gustavus Choir (G-Choir) possesses. Many heard their breathtaking performance at Christmas in Christ Chapel. G-Choir was recently invited to Des Moines, Iowa to perform at the American Choral Director Association conference.

The American Choral Director Association (ACDA), holds a regional conference every other year where choral directors gather at a convention that includes performances by select choirs.

In order to perform, a choir must submit performance recordings representative from the past three years as well as printed programs verifying those particular pieces were performed. These are then sent to the presidents of each state. In Minn. President Bob Dema-



The Gustavus Choir performed for the prestigious American Choral Director Association in Iowa, a validation of the talent and dedication with makes up this group.

ree who adjudicates the pieces during a blind audition.

"The process began in spring of 2013. It was a huge honor to be picked," Gustavus Choir Director Dr. Greg Aune said.

The choirs selected to perform represent the upper echelon of choral excellence in the region with their control of proper technique, art, and quality.

The regional convention was also attended by choirs from in the North Central region with ensembles from North Dakota,

South Dakota, Iowa, Nebraska, Minn. and Wisc. This marked the second time in the 82 years of the Gustavus Choir the choir received the honor to perform at such an esteemed venue.

The conference centered around a celebration of choral diversity with songs in different languages, or eras, styles, voices, and interpretations. Drawing on multiple interests, Dr. Aune deliberately chose to perform pieces that expressed the vast vocal dexterity and

flexibility the of Gustavus Choir.

"I chose the pieces that we would perform at the conference knowing that we would be going on tour. Not only pulling on the Swedish heritage of our school but also showing diversity within Scandinavian cultures," Aune said.

One such piece, an adapted Sami folk song known as a yoik, evokes an ancient chant-like feel which was followed by a contemporary commissioned piece by Eric Whitacre that focuses

on dissonance and atmospheric tonalities.

Gustavus Choir soprano and sophomore Karen Holt, relayed a touching moment from their performance.

"As soon as we got done singing, the audience started to stand up and as Dr. Aune turned around to face the audience, he was so taken back by their standing ovation that he began tearing up," Holt said.

Having the honor to sing at the ACDA conference is a rare occurrence for any choir in the region. Junior Tenor Erik Carlson added that the Gustavus Choir was also asked to submit a recording for the National ACDA conference that will be taking place in Salt Lake City, Utah next February.

"Our hard work and perseverance truly payed off. We have been working on some of this music since the beginning this year. Every little nuance that we spend countless hours perfecting was what made our songs come alive," Holt said.

Carlson echoed this sentiment. "This experience just affirms my love for choral music as well as singing with the Gustavus Choir even more," Carlson said.

Keep your fingers crossed that G-Choir will perform in front of even more enthusiastic choral directors and choirs next year.

## Musical organization raises the B.A.R.



**Kim Krulish**  
Staff Writer

On-campus bands, student music performers, and people playing toasters. Gustavus Adolphus College's Musical B.A.R. organization has all that and more. Made up of students who love music, the organization hosts an open event every month. Students can join the organization and choose to perform or they can simply go to the events and see what Musical B.A.R. is all about.

Musical B.A.R.'s events are usually held in the Dive on Friday nights, but there are also the occasional get-togethers on Friday afternoons where people can have a jam session. Groups, bands, and solos are welcome. There is a wide variety of musical talent to hear at the Musical B.A.R. events. One performer even decided to sing a song about toast while using a fork

and spoon to play a toaster like a drum.

Junior Psychology Major, Gabe Gazzola has been a member of Musical B.A.R. since her first-year. She and a friend decided that they would try it out and immediately fell in love with the organization. Since joining, Gazzola has performed at almost every event and plans to continue her involvement next year. For her, it is a fun way to get away from the school and homework aspect of Gustavus. Musical B.A.R. was one of the first places she started singing in front of other people.

"It was kind of my first experience singing in front of people and now I do it all the time. It just got me started with that," Gazzola said.

Gazzola enjoys performing with her band, Rednecks and Handgrenades, and watching and listening to other musicians. Some members perform almost every month and are experienced while, for some, Musical B.A.R. might be their first time performing. Gazzola thinks that Musical B.A.R. is an encouraging group to play for and a fun way to get started performing. She likes to watch the performers progress as musicians.

"You don't have to be involved in the organization to show up or even play, you can just do it!" Gazzola said.



Gusties gather in the Dive to listen to fellow students showcasing their musical talent.

Gazzola plays guitar, piano, sings, and does some percussion for her band, which includes herself and three of her friends. Apart from Musical B.A.R. and Rednecks and Handgrenades, Gazzola is involved in playing for her church at home in Woodbury and she also teaches piano.

Junior Music Education Major Daniel Felton has also been involved in Musical B.A.R. since his first year at Gustavus. He heard about the organization from friends when it was started by alumni Jonathan Monk '11 and Ricardo Torres '11. Musical B.A.R. started as an open mic

night for students to share their talent and love for music and has become a network within the school, complete with a Facebook group.

Felton plays approximately 14 musical instruments ranging from the guitar to the piano to the flute. He continues to broaden his musical talent and ability through musical B.A.R. Felton also feels that Musical B.A.R. allows him and his fellow members to meet new people.

"It's a really great network within the school. It's really cool to do gigs with students that you may not know and to find

out who can do what. At almost every Musical B.A.R. there is somebody new that's coming up there, maybe somebody that you see around all the time and you never knew that they were just extraordinarily good at an instrument. It's a venue for people to express what music means to them," Felton said.

Musical B.A.R. also has its own webpage that can be found through the Gustavus Adolphus College website and simply typing "Musical B.A.R." in the search bar or by going directly to the site at [orgs.gustavus.edu/musicalbar](http://orgs.gustavus.edu/musicalbar)

# How I Met Your Mother comes to an end after nine seasons



**Dan Vruno**  
Staff Writer

After 208 episodes and nine seasons, Ted Mosby will finally meet the Mother he has spent so much time talking about. CBS's sitcom, *How I Met Your Mother*, will be coming to an end this month. While many viewers will be saying goodbye to the show that has been broadcast for the past nine years, it marks the beginning for the main character, Ted Mosby, and his future wife.

Premiering in Sept. 2005, the sitcom *How I Met Your Mother* follows the social and romantic lives of five friends in present-day Manhattan. The series is different from other shows because it is narrated from 2030 as a future version of Ted recounts his late 20's to his children. Present-day Ted Mosby, played by Josh Radnor, lives with his friends while working as an architect. Ted's best friend Marshall Eriksen, an environmental lawyer, and close friend Lily Aldrin, a kindergarten teacher and aspiring artist, are happily married in the sitcom. Also present is the eccentric, playboy Barney Stinson and news anchor Robin Scherbatsky. The group of five friends are based on the two

show creator's real lives. Ted and Marshall are loosely based on the creators, Carter Bays and Craig Thomas respectively. After writing for David Letterman, the two began pitching sitcoms. After their first failed, they had another idea.

"But the other idea was just, 'Well, let's write about our friends and the stupid stuff we did in New York,'" Bays said.

When the show first went into production, only two of the five actors were well known. Neil Patrick Harris, who plays Barney Stinson, was most known for playing teenage physician Dougie Howser on *Dougie Howser M.D.*, a stint of movies in the late 1990s, and doing Broadway in the early 2000s was on the comeback of revitalizing his career. Neil Patrick Harris was joined by Alyson Hannigan, who plays Lily Aldrin. Hannigan was most known for playing Willow on *Buffy the Vampire Slayer*. The three others, Josh Radnor, Jason Segal, and Colbie Smulders were widely unknown at the time.

