

THE GUSTAVIAN WEEKLY

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Families flock to campus for Fall Festival



Students, faculty and families of Gustavus gather in the Linnaeus Arboretum for the annual Fall Fest.

Submitted

Hannah Silva-Breen
Staff Writer

Family Weekend is the one weekend a year homesick students and empty nester parents come together on campus to enjoy activities made just for them.

Students whose families will not be on campus can also enjoy the weekend as most of the events can be done with a simple group of friends, as well. The activities range from a movie, comedy improv, an acrobatic show, Fall Fest in the Arboretum, to nine different musical performances.

Friday begins the weekend

with the movie *Inside Out*, and a performance by the LineUs Improv Comedy Troup. Depending on the ages of the family members in attendance, it is suggested that students choose wisely as to which event to bring their younger family members to.

Saturday will be the most eventful day, starting at 9:30 a.m. with workshops for parents to learn about the history of Gustavus and how to plan for a semester abroad. There will also be multiple sporting events to choose from with football, volleyball, and men's soccer all playing in the afternoon.

Saturday will also host the biggest event during the week-

end, Fall Fest, starting at 11 a.m. and ending at 4:30 p.m. Linnaeus Arboretum Director Scott Moeller and Administrative Assistant in the Arboretum Shirley Mellema are both very excited for this year's Fall Fest.

"Fall Fest is for everybody. It's for Gusties, Gustie Families, the public from St. Peter, from wherever. We try to have a variety of activities. We have scarecrows, games, treasure hunts, food, and we have live animals," Moeller said.

Just within the Arb there will be live music and food all day, alpacas, border collies showing off their herding skills, vendors selling pottery and homemade jewelry, and one of the most

popular activities, the treasure hunt.

"Fall Fest is for everybody. It's for Gusties, Gustie Families, the public from St. Peter, from wherever"

— Scott Moeller

"You get a little card, basically like a bingo card and you have to get three in a row by finding the treasure boxes that are hid

in the Arboretum. If you get three in a row, you get to spin the wheel for a prize, like the wheel of fortune," Moeller said.

If nature isn't appealing, students and families can also test their trivial skills against The Savants of Question in the Courtyard Café at 3 p.m. According to the Assistant Director of Campus Activities Scott Broady, winners will receive gift cards to numerous local businesses.

Broady also highlights the

'Family Weekend'
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Big Hill Farm experiments with new system

Hannah Silva-Breen
Staff Writer

Big Hill Farm, Gustavus' own student led produce farm, is finishing its sixth fall harvest season and gearing up for their first winter in a greenhouse. The farm, although small, provides about half of all the fresh produce in the caf.

Usually, Big Hill Farm closes their gates after the fall harvest and waits for the thaw in spring to start planting again. This year will be different with the addition of a greenhouse and

hydroponics system. According to Kailey Holmes, a senior Communications Studies major and one of the farm's five interns, this winter will be more of an experimental season.

They have practiced with planting tomatoes in the greenhouse already and have noticed that the tomatoes grew bigger and faster than the ones planted outside. "It's a very controlled environment. The watering is controlled, it's not being battered by rain, the nutrients are constant, and there are less risk of bugs and animals," Holmes

said.

The environmental student organization, Gustavus Greens are behind the addition of the new hydroponics system, which is completely different from the type of planting that the Big Hill Farmers are used to.

"It's a more efficient ecosystem because the plants grow in water, there's no soil. The water filters through to all of the plants and they receive nutrients that way. It's all about new technology that makes producing food more sustainable," Danielle Trajano, the Gustavus Greens'

Treasurer and a sophomore Political Science major, said.

"It's all about new technology that makes producing food more sustainable"

—Danielle Trajano

The Greens applied for a grant last year to fund the creation of this new system and had it up and running by spring. "Last

year we grew a ton of lettuce and the system worked really well. We also grew some kale that we made into these delicious parmesan kale chips," Trajano said. Members of the Greens will be helping to teach the Big Hill Farmers about how to get the most out of their new system this winter.

The biggest harvest of the year for Big Hill Farm can often happen in the summer, before students are back on campus. Dining services is excited about the possibility of Big Hill Farm growing year round, allowing

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Campus Safety Report

Monday, September 28

- Campus Safety responded to a medical assist in Jackson Campus Center building.
- A Collegiate Fellow documented communications and support offered to a student of concern in Sohre Hall.

Tuesday, September 29

- Campus Safety received a silent witness report regarding a threatening post on a social media app. On scene officers determined that there was not a danger

to the community. A safety advisory was sent to the community the following day.

- An anonymous report was submitted about possible hazing on campus.

Thursday, October 1

- Campus Safety responded to a medical assist at Health Service to document an injury that occurred on College grounds.

Friday, October 2

- A student reported the theft of her

unlocked bike from the bike rack at the International Center that occurred between September 19 and 20, 2015.

- Campus Safety responded to a report of suspicious activity in Norelius Hall. A used condom had been tied to a door.

