

THE GUSTAVIAN WEEKLY

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ISSUE 8

Gustie of the Week: Melissa Saholt



VARIETY - PAGE 5

"Disregarding public concern is dangerous"



OPINION - PAGE 12

Cross Country gets ready for regional race



SPORTS - PAGE 15

Students found new language club

Gusties collaborate with Culpepper to provide students with opportunity to explore the world of sign language

Ella Napton
Staff Writer

For many, sign language is something one was taught in first grade for a day and something that piques one's interest when it is mentioned, but no actions are typically taken after.

Many often gloss over it when talking about languages they are interested in learning or pursuing both in and out of college. But for others sign language is their first language (or was their first language at one point in their life).

One of these people is junior Elizabeth Toeben.

"We have a culture of it here [at Gustavus] and we need to acknowledge it," she said.

Personally, Toeben does not know anyone here at Gustavus that is entirely deaf, but she does know CODAS--or Children of Deaf Adults.

For most of these individuals, sign language is their first language and instead of learning English through their parents they learned it as a second language at

school.

Having a space at Gustavus where they could use their hands and sign-speak in their first language would be nice for these students to have.

This is partially why Toeben decided to start the Exploring Sign Language club this year. It is a club sponsored by the Culpepper Language Center. It was started after Jeremy Robinson contacted Toeben and asked if she could start a group to spread awareness of the language.

She hopes that through starting this club it will spur a movement to get sign language classes added to the academic bulletin in the coming years.

Currently, students who wish to learn sign language must drive over to Mankato State University and take classes that do not interfere with their Gustavus classes. This includes sophomore Hailey Campbell.

Campbell takes sign language at MSU and heard about the club through her friend, who was contacted by her professor here at Gustavus about the club.

Toeben stresses that you do not have to know sign language to attend the

club and that members, and herself, are all learning as they go. She does not even consider herself to be fluent in sign language.

Toeben got her start after she communicated with her younger sister by ASL because she has a brain tumor. She stopped once her sister got better, but began taking classes again in high school and college.

Through this club Toeben hopes to bring awareness about the culture here to Gustavus and to get people excited or interested in learning sign language--in all to share the fascination she has with sign language with others.

She has been pursuing the path to get sign language added as a class at Gustavus but has met many roadblocks. She hopes through this club and high attendance at least a J-Term course will be offered.

Each week the club explores a different culture's sign language and how it varies from American Sign Language. At the most current meeting they were digging into French Sign Language.

Each meeting is started with a brief lesson in American Sign Language and

introductions.

Then the club talks about the history of the particular sign language of that week and what sign language influenced it.

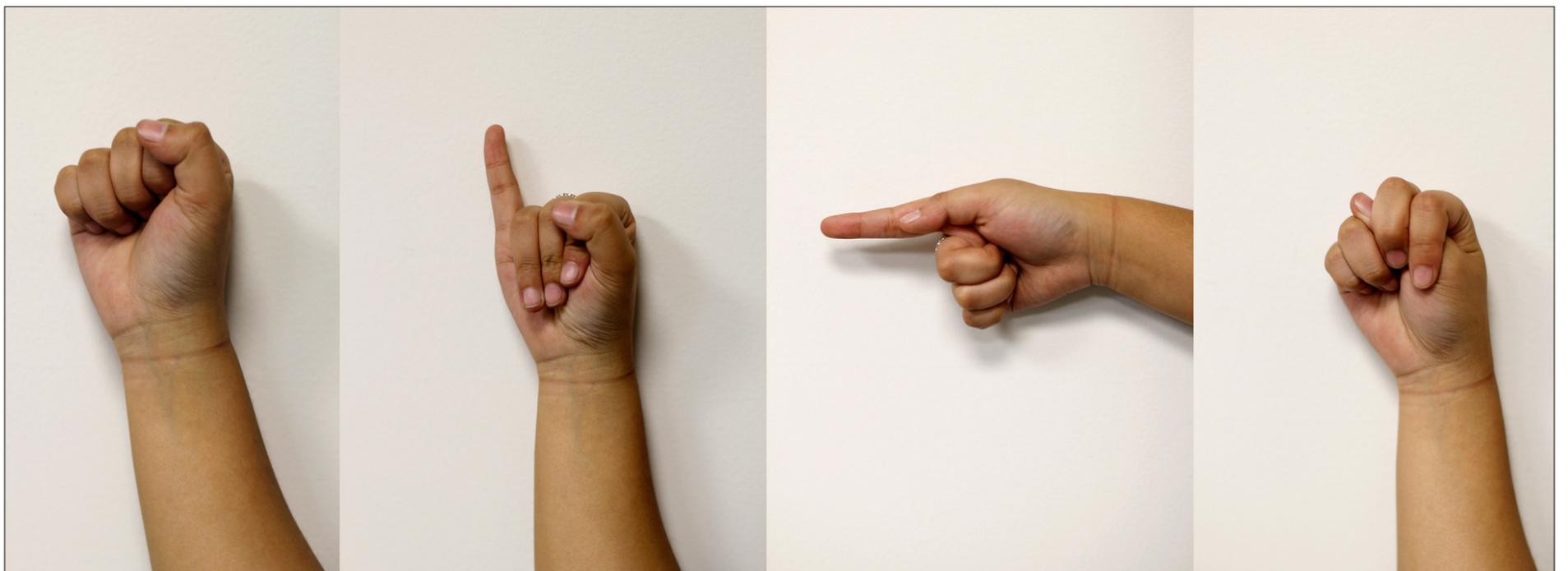
They also discuss the stigma behind that specific sign language in its country. For instance, Spanish sign language was not even recognized until 2005 even though it had an influence on other sign languages such as ASL.