"I had to choose between three projects . . . I decided to go with *How I Met Your Mother*, which was the best call. I would've been so pissed off if I had gone the other way, don't you think?" Smulders said.

*How I Met Your Mother* has consistently kept a number of clever gags throughout its history, revolving around Barney. The lines, "Legen . . . wait for it . . . dary" and "Have you met Ted?" are used by him throughout the series. Barney's established *Bro Code*, his dying love for suits, and his playbook documents the different ways he has won over girls also carry throughout the series.



The cast of *How I Met Your Mother* celebrates after nine groundbreaking seasons.

Allison Hosman

Other antics include a slap bet between Marshall and Barney, Robin's past as a popstar, and the frequent euphemisms to cover up culturally sensitive issues. "Eating a sandwich" is a cover for smoking marijuana, and a thumbs up is cover for giving someone the middle finger. With the finale coming up, it is expected that fans have not seen the last of these antics.

Many fans were surprised to be introduced to the Mother during last season's finale. Without any proper announcements, Christin Millioti was shown to be the actress playing The Mother. Most known for her roles on Broadway, including the Tony winning *Once*, it was announced shortly after that Millioti would be a regular cast member for the last season.

Taking even more fans by surprise, it was announced that the entirety of the final season would take place during the 72 hour weekend of Barney and Robin's wedding. With this set

in place, the final season has slowly given us glimpses of Ted and The Mother in the future, including their first date and Ted's proposal. Fans have also seen how Lily, Barney, Marshall and Robin have met The Mother. The only one who has yet to directly meet her is Ted. The 16th episode of the current season titled "How Your Mother Met Me," connected all of the loose ends left throughout the series by focusing solely on the Mother and how her life has coincided with Ted's throughout the years. The scene Millioti auditioned for actually turned out to be her last scene, when the Mother meets Ted.

With its two-part finale airing March 31, *How I Met Your Mother* is finally closing its book of laughs. With a final slap, the marriage of Barney and Robin, learning The Mother's name, and finally seeing what the title of the show promises, everyone's questions will finally be answered. When talking about

the end of the series, Thomas reflected on how they have had this planned out for years.

"We have not changed the very end of the series at all. In fact, we shot part of it back in 2006, before Ted's kids got much older! We just looked at that footage, which will factor into the end of the series—it totally worked and was kind of haunting to watch! Shot 8 years ago and it will now help end our series on March 31, 2014," Thomas said.

Fans will be pleased to know a spin-off series of *How I Met Your Mother* titled *How I Met Your Dad* was recently announced to be greenlight by CBS. Being a brand-new story with new characters and a new voice at its center, both Bays and Thomas are behind it's creation. Sally, the main star will be played by the indie-darling most known for last year's *Frances Ha*, Greta Gerwig. So buckle up for the next installment of a Bays and Thomas sitcom.

## Tales from Abroad: France

### Global stories, experiences, and life lessons as told by Gusties studying abroad.

**Maura Bremer**  
Guest Writer

On Jan. 8, after a day of delays and freezing temperatures, I left Minnesota bound for four months in Nantes, France. I had never left the continental United States (not even Canada, folks). Yet, here I was boarding a plane to be greeted on the other side of the world by people I'd never met. I was scared, excited, anxious, and overwhelmed. I was alone. I could not get out of my mind how independent and grown up I felt.

A few hours later, I found myself in Charles De Gaulle Airport in Paris, in a sea of strangers speaking rapid French. I

was lost. Where was the curiosity and sense of adventure that had prompted me to take this trip? I felt panicked and small. I remembered then that although I was indeed traveling alone, I was surrounded by other people. Millions of them. In all my pride and newfound freedom, I'd forgotten that you can always ask for help.

So I did. Again and again and again. In garbled, hesitant French, I made my way by train and taxi to my new city. I arrived at this perfect little French apartment and was greeted by my wonderful host mom. In the weeks that followed, I made

friends, I visited castles, I saw the ocean, I drank wine (lots of wine), and I found a new appreciation for the world of French cheese (they're all stinky, but that means they're good).

I've found that life moves slower here and I've learned to savor each moment, frequently over a cappuccino and a *pain au chocolat*. I've discovered the convenience (and inconvenience) of public transportation. I've witnessed protests and strikes, in true French form. I've enjoyed many conversations with the Nantais, who love to discuss politics, current events, movies, and food. I've been blown away by the fashion and dismayed by all the smokers. I've written papers, visited museums, and taken exams, all in French (thanks to the amazing French department at GAC, I owe it all to you). Day after day, in all of these beautiful

moments, I've continued to ask for help.

In reaching out to those around me, I've found that there are beautiful, kind, genuine people, all around the world. I set off on this journey hoping to gain a sense of independence, to better myself, to grow.

I forgot that along the

way, I'd find more than myself: I'd find all kinds of new people. On a recent trip to Paris and

Germany, I had so many positive encounters with strangers (sometimes even without a common language). Of course, every person you meet will not be all rainbows and sunshine, but I promise you that there is so much more good out there than there is bad.

I miss Gustavus every day and I can't wait to come home in May, but thinking of leaving this country with all its stinky cheese and warm baguettes makes me want to cry. My host parents have truly become family and this city has become home. In this quest for independence, it seems I've found that we are never truly alone at all.



*Tales from Abroad is an ongoing section in which Gustavus students share the highlights of their study abroad experiences.*

# People of Gustavus

I really want to play in a punk band. When I write songs the biggest message I usually focus on is to be who you want to be but don't get so wrapped up in yourself that you reject others for their differences. I think my taste for music came from experiences. I came from a very conservative town and that reflected upon the treatment I received in middle school. It was a lot of butting heads with other people and a lot of the time I was on my own so I had to learn to be strong. That's where punk came in. I like the message of standing your ground and holding your own.

Michael Quinn  
Sophomore



Allison Hosman



Junior  
Danielle Cabrera

Well, geographically I'm from southern California but I'm a product of multiple cultures. So, I also consider myself from the Philippines, from New Caledonia, specifically the Kanak people, from Ireland and from Greece and Germany. Even though I've never been to these places, and I don't know when I will set foot in these places, I'm very proud of that cultural heritage that I have in all five of those categories. Maybe I looked too much into that question, but I think that's always been an important part of me.

I'm a philosophy major because I guess I'm just not satisfied that anything's wrong or right necessarily so, in that aspect, to study how I can think about things is going to help me with my life. I haven't always held those beliefs until I started going to college and met all of these different people and learned where they came from. I feel like when you get away from high school you also escape that one track mind because any college student you talk to will tell you that this s\*\*\* just got way more complex and there's more to a story than meets the eye.

Kelly Davis  
Sophomore



Classics  
Professor  
Eric Dugdale

I grew up in Columbia in South America then went to boarding school and college in England. This was my first job out of college. In classics there's a small group of jobs available in a given year, so I had no prior connection to Minnesota. I remember coming in February when it was really cold and snowy and not wanting to get off the plane, but then I came to Gustavus and just saw how warm and personal the interactions were between students and faculty and how tight the community was. I thought that I'd really like to teach at a place like this.