Saturday, October 3

- Campus Safety responded to an alcohol violation at Norelius Hall involving two students and two non-students. Two students were referred to the campus conduct system for underage consumption and cited by the Saint Peter Police Department. Two non-students were cited by the Saint Peter Police Department and one was trespassed from campus.

- Campus Safety responded to an alcohol violation at Norelius Hall. One student was referred to the campus conduct system for underage consumption and possession of alcohol.

- Campus Safety responded to a medical assist at Sorensen Hall.

- Collegiate Fellows documented a noise violation in Norelius Hall involving one student.

- Campus Safety responded to an alcohol violation in Pittman Hall. One student was referred to the campus conduct system for underage consumption of alcohol.

- Campus Safety responded to a call for medical assist on the hill behind Sorensen Hall. Three students referred to campus conduct system for underage consumption. One student was transported to the hospital by ambulance.

- An anonymous report was submitted about suspected alcohol violation and hazing on College grounds.

- Campus Safety responded to an alcohol violation in Uhler Hall. Two students were referred to the campus conduct system for underage consumption and possession.

- Collegiate Fellows responded to a pet policy violation in Chapel View Apartments.

- Campus Safety responded to a noise violation in Uhler Hall. Four students were referred to the campus conduct system for underage consumption and one student was referred for underage possession.

- Campus Safety responded to a medical assist at the Lund Center.

- Campus Safety responded to an alcohol violation and medical assist in Norelius Hall. Two students were referred two students to the campus conduct system for underage consumption of alcohol. One student was transported to the hospital by ambulance.

Sunday, October 4

- Campus Safety responded to an alcohol violation on College grounds outside Gibbs Hall. One student was referred to the campus conduct system for underage consumption of alcohol and failure to comply with a College official.

- Campus Safety responded to an alcohol violation on College grounds outside Uhler Hall. One student was referred to the campus conduct system for underage consumption and possession of alcohol.

- Campus Safety responded to an off-age alcohol violation in the Rundstrom parking lot.

Note: Case dispositions are available online by viewing the daily crime log on the Campus Safety web page: <https://gustavus.edu/safety/incidents/index.php>

Tip of the Week:

October is National Domestic Violence Awareness month.

Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same, so what's unhealthy in one relationships may be abusive in the next. Although there are many signs to pay attention to in a relationship, look for these common warning signs of dating abuse:

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity

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Speaker series keeps faculty healthy

'Family Weekend'
continued from page
1



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Every Friday find a new speaker in the Konferensrum room in the Jackson Campus Center.

Submitted

Nicholas Pemberton
Staff Writer

Wellbeing for Employees (WE) has put together a speaker series that is running for four Fridays in October from 1:30 p.m.-2:30 p.m. The series is called *Support "ME" with WE* and takes place at the Konferensrum in the Campus Center. The first session was Oct. 2nd, with sessions on Oct. 9, 16 and 23. These sessions are for the employees of Gustavus and are free of charge.

The Gustavus Wellbeing Initiative started for the entire campus about a year and a half ago. Meghan Krause is the Director of Wellbeing, alongside Head Women's Basketball Coach and Health Promotion Coordinator in Athletics Laurie Kelly, who is the Director of Wellbeing for Employees. Support "ME" with WE was formed thanks to Administrative Assistant in Psychological Science, History, and Sociology and Anthropology Nicole Goebel's idea for a scholarship grant.

The grant was approved and Support "ME" with WE was launched with the help of Krause, Kelly and [Junior Health Fitness major] Christina Marton.

Marton is the Wellbeing for

Employees Intern on campus. She grew up as a three sport athlete and has learned to value all types of wellbeing at Gustavus. She is en route to become an Occupational Therapist and she sees value in the internship she is doing now.

"I think it's good to know that your support staff at Gustavus, your professors, anyone who works at Gustavus, that they have access to group fitness classes and support groups. I think it's something that most students don't think about and it is really not something that affects us directly but I think it helps that the staff has support just like the students do," Marton said.

There are many different kinds of wellbeing, so a survey was sent out to find out which ones the Gustavus employees wanted to focus on.

"The three areas that we found through surveys that needed the most attention were physical, relational, and financial support. So we have developed classes utilizing faculty, administration and friends of the College to put on classes," Goebel said.

The first event focused on goal setting and creative visions in wellbeing. 37 employees attended the first event, with over 50 employees registered for the

series. The second event will focus on physical wellbeing, the third on relational wellbeing, while the fourth and final session will focus on financial wellbeing.

Krause was one of the speakers featured in the first session.

"My aim was to have the attendees think broadly about what matters to them most in terms of their wellbeing and provide them with a tool that can help them have those conversations and explore their interests," Krause said.

While there was a significant turnout for the first installment of the series, Kelly is aware that reaching all the employees at Gustavus has its challenges.

"It is hard because we have employees that teach at a certain time. We have employees that work hourly and they're not allowed to leave. They don't have the flexibility; if you are working in food services or working as a custodian or at some other positions, they don't get an hour to come away. That's the hard part, to try and reach everybody," Kelly said.

