

# GUSTIE of the WEEK

## Rob Kendrick

**Elsa Beise**  
Staff Writer

Professor Rob Kendrick has taught at Gustavus for the past nine years and has become a well loved by his students and peers. He is a professor students trust and look forward to taking a class with.

Rob teaches a variety of classes on campus with most revolving around literature and writing that promote deep and conceptual thoughts.

*"Rob is an amazing professor, in our FTS we used to say his guffaw made flowers grow outside the window."*

—Tara Robinson

"[I teach] courses in English, [Gender, Women and Sexuality Studies], and Three Crowns, such as Shakespeare, Introduction to Literary and Cultural Theory, Queer Theory, Arthurian Literature, and Queer Literature and Film," Rob said.

When asked what he enjoyed about this job, Rob was clear and simple.

"The students," he said.

Rob's purpose is to help students learn and develop skills as well as creating a personal bond and developing a mentor-based relationship with his classes.

"He is exceptionally witty and empathetic, challenges his students without undermining them, facilitates provocative and meaningful dialogue, and expresses the importance of applicability of knowledge within the real world. I hold him in high regard as a mentor and friend," senior Erin Ingram said.

One of his students shared how they are often excited for class with Rob and that his energetic personality helped to create a fun learning environment.

"Rob is an amazing professor, in our FTS we used to say his guffaw made flowers grow outside the window," Senior Tara Robinson said.

Students are impressed with Rob's skill of making discussion interesting and engaging. "I've never been in a class with conversations as lively as in the ones he teaches. He really seems to understand his students and the world they live in," Senior Gino Fraboni said.

Fraboni also was inspired by

the way Rob helped him to gain more self-esteem when it came to his academic skills.

"Throughout the different classes I've had with Rob, he's helped me gain so much confidence in my writing skills and literary analysis skills. I can't think of a more deserving professor."

Rob also has a reputation of being able to draw students into the English major based on his amazing teaching abilities.

"Rob rekindled my adoration for literature and analysis. I knew so many peers who had intended to major in another field, but one class with him opened scintillating and subversive doors" Ingram said.

Rob also has a great sense of humor. After being asked about other hobbies and activities he does for fun, Rob couldn't help but sprinkle in some fun.

"[I knit] decorative tea cozies and question authority," Rob said.

Students are very proud of this professor and feel as though they have been changed for the better because of his courses and the way in which he cares for students, especially those who feel as though they are lost or lack confidence.

*"He is exceptionally witty and empathetic, challenges his students without undermining them, facilitates provocative and meaningful dialogue, and expresses the importance of applicability of knowledge within the real world."*

—Erin Ingram

"Rob's personable nature and genuine care and attention to each of his students is earnest and formidable...Rob saw the potential for growth and was able to explain to me things that even my best high school English teacher could not get me to understand. He worked closely with me to assure that I would not be discouraged of my writing," Ingram said.

His humor, sarcasm, and assistance do not go unnoted by students. Rob is genuine person and makes Gustavus shine a little brighter each day.



Professor Rob Kendrick teaches courses in the English and Gender, Women and Sexuality Studies departments.

Henry MacCarthy

# Kinesthesia: Dance Honors Showcase

Marie Osuna  
Staff Writer

To say that dance is popular at Gustavus would be an understatement. Many students on campus have dance background coming into college, or they tried out a class while here.

What is not common, is going above and beyond by declaring a dance honors major, which is exactly what Tom Damery, Allie Retterath, and Jordan Lovestrاند have done and will showcase at the Dance Honors Showcase.

"I decided to pursue dance at Gustavus sort of unintentionally," Retterath said. "I came in wanting to do a whole bunch of different things, and dance was just always there. I started dancing when I was very young, and it has always been a part of my life. I always get really irritable when I don't dance for a long time, so I keep doing it."

Lovestrاند said he also came into dance a bit spontaneously. "I came into Gustavus as a Biology Major and Neuroscience Minor to become a Chiropractor," Lovestrاند said. "I was also recruited to run as a member of the Gustavus Track & Field team."

"However, after freshman orientation, I took Modern II with Sarah Hauss and danced in Johnny Bates' duet 'Holding On' and Emileah Zumberge's 'Relations'. After those experi-



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The performances will occur in Kresge Studio on Dec. 8 from 6:30-7:30 p.m., and Dec. 9 and 10 from 5-6p.m.

ences, I was hooked."

The concert is titled Kinesthesia and it promises to show dance in its most challenging, original, and technically advanced forms.

"Being involved in this concert has been incredibly challenging, but it has allowed me to grow a lot as a choreographer and director," Retterath said.

"When your honors project proposal is accepted by the Theatre and Dance Department, you essentially get some monetary funding and an advisor, but the rest is up to you."

For Damery, the concert represents his growth as a dancer during his time at Gustavus.

"I am performing a solo

in the Honors Concert titled 'Out'. My solo is a work in collaboration with choreographer Jordan Klitzke (Gustavus class of 2010)," Damery said.