For many of those attending this is their first experience of truly learning signs and the language's background.

Not only does this offer students the chance to explore sign language, but Toeben believes that a prospective student touring the campus might be more inclined knowing that there is a space for manualists on campus.

Manualists being those who sign instead of speak. Creating a space for those who may not have one yet designated to their own culture is incredibly important to making everyone feel comfortable on campus.

The Exploring Sign Language club meets every Thursday in Confer 230 at 7pm.



S-I-G-N, spelt out in sign language.

Caroline Probst

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Campus Safety Report

Thursday, November 3
 A Gustavus student reported damage to his car while it was parked in the Bjorling parking lot.

Campus Safety responded to a report of inappropriate communications in Sorensen Hall. A political poster had been written on with curse words.

Campus Safety and Residential Life responded to a noise and alcohol violation in Sorensen Hall. Two students were referred to the campus conduct system for underage possession of alcohol.

Friday, November 4
 An online report was submitted by a Campus Security

Authority about a reported fondling in the Johnson Student Union on Saturday, October 29, 2016. The victim and suspect were not identified.

Campus Safety responded to the Schaefer Fine Arts - Art building to investigate the smell of smoke in the building. No fire or property damage were found.

A Collegiate Fellow documented an empty alcohol container in a room in Sohre Hall occupied by four students.

An online report was submitted about dishes broken in a hallway in Southwest Hall.

Saturday, November 5
 Campus Safety responded to

a medical assist at Lund Circle. Campus Safety responded to a medical assist at Prairie View Apartments. One student was transported to Rivers Edge Hospital.

Campus Safety documented the theft of College property. One parking directional sign and one pedestrian crossing sign were missing from College grounds.

Sunday, November 6
 Campus Safety and Residential Life responded to an alcohol incident in Norelius Hall. Three students were referred to the campus conduct system for underage consumption of alcohol. One student was referred for

underage possession of alcohol. One student was transported to the hospital by ambulance.

Campus safety and Residential Life responded to an alcohol violation in Norelius Hall. One student was referred to the campus conduct system for underage consumption.

Campus Safety responded to College View Apartments for a theft of College property; a fire extinguisher was missing.

Campus Safety responded to an alcohol violation in the Linnaeus Arboretum. One student was referred to the campus conduct system for a 21 and over alcohol violation.

A student came to the Campus Safety Office to report a

suspicious circumstance in Norelius Hall. A video was posted on social media that was filmed in their unlocked room.

Campus Safety and Residential Life responded to a suspected drug violation in Sohre Hall.

Tip of the Week:
 Nov. 6-13, 2016, is Drowsy Driving Prevention Week. The National Sleep Foundation offers this advice:

Get seven to nine hours of sleep a night.

Don't drive if you've been awake for 24 hours or more.

Stop every two hours to rest. Pull over and take a nap if you're drowsy.

Travel during times you are normally awake.

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Tri-Sigma encourages students to get moving

Sorority hosts annual Zumbathon to raise money for the 'March of Dimes'

Alexis Sienczak
Staff Writer

Greek life is known for their philanthropy events that aid various sorts of organizations. The most recent Greek event is Tri-Sigma's annual Zumbathon. The Zumbathon is being hosted on Sunday, Nov. 13 in the Lund Aerobics room. The money raised from the Zumbathon supports the March of Dimes.

Tri-Sigma is a national sorority that wishes to connect women through bonds of friendship and leadership.