Support "ME" With WE is an employee only series but Krause stressed that the Gustavus Wellbeing Initiative is for everybody.

"The wellbeing initiative is intended to serve the entire Gustavus community. We feel

like while students are our primary audience and we care about supporting students during their time here, a big part of that is how we model and how we live out our own wellbeing as employees. Our intent is to enhance or deepen employee engagement by helping them to explore and support their own wellbeing," Krause said.

"Our intent is to enhance or deepen employee engagement by helping them to explore and support their own wellbeing"

—Meghan Krause

All four of the people behind this project were women, and that is on par with other wellbeing projects at Gustavus.

"Most of the programs are supported by predominantly women on campus. Even the fitness classes we offer and a lot of the things that we do, you tend to have more women attend these who are employees than you do men but it's open to everybody," Kelly noted.

Chicago Boyz Acrobatic Team on Saturday at 8 p.m. "They've been on America's Got Talent. They're pretty widely known. We're excited to have them here," Broady said.

Closing out the weekend on a high note Sunday will be a worship service in Christ Chapel featuring the Lucia Singers and the Christ Chapel Ringers at 10:30 a.m., a Jazz Brunch at 11 a.m., and five musical performances in Christ Chapel at 2 p.m.

The Musical Performances may be the most traditional event happening during Family Weekend. According to the Director of Fine Arts and Manager of Concert Tours Al Behrends, this showcase got its start in the 1970's and has been a staple ever since.

"Between Nobel and Family Weekend, all of the major ensembles from the music department will be performing at least once," Behrends said.

The Jazz Brunch, featuring the Adolphus Jazz Ensemble and the Gustavus Jazz Lab Band, is an informal event in the dining center. The musical performances in the afternoon from the Gustavus Choir, Gustavus Symphony Orchestra, Vasa Wind Orchestra, Choir of Christ Chapel, and the Gustavus Wind Orchestra is a more formal event in chapel, but also free of charge.

"Between Nobel and Family Weekend, all of the major ensembles from the music department will be performing at least once"

—Al Behrends

Although there are many groups performing, the music department does its best to make them all cohesive as possible.

"The Gustavus Choir will be on the risers, the Symphony Orchestra will then be below them to the audience's left, and the Vasa Wind will be on the right. Each group has about fifteen minutes of music," Behrends said. Because of how it's set up, the next group will be able to start playing nearly right as the group prior is done.

Students on campus, whether they have family visiting or not, will likely find something fun and interesting to do this weekend.

Student raises over \$1000 for his Gustie Buddy



Gustie Buddies staff at Twins' Target Field last spring.

Submitted

Kristi Manning
Staff Writer

Over the summer, Senior Psychology and Pre-Occupational Therapy Major Bryden Giving decided to sell photo prints of pictures he had taken while studying abroad.

"Originally what I was going to do was raise money to buy myself my first DSLR Camera," Giving said. However instead of raising money for the camera, he began to raise money for his Gustie Buddy, Cole.

"For some reason I was just sitting there, I was thinking

about Cole and I thought what if instead of raising money for myself I raised money for Cole," Giving said.

According to Gustie Buddies Coordinator, Senior Biology major Meg Crosby, Gustie Buddies is a volunteer program facilitated through Gustavus.

They partner two Gustavus students with a child from the St. Peter community or surrounding areas who has a developmental delay," Crosby said.

For the buddies and their partners, "It's a lot of experiencing experiences that they wouldn't necessarily have," Sophomore Psychology major

Anna St. Dennis said.

The Gustie Buddies program is growing both on campus and in the St. Peter community. "Our program is growing from year to year, immensely. We are growing by 50 percent this year which is amazing for us. It just really shows how our program is becoming more known and more trusted in the community as parents of our buddies are spreading the word about it," Crosby said.

"It is our tenth year. That's a pretty big milestone, so that is really exciting," St. Dennis said.

Giving has been a part of the Gustie Buddies program since

Fall of 2014.

"I love Gustie Buddies because people are taking a few hours of their time a week to be that role model for these kids. To make them feel like they are superheroes, like they're on top of the world," Giving said.

When he started his fundraiser, Giving's original goal was to raise \$100 to buy Cole a bike. However, Giving ended up raising a little over \$2000. With that money, he was able to take Cole to the Waterpark of America and Mall of America for a weekend.

"I love Gustie Buddies because people are taking a few hours of their time a week to be that role model for these kids"

—Bryden Giving

"I think he was expecting it to be a pool with a couple of slides. But when we got there his eyes were big, wide, all open. He was flipping out, he was really excited," Giving said. Giving plans on using the remaining money from the trip to buy Cole new school clothes and school supplies for this year.

Crosby and St. Dennis didn't know until recently what Giving had done for his Buddy, but thought that he did a great thing for Cole.

"I think that really stands for what our program is about.