"Being able to perform a solo by Klitzke in the honors concert is a culmination of my experience and growth over the past two years. I hope others will not be afraid to pursue what they enjoy in college, as I have found it to be beyond rewarding."

For Lovestrاند, this concert represents a dream he has had since his freshman year, as he remembers.

"My freshman year, I remember I met with Michele Rusinko, my advisor for the Dance Major, and asked her,

"What are the chances that I can have my own dance concert my senior year?"

"Keep in mind, I had no prior dance experience before I came to Gustavus. Michele told me then that my idea was very big and she was uncertain that my concert idea would come to fruition, but now I get to co-direct Kinesthesia with two other Honors students," Lovestrاند said.

The three honors students are doing more than just dance for the concert, they had to plan all the logistics themselves. That means that they had to find a stage manager, arrange lighting, sound, photography, and videography.

"There is so much that goes into a dance concert that most people don't realize," Retterath said.

Retterath will be dancing two pieces in the honors concert. The first is a solo, choreographed by Sarah Hauss, a Gustavus professor. The other is a duet choreographed in collaboration with both Hauss and Lovestrاند over the summer.

"We performed it in 'Dances at the Lakes' in Minneapolis and in the Alumni Concert during Homecoming this year," Retterath said.

Damery's solo will engage the audience in questions deeper than dance alone.

"The solo is a collaborative focus on what it means to perform, as well as what it means to dance," Damery said. "When does the boundary occur between effort and enjoyment of movement?"

Lovestrاند will be dancing in several pieces in the concert.

"I am performing in three works: Allison Retterath's group piece 'Take Care, My Friend'; Melissa Rolnick's solo 'Adieu'; and Sarah Hauss' Duet 'Within Reach'. My choreography 'Sig' will be closing the Dance Honors Showcase," Lovestrاند said.

Overall, the concert is bound to impress audiences. The students have put in countless hours in Kresge dance studio over their time here on the hill, and now it's their time to show off what they have learned.

## Turning words into movement: Physical Theater

Emma Johnson  
Staff Writer

This weekend, a small group of actors will be performing "Isabel Watching it Rain in Macondo" as a Physical Theatre Project.

For those unfamiliar with the term, physical theatre is theatre based almost exclusively on movement rather than on dialogue, which can mean dancing or many other kinds of movement.

At Gustavus this fall Physical Theatre was offered by director Henry MacCarthy.

The preparation for the show by the class was extensive. "Much of the early semester was spent simply experimenting with movement" said Sophomore member Hannah Mahr.

"The process of devising this show has been physically exhausting. In order to create movement, we had to move." The students were challenged to discover all that they are physically capable of.

From there, Mahr stated that the actors began to build a "vocabulary" of movements that they had become familiar with. Once they had become familiar and comfortable with this vocabulary, they began to work on the final show they planned to perform.

The "Monologue of Isabel



Drew Ericson

The Physical Theater Project, 'Isabel Watching it Rain in Macondo' will be performed in The Black Box.

Watching it Rain in Macondo" is originally a short story by Gabriel García Márquez. Originally written in Spanish, it has been translated by multiple authors into English.

The short story, which only takes about fifteen minutes to read, uses beautiful language and is thoroughly descriptive.

Márquez is adept at putting an image into the reader's head.

The challenge for the Gustavus actors was to set his text into movement.

Using their own new vocabularies of movement the actors created a show and choreographed based on the story.

"From this point forward, our rehearsals became a series of rigorous repetitions of movement. We wanted to internalize the actions – make every move-

ment muscle memory – so that we could ensure precision come performance weekend," Mahr said.

Through these demanding rehearsals, the cast is just about ready for their performances this weekend. The show will be performed in the Black Box Theatre Friday 8 at 11 pm, Saturday 9 at 7pm, and Sunday 10 at 2 pm.

The show the students have created was meant for the Black Box. "This show is very intimate, as it was created with that specific audience relationship in mind. All of the movement is meant to be viewed up close," Mahr said.

Don't be fooled, though; a show without dialogue is not necessarily silent. "Having a smaller space allows us to easily control what the audience hears, as well as when they hear it," Mahr said.

According to an article from the BBC, "Physical theatre shows that you don't have to use words to express ideas." It goes on to say, "Physical theatre is anything that puts the human body at the centre of the storytelling process."

*"The process of devising this show has been physically exhausting. In order to create movement, we had to move."*

—Hannah Mahr

Don't miss this unique theatre opportunity - be sure to catch one of the performances of "Isabel Watching it Rain in Macondo" this weekend. As always, student tickets are free.

# The Guthrie's holiday shows are no humbug

**Tanner Sparrow**  
Managing Editor

For the 43rd consecutive year, the renowned Guthrie Theater in Minneapolis is showing Charles Dickens' holiday classic *A Christmas Carol*, directed by Lauren Keating.

Also being performed this year is Noel Coward's *Blithe Spirit*, directed by David Ivers. The pair form a fun offering for those looking to warm themselves with cheer and laughter this winter.

*A Christmas Carol* finds a way to keep the old story fresh. An amazing set build, excellent choreography, and a bit of theater magic immerse the audience in the story.