## Gustavus students provide insight to their individual stories

Jaurdyn Gilliss  
Features Editor

Nothing is so warm and inviting, yet as challenging and poignant, as a powerful story that is told well. They're not always easy to excavate, but the cliché holds true that everyone has a story. The popular photo blog Humans of New York by Brandon Stanton emphasizes the power of an individual's story with a single picture accompanied by a quote. This simple movement was the inspiration for People of Gustavus.

It's easy to become accustomed to hearing the stories of people in the news and lose track of the fact that the strangers sitting around you also have stories about where they came from and how they got to be where they are. The sheer variety of paths taken in this world, from doers to thinkers, from college students to professors, is indicative of how much there is to learn from each individual. Sometimes the shy, soft-spoken person sitting in the back of the classroom has the most enthralling life story and the biggest dreams and accomplishments. It comes down to a matter of initiative and bravery to grasp the opportunity to sit down and explore their story.

Some people travel a path of wealth and privilege, while others struggle with only themselves to rely on, but both have great stories to tell. Each person learns lessons, makes choices, and develops a unique perspective, which only they can claim and share. Even two people, who have had very similar lives, will have slightly different experiences, leading them to different points of view. When we take the time to ask questions and listen, we find that every person has a fascinating story to tell and an utterly unique perspective from which to tell it.

Bearing this in mind, we have the opportunity to approach the world around us in a new way. When one retains the spark of curiosity and the warmth required to open someone up, they always have in front of them the makings of a great story. The key is simply to ask.

First-year  
Janet Jennings

I love Gustavus, but my transition here hasn't been all roses and daisies. There's been a hate crime and several bias incidents. Coming from such a diverse place as California, I understand that Gustavus is primarily a homogenous campus. Yes, there's a lot of diversity, but it's not that much when you look at it. I've been working with others to try to create programs that prevent cultural insensitivity, but it's not just about race, it's about so many other things like religion and class. But I'm enjoying my life at Gustavus, and I'm hopeful that we can work past insensitivity.

I play in wind bands kind of like the Vasa or Gustavus Wind Orchestra type stuff. I play tuba which is kind of obscure. I realize I don't cultivate the image of somebody that plays something as stuffy sounding as wind orchestra but as a music major I listen to everything. Being in music a long time, you learn to appreciate good examples of music you don't like and accept that there is music you don't like that is still good. Classical music is certainly not the most played thing on my iPod, but I've learned to play it well.

Josh Forbord  
Marketplace  
Cook



Reed Baillie  
Sophomore

One of my happiest moments was when I congregated over 200 people and led a seance for Paul Newman. I had started a club at my school called the Pie Club, where, basically, I would offer people free pie but the kicker was that I would put on some bizarre performance first because I wanted to see how much weird s\*\*\* I could have people sit through if I promised them free pie. At the end, like 100 or 200 people would show up every time. It made me happy that I could do weird things and get people to participate in it. Oh and every time you sit on Santa's lap, that's pretty happy, too.

Sometimes, as I'm naturally an introvert, my personality clashes with all of the extroverts on campus but I'm president of the Anime Club right now so that gets me out and around people. I know this sounds really angry but it's been a big challenge to get along with my parents because they are very conservative and closed-minded about certain issues and as someone who is more progressive since coming to Gustavus, I disturb them with certain things about myself like the fact that I'm bisexual. So it's been nice to work on that introverted side of myself.

# The Masonator A Brave Young Man



**Mason Kruize**  
Opinion Columnist

Despite being a senior at Centennial High School, Ryan Eichenauer has a lot to be proud of for his young age. An active participant in speech, he's already working on an autobiography chronicling major events of his life. He will also be attending Gustavus next year as a first-year.

He has also had someone threaten to kill him.

Last December, Eichenauer posted a coming out video on YouTube, that let friends, family, and the world know he had been keeping a secret from himself. In the video, he made the claim that he doesn't like labels and people shouldn't have to justify love. He stated, that although he has always had an attraction to girls, he had been finding safety in other people who were not girls. Most people would label him as bisexual, but Eichenauer made the point very clear that he wasn't letting himself be defined by sexual labels. In his own words, "I

will not accept anyone's definition of my life. Rather, I will define myself...I don't like the term 'coming out' because I'm not coming out; I'm letting the world in."

Eichenauer has received a great deal of support for being open about who he is, but there are still many people out there who do not agree with, or accept his lifestyle. In fact, that there are people who would deny him the right to exist.

Last February, Eichenauer received a note during his second period class, it was sitting on the chair of his desk. Deciding to look at it later as he was in the middle of a lecture, Eichenauer put it into his pocket to read later. Between classes, he opened and read the note, simultaneously feeling the blood rush from his face. It was the second death threat he had received in a week telling him to die because he was a 'fag.'

The contents of the letter told Eichenauer that he did not deserve to live and it made a direct threat against his life. "F\*\*\*ing faggots like you don't deserve to live in this world...Someone should do something about that...I will. I am not a coward. I protect the house of god from fags like you."

It continued to become grislier and more vicious, including the lines "I can't wait for the day that I get to walk over your grave. And if you don't put yourself there, I will be glad to...I want to see you suffer...I want to see you weep with pain. I want to see your f\*\*\*ing blood drain from your lifeless body." It also made mention

that there were others who hated Eichenauer and the writer of the letter was not alone.

Anxious and afraid, Eichenauer decided to show the note to a friend who immediately demanded that Eichenauer report the note to the office. Though reluctant at first because he felt it would reach the ears of the person who wrote the note and potentially provoke an attack, Eichenauer agreed and it has led to an ongoing police investigation with few results.

Eichenauer went on to share a picture of the vicious note on Facebook. Eichenauer stated he posted it so that others would know he's not crippled by fear and other people facing similar struggles would be inspired to stand up for equality and make the point that a hate crime like this is not alright.

There has been an outpour of support for Eichenauer. He's received tweets and messages from people all over the country and world including Italy, Germany, the U.K., Japan, Brazil, and even South Africa. FOX9 news did an interview with Eichenauer in which he said that while he is a bit scared, he feels relatively secure knowing he has a good amount of support from his friends and family. He also doesn't blame the Centennial School District, saying it has been very supportive and understanding.

But not all has been as it should be following this death threat. Eichenauer has lost the support of people he initially thought of as friends or closed loved ones. This is only the latest in a long history of him



*I will define myself.*

Submitted

being bullied, whether it be verbally or physical, regarding his lifestyle, and the stress and anxiety from all of this has taken a great toll on Eichenauer's health. Eichenauer has even been accused of having written the letters himself, a claim he has denied and officials state is impossible given the evidence.

The religious notion that homosexuals deserve to die is preposterous. The figurehead of Christianity, Jesus Christ, refused no one and spoke only of peace and acceptance. Love thy neighbor as thyself, treat others as you wish to be treated, and judge as you wish to be judged, are lessons we've for-

gotten when it comes to anyone we perceive as different. It is not only a matter of sexuality; it is a matter of being Christ like to anyone who is in need regardless of our stereotypical preconceptions. True, the English Bible states lying with a man as with a woman is an abomination, but one must realize there is strong evidence to state that certain verses like this one were mistranslated from the original Greek and Hebrew (i.e. the verse which claims Moses as being horned being another).