Tri-Sigma will be hosting their third annual Zumbathon in the Lund Aerobics room. The Zumbathon will run for three hours and supports the March of Dimes.

Sigma members and alumni will be leading the event. Participants will be able to win prizes, including a FitBit Flex 2, throughout the event. Prizes can only be won if participants are

present at the drawings.

Tri-Sigma hosts various other philanthropic events throughout the year. Their largest philanthropic actions can be seen through the Tri-Sigma Foundation.

From the Tri-Sigma Foundation website, their foundation focuses on:

"create[ing] opportunities for donors to support scholarship, leadership development, philanthropy and service. To date the Foundation has awarded nearly \$1.5 million for scholarships and leadership programs as well as more than \$3 million in therapeutic play/child life programs."

The March of Dimes is the newest addition to the Tri-Sigma Foundation. March of Dimes is an organization committed to finding causes of premature birth defects and infant mortality.

March of Dimes started out when polio was a disease that affected thousands of individuals during the early twentieth

century. President Franklin Roosevelt started the National Foundation for Infinite Paraly-

"The March of Dimes has led the way to discover the genetic causes of birth defects, to promote newborn screening, and to educate medical professionals and the public about best practices for healthy pregnancy."

– March of Dimes

sis in response to this disease.

The Paralysis foundation was the predecessor to the March of Dimes.

After scientists synthesized a

polio vaccine:

"the foundation turned its focus to preventing birth defects and infant mortality. The March of Dimes has led the way to discover the genetic causes of birth defects, to promote newborn screening, and to educate medical professionals and the public about best practices for healthy pregnancy" March of Dimes foundation.

March of Dimes fights premature births through research and public education. They fund scientists that are searching for ways to combat premature births.

Such as screening mothers for premature births before they're pregnant. Tri-Sigma has gone even further to educate Gusties about March of Dimes and their humanitarian actions. The Sigmas are hosting a "baby shower" on Thursday Nov. 10th, to raise awareness for premature births.

"This year is our first year centering Zumbathon around Sigma Week.

We will have other events leading up to it. All week we will be tabling for Pie-a-Sigma where we will pie the Sigma who receives the most money in donations at noon on Nov. 11 in the caf. We will also be hosting an open social on Thursday night that is baby shower themed to raise awareness for prematurity" Tri-Sigma President Madeline Jentink '17 said.

Sigma's future at Gustavus is full of other opportunities to help the global community.

Later on in the year, the Sigmas will have a Christmas Party and a March for Dimes walk.

For her, the opportunity to lead her sisters:

"has given me so many opportunities and lifelong friendships that it's a joy to be able to serve my sisters and the organization in this role! I'm honored my sisters elected me, and I have learned so much about the organization, and myself as a leader, along with growing closer to my sisters."

Student body shook up by Trump's victory, Building Bridge organizes sit-in to console

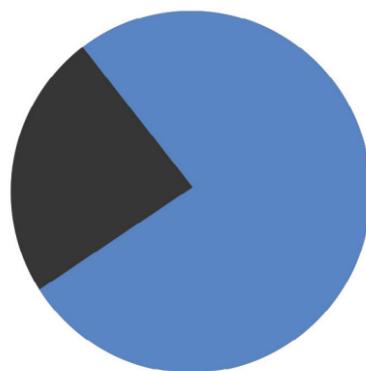


Quinn Andersen

In light of recent election results, students have come to gather in many forms. Both the Diversity Center and Members of the Provost Office reached out to students to offer comfort and solace in times of uncertainty. Building Bridges chose to organize a sit-in (pictured above) to give students a shared space to express their feelings and fears of marginalization and oppression.

Students Who Pre-Registered To Vote in Minnesota *

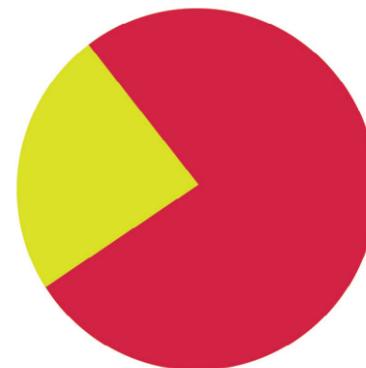
Of 2210 students enrolled at Gustavus...