He is going above and beyond what we even do. I think it's great, and it speaks to who he is as human being. He's a great person," Crosby said.

Giving expressed how he felt making a difference for Cole.

"Who wouldn't feel really good doing that for somebody else let alone a wonderful, brave child. Cole's a significant human being," Giving said. "I loved allowing Cole to have that weekend of freedom from all of the stuff he's going through and to make him feel like king, like he can be a kid for once."

Giving is planning on starting another fundraiser for Cole later this year.

"Once I get my photography game a little bit stronger, a little more advanced and better, I think it would be really cool to start up another fundraiser for Cole. This time the goal would be a little bit higher," Giving said. His new goal is to raise enough money to take Cole to Walt Disney World.

"He's always wanted to go to Walt Disney World but he has never been to a giant amusement park like that, and he loves Disney," Giving said.

Giving hopes that what he did will not only impact Cole, and the students working with Gustie Buddies, but will impact everyone.

"I'm looking forward to people realizing how great it is to really connect with people, not focus so much on themselves but also the people around us and in our community," Giving said.

'Big Hill Farm' continued from page 1

students to get even more benefit from the local farm.

"We love the tomatoes and cherry tomatoes because they are just so much better than what we can buy from California. The cucumbers this year were great," Assistant Director for Purchasing for Production as well as Executive Chef, Paul Jacobson said.

"We love the tomatoes and cherry tomatoes because they are just so much better than what we can buy from California"

—Paul Jacobson

The most common place to find the Big Hill Farm produce is the salad bar, but it's also common to find them being used in soups and casseroles, according to Jacobson. Dining services can't get any more local than the Big Hill Farm, but they do try to keep it close to home by primar-

ily buying foods from vendors and distributors in Mankato, St. Paul, and Minneapolis. They may buy from other places, but Bill Hill Farm's current only buyer is dining services.

"We're looking to maybe sell at the Co-Op here in St. Peter, eventually," Holmes said. To sell to more places than Gustavus, the farmers would look to get officially organic certified, but that process can take up to six years, and there are specific rules and regulations Holmes isn't sure they'd pass.

"They look at soil samples, where you get your seeds from, make sure you don't use pesticides, and run off," said Holmes. Although they don't use pesticides, the farm can get some runoff from the neighboring soccer fields. Also, to be 100 percent organic certified, farmers can't use genetically modified organisms (GMOs) and Holmes isn't completely against their use.

"Sometimes GMOs make you have a higher yield or stronger crop. The pesticide on the skin of the fruit you eat is going to hurt you a lot more than the interior design of it," Holmes said.

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GUSTIE *of the* WEEK

Jaurdyn Dobler
Staff Writer

As a child, Noah O’Ryan and his father would spend their quality bonding time taking regular trips to the movie theater. Now a junior in college, their tradition remains just as strong as the passion that Noah developed for filmmaking.

“My parents first gave me a flip camera when I was in 6th grade. I don’t remember the first film I made but I do remember the feeling of having that camera and the ability to record everything. Film has interested me for pretty much my entire life,” Noah said.

Noah’s passion for filmmaking has led him to develop his own niche within the Gustavus community. As a first-year, he actually started his own campus organization, the Gustavian Society of Filmmakers.

“Noah has created his own path at Gustavus. The Gustavian Society of Filmmakers has brought many people together

over a common interest in the film industry. He is always looking to add to the community and help others in whatever way he can,” Junior Brad Basco said.

As well as developing the filmmaking organization, friends of Noah’s say he’s constantly providing a lighthearted atmosphere to the community.

“Noah is a wonderful guy. I am constantly laughing when I’m with him. His lively personality seems to radiate everywhere he goes and affects every person he talks to. You can’t help but smile every time you’re with him,” Junior Audrey Shattuck said.

Noah believes that his ability to make others smile stems from his passion for building meaningful relationships with others.

“I love everyone that I know. It’s funny because I’m more naturally an introvert, but the more I started to get out of my room and meet people, the more I began to realize that I love getting to know others and maintaining relationships with them,” Noah said.

Even though he’s great at keeping the atmosphere lighthearted, Noah balances his fun loving spirit with responsibility.