Furthermore, the Bible is an instruction manual created by man from various man written gospels and texts, NOT a God-given edict telling us to label people as saints or sinners based on our bias.

Eichenauer is not a bisexual or queer man. He is a young man who believes he should be able to love whoever he wants and be treated equally like the special and unique person that he is. I applaud him for being brave enough to stand up for himself and who he is, despite the various members of society who will always disagree with him. If we are to accept one another as equals and erase blind hate and bigotry, we have to stop paying attention to labels. It should not be worded as a black or white man, but a man who happens to be black or white. It should not be worded as a gay man, but a man who happens to be gay.

When Eichenauer comes here, I hope he views Gustavus as an open minded and liberating place to learn and live. Given several events this year concerning hate, it's sad to say Gustavus hasn't been living up to that sort of image. There will always be bigotry in the world no matter where you go, but standing strong requires knowing that we never cease to all be equally human.

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## The Good, the Bad, and the Meh



Spring Break, sunscreen, plus the other kind of protection everyone needs makes for a fun trip to Fort Lauderdale.



What's better, snow or endless rivers flowing across campus?



No more Varsity Nordic Ski team.

# The Skvorc Retort Bent on Lent: The Truth About Fasting



**Caitlin Skvorc**  
Opinion Columnist

There's a six-week period during spring semester when people start this thing called "Lent." One day in February or March, after Mardi Gras, you start seeing all these people walking around with charcoal on their foreheads, and maybe if you're not in the know, you might spend a significant amount of time thinking "Hey buddy, uh, you know, you've got a little something on your face there."

Then you'll probably start to hear a collective grumbling on campus, including sober declarations such as "oh, no, I can't, I gave up sweets for Lent," to accompany some long faces that stay that way until Easter. God forbid you should be the unlucky roommate of a caffeine

addict who decides to give up coffee for a month and a half. Perhaps it makes sense that, according to the Online Etymology Dictionary, the word "Lent" comes from the Old English for "springtime" and the West Germanic "long days."

There is a fundamental problem with that image painted above, which some are not unexposed to: fasting is supposed to be freeing.

While it is generally accepted in religious circles that fasting is about repentance of sin, discipline, and a particular, perhaps heightened focusing on God, for the non-religious or less-structured, fasting often means giving up unhealthy foods or habits. As a Christian, this all sounds well and good to me, but what happens after Lent (or before it ends, if the "fastee's" resolve dissolves a little prematurely)? In my observation, many people return to their "old ways."

Of course, we as people fail at a lot of things. It's not bad—in fact, I think it's a blessing that this country actually allows us to fail. A little failure is healthy. But a consistent failing of discipline is surely not.

One part of the solution to this problem is to get back to the why—why are you fasting? People in religious circles, especially—myself included—have a tendency to fast just because



Damn, girl. That fast looks good on you. Submitted

it's on the calendar. Someone in the church told them to, said "God requires you to fast, and now is the time." Many of you have even been, unfortunately, guilted into giving something up.

Matthew 6:16 of the Bible, says, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting." Emphasis on the "when," not "if." You may have heard it before, evidence that everyone should fast. Buddhism suggests it as well, as a practice of self-control and door to wisdom, much like the stereotypical form of meditation. But if you're not ready to fast, and if you believe in God, and you didn't get "the nudge" to give something up, don't do it. If you're not "all in," "balls to the wall," "go big or go home" about what you're giving up for six weeks, or you have no intention of continuing a less-indulgent lifestyle regarding whatever your vice, it's really pointless to fast.

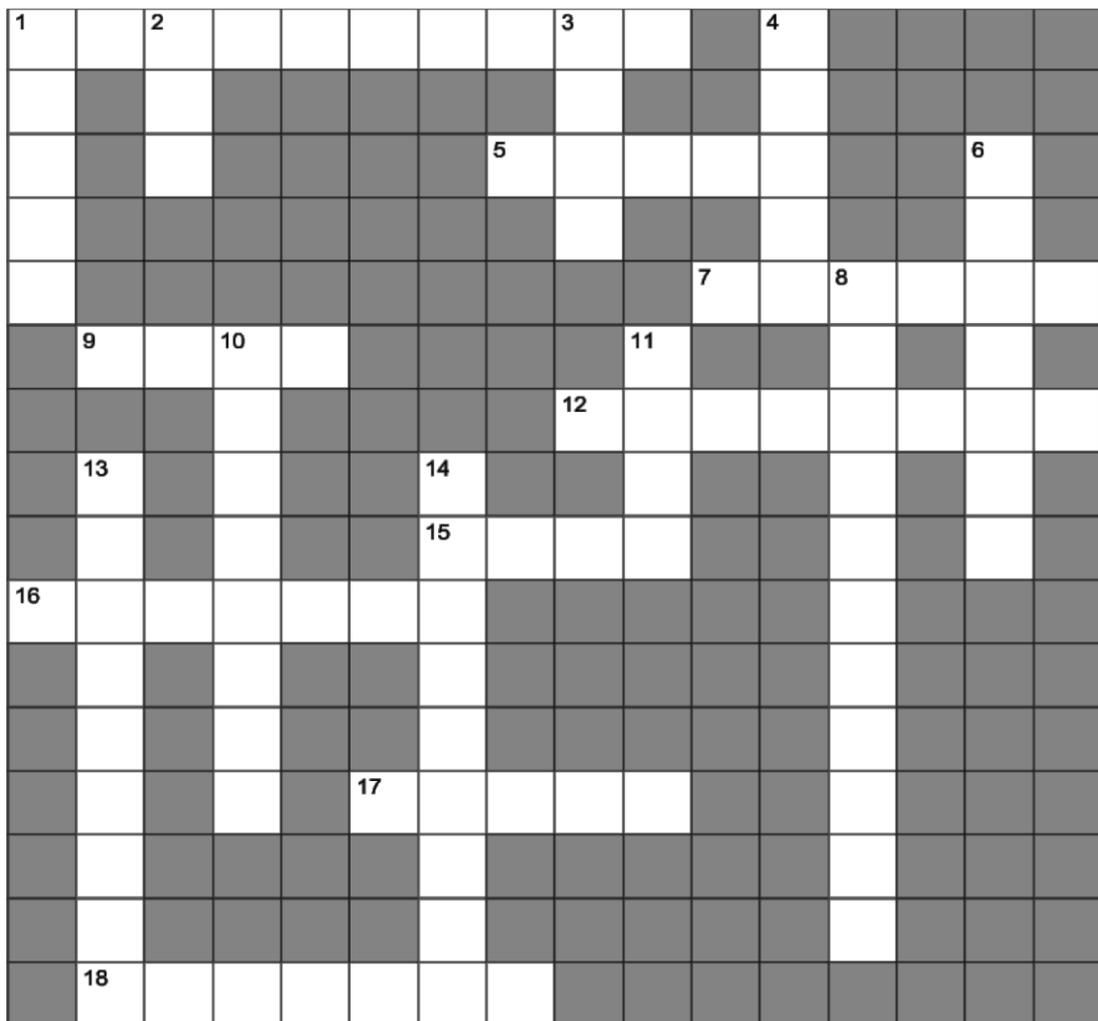
Apologies are probably due to the non-religious readers if the above statements haven't resonated, but in truth, fasting can benefit everyone. One thing to remember (again, for everyone) is that you don't have to do it for Lent, and you don't have to do it for six weeks. If someone were an in-season varsity athlete, for example, I wouldn't recommend fasting from carbohydrates for a month and half. If you have a big test coming up, don't spend the 24 -hours prior studying without eating anything. Or the biggest one, don't fast if it wasn't your idea;

make it wholly yours. For those that believe in God, if someone thinks that he (or she) is leading you in that direction, affirm it, don't bend to it, especially if it means you being cranky for most of March and April.