~77% of students are Minnesotan (1712 students)



~67% of students answered survey (1163 students)



~77% of survey respondents were Minnesotans and registered (899 of 1163 respondents)

*According to survey (Note that graphs are not fully precise but estimated)

Gustavus community shines light on (un)happiness

Organizations on campus prepare to host three-week series of workshops

Corbyn Jenkins
Staff Writer

A series of (Un)happy workshops will be happening on Mondays from 7:00 to 9:00 pm in The Dive. The first session is on Nov. 14. The workshops consist of three different topics, and were created through a collaboration between the Diversity Center, Counseling Center, Academic Support Center, and ILS Houses. The different organizations all work with students during challenging times. Because of this, they have the chance to see students and their resilience. This

three-week series has insight on what it takes to remain positive.

"These workshops are an opportunity to expand a person's ability to become more resilient to the inevitable stressors in life," Director of the Counseling Center Lisa Rinehart said.

The first session will be featuring the film, *Happy*.

IMDb summarizes the movie as taking "a journey from the swamps of Louisiana to the slums of Kolkata in search of what makes people happy."

Combining real-life stories of individuals from around the world and powerful interviews with the leading scientists in happiness research, *HAPPY*

explores the secrets behind our most valued emotion."

"Watching this movie is an opportunity to see how ... reflecting on various situations can create more happiness in one's life," Rinehart said.

The second session on Nov. 21 will feature happy yoga. This session is held by Kelly Karstad, an administrator in the Academic Support Center.

Yoga is an old practice that relies on believing we have power over the energy of our mind and body. Yoga incorporates movement, breathing, and meditation techniques. The goal of the happy yoga session is to learn: "a physical practice that in-

corporates poses, breathing, and meditations that can have the effect of uplifting our energy," Karstad said.

The third session on Nov. 28 focuses on reframing.

"Reframing means changing our perspective. To change our perspective, we first need to take notice of how we respond to life. When we have that awareness, we can ask 'Is there a way that I can respond differently that is more helpful, that can bring more peace, resilience, happiness?' Usually, the answer is yes," Karstad said.

This session is lead by Rinehart, the Director of the Counseling Center.

"The Reframing workshop is a chance to view things in a slightly different way, which can change outcomes," Rinehart said.

The overall goal of these workshops is to help people realize the power they have in creating happiness.

"I hope these workshops offer a few insights and strategies for students to take steps toward more empowered and authentic living," Rinehart said.

Gustavus fundraises for student benefit

Andrew Denzel
Staff Writer

Wednesday November 16th, the Gustavus Advancement office will sponsor the third annual Give To Gustavus Day.

All members of the Gustavus community are encouraged to give generously between the hours of 6am and 9pm and share their giving on social media, so as to motivate friends and family to give generously as well and ensure that the college is able to provide a first class education for current and future students.

Live tickers will track the amount of money raised for the college, as well as progress made towards specific goals. To further promote the event, social media users are encouraged to use a pair of hashtags, #FireuptheRouser and #GivetoGustavus.

All money raised will go to the Gustavus fund, more than three-quarters of which is used for the direct benefit of students.

The tradition began as a way to help provide encouragement for faculty and alumni to help support students and the basic day to day operations of the college.

Last year, thanks to the enthusiastic efforts of many members of the Gustavus community, more than \$170,000 was raised for the Gustavus Fund.

This year, the Advancement Office is optimistic that even more can be raised. "A lot of people are trying to help students and raise scholarships in their spare time," said, Kasey Linde, Manager of the Gustavus Fund. "They don't really need to do it, but they do."

This year, Give to Gustavus Day will be largely modeled after crowdfund-

ing sites like GoFundMe or Kickstarter, with specific targets for certain donor subgroups, such as alumni from a certain year or current/former participants involved with specific Gustavus programming.

Generous donors have made approximately 20 pledges in significant amounts of money if specified fundraising targets are met.

"I think people get excited about giving on one particular day because they can see the results happen," said Ann Peterson '83, Associate Vice President for Advancement and Director of Development.

"They'll say 'I made a gift of \$100, but 300 more people also gave a gift of \$100.' So when everyone decides to give on the same day, there's a lot of momentum."

44 percent of money contributed to the Gustavus Fund goes students scholarships and financial aid, while a third will go to supporting the research, instructional, and academic resources utilized by students and their professors.

13 percent will go to support on-campus student services like the Diversity Center, CAB and Residential Life, 8 percent for institutional services, and 2 percent for other campus events and programming.

"Our tuition only covers about half of what it costs to run Gustavus - everything else comes from different [organizations], and from people giving back," said Senior John Baron, who as Manager of GusLink Student Phoning, has organized multiple phone bank shifts to reach out to donors and alumni about the event.

"Giving back on Give to Gustavus day helps our education to succeed and excel and helps those in the future as well."

THE GUSTAVIAN WEEKLY JOB POSTINGS

Photography Editor
Photographers
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Interested?