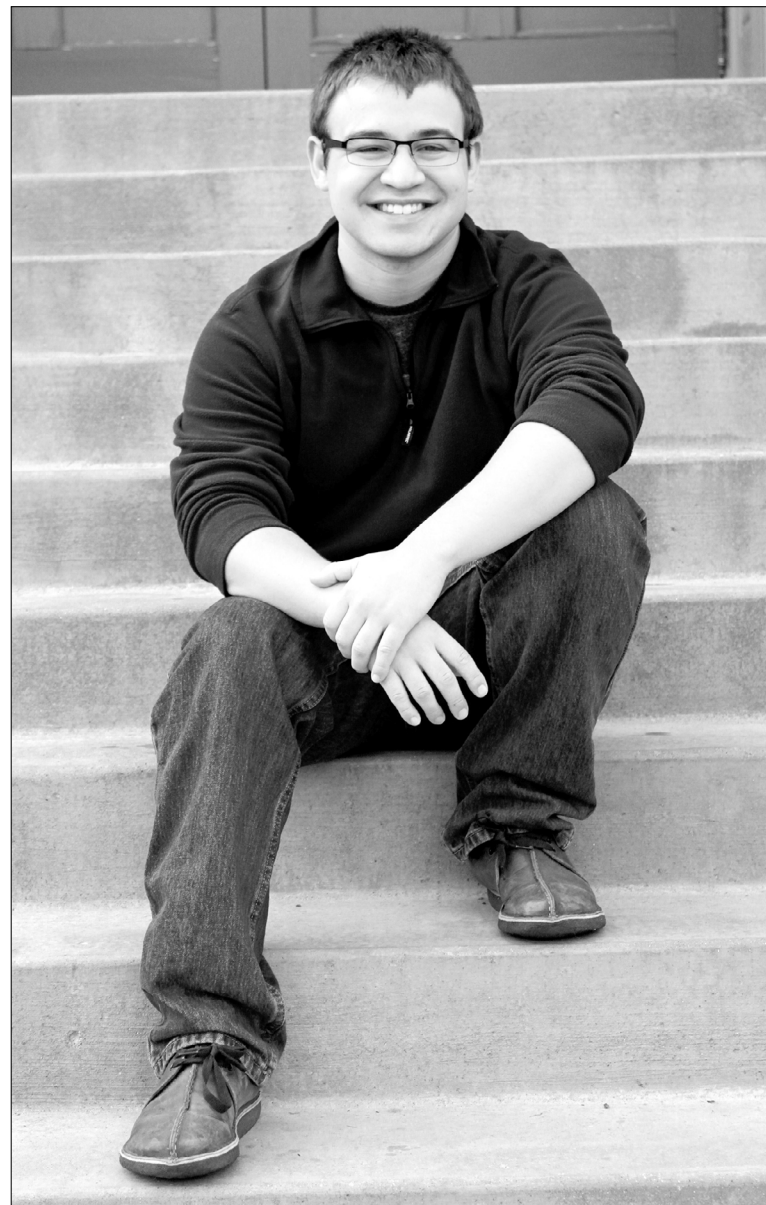
“He’s constantly displaying his inner child and showing everyone his sense of fun, but I’d say his role in the community is definitely a leadership one. He is constantly helping make Gustavus a better place which is evident by the trail of smiles he leaves wherever he goes,” Junior Alex Shaikoski said.

“Noah is a wonderful guy. I am constantly laughing when I’m with him. His lively personality seems to radiate everywhere he goes and affects every person he talks to. You can’t help but smile every time you’re with him.”

—Audrey Shattuck

As well as heading the Gustavian Society of Filmmakers, Noah is also a Collegiate Fellow, helps out with GAC TV, and developed his own Film and Media Studies Major at Gustavus.

“Starting my own major at Gustavus is definitely an accomplishment I’m proud of. To be able to argue my case and convince a group of people who were initially against it was one of the trickier things I’ve done but more rewarding as well,”



Megan Quirk

Along with heading the Gustavian Society of Filmmakers, Noah is a Collegiate Fellow and helps out with GAC TV.

Noah said.

While the future isn’t solidified for him, Noah says that he does hope to do something within the film realm. Whatever he chooses to do, his friends say they have no doubt that he will be successful.

“I know Noah can do what-

ever he wants to do with his future. Noah could be out in California making it in the movie business or he could be around the Minneapolis area doing whatever he sees as his next step. The future is Noah’s oyster,” Basco said.



Megan Quirk

Friends describe Noah as a lighthearted, fun-loving guy who can make anyone smile.



Megan Quirk

Noah’s passion for filmmaking led him to start the Gustavian Society of Filmmakers as a first-year and develop his own Film and Media Studies Major at Gustavus.

Jump with Joy for *Inside Out*

Brady Lass
Staff Writer

Years ago audiences thought Pixar could do no wrong when it came to making quality animated films.

However, following the success of *Up* and *Toy Story 3*, Pixar has struggled to make creative and impactful products. They have made somewhat mediocre or forgettable movies for the last couple of years, while their owner, Disney, has stepped up their CG animation with hits like *Wreck-It Ralph* and *Frozen*.

With all that has gone on in the last couple of years it's no surprise that *Inside Out* received a little bit of skepticism from some fans upon its announcement. Pixar has disappointed audiences before so what can stop them from doing so again?

Does *Inside Out* break Pixar's mediocre streak with its joy and emotional center, or should you fear how angry you'll be after feeling more disgust and sadness from this?

The movie focuses on the emotions contained within the head of a girl named Riley, a Minnesotan hockey player who recently moved to San Francisco. The team consists of Anger, Disgust, Fear, Sadness, and the upbeat leader, Joy.