Now, onto the "do's": use the time wisely. If that means taking the time you spend at lunch in the caf to get ahead in class, great, but there should also be time set aside for rest and reflection. As over-involved Gusties, we like to just get things done; but if fasting simply means "go go go" with everything else, you'll get worn out. It's a fact. As far as reflection goes, that doesn't have to mean "get your life figured out." It could mean having time to dwell on a relationship you have neglected recently, or maybe a philosophical concept you have struggled with, but just being completely still and silent for 15 minutes a day could be right for you—fasting from school, you could say.

Moral of the story: don't force a fast. Fasting looks different to everyone, but as long as it looks good on you (and I don't mean it makes you lose weight), you're headed in the right direction.

## Gustie Crossword



## Answers posted online

### Across

1. Founding father of the United States
5. Fast food given unto man by the gods
7. season that follows winter
9. campus cesspool and breeding ground for disease
12. number one place to post selfies
15. last name of the conductor of the Gustavus Choir
16. what spinach is to Popeye \_\_\_\_\_ is to Bros
17. pretty much a violin
18. think middle school dances

### Down

1. alternative spelling to "woman"
2. only national frat on campus
3. building on campus that physics students enter but never leave
4. it was the best of houses, it was the worst of houses
6. protective equipment that can be found in the PA office
8. last name of a French revolutionary who became power-mad
10. passion for a particular career
11. social construct manufactured by man
13. this is why we can smell Colorado from here
14. a spider bitten by a radioactive man

# Fancy That Axe Murderers and Oil Companies



**Ashley Nickel**  
Opinion Columnist

**H**eart racing you scurry into your house, slamming the door. Back against the door, you quickly slide the dead bolt into place. Thump-thump. You try to catch your breath as your heart punches your chest, squeezing your lungs. You are afraid, and you are in danger.

Wanting to get away from the door, you trip down the hall, looking behind you as you hear an ominous, thwack, thwack, thwacking against your front door. He has an axe, you think. You hear a high-pitched keening before you realize it is only the sound of your own scream. Tearing your eyes away from the door, you whirl around and slam hard into a solid, tall, and warm object. You are paralyzed with dread, the only mobile part of your body your eyes as they slowly make their way up the menacing frame of . . . your next-door neighbor.

Before you have a chance to run or scream or hurl yourself

at him, he raises a wickedly jagged axe and plunges it into your motionless form . . .

In this analogy, Minnesota is the terrified home owner being threatened and killed by its axe-wielding neighbor, North Dakota. Only, North Dakota is not murdering Minnesota with a woodcutting implement, but instead with its booming oil production and all of the ramifications that go with it. Also, North Dakota may not be premeditating Minnesota's murder. In fact, North Dakota is really murdering the environment without any malicious intentions; this murder is only occurring because of gross irresponsibility.

Okay, so maybe this analogy doesn't entirely fit, but we will work with what we have.

The point is that the rising oil production in North Dakota is not only affecting the thousands of people who live there, but it is also doing a greater harm to the ecosystem, and by extension, the world, which includes Minnesota.

Just this month in the small town of Noonan, North Dakota, 200 industrial sized black garbage bags were found in a small abandoned gas station just a few blocks from the city's downtown. In these bags were hundreds of oil socks, used by drilling companies to filter out and contain the radioactive element radium, which is naturally occurring in unprocessed oil, but lethal in concentrated forms.

This incident is the largest illegal dumping ground of radioactive waste in North Dakota. The second largest incident happened earlier this year, when



Give a Hoot. Don't pollute.

Creative Commons

several trailer trucks stuffed full of radioactive socks were discovered just outside of Watford City. But these are only a few problems that have cropped up since North Dakota has become the second largest producer of oil in the United States. Although this has done wonders for the economy, especially in North Dakota, its unforeseen consequences have had a lasting and horrible impact, and it is only getting worse.

It is dangerous to drill for oil. We all know that. We've all seen the horror stories on the news. But when this sort of danger strolls into one's backyard, the danger becomes infinitely more real.

Casselton, North Dakota, which is less than an hour away from the Minnesota border, recently had a dangerous explosion that was caused by an oil train derailling. It was especially devastating because North Dakota did not have a plan in store for quick action in that situation. After the train explosion

in Canada this past summer, they realized this fault and that something similar could easily happen in North Dakota.

Their current plan, which was implemented during the Casselton accident, was based off of surrounding fire departments, and other such organizations from around the area to come to the aid of any local accident that might happen. Luckily, this plan worked for the Casselton train explosion, but many are calling for more airtight safety precautions. To make matters worse, the type of oil exported from North Dakota is said by the Pipeline and Hazardous Materials Safety Administration (PHMSA) to be more flammable than other types of oil.

All of us in Minnesota are letting out a sigh of relief, right? Well, not exactly. Let's go back to the axe murderer analogy. The thing is, all that oil in North Dakota has to go somewhere. Minnesota happens to be directly in the way of North Dakota shipping its oil to those

eastern companies that buy it. So Minnesota is laced with railroads that transport oil-carrying trains. One of the biggest railways that support these types of trains happens to go directly through St. Paul. I don't think I'm the only one who might get a little nervous thinking about this.

Perhaps the scariest part of this whole thing, the part that really makes it comparable to a horror movie, is that the threat is right next door, and it is something we would never expect to hurt us. We've all been warned of the dangers of radioactive material and nuclear waste, and there have been many examples of failed containment facilities, cracks in the walls of nuclear plants, and the ruinous aftereffects. But no one expects the same kind of danger to be lurking in a dumpster, or a truck bed, or a derelict building. No one ever suspects such consequences when they fill up their tank at the gas station.

By having several reoccurring incidents of illegal dumping of radioactive waste, in areas where they can make whole towns sick, by having slack safety precautions, and slow action to clean up these dangerous messes, and by sending ticking oil bombs down our nearby railroads, North Dakota is swinging a lethal axe right into the heart of Minnesota. Before long, the axe-wielding, radioactive North Dakota will move on to the rest of the country, cutting down anything that gets in its way.

Ouch. That hurts.

## Letters to the Editor

Response to the Student Senate proposal to cut the International Representative through student vote.

I do not support Student Senate's vote to remove the International Representative (IR) position. We have been discussing diversity awareness on campus this year given the occurrence of hate crimes and bias incidents. In the same meeting Senate decided to cut the IR position, they passed a resolution, saying, "the students of this college will not tolerate the silencing of entire communities nor the perpetuation of cultural apathy and insensitivity." Ironic and troubling, Senate's vote reveals that they do not quite understand what this passage means.

The assumption that every student has equal power and understanding at Gustavus is false. International Students experiences are drastically different than domestic students. I am alarmed that

Senate assumes an International Student and coming from a different country, culture, way of life understands the role of Student Senate. Removing the IR position shows apathy towards their valuable cultural experiences. Yes, they are a small minority group, but an important one. International Students are not the privileged voice because they have an extra representative. We are the privileged ones to have them here and to hear their perspectives.