Want an application or have questions?

Email us! (weekly@gac.edu)

Correction from Issue 7

- Corbyn Jenkins was the author of "Students join protest at Standing Rock".

- Monali Bhakta was the author of "The Diversity Leadership Council loses big membership".

GUSTIE of the WEEK

Melissa Saholt

Kristi Manning
Staff Writer

Melissa Saholt is a junior Communication Studies and English double major, from Lakeville, Minnesota.

Melissa is a familiar face to many at Gustavus. You may have spotted her giving tours around campus, playing handbells in Chapel, or seen her bright smile from across the Courtyard Cafe.

Melissa loves the feel of the Gustavus campus, and the community here. These were two of the key reasons why Gustavus was her choice for college. She also loves that Gustavus has allowed her to have so many unique experiences.

"I've had so many different opportunities wherever I go," Melissa said.

Melissa is very dedicated to her studies and often has a lot going on, being a double major, but she also finds time to be involved in the Gustavus community, and multiple student organizations on-campus. She is part of Gustavus Greens, Handbells, is President of French Club, a Writing Center tutor, and is a Gustie Guide.

Melissa and her good friend and current roommate, Molly Johnston, met their freshman year.

"We kind of had the same friend group, but first started to get to know each other during J-term freshman year. We figured out we both liked the show *Criminal Minds*. We would watch that together, and would even Skype or call each other when we weren't together," Johnston said.

"I think people can learn from her enthusiasm, and not making preconceived notions.."

—Kathy Lund Dean

Johnston loves having Melissa as her friend and roommate, and admires how hardworking, involved, and invested she is both in her studies and in her relationships on campus.

"She's really good at keeping relationships going. She keeps in touch with so many people from our freshman year section in Co-Ed, and she has lunch with them," Johnston said.

Johnston also loves how Melissa is always so positive and

happy.

"She's my go to person if I need to talk to someone. She's such a good friend to everyone. When she sees someone she knows, she always says hi, and is super excited to see them," Johnston said.

Melissa has also been known to check in with her professors to say hi and let them know what she has been up to.

One of the major lessons that Melissa has learned as a student here at Gustavus is that everything happens for a reason.

"I found that a lot of my freshman year classes have gotten me interested in different opportunities that I wouldn't have really thought about. For example, my FTS was Let's Gamble, and that led me to take a J-Term in Las Vegas my sophomore year," Melissa said.

Professor of Management in Economics and Management, Kathy Lund Dean first met Melissa during the course-related orientation meetings for her J-Term course, *Entrepreneurs - Las Vegas* last January.

Lund Dean was impressed with how Melissa took control of her learning and engaged herself in every opportunity during the time they were in Las Vegas.



Caroline Probst

The Gustavus Handbell Choir is one of the many groups Melissa's a part of.

"She always wanted to try something new. She was always very professional with all of our site visits and all of our executives. She was up for anything. It was great," Lund Dean said.

Lund Dean sees Melissa as a great role model for Gustavus students in terms of being open to different paths, and taking opportunities as they are presented.

"I think people can learn from her enthusiasm, and not making preconceived notions. Some-

times I see Gustavus students be self-locked and have plans, nothing can deviate from these four-year plans. She's not like that at all, and I think people can learn from that," Lund Dean said.

Anyone who meets Melissa knows that she takes every opportunity that is presented to her, works hard to learn as much as she can in her majors, activities, and interactions, and is friendly to everyone she meets here at Gustavus.



Caroline Probst

Melissa's enthusiasm and willingness to maintain her relationships with her professors and fellow Gusties makes her quite a friendly face on campus.

Jason should not have been Bourne again

Ben Keran
Staff Writer

Convenient. Paul Greengrass's *Jason Bourne* is extremely convenient.

From cartoon-like falls from tops of buildings, to CIA incompetence, *Jason Bourne* is not the film you are looking for. This is a film that takes everything that the original trilogy was known and respected for—the wit of Jason Bourne, relativity, and realistic consequences to actions—and just completely tosses it out the window for complete gut-punching madness.

Jason Bourne continues the series' one ever-developing plot in which a high-level government figure is not playing by the rules, and it's not okay. Of course, change never happens from within the government, so they (I'm not using pronouns on purpose, I'm actually not sure what the other side is? Hackers?) dig up Julia Styles's character to throw herself at Bourne with a nice and tidy bit of plot-filled information.

What follows is some of the least compelling portrayals of technology I've seen in a long time. For example, the film is set in 2016, yet a "world class" hacker still uses a phone with a keyboard. There's even the Internet's darling "enhance" feature where a blurry picture



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The long-awaited fourth installment in the Jason Bourne series falls flat due to the misuse of the movie's "realism."

suddenly is no longer blurry.