Up until this point in Riley's life, everything seems to have been going well for both the team and the body they operate. However, the recent change of scenery proves to be too much for Riley. She misses her friends and hobbies in Minnesota, and

it doesn't help when Sadness starts affecting some of her memories.

It leads to Joy, Sadness, and Riley's core memories being separated from the control room and onto one of the islands that represents different personalities and values that define Riley.

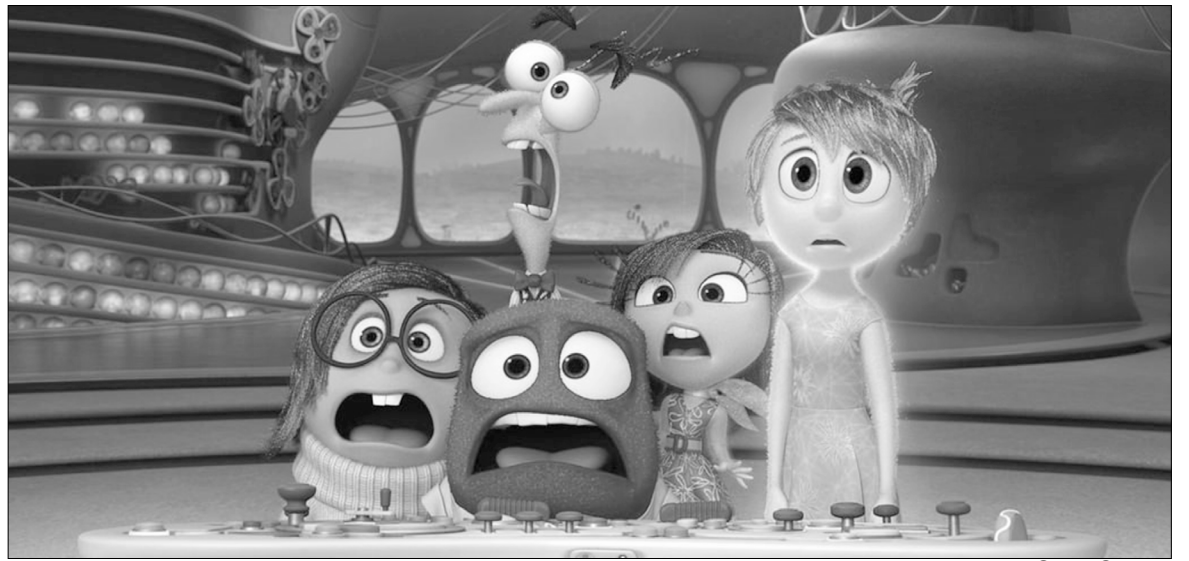
The rest of the team tries to operate Riley's emotional state with little success as it falls apart without Joy or Sadness to help them through this difficult time for Riley. Joy and Sadness ally themselves with Riley's long forgotten imaginary friend Bing Bong in hopes of making it back in time to save Riley.

The plot itself is like *Toy Story* and *Wreck-It Ralph* but with emotions instead of video games or toys. A simple concept, but like those films, it approaches this concept with great creativity.

Inside Out doesn't go for a full body adventure like *Osmosis Jones*, but its focus on the brain has enough potential to last for the whole movie.

Exploring the world of Riley's head made the movie's charm, as we get to see how her memories work, how it affects her life, and how her dreams are essentially the equivalent to movies for real people.

Some of my favorite comedic moments are when we witness the inside of the heads for other people, like Riley's parents, and see what they're thinking and how their emotions operate (granted it is a bit strange how the emotions in the other people's heads look like the person they're controlling while Riley's emotions have no connection to



Inside Out portrays the inner emotions we all struggle with daily in a comical and heartwarming adventure.

her in terms of appearance).

The film is colorful and gorgeous as Pixar keeps improving the animation quality with every installment, and the voice actors they chose, such as Amy Poehler for Joy and Lewis Black for Anger, brought their A-Game to give their characters a large sense of personality.

Where the movie truly shines is some of the morals it addresses. Using Riley's failure to adapt to a new life when moving was a smart way to put her emotions at true conflict, as their new boundaries reflect the ones Riley is experiencing. It addresses the sadly true situation of how people lose some of the things they love when they grow up, even at a young age as Riley.

The movie does highlight Sadness as being the odd one out of the group, as the other

emotions didn't want to Riley to be sad a lot, but later the film highlights Sadness' importance for Riley's well-being. Needless to say you'll be seeing Sadness more in the movie and in your own head during the last portion of *Inside Out*.

If I did have some criticism, it's for some questionable aspects of how the world works. For example, the way some of the memories are handled brings up a bit of a plot hole regarding Riley's core memories. I also wish we got to see the reactions of Riley's parents more. I know the movie is supposed to be from Riley's perspective, but I'd like to see how the emotions contrast in a more experienced body with the situations given. But given that it's an animated children's movie I understand the choice because of the film's

short running time.

Needless to say, *Inside Out* was a breath of fresh air for Pixar films.