Cultural sensitivity means we listen to experiences different than our own, and understand that our way is not the only way. Reducing International Students' voices means that we lose, too.

Regardless if this amendment passes after the student body vote, this encourages cultural apathy and insensitivity. We are a heterogeneous group. Assuming that everyone has equal Gustavus experiences homogenizes the student body represented by

Student Senate.

I urge my fellow students to not only "vote no" on this amendment, but to voice their opinions to Student Senate in order to prevent representatives from considering these kinds of votes in the future.

—Ava Goepfert '14

Response to the proposed cuts of the Chinese Mandarin classes.

During my junior year at Gustavus, I heard that a Mandarin Chinese course would be offered for the first time that fall. Since I love languages, I immediately rearranged my schedule so I could take the class and try a language vastly different from anything I had previously studied. I didn't have much interest in China, but I wanted to try something new. The class was great,

giving me not only a solid understanding of the basics of the language, but also making me more interested in the culture and history of China.

During my senior year, an opportunity arose for me to move to China and work in a college that has a relationship with Gustavus. Now I'm typing this from my office in Zhuhai, China, where I have been living since August 2012.

Were it not for Gustavus offering that class, I certainly never would have moved to China. For that reason, I am obviously in favor of retaining the Chinese program at Gustavus. However, I think the arguments for keeping Mandarin Chinese at Gustavus go much deeper than my own personal experience.

China is quickly becoming a superpower, and its influence this century will only continue to grow. The elimination of Chinese not only prevents GAC students from

learning about this important country, but also weakens Gustavus compared to other peer institutions. It is the fastest growing language in the US, and it seems likely with each passing year, more incoming students will expect their college to offer this critical language.

Learning Chinese is fascinating, fun, and globally important, and could even change lives, as it has mine. If Gustavus decides to get rid of Chinese classes, it will make itself look worse in comparison to other institutions, and it will deprive students of a wonderful opportunity.

—Catherine Keith '12

\* The Calendar Page is considered editorial. The opinions expressed herein are not the opinions of THE GUSTAVIAN WEEKLY, but the uplifting hopes and dreams of Spring Break to counter the soul-crushing weight of mid-term grades.

### Friday, March 28

#### Mike English Retirement

Three Crowns Room  
4:30p.m.-7p.m.

This famous and infamous legend will be retiring from Gustavus Campus Safety. Will you be taking the Segway with you, Mike?

### Saturday, March 29-April 7

#### Spring Break

Anywhere in the world  
March 29-April 6

Gusties from all over Minnesota and a couple other states will be traveling back to their homes to read and do chores....

### Monday, April 7

#### Majors and Minors Fair

Heritage Room  
3 p.m.- 6 p.m.

Come to the Majors and Minors fair and listen to all the fun majors out there, mainly a couple of Poli Sci teachers talking to you on how cool it is to be a poli-sci teacher.

### Tuesday, April 8

#### La Mesa de Espanol

Cafeteria  
6 p.m.-7 p.m.

Je ne sais pas. Come on over to speak Spanish with a bunch of students just learning Spanish.

#### Zeta Ice Cream Social

Courtyard Cafe  
8 p.m.-9 p.m.

Contrary to popular belief they do still exist... Swing on by for some blueberry ice cream.

#### AGAPE Concert

Alumni Hall  
9 p.m.-10:30 p.m.

Are Gremlins Actually People's Equals comes to Gustavus to share experiences with Gremlins and how unequal they are in today's world.

### Wednesday, April 9

#### GHP- Bootcamp w/ Brenda Haugen

Lund 224 (Aerobics Room)  
11:40 a.m.-12:20 p.m.

Attention! You are invited to come and get a military work out with Sergeant Brenda. You will run, jump, roll, dip, dodge, duck, dive and dodge again your way to a good workout.

#### Watering Hole Wednesdays

Culpeper Language Center (Vickner 108)  
3:30 p.m.- 4:30 p.m.

Gustavus recently flew a plethora of animals from Sub-Saharan Africa to Gustavus to take part in this rare chance to get water.

#### Coffeehouse: Cam Nelson

Courtyard Cafe  
8 p.m.- 9:15 p.m.

So this is what Gustie alums do.

### Thursday, April 10

#### Room Draw

Alumni Hall  
5 p.m.-10 p.m.

Heard through the grapevine that Charlie Potts is offering his house to students who need an off-campus location.

#### Greta Christina "Why Are You Athesists So Angry?" Lecture and Q&A

Wallenberg Auditorium  
7p.m.-9p.m.

How are you going to use evolution to explain this, Athesists?

### Friday, April 11

#### Weekend Movie: Saving Mr. Banks

Wallenberg Auditorium  
8 p.m. & 10 p.m.

Tom is at it again with the sequel to *Saving Private Ryan*...

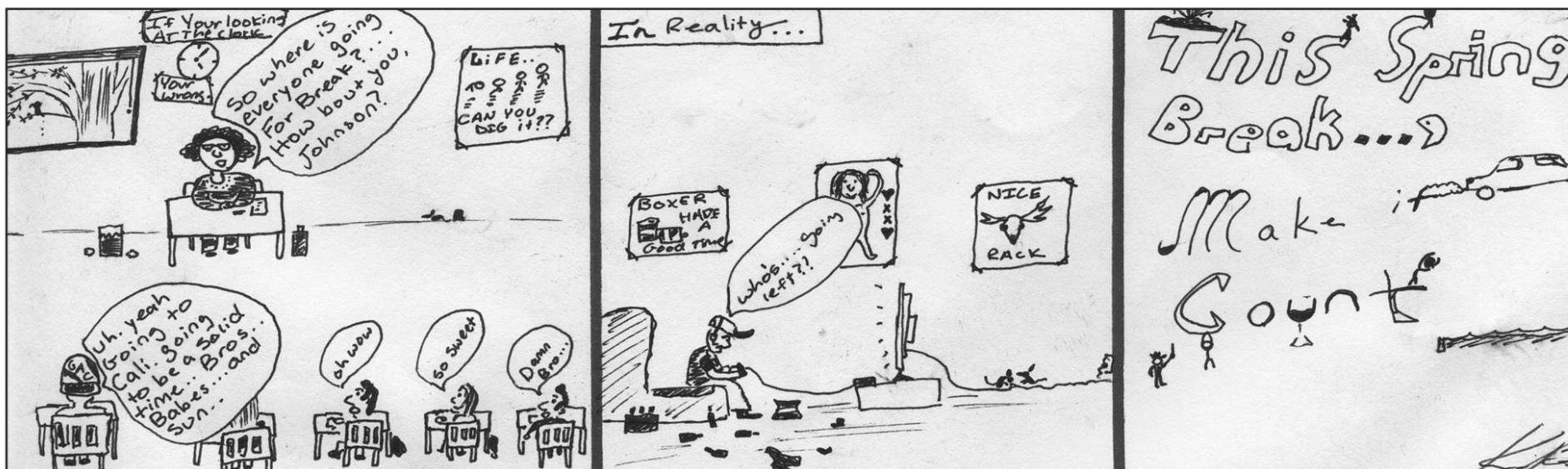
#### Relay For Life

Lund Center  
April 11 at 6 p.m.-April 12 at 6 a.m.

No laughing matter, a great event everyone should go to and show their support.