Of course, identifying the inconsistencies in technology can be drawn up to my own knowledge, but that is far from the most worrying part of the latest edition to the *Bourne* franchise.

Jason Bourne revolves mainly around an international conversation about government surveillance of its citizens and the morality of said surveillance.

While you could attack this film for attempting to deal with an issue six years too late, it is nothing compared to the lack of dialogue around this central theme. Never in my life have I seen a movie so disinterested with its central topic. The phrase or something similar to the effect of "that is the question" is

thrown around more than the name *Jason Bourne* (not actually, but it's a lot). It is beyond frustrating for a film to use a character with such an interesting story arc, but come to no conclusions about him or the world he belongs to.

I also worry about the suggestions this movie makes. I have faith in Paul Greengrass as a human. I don't believe he really thinks the rest of the world is some kind of cesspool or that there is really one man out there who can "make America safe again."

I think you see what I'm getting at. I think Paul Greengrass's *Jason Bourne* is a manifesto for Donald Trump.

In a world where every coun-

try that isn't America is constantly being terrorized by either its own citizens like how Greece is depicted here, or by actual terrorists who are gunned down at random, Greengrass is using (again, unsure if it's purposeful) his franchise based in "realism" to say that: yes, the world is a terrible place with only evil people who only do evil things.

Even the entirety of the American government is something to be afraid of. "Hey! They have a terrible approval rating, let's capitalize on that!"

This film is a very real support of the fear that nothing matters anymore, and that every negative stereotype you've heard before is true. The government

is evil, especially the heads of security. Syrians and Iraqis are jihadist terrorists, and the people out of Silicon Valley (especially the Indian ones) are stuck up brats that are ruining our freedom!

It feels as though all the writing is aimed towards making sure that two, admittedly amazing and beautifully choreographed chase sequences, happen. The rest is just filler. The portrayal of ideas and themes in the editing is so blatant that we either read them in unbelievably direct text on objects, or someone actually says what the film is trying to convey, out loud.

And that's all just assuming you can make it through two hours of some of the most gut-turning shaky cam I've ever seen. The camera never stays relatively still for more than 15 seconds, and uses so many zooms it's almost like they don't have anything interesting to shoot... oh yeah.

In conclusion, everything that made *Jason Bourne* more cool and original than *James Bond* or *Mission Impossible* is completely gone. The writing is empty and its overarching themes and purpose are worrying at best. The only way I think I can describe my feelings correctly is to say *Jason Bourne* feels like a tribute rather than an actual *Bourne* movie.

Music department brings jazzy Sunday afternoon concerts

Josh Monson
Staff Writer

This weekend, there will be two jazz concerts put on by the Gustavus Department of Music, back-to-back. The first will feature the Gustavus Jazz Lab Band and Adolphus Jazz Ensemble, and the second will feature the Jazz Combos and the Gustavus Vocal Jazz Ensemble. These events will take place from 1:30-3pm and 3:30-5pm respectively, in Bjorling Recital Hall, on Sunday, Nov. 13. Both of these events are free of charge, and everyone is welcome to attend.

A jazz concert is a great opportunity to better understand what we stand for as a nation: a unity formed from a diversity of cultures.

"Jazz is the great American art form—just as America is a melting pot of cultures, jazz represents the amalgamation of European, African, and Latin musical traditions," Senior jazz connoisseur Preston Schlueter said.

Sophomore music appreciator Chris Coleman is excited for the soothing and satisfying music to come out of the performances.

"I enjoy the smooth sound, and am a sucker for saxophone," Coleman said.

Doubling down on jazz concerts shows Gustavus has no



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The jazz concerts featured this Sunday have it all, from smooth-sounding saxophones to upbeat drum solos.

shortage when it comes to the art. The four groups on stage all showcase different aspects of jazz, and/or offer different opportunities available to Gustavus based on where they are in their busy lives.

The Gustavus Jazz Lab Band is perhaps the most challenging instrumental jazz group on campus, due to the high level of excellency and breakneck speed at which they learn music and perform. At this point in the

semester, they've already had three separate performances.

"The most challenging preparation has simply been the fight against time," Professor Dave Stamps, the director of the band, said.

However, this brisk pace doesn't affect Stamps's enthusiasm for the concert, and the opportunity it presents for creating and sharing something truly enjoyable.

"I am always most excited

about hearing the students play and interact," Stamps said. "Jazz music is very interactive and communicative. If we can make you move in your chair, we're doing a good job!"