With its creative concept, talented voice actors, animation, and emotional themes, this is one of Pixar's best since *Up* and *Toy Story 3*.

After November's *The Good Dinosaur*, Pixar plans to go on another sequel barrage with *Finding Dory*, *Toy Story 4*, *Incredibles 2*, and *Cars 3*. I'll be excited for each of those installments (except for *Cars 3*) because Pixar has shown with *Inside Out* that they've still got what it takes to be the kings of animation once again.



Dakaboom breathes new life into stand-up comedy



The music and comedy duo describe their show only as a postmodern vaudeville that must be experienced to be understood. They use a variety of acts including a capella, loop stations, and sketch. Pauls Peglar and Ben McLain have been individually recognized for their talents on hit to shows *Glee* and *The Sing Off* and came together to perform for Gusties on Oct. 3.

Gustavus showcases award-winning artist Michal Sagar

Kim Krulish
Staff Writer

Gustavus Adolphus College is well-known for having renowned art exhibitions on display.

During the month of October, the College is hosting artist Michal Sagar's exhibit "Beginning of the Third Dream" in the Schaefer Gallery in the Department of Art and Art History in the Schaefer Fine Arts Center.

Similar to the Hillstrom Museum on the lower level of the Campus Center, admission to the gallery is free to the public and does not require tickets or advance registration. The gallery is open from 9 a.m. to 5 p.m.

There was an opening reception for the exhibit on Oct. 1 from 3:30 p.m. to 6 p.m. with a lecture by Sagar at 4 p.m. in the Schaefer Gallery.

The exhibit is a part of the Gustavus Artist Series for this year. The exhibit also included a one-day residency on Sagar's methods for students in the Department of Art and Art History. Funding for the workshop was provided by the Johnson Endowment for the Arts.

Sagar's artwork has been exhibited both nationally and internationally. She has had solo exhibitions at the Tychman Shapiro Gallery in Minneapolis and the Acanthe Gallery in La FertéLoupière, France.

This particular exhibit dis-

plays pieces of Sagar's art spanning twenty years. It is focused on the interplay between culture and wilderness and how these forces live within individuals.

The exhibit consists of three galleries in total, one on the lower floor, one on the second floor, and one on the landing between the floors. The galleries on the lower level and the landing deal with themes of identity and heritage. The series on the second floor is her most recent and stems from a desire to tap into vital, living images.

"I improvise throughout the working process - erasing, dissolving, and redirecting compositions until the images register vitality, yet never completely resolve."

— Michal Sagar

While working on the piece that is showcased on the second floor of the Gallery, Sagar noticed that the image of an African wild dog continued to emerge. She decided to go with this discovery and incorporated the image of the endangered



Michal Sagar's artwork has been both nationally and internationally recognized from Minneapolis to France. Lindsey Taylor

animal in her art.

"I viewed these two potentially antagonistic forces - the remnants of a Classical European male and an endangered African painted dog - as players in a struggle seeking a new balance," Sagar said. "Responding to the nature in each, I imbued both figures with a sentient quality."

As she works on her art, Sagar asks herself two questions: "Is the image alive?" and "Does it elicit multiple meanings simultaneously?"

"With these queries in mind, I

improvise throughout the working process - erasing, dissolving, and redirecting compositions until the images register vitality, yet never completely resolve," Sagar said.

This method of not allowing the images to become fully resolved leaves the paintings with an almost unfinished appearance.

This year's Gustavus Artist Series also includes a performance by organist Kalevi Kiviniemi and cantor Jukka Pietila as well as a concert by Voz en PuntoMexico's Premiere Vocal

Ensemble.

Kiviniemi and Pietila will perform on Oct. 16 at 7:30 p.m. in Christ Chapel. Voz en Punto will perform on Nov. 16 at 7:30 p.m. in the Jussi Bjorling Recital Hall.

For each concert, Gustavus students and staff receive one free ticket with their Gustavus ID. Tickets for general public are \$12 for adults and \$9 for seniors.

For more information about Sagar, her background, and her artwork, visit her website at michalsagar.com.



Sagar aims to create artwork that is alive and elicits multiple meanings. Lindsey Taylor

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SOCIAL MEDIA

A POPULAR PASTIME OR ANOTHER FORM OF ADDICTION?

Mikayla Kvitttem-Barr
Features Editor

This year's Nobel Conference explored the science behind addiction and the associated sociological and psychological experiences. A notable aspect was the idea of addiction being an "equal opportunity condition" in which anyone can fall victim to.

Given the sleep deprivation, pressure, and stress, it is no wonder that college students are especially susceptible to facets of addiction. A notable and fairly recent dependency stems from social media.

The popularity of social networking sites is a societal phenomenon but there is more to this sensation than what meets the eye.

There are many alluring features about social media, including constant communication and sociality, the ability to compare oneself to others, the psychological appeal in presenting a perfect person to the world, and the biological need to feel included and connected.