## Let's Give It A Whirl A Break of A Spring

By Kevin Pajor



# Vikings rebuild through free agency

**Zac Isaak**  
Staff Writer

The 2014 NFL season has officially begun – the free agency market officially opened on March 11. Now is when teams begin to release old players and sign new ones in preparation for the playing season. The Minnesota Vikings began their 2014 season on a high note.

The Vikings went into the free agent market with a great deal of money available for them to spend, and they didn't hesitate to use that money. Prior to the official start of free agency, the Vikings resigned Defensive End Everson Griffin to a five-year contract reported to be worth \$42.5 million, according to Sports Illustrated.

The same day, the Vikings resigned Quarterback Matt Cassel to a two year contract reported to be worth \$10 million, according to the NFL website. This was a big move for the Vikings, as it added another quarterback to their roster. Prior to signing Cassel, the Vikings only had one quarterback on the team, Christian Ponder. According to the same NFL site, Cassel threw 11 touchdowns and 1,807 yards in the nine games that he played.

Since the Vikings' free agency began, it's become clear that the team is focused on rebuilding their defense. Despite releasing Defensive Linemen Jared Allen

and Kevin Williams, the Vikings have made some significant deals with players to improve their defense, which was one of the worst defenses in the league last year.

In its first significant signing for their defense, the Vikings signed former New York Giants Defensive Tackle, Linval Joseph. According to ESPN, Joseph and the Vikings agreed to a five year contract worth \$31.5 million. This was a great move for the Vikings as they added a player who was productive for the Giants during his four-year tenure with the team. Joseph will bring a tough, physical presence to this defensive line. According to ESPN's Dan Graziano, Joseph's primary role was to help stop the run in a 4-3-defense system. Joseph did well in this role and also managed to add pressure to opposing quarterbacks during his time with the Giants.

After signing Joseph, the Vikings set their sights on making improvements at the defensive back position. They accomplished that by signing former North Carolina Panthers Cornerback Captain Munneryn. The deal was reported to be worth \$15 Million over three years, according to NFL Insider's Ian Rapoport. Munneryn is coming from a team that was one of the top defenses in the NFL in 2013. Munneryn is a threat to offenses who throw in his direction due to his ability to make interceptions and score on



Defensive Lineman Jared Allen is among those who will not be returning to the Vikings for the 2014-15 season, after being traded to the Chicago Bears.

those opportunities. According to the NFL website, Munneryn has seven interceptions with five touchdowns. Munneryn is also a durable player as he's played in 14-16 games a season. The Vikings also resigned Former San Diego Chargers Cornerback Derek Cox to a one year contract. These two additions should add some much needed depth to what was a weak Viking's secondary.

The Vikings have been busy this offseason, but General Manager Rick Spielman made it clear that the team is not done

making significant offseason pick-up, according to the Associated Press.

The Vikings haven't been the only team busy gathering free agents this offseason. In fact, their division rivals have also made some significant additions, as well. The Green Bay Packers signed former Chicago Bears Defensive Lineman Julius Peppers to a three year contract. In addition to Peppers, the Packers resigned Defensive Tackle B.J. Raji and Running Back James Starks. The Chicago Bears signed former Oakland Raid-

ers' Defensive Lineman Lamarr Houston, former Packers Safety M.D. Jennings, and the Viking's very own Defensive End Jared Allen.

Outside of the NFC North, many other NFL teams have made some big free agent signings to help improve their teams. The 2013 AFC Champion Denver Broncos signed Defensive Lineman DeMarcus Ware to a three year deal. In addition, the 2013 NFC and Super Bowl Champion Seattle Seahawks signed Defensive End Michael Bennett to a four year contract.

Some of the other popular free agency pick-ups in the NFL, include the New York Jets signing Quarterback Michael Vick, the New England Patriots signing Cornerback Darrelle Revis, and the Oakland Raiders trade with the Houston Texans for Quarterback Matt Schaub.

There are bound to be plenty more roster moves made prior to the 2014 NFL season, including the NFL draft, which will take place May 8 through May 10. It may be the offseason, but this is still an exciting time for NFL fans as their teams add players to make their teams better. Follow your favorite NFL teams throughout the offseason to see what big moves they make in preparation for the 2014 NFL season.

## Gustie athletes shine in National competitions



Gustavus Sports Information

Six female swimmers, along with one male swimmer competed at the 2014 NCAA Division III Swimming and Diving Championships. Sophomore Dante Colucci was the lone male from Gustavus. For the women, Senior Laura Drake, Senior Alissa Tinklenberg, Junior Danielle Klunk, Junior Katie Olson, Junior Jennifer Strom, and Sophomore Tarin Anding all competed at the National Championships. The women placed seventh in the Championships—a program-best finish.



Submitted

The Gustavus dance team competed at Nationals in California this past week. For the second year in a row, the Gusties took home the second-place trophy. The dance team hopes that their performance at Nationals will not go unnoticed amongst the Gustavus community. The Gusties will be performing their dance one last time at Relay for Life on Friday, April 11, 2014.

# Human Performance Lab offers services to students and faculty

**Megan Tuttle**  
Staff Writer

The Gustavus Health Fitness majors are looking to promote the Human Performance Lab (HPL) as a resource for both students and faculty on campus. The HPL is located in Lund Center, and its services are available to all students and faculty free of charge. The HPL can be used as a tool for individuals to help measure their fitness levels, and for assistance from Health Fitness majors, who are generally seniors specially trained in the field.

"The HPL offers a wide variety of services such as full fitness assessments to determine physical ability as far as strength, flexibility, and cardiovascular endurance. We do resting heart rate, blood pressure, BMI (Body Mass Index), girth and other measurements, as well," Senior Health Fitness Major Natalie Goffin said.

Senior Health Fitness Major Janelle Derbique stresses the importance of a workout routine embedded into a college student's schedule.

"Especially in college, I think having physical activity in your week is really important, because it relieves stress. It's one of the best anti-depressants you

can have," Derbique said.

Goffin adds that besides acting as a stress-reliever, an active lifestyle is proven to be beneficial for one's health.

"There is a lot of evidence supporting the benefits of a healthy lifestyle, and it really can't be stressed enough. Being physically active can reduce the risk of many cardiovascular and other diseases. Many people think that it takes a significant amount of time on a treadmill or hours in a gym each day to actually make a difference, but simply getting out and walking every day can improve the heart's function, and in turn years of life," Goffin said.

Senior Health Fitness Major Olivia Johnson says that the Human Performance Lab is a great resource for students and faculty who currently lack a workout routine, or for those who simply would like to mix up their workouts.

"We'll give you recommendations and just try to help you spice up your workouts. If you're wanting to see where you're at, or looking for ways to do things differently we're fully capable of giving advice and coming up with things that way," Johnson said.

Derbique agrees and says she also believes the Human Performance Lab is a great way for students and faculty to track



Agustin Murillo

Students working in the Human Performance Lab offer a variety of services, such as full fitness assessments to determine strength, flexibility, and cardiovascular endurance, as well as recommendations for how to mix up your workout routine.

their progress.

"I think it would be a really good resource for students and faculty if they want to see results and just be able to know how they're progressing with their physical health. I think it would be really cool if more students did utilize this center," Derbique said.

For students or faculty who currently lack a stable workout routine, and are looking to start one, Goffin says the key is to

make it a habit.

"My best advice is to just do it. Make gym appointments with yourself and treat them like a class, don't skip. I believe what people fear most is not knowing what is most beneficial or what to do during their exercises, but the truth is any activity is beneficial," Goffin said.

Derbique recommends starting slow, with both aerobic and resistance training.

"I would start three to five

days a week, 30-60 minutes doing both resistance training, so weight lifting, and that can be the machines upstairs, or the weight room, or all of the functional equipment on the third floor; and then aerobic exercise. Just start out slow, working at a moderate intensity," Derbique said.

To make an appointment in the Human Performance Lab, visit [gustavus.edu/hes/hplab](http://gustavus.edu/hes/hplab).

# Gustavus students take on National Athletic Training Month

**Tommy Dahl**  
Staff Writer

March is National Athletic Training Month, and the Gustavus Athletic Training majors have been spending their time raising awareness about their program with various activities around campus.

"The month is really valuable for getting the word out about what exactly we do and where we can apply our skills. A lot of people have misconceptions about what athletic trainers do and so we use this month to try and get rid of those misconceptions," Junior Athletic Training Major Sara Welch said.

Junior Travis Mattson, also



stated that the month of March is a great opportunity to inform the public about the Athletic

Training department and its students.

"It helps spread awareness of athletic training to inform people what athletic trainers can do and what type of settings can benefit from having athletic trainers. A lot of people I know do not fully understand what an athletic trainer is and what skills they possess, and this is a great opportunity to educate them," Mattson said.

One of the primary events that has taken place during National Athletic Training Month was the department's food drive, which took place March 17-26. Every donation will be given to the Saint Peter Area Food Shelf.

This year's total collection has not been calculated but in March 2013, the drive collected over 200 pounds of non-perishable items for local families in

need of food.

"The food drive is really the highlight of the month for us. We work really hard to get the word out about that so we can help out the community and also make people aware of the department," Welch said.

The chance to engage with the Gustavus and Saint Peter communities are not the only benefit of Athletic Training Month for athletic training majors. The activities provide the students within the department a chance to build the trust of student athletes who might come to them seeking medical assistance for a sports-related injury, according to Junior Athletic Training Major Adam Carpenter.

"It shows these people the open, friendly and fun environment that we have created in the training room and allows them to develop a trust in us to help

and fix any problem that might come their way," Carpenter said.

*"A lot of people have misconceptions about what athletic trainers do and so we use this month to try and get rid of those misconceptions."  
—Sara Welch*

The athletes are then given the opportunity to give feedback to the trainers by writing notes on a poster hanging in the athletic training room, another aspect of Athletic Training Month that is very valuable, Welch said.

"It's nice to see all of the athletes taking the time to write on it," Welch added.

While the month of March is coming to a close, the Gustavus athletic training majors are available year-round to help Gustavus athletes with their injuries, and their hope is that the month has done an effective job of raising awareness for their department and their future professions.

"This month has really allowed us to take pride in not only what we do here at Gustavus, but also as a profession in general," Carpenter said.

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## Try a Tri, sign up for the Take the Hill Triathlon



Competitors competed in the swimming, biking, and running portions of the 2012 Take The Hill Triathlon. This year's triathlon is the sixth time this event has been held. All proceeds benefit Insulindependence, a non-profit organization that helps people with diabetes lead healthy and active lives. Registration is still open for the event at [takethehilltri.org](http://takethehilltri.org).

**Haley Bell**  
Staff Writer

The sixth annual Take the Hill Triathlon, hosted by the Epsilon Pi Alpha fraternity, will take place on Saturday, May 4. The race will kickoff at 9:00 a.m. and will include a 500 yard swim, a 12.5 mile bike, and a 3.2 mile run.

*"The atmosphere was really awesome. It was great to see so many college students from Gustavus and other schools competing in a sport that I love, and also seeing members of the community competing too."*

—Mata Agre

"We organize and run the entirety of the triathlon. We contact sponsors, design the website, hang up posters, talk to alumni for their involvement and get the supplies. We set up the triathlon and we also are incorporating a waffle feed as a post race event," Junior Epsilon Pi Alpha Alex Luing said.

The 500 yard swim will take

place in the 10 lane, 25 yard, Vic Gustafson Natatorium Pool. The 12.5 mile out-and-back bike will tour through the St. Peter countryside, and the 3.2 mile run will take place throughout the Gustavus campus.

Participants can choose to compete individually or on a team. The teams can consist of two to three athletes. When the race is completed, prizes will be distributed to the racers. All are welcome to sign up and join in on the fun of racing a triathlon.

"Last year, I did the triathlon because I wanted to take on a new challenge. I like trying new things and decided I should invest more time swimming, biking, and running. In order to stay motivated, I took on the goal of completing a triathlon," Senior Ramy Hagen said.

To protect the safety of the participants, the routes will be marked with race signs, cones, and volunteers. The competitors will also be required to wear a helmet during the biking portion of the race.

All proceeds from the event will go directly to Insulindependence and its affiliate partner, Triabetes. Epsilon Pi Alpha alumni, Peter Nerothin '02 founded Insulindependence, an internationally recognized non-profit organization. As a diabetic, an ultra-endurance runner, and a triathlete, he continues to break the stereotype that diabetics cannot be active and healthy. Nerothin and some of his friends come to Gustavus

to run the race each year.

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.

People signing up for the triathlon can vary from athletes that do triathlons throughout the year, to people that just want to have fun and stay in shape.

"It was such a great opportunity to be able to have a triathlon here, especially being able to practice the bike and running routes. The atmosphere was also really awesome. It was great to see so many college students from Gustavus and other schools competing in a sport that I love, and also seeing members of the community competing too," Sophomore Mata Agre said.

People that have never competed in a triathlon appear each year to take part in the experience. Anyone can participate to race for a good cause.

"People should try it, because you never know what hobby you might end up with. For me, I had never biked. Now I enjoy biking even by itself and have been looking forward to the melted paths all spring," Hagen said.

Gustavus Office of Marketing and Communications

### SPORTS SCHEDULE

#### Saturday, March 29

Baseball @ Hamline University (DH) 1:00 p.m.  
Softball @ hosts Saint Mary's University (DH) 2:00 p.m.

#### Sunday, March 30

Women's Tennis @ Texas Lutheran University

#### Monday, March 31

Women's Tennis @ Trinity University

#### Tuesday, April 1

Men's Tennis @ Curry College 2:30 p.m.  
Softball hosts St. Olaf College (DH) 3:30 p.m.

#### Wednesday, April 2

Baseball @ St. Olaf College (DH) 2:30 p.m.  
Men's Tennis @ Tufts University 3:00 p.m.  
Men's Tennis @ Stonehill College 3:30 p.m.

#### Thursday, April 3

Softball hosts College of Saint Benedict (DH) 3:30 p.m.

**What:** Take The Hill Triathlon

**Who:** Any athlete above the age of 16 (unless accompanied by a parent) interested in competing in a triathlon to benefit Insulindependence

**When:** Saturday, May 3, 2014 at 9:00 a.m.

**Where:** The swimming portion will take place in the Lund Natatorium pool, the biking portion is through the St. Peter countryside, and the running portion is through the Gustavus campus

**Why:** To support Insulindependence, a non-profit that helps people with diabetes lead healthy and active lives.

**Register:** [takethehilltri.org](http://takethehilltri.org)