Joining the Gustavus Jazz Lab Band as a guest performer for this show is Dr. Dave Camwell, a Yamaha Performing Artist from Simpson College.

The Adolphus Jazz Ensemble is another option for those instrumentalists who are jazz

inclined, with a slightly different focus. Under the direction of John Engebretson, this company strives to learn different jazz styles and phrasing, while also cultivating improvisational prowess.

"Even the written parts are improvised to some degree," Professor Stamps said on the genre.

The Jazz Combos consist of several small groups of instrumental students who aren't in one of the larger groups, or who have a more specific focus in mind. These groups are largely independent and have several different professors they can look to for advice. In the past, Gustavus Jazz Combos have performed around campus, at local eatery establishments, and even for private engagements.

Lastly, the Gustavus Vocal Jazz Ensemble provides an opportunity to listen to both instrumental and vocal talent. This team ensemble is also lead by Dave Stamps, who "considers himself more of a coach than a director," Schlueter, a previous member of the ensemble, said.

Mark your calendars for Nov. 13 if you're interested in listening to the smooth sounds of jazz that these Gustavus ensembles have to offer.

Tales from Abroad

Solveig Svendsen
Guest Writer

Hey Gusties! I am currently spending my semester abroad in the beautiful city of Copenhagen, Denmark.

As someone who has lived and gone to school in the same state her entire life, I was slightly worried about being over 4,000 miles from home. However, as soon as I arrived in Denmark I knew I had found another place to call home.

Copenhagen is a beautiful city and my program, DIS, spends time showing its students all the city has to offer. My Danish language and culture class went to the national museum, toured Denmark's palaces like Christiansborg and Amalienborg, went to the site of the hall mentioned in *Beowulf*, and ate a lot of delicious Danish pastries.

Outside of my class I have taken time to travel to Kronberg castle, also known as the castle in Shakespeare's *Hamlet*.

I also went to the Viking Ship Museum, where they have preserved five viking ship remains and built a ship the same way the Vikings would have, celebrating the completion of the project by sailing the ship to Ireland.

My program caught my attention because of its one of a kind pre-health opportunities.

My main course, Medical

Practice and Policy, spends the semester in hospitals learning about specialties from practicing physicians.

I travelled with my class to Germany and Poland to get a look at how health care in other countries is practiced. My classmates and I were lucky enough to sit in on a few operations and surgeries, including a gastroendoscopy, part of a brain tumor removal, and the entirety of a natural birth.

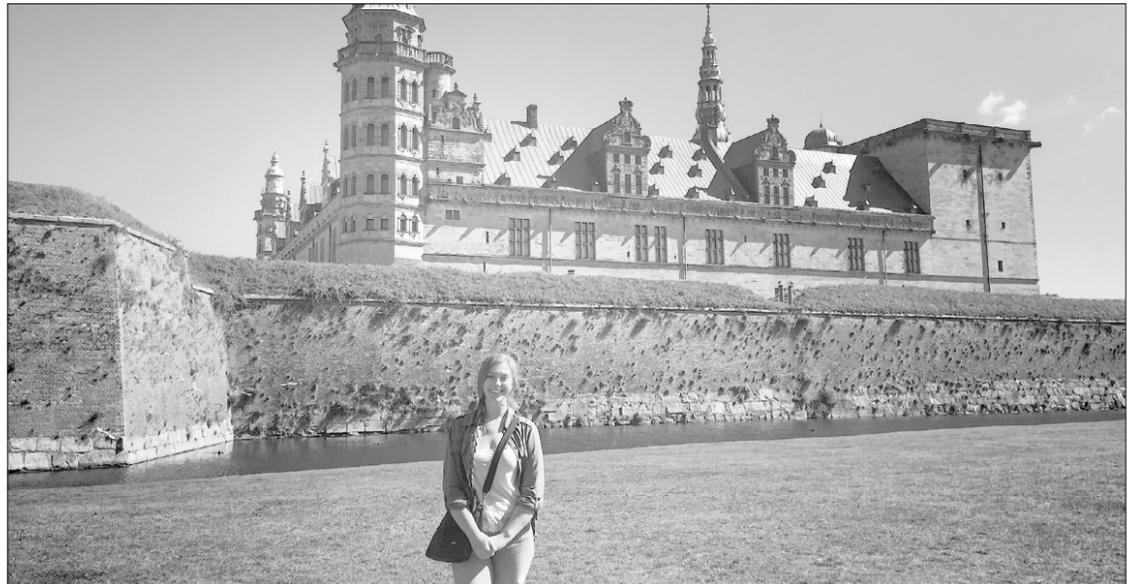
In an upcoming class, we will be learning how to insert IVs and suture. The Medical Practice and Policy course has been a great chance for me to explore my interest in a future career in medicine, something which can be hard to experience prior to Medical School.

"As soon as I arrived in Denmark I knew I had found another place to call home."

After living in Denmark for a few months, it is easy to see why they are considered the happiest country in the world. When the weather is nice, everyone is outside enjoying the sun.

Parks are located all throughout the city, giving Danes plenty of space to lie down and take a midday nap or place to read.

But the Danish culture is almost better when the weather is not so nice. Danes practice a life-



Submitted

Copenhagen's offered some entertaining cultural and historical sites for Solveig to see.

style called *hygge* (pronounced "hoo-guh").

It's a practice of adding meaning to simple things in life like a cup of coffee or a meal by setting aside technology, lighting a bunch of candles and a fire, and taking a moment to talk about your day and laugh about life with those you choose to share your meal with.

Meals here aren't considered a task you have to complete and they aren't done on the run. The cozy atmosphere is meant to be enjoyed so you can forget all about the cold outside and focus on the warmth within.

Even with all the fun I am having here in Copenhagen, I cannot wait to get back to campus. I have a newfound appreciation for coffee, great pastries, candles, and wonderful conversation with friends which I hope to share with all of you when I return for the spring!



Submitted

Solveig enjoys sunbathing in the comfortable atmosphere of Denmark.



Submitted

The city of Copenhagen offers some breathtaking sites to taste a mouthful of pastry or a cup of coffee in.

BUDGETTING BLUES

Mikayla Kvitttem-Barr
Features Editor

In the fall of 2016, 20.5 million students were expected to attend American colleges and universities. These numbers, coupled with an average debt of \$37,172 per student puts an extreme pressure on students to begin financing and budgeting for their future.

Many websites and books offer helpful money saving tricks for students. Some of the more simple suggestions include splitting rent, paying bills on time, eating out less, renting books instead of buying, and avoiding impulse purchases. Several of the more substantial tips include opening a savings account that earns interest, avoiding loans unrelated to education, and keeping up on a budget.

"It seems simple, and honestly sometimes it is. The small purchases, the small savings, they add up quickly," Junior Jake Glaser said.

Of course, there is no one right way to save money.



"I try to keep less than \$100 in my checking account and move the rest to my savings account, which I don't ever take money from," Junior Joe Huff said.

Others rely on the traditional methods of cash transactions.

"It can feel like I'm not really spending money when I charge something to my credit card, so I try to use only cash. It feels like a tangible transaction," Junior Walker Pearson said.

"It seems simple, and honestly sometimes it is. The small purchases, the small savings, they add up quickly."

- Jake Glaser '18

Fortunately, in today's technological age, whether you're a high-flyer that needs to maintain an expense report or a student looking to scrimp and save, there are apps that can help you easily set a budget and log your expenses on the go.

"I use the app, Mint, which tracks your spending habits, checks your credit, and can even pay bills. It helps me stick to my budget each month and holds me

responsible if ever I spend more than I've set aside," Senior Mitch Feske said.

Students also focus on budgeting for the future, rather than saving in the present.

"My biggest concern is that I haven't really been taught to save for the future. I spend all of my time saving money right now to do things like buy food, go out with friends, or pay bills, but I hardly have anything put away for after graduation," Pearson said.

Furthermore, students often express concern for traditional responsibilities required after college.

"I think a lot of graduating seniors wish they had some guidance on how to do things like look for a house, file taxes, pay multiple bills and loans, or look for insurance. Most of us have never taken any sort of personal finance class and we've been limited in our 'real world' exposure," Feske said.

So, what measures are students taking to better prepare themselves for the financial burdens after graduation?

"My business classes are particularly helpful because although they don't teach personal finance, they allow me to begin thinking in terms of finance and budget," Glaser said.

Utilizing resources and networks can be equally impactful.

"A lot of it comes down to asking the right people the right questions. For example, I don't know a lot about

401(k) retirement plans, but I have family members that work at Edward Jones, so I will pick their brains for useful information," Huff said.

"It can feel like I'm not really spending money when I charge something to my credit card, so I try to use only cash. It feels like a more tangible transaction."

- Walker Pearson '18

Whether it's through reading educational materials, attending sessions, or talking to adults in your network, there are many ways for students to become better financially prepared.



PocketGuard



Spendbook



Wally



Mint



Mvelopes



Expensify

6 Best Budgeting Apps