Individually, our human nature to remain social, inclination to compare ourselves with others, tendency to present an ideal version of ourselves to the world, and desire to belong are simply psychological factors to be analyzed. However, when viewed as a whole, they are more than a list of appealing features, but an equation for addiction.

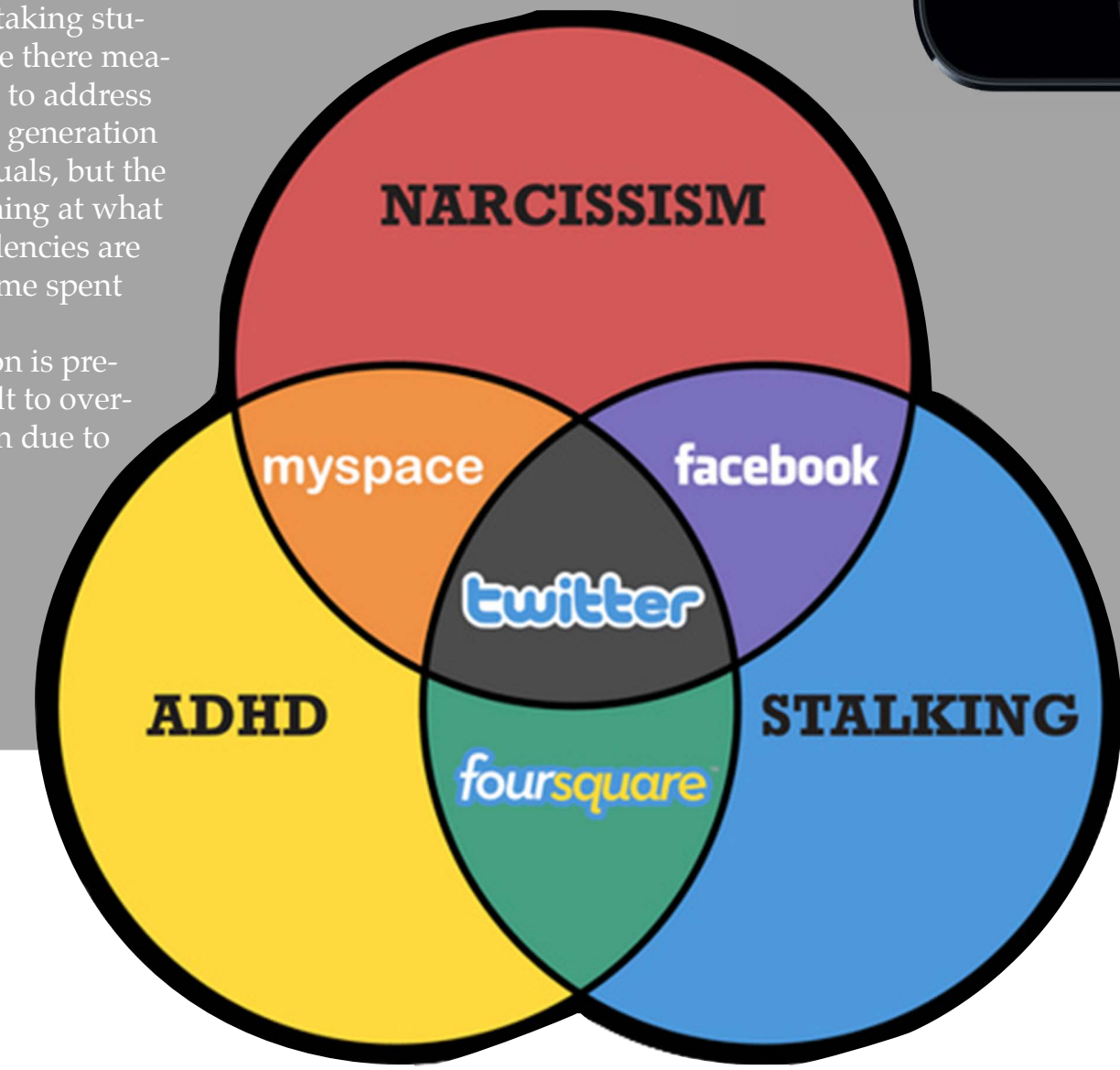
Psychological addiction occurs when an individual begins to perceive a substance, behavior or action as a necessity, something they cannot live without.

Therefore, as soon as an individual begins to depend on social media, even in the smallest sense, networking sites begin to manifest themselves as an addicting behavior.

If social media is overtaking students' priorities and time, are there measures which should be taken to address this? We have entered a new generation of media dependent individuals, but the difficulty will be in determining at what point our psychological tendencies are no longer justifiable to the time spent visiting these sites.

Psychological addiction is presented as being more difficult to overcome than physical addiction due to

the complete mental misrepresented belief of dependency. Therefore, if social media dependency can be equatable to a physical dependency on a tangible substance, why isn't this issue being treated as such? These questions are just some of the many inquiries which result from this decade's newest sensation. Thankfully, the path to exploring positive and negative future ramifications is brightly lit from the lights of our phones, tablets and laptops.



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