Nathaniel Fuller is a perfect Scrooge, whose scowl and one-syllable outbursts believably transition to moments of joy. Scrooge's nostalgia while viewing events from his youth are beautifully paired with moments regret, and Fuller nails every emotion on the rollercoaster.

The whole cast has outstanding chemistry which makes the dancing and joyful moments ever the more cheerful as you can clearly see the actors enjoying themselves, or at least making a phenomenal show of it.

With a runtime of 111 minutes including a 15 minute intermission, the play never drags

on, but moves breathlessly. Tickets range from \$29-\$134 and the show runs through Dec. 30.

*Blithe Spirit* is a 1941 comedy that follows author Charles Condomine researching his latest novel by inviting Madame Arcati, an eccentric medium over for a séance with his second-wife Ruth and some dinner guests.

Their skepticism is obvious, but melts away when Charles' deceased first-wife Elvira materializes, and hilarity ensues.

As Charles is the only one who can see Elvira, conversations with both of his wives get a little messy. Miscommunication continues to be a source of comedy throughout the play, heightened by the strength of the acting.

While Sally Wingert has some show-stealing moments in her excellent and very funny performance as the eccentric medium, Quinn Mattfield's Charles Condomine carries the show.

Mattfield induces many gut-busting laughs, sometimes with so little as simple double-take. He gives everything you would expect from a man who is at ends with two wives, and more.

*Blithe Spirit* comes in long, with a runtime of 155 minutes including a 15 minute intermission, but delivers a truly funny and enjoyable performance. The show runs through Jan. 14, with tickets starting at \$29.



Quinn Mattfield and Sally Wingert in *Blithe Spirit*, which runs through January 14.

Dan Norman



Nathaniel Fuller's Ebenezer Scrooge in the Guthrie's 43rd annual performance of *A Christmas Carol*.

Dan Norman

# FINALS SURVIVAL GUIDE

The end of the semester is quickly approaching, but before students can enjoy the break there are finals that demand to be taken. For many students, finals mean late nights of studying, finishing projects and added stress. Self care and sleep can often be put aside to focus on studying. To help alleviate some general worries about finals, here are a few tips from students to help Gusties survive their finals.

## REMEMBER THE BASICS FOR STAYING HEALTHY

"Eat healthy and drink water, it's easy to eat badly." - Henry Adebisi

"Staying up extra late does more harm than good. Go to bed." - Olivia Niles

"Don't forget to sleep, you need rest to remember what you've learned!" - Lindsey Kline

"Make sure to eat healthy during finals week. Go to tutors, the writing center, or CARE if you need help with anything." - Ehsan Ali Ashgar

## CONSERVE ENERGY

"Take breaks when you think you need them. They will help you focus when you go back to studying. Try taking a walk, or spending 10 minutes on your phone, have a snack, etc.

Try to pace your studying. Don't try to cram everything in all at the last second." - Savannah Maynard

"Take time to do something you enjoy (like a hobby) during finals week, even if it is 15 minutes of something like knitting or just laughing with friends.

Drink lots of water, sleep, create study groups, make a plan or a list of when you need to be working on things, try to stick to a sleep schedule. It's helpful to go to bed at the same time and wake up at the same time." - Liz Toben

"I believe that taking time for yourself is valuable. Studying is the most important thing during finals week, of course, but that studying will be most effective if you take care of your holistic self.

Allow yourself to take a long stroll, keeping your mind off of tests. Sleep if you need to, take a break with a friend, or reading something just for fun.

You are always smarter than you might think." - Alex Theship

"Start studying early, even if it's only a little bit each day!"

- Greta Dupslaff

"Make sure one day a week you don't do homework so plan strategically and keep due dates in mind.

"Take lots of vitamin C...That's my survival tip for life"- Amelia Un- teidt

## STAY POSITIVE

"Staying up late to study isn't worth the trouble. Just go to bed. Mid- night express is cool, you should go. Also, free food, that's actually pretty okay. On the subject of food, please eat regularly. Finals can be time consuming but really basic self-care is more important." - Sarah Caldwell

"Make sure to take breaks, your brain needs rest to learn." - Emily Komperud

"Carry food with you and study in spaces/ conditions similar to how you will take the test".- Hannah Nolte

"Take time to study with peers who are in the same class as you. Talking things through, asking questions, and quizzing each other is a great way to revisit past topics and any pieces that may still be confusing. Good luck my fellow Gusties, I believe in you!" - Mariah Geer



Caroline Probst

"My tip for finals week is to put the effort to finish well in the end but don't exhaust yourself in the process. Finals become a lot harder if you're running on minimal energy."

- Haley Kaul

"C's get degrees."-Josh Monson

When writing papers, make sure you know the deadline.

Let some things go. Make a priority list to figure that out." - Morgan Fuller

"Don't spend 24/7 on school and studying."- Carl Erik Young

"Allow yourself to take short breaks while studying to do things you enjoy so you don't feel overwhelmed."

- Emily Wagner

"Take breaks and don't forget to breathe." - Brittany Courteau



# Are ethical