

# THE GUSTAVIAN WEEKLY

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APRIL 21, 2017

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*The Passengers*



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# Campus safety report

## Monday, April 03

- Campus Safety responded to the Jackson Campus Center for a medical transport. One student was transported to the ER.
- Campus Safety and Residential Life responded to a suspected drug violation in Rundstrom Hall. Case referred to the campus conduct system for possession of paraphernalia and marijuana.
- Wednesday, April 05
  - Campus Safety responded to Confer Hall for a theft report. The property was later recovered by Custodial Staff in Confer Hall.
  - Campus Safety responded

- to International Center for a medical transport. One student was taken to Rivers Edge Urgent Care.
- Campus Safety responded to a student of concern in North Hall. The student was taken to the E R by ambulance.
- Thursday, April 06
  - Campus Safety responded to a suspicious circumstance in Sohre Hall.
  - Campus Safety and Residential Life responded to a suspected drug violation in Sohre Hall. Case referred to the campus conduct system.
  - Sunday, April 09
    - Campus Safety responded

- to two students of concern on College Grounds. Two students were referred to the campus conduct system for 21 and over alcohol violations. One student was referred for failure to comply with a campus official and escorted off campus by the Saint Peter Police Department.
- Monday, April 10
  - Campus Safety responded to a suspicious incident. Two students reported a series of repeated door knocking and telephone hangups at their room in Southwest Hall.
  - Tuesday, April 11
    - Campus safety responded to a medical assist in Confer

- Hall. A student was transported to Rivers Edge Hospital by ambulance.
- A student reported the theft of personal property from the Lund Center.
- Thursday, April 13
  - Campus Safety discovered property damage in College View Apartments. A light cover was found removed from a wall.
  - Campus Safety responded to a suspicious circumstance outside Southwest Hall. Rocks were thrown at a window by three unidentified individuals. No damage occurred.
  - A student reported a theft of personal property from

the Sorensen Hall laundry room.

**Tip of the Week:**  
 Minnesota Severe Weather Awareness Week is April 17-21. According to the National Weather Service, Minnesota experiences an average of 40 tornadoes per year. Review Severe Weather information, including where shelter locations are in all the buildings you frequent on campus: <https://gustavus.edu/safety/tips/weather.php>  
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# Women of Color Summit to be held on campus

## First annual conference aims to inspire and provide networking opportunities

Staff Writer  
Priscilla Otero

The Diversity Center at Gustavus Adolphus College hosted its first Women of Color Summit to support and empower young Women of Color who attend post-secondary education institutions within Minnesota. The summit hosted keynote speaker Minnesota State Representative Susan Allen, the first Native American woman to serve in the Minnesota Legislature and the first openly lesbian Native

American to win election to a state legislature. In addition to Allen, Rosaling R. Sullivan, Esq., an attorney practicing in the areas of immigration, who has previously worked on issues of diversity and civil rights in the Minneapolis area, served as a keynote speaker. The Women of Color Summit was held on Saturday April 8.

The summit acted as a day where women were able to network and hear advice from successful women in their field. Beyond the keynote speakers, a full schedule of events were planned during the day.

During open mic, women from

colleges attending were able to perform original pieces. Shentoria Cobbs '17 from Gustavus Adolphus College performed her work *The Pain of My People*, followed by other students of Saint Mary's University of Minnesota and the University of St. Thomas. The poetry performed related to the struggles of African-American women, and of women who have felt ostracized by society. The pieces were a personalized approach to the Women of Color Summit.

This approach was a common theme of the Women of Color Summit. Many women expressed that the summit was

personal, being that the common dialogue echoed throughout the summit was one of self-love, advocacy, and empowerment. During the debrief section, women shared their experiences of the day.

"It was uplifting and energizing. The one thing I really enjoyed about the conference is how the second keynote speaker talked about building a support system through the connections we already have," a student from the University of St. Thomas said.

"Loving yourself and being true to who you are, ... women of color are put into a stereotype

or mold that many times we do not fit. Being able to express yourself and not give into that mold, not allowing anyone to tell you who you are and can become is the first step to empowerment," Marissa from the University of St. Thomas said.

The Diversity Center collaborated with Gustavus students and program assistants, Hanan Mohamud '18 and Yeng Lee '19, to plan this program for students whose identities are often marginalized. The center hopes to continue this event for future years to come.

## Diversity Center panel discuss social issues and identity



Abigail Anderson

The Gustavus Adolphus College Diversity Center sponsored "Faculty Uncensored: What They Really Think About Diversity", an event for this year's Diversity Week, creating a space where people were asked to break down typical barriers. Professors were encouraged to share their views on controversial social topics and how their identity shapes thoughts and actions, as well as touching on how they navigate diversity at Gustavus.

# Bergman kicks off 'Blueprint for Progress'

## The President's Council for Diversity Equity and Inclusion announces three year plan to improve college policy

Staff Writer  
Monali Bhakta

President Bergman recently announced a new action plan created by The Presidents Council for Diversity Equity and Inclusion entitled the Blueprint for Progress. Aiming to better the college's policies and practices to further fair access to resources. On April 12 President Bergman hosted an open campus discussion to hear feedback from students on the proposed actions and expectations for the plan.

The goal is that with this plan the Gustavus community can become a place where each person is committed to developing an understanding of personal identity and embrace their shared responsibility to be an inclusive community.

"During the kick-off we did some small group work where I especially was able to inquire into community members' questions, concerns, ideas, and suggestions; everyone gave me particularly strong and helpful feedback

that I will use as part of the next step in our PCDEI plans (which is to develop action plans for the next couple of years toward achieving the Blueprint goals)." Lisa Dembouski, Education Division Committee member, said.

The purpose of this event was to establish Gustavus Adolphus College as a more liberal arts learning community, especially as it enters into the 21st century.

The college aims to become an inclusive environment where diversity, equity, and inclusion are emphasized and implemented. This will be done through four areas of focus.

One of the areas of focus was Teaching, Research, and Learning, which means that Gustavus will grow by taking into account diverse voices and experiences in order to increase understanding of the world. This consists of two strategies like constructing a Multicultural Teaching and Learning Program for students.

This means educational opportunities such as a variety of academic classes that focus on multicultural lectures. Along with that, there will be leadership development training and important campus

events.

As for faculty, there will be an employee orientation that will teach incoming employees about the expectations regarding cultural and community standards. Going through this orientation will be a requirement and will be documented by the college. Additional areas of focus discussed were Recruitment and Retention, Safety and Security, and Institutional Structure and Governance.

One of the goals for recruitment is to focus a lot on racially underrepresented students and international students. Along with that, employees will be recruited and hired based on a standard that helps the enrollment at Gustavus increase with a multicultural student body.

Another goal proposed during this event was to provide support systems by those who are affected, are initiators, and the community in regards to discrimination, comprehensive bias, and harassment.

There will also be institutional oversight to make sure the DEIC (Diversity, Equity, and Inclusion Committee) will be doing its proper job in implementing

these policies. Compliance oversight will be required in order to check if the DEIC is being responsible and held accountable of Federal and State policies. Lastly, the Blueprint for Progress will do its best to establish a climate change assessment committee.

"[I] was impressed not only with the number of people who were at the Kick-Off for the Blueprint, but also at the quality of their thoughts and ideas. Multiple times I caught myself feeling gratitude for the bright, thoughtful, engaged, and insightful community I work in," Dembouski said.

Joyce Amakoue, member of the Class of 2020, also worked on the Recruitment and Retention subcommittee. "[I] learned that in order to make progress, everyone that is subject to the changes/effects need to be involved and included in the decision making. Also, it's very important to take into account other people's opinions." Amakoue said. All in all, the Blueprint for Progress will consist of various important goals in order to make Gustavus a more inclusive, welcoming environment for the future.

## Letter to the editor

I had the privilege of getting to know Karrin Becker during the Fall semester of 2014, when we ended up in the same study abroad program in Valparaíso, Chile. Looking back on the trips, conversations and experiences we shared, what strikes me most about Karrin was her way of unabashedly caring about almost everything.

Whether it was a mangy dog on the street, a lesson in class that highlighted an injustice in Chile, or someone's petty troubles with a professor, Karrin seemed to put herself in that very situation, her eyes wide, and care about it as much as if it were happening to her. That is a rare quality, and one that I know will be missed.

Karrin herself will be sorely missed. To Karrin's parents, to any of her friends and classmates at Gustavus Adolphus College, know that there are people all over the world who are mourning the loss

of Karrin with you. You are not alone.

In trying to find the best way that I knew how to honor Karrin's memory, I decided that reaching out to the world would be the best choice, and in order to share some of the impact that Karrin had on me, I wanted to encourage everyone reading this to do the same.

Turn to your friends and tell them how much they mean to you. Get to know people better who you're already friends with. Ask people if they're doing alright, sincerely. Listen to people with an open mind. Care about their problems as if they were your own, care about them as fellow human beings, and care more about the world around you. This is what Karrin tried to do with her life, and the least we can do to honor her existence is to keep trying.

*Lee Kaplan-Unsoeld*

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# GUSTIE of the WEEK

## Laura Isdahl

**Brady Lass**  
Variety Editor

Senior English major Laura Isdahl showcases how much potential students have within the Gustavus community. From her involvement with numerous extracurricular activities to co-creating a publishing class and resulting website, Laura has had no shortage of accomplishments on campus.

Laura comes from Plymouth, Minnesota and went to a big high school in the suburbs of Minneapolis. Part of the reason she chose to come to Gustavus was because she was seeking a strong community within a smaller student body.

"During an overnight I had at Gustavus during my Senior year of high school, I followed this person throughout all her activities. I met people who were happy to be here and genuinely wanted to know more about me. I felt like I was already a part of the community," Laura said.

Laura came to Gustavus with no idea what to major in, so she decided to take some creative writing courses for her first semester because it was a subject

she enjoyed in high school. She enrolled in some classes taught by Baker Lawley, who recommended majoring in English to her when she was finished with the course.

"I initially felt intimidated by English majors, but I loved creative writing, and Baker made me realize I was capable of accomplishing the major. He encouraged me that it was a great opportunity to improve my writing skills, and when I declared the major, I made him my advisor," Laura said.

Laura and Lawley worked closely with each other over the next few years. Not only did Laura enroll in a number of his classes, but she also was the managing editor for the Firethorne literary magazine. Eventually, the two collaborated on making Firethorne a part of the new Editing and Publishing course introduced last year along with Lawley's new creation, Razor Literary Magazine.

"When I had an opportunity to start teaching a class on Editing and Publishing, I wanted to start a new online literary magazine housed at Gustavus, but I knew I'd need help with that," Lawley said. "Laura was the first student I thought of to work with. We worked together

over the summer in 2015, meeting in a coffee shop and working on every minute detail to get Razor Literary Magazine founded and running. Laura shaped the magazine's style and tone, wrote our Mission Statement and Submission Guidelines, and helped make it an appealing magazine for Gusties to work on in my Editing and Publishing class. She was a great colleague on the project and a lot of fun to work with."

Laura said that co-creating Razor was "the most rewarding thing I've ever done at Gustavus." Alongside this, she's also served as a tutor for the Writing Center, a Gustie Greeter, a Gustie Guide, a Gustavus Ambassador, and is a member of the Guild of St. Lucia. During her time as a Gustie Greeter, she became close friends with fellow English major, Camryn Heckel.

"When I was a first-year student, Laura was my Gustie Greeter," Heckel said. "For the first semester, she was super attentive and was a comforting resource to have. Even when she went abroad last Spring, she was attentive, and reached out to me multiple times, even though she was across the globe. Over the course of this last year, Laura has become one of



Abby Anderson

*Laura's experiences with Gustavus have set her up for a bright future.*

my closest friends. I would say that I spend more time with Laura than anyone else on this campus."

Heckel's favorite memories with Laura consist of their daily lunches, attempting the Super Quizzes in the Star Tribune, playing a ridiculous amount of cribbage together, and their shared love for Beyoncé. Heckel appreciates Laura's kindness toward her peers.

"Laura is one of the most inclusive people I have ever met," Heckel said. "She goes way out of her way for anybody and everybody. She truly knows how to make people feel special, but

one thing that is most unique about that, is that she genuinely sees the greatness in everyone. Laura is one of the best communicators I know and knows how to talk to everyone, no matter the subject. Laura truly is one of the greatest friends I have ever had, and that is because of her kindness, attentiveness, and compassion."

Laura has big plans for the future, as she's recently been accepted by Fulbright to teach English in Malaysia for a year. This won't be the first time she'll be far from home, as she's previously studied abroad in South Africa. Lawley is confident she'll be able to have a big impact on the students she will teach.

"Laura's a wonderful student and writer, but she also has intangible skills as a leader and communicator that make her really stand out," Lawley said. "It's been a joy to see all these things coming together for her since she was in my Introduction to Creative Writing class in her first year. She's become a great tutor and leader for the Writing Center, and has pushed herself to broaden her education by studying abroad in South Africa. The Fulbright committee clearly saw the same things, that Laura's a great student who's also a great communicator and leader, when they gave her the fellowship. I'm very proud of her and am very excited for her to have this opportunity."

As Laura prepares to leave Gustavus and head out into the big world, she encourages students to take advantage of the opportunities the campus has to offer.

"One thing I always tell people is to really get involved in things at Gustavus that interest you specifically. The most rewarding experiences I've had were activities that I sought out for myself," Laura said.



Abby Anderson

*Laura is loved by her friends for her communication skills, genuine kindness, attentiveness, and seeing the greatness in everyone.*

# Take a ride with the *Passengers*



**Kristi Manning**  
Staff Writer

When it comes to the space and science fiction films everyone loves, *Passengers* adds an interesting spin on previously made films of the same genre. Not only does the film include everything you would expect from a science fiction film with hibernating spaceships, but the film also includes a twist on the romantic element between the two main characters.

While there may be some aspects of the film that might raise questions about what's right and wrong, *Passengers* leads audiences to empathize with the characters and find meaning within the story. The small cast allows each of the main



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"*Passengers*" offers an intriguing moral dilemma that showcases Chris Pratt's dramatic range of acting.

characters, especially Aurora Lane (Jennifer Lawrence) and Jim Preston (Chris Pratt) to be developed further than in many other films.

The film begins with Jim Preston being awakened from his hibernation pod, 90 years too early. As he explores the ship alone, we learn about his background and why he is traveling to Homestead II. His only companion, Arthur, is an android working as a bartender on the ship. After an entire year of being awake on the ship, Jim's emotions are clearly displayed. He becomes depressed and completely isolated, lead-

ing him to contemplate suicide.

He eventually is saved when he purposefully awakens Aurora Lane, from her pod. Jim frames the situation so that she believes her pod had malfunctioned, keeping the truth away from her. Aurora and Jim grow close, forming a strong relationship with each other. On her birthday, a year later Arthur unintentionally reveals the secret that Jim had been keeping from Aurora from the day they met.

Although the film does not completely enforce what is currently happening in the space and scientific field, it adds a new perspective on what could

become of Earth and what space travel could possibly look like in the future. The film's themes also allow for the contemplation of what humans will do to help themselves survive, even if that means risking someone else's life and their future. Jim's loneliness and want for a companion in his suffering turns into selfishness. As Jim lives alone on the ship he becomes more depressed. A sympathy for his character is felt, but what he does to Aurora puts his moral and ethical individuality into the spotlight. Jim has to choose between giving himself a companion so he is no longer alone

or letting Aurora hibernate until the ship arrives at Homestead II in 90 years.

Because Jim in a sense takes away Aurora's life that she would have had as a writer on Homestead II, the audience is left with negative feelings toward his character instead of the sympathy felt previously. Sympathy is turned toward Aurora, who had no choice in her path because someone else interfered with it.

Those who have liked Jennifer Lawrence in some of her more dramatic roles will find her performance of Aurora Lane intriguing, yet familiar. However, for fans of Chris Pratt, the film might make you think differently about his serious acting career. Some may find this serious side of Pratt refreshing while others may wish for him to return to comedic characters such as his role of Andy Dwyer on *Parks and Recreation*.

Whether audiences will enjoy the film or not will depend on what they're looking for. If one is expecting a dramatic scientific fiction thriller, it might feel lacking. If the romance is what draws the viewer, they might find something they like about the film. If you're seeking a combination of the two then this is the perfect film for you.

## David Nelson to reach high notes at Senior Recital

**Ben Keran**  
Staff Writer

Included among Gustavus' impressive upcoming slate of senior recitals is Music, Math and Statistics major David Nelson.

Born and raised in Woodbury, MN, Nelson has been playing the violin and singing since he was in elementary school. For high school, Nelson attended the Math and Science Academy and described himself as one of the "cool kids."

Since he started down his path of music, Nelson has experimented with all sorts of instruments including the saxophone, clarinet, bassoon, and didgeridoo, which has accumulated to the grand total of him being proficient at eight instruments.

Nelson will be attending Arizona State University this upcoming Fall to pursue a Master of Music degree in Opera and Musical Theater performance. Nelson has multiple plans for his future post-graduate school. These range from performing opera, to teaching singing or music theory.

Nelson has succeeded academically during his time at Gustavus, a difficult feat considering that he has three separate majors. He attributes his success to hard work and practice. "Of course that's the easy thing to say, but the reason everybody says it is because it's true," Nelson said.

His roommate Jon Dobias



Submitted

David is one of the many Gustie performing this weekend. Other performances to check out include Adirane Rentschler and Alissa's joint recital on Friday, April 21, as well as Nikki Skifton's, Joshua Manson's, Kaitlyn Peroutka, T.J. Zemlin's, and Ben Ventry's respective recitals on Sunday, April 23.

describes Nelson's success as "maddening."

"To us regular humans, who have done fewer things at Gustavus with more time, David's success is unbelievably frustrating. I don't think I have to explain myself, but wow, is it hard to come back to the room knowing that I can do nothing to keep up," Dobias said.

Nelson is also part of the on-campus men's a capella group known as G-Sharp. One of its graduating members, the group totals ten, three of which are seniors. One of his fellow seniors in the group and also his roommate, Ian McKeag, has his own perspective on David's hard work.

"Hey, we all worked hard

to graduate from Gustavus. I mean, David did too, and I'm proud of him, but there are three senior recitals this weekend. He's for sure in the top three. That's all I'll say," McKeag said. "If I show any sort of admiration then it'll be that much harder to make fun of him when G-Sharp goes on stage Saturday. So no, no further comments."

As a part of the Gustavus Choir, the Gustavus Symphony Orchestra, and the Gustavus Jazz Lab Band, Nelson has international experience performing in countries such as Greece, Macedonia, the British Isles, and France.

He was also a member of two summer operas performances of *Daughter of the Regiment* in

2015 and *Sweeney Todd* in 2016. Nelson described his experiences as "life-changing" and also inspiring his desire to go to grad school for music and opera instead of pursuing a math degree.

"It's hard to say, 'I think I'll pursue a music degree' when I know that I can have more economic freedom with a math degree, but I decided that freedom wouldn't be worth it if I wouldn't be doing something I wanted to be doing," Nelson said.

Nelson is grateful that Gustavus granted him so many opportunities to improve himself as a musician.

"I've been fortunate enough to dip my toes into a bunch of

different kinds of music and ensembles while at Gustavus. It has really rounded me out as a person and a musician. Moving forward into grad school, I'll continue to shape myself as a musician, but my time at Gustavus will be what I think ultimately defines my character and personality," Nelson said.

Nelson's upcoming performance will be comprised of the important works of Donizetti, Mozart, Schumann, Mendelssohn, and even Dave Matthews. It will feature solo singing, a G-Sharp accompanied performance, and also violin performances.

David Nelson's Senior Recital will be at 3:30 p.m., April 22 at Bjorling Hall.

# Tales from Abroad

**Jenna Hooper**  
Guest Writer

I studied abroad in St. Petersburg, Russia in the Fall of 2015.

One highlight? Babies in jars. If you cross the Dvortsoviy Bridge on Nevsky Prospekt and hang a left you'll come across the Kuntskamera, Russia's first anthropological museum. You begin on the first floor and pretend like you're interested in all the old clothes from cultures across the world, but as you ascend the stairs to the second floor you realize you're really only there for the third floor. I tried to demystify the world through this museum, but I'd say it's still more of a gross attraction than educational visit. Not a whole lot of people talk about the clothes and weapons.

So the second floor doesn't even register as you fly up the stairs to the third floor and find yourself staring at display cases holding the bloated body of a two-headed baby in a jar. Their pale lips puff out, kissing the glass.

Just to the left stands a tiny skeleton with two torsos and two tiny skulls. I don't know if they were meant to brighten

the display case, but a few butterflies find themselves pinned on the wooden shelves. This is just one of ten display cases, one shelf of 30.

Meanwhile, while you're trying to fight the growing ball of sick in your stomach, children scurry around the floor and point at jars and skeletons. They gasp and exclaim in Russian, giggling and whispering excitedly to each other.

Little Tim Burtons, all of them. Naturally, I brought my family straight to that museum when they visited. My cousin didn't speak for a few hours after that. I can still make her go silent for a minute if I mention it.

As fun as that was, the real highlights of the trip were much larger than those two trips. My absolute favorite part was my host family, a young mother, her seven-year-old daughter, and their cat Tigra. I've never had a cat, so that was quite the experience. Do cats always shoot around like they've been possessed by a demon?

Anyway, if you have the chance to study abroad and stay with a host family, take that opportunity. They turned their home into a second home for me.

My host sister and I did home-



Submitted

Russia offered many mystifying sites for Jenna, take this church in St. Petersburg for instance.

work together, all three of us cooked pizza together, we threw a Halloween party, and we went to their dacha for a weekend. They took me to Peter and Paul's Fortress, an art exhibit, a yoga class, and my host mom and her friend even took me to a club on Halloween. My sister and I drew, painted, and folded origami together.

My host mom called me her second daughter, and I honestly felt like her second daughter. I have never experienced such warm hospitality from complete

strangers, and that hospitality marked my entire study abroad experience.

The Russian students at the school we attended treated us like fellow students, and when I spent a week in Arkhangelsk, Russia, my host brother and sister treated me like another sibling. Even the landscape felt like home—when I saw birch trees from the plane, I thought it looked like I hadn't even left Minnesota. The language was hard to get a grasp on at first, but that's why I went for

four months. About halfway through, I could keep up with conversations and my relationships with my family and peers blossomed further.

I cannot sum up every experience and feeling with my host family, but I can namedrop museums, artists, and historical facts to dazzle you and hopefully make you want to travel to St. Petersburg even if you do not stay with a host family.

I remember getting off the Blue Line at the Nevsky metro stop, looking to the right as I exited the station, and seeing The Church of the Savior on Blood, the church built on the site of Tsar Alexander II's death. About three blocks up sits the Hermitage, and not much farther the Kuntskamera. Right across the station stands the Kazan Cathedral.

The statues outside the Kazan Cathedral stood as tall as they did during the Siege of Leningrad, and not much farther a sign hangs on a building warning citizens that the sign's side of the street was more dangerous during shelling. And that's just one side of the Nevsky metro station.

Every corner of that city held history and the spots in between were dedicated to the arts. During our Dostoevsky tour, we looked up and saw a nose sticking out from the side of the building, a reference to Gogol's short story *The Nose*.

I lived near a metro station named after Pushkin, the famous Russian poet. Sometimes I would turn down an alley and suddenly face a statue of Rimsky-Korsakov. Of course, St. Petersburg is home to one of the world's largest museums and many famous authors, poets, composers, and artists, so I should have known they would flaunt their history and arts at every turn. All the same, it was a pleasant surprise.

I've been back for a year, but I still miss Russia. Most of all, I miss my host family. But that just means I have to make an opportunity to go back—I have to visit my mom and sister across the world, right?



Submitted

Jenna felt right at home in Russia. It offered her a loving host family, birch trees, and quirky Tim Burton-esque exhibits. What's not to love?



# Class of twenty seventeen

We all know what happens come May: the safety net of college tears away and you plummet into the real world. In other words, the days of sleeping until noon and eating Easy Mac are gone.

With those days near and dear, some of the older and wiser of Gustavus provide their insight for the Class of 2017.

“Dare to be wise: begin now. The graduating senior who puts off the day when he or she will live rightly is like the traveler who waits for the river to drain away, but the river flows on, and will flow on, forever.”  
- Ron Rietz

“Remember that you are beloved, valuable, and worthy of experiencing love and joy in your life. Your journey will take you many places and through many challenges, but you are connected to so many people who are cheering for you to shine and who will listen to your heartbreaks and triumphs. Cultivate a sense of gratitude for the gifts, however simple, that you give and receive each day of your life.”  
- Reverend Siri C. Erickson

“Be yourself. Love your people. Be kind. Lead strong. Give back.”  
- Grady St. Dennis

“Explore ideas that are radical enough to be afraid of.  
Travel.  
Read.  
Love.  
Believe.  
Worry about someone other than yourself.  
Refuse to curb your enthusiasm.  
Protest fear.  
Remember who you are.”  
- Reverend Brian E. Konkol

“Always be kind, work hard and dare to be all you can be.”  
- Jeri Miller

“It takes courage to make decisions, but it takes more courage to live with those decisions afterwards.”  
- Paul Matzke

“The world needs you to be your best self! Embrace change, learn, and grow. Stay mentally, physically, and spiritually strong so that you can live with enthusiasm. There is no dress rehearsal for life, this is it! Seize the day!”  
- Cynthia Favre

“Learn something from every job you take. Even if it’s not where you want to be, take advantage of every organizational role to learn something. Write down some goals, and seek them out.

If nothing else from finance, remember the time value of money. Start saving from day 1, even if it’s \$24 to the 401(k) and \$25 to savings. You won’t miss it, and it adds up. Run one of those retirement planning calculators to see how tax deferred savings will work for you for motivation.

Your college friends can be your friends for life, but your relationships will change. Don’t try to keep the same dynamic as it was during your college time. Allow yourselves the freedom to change how you are friends.”  
- Kathy Lund Dean

“Buy low, sell high!”  
- James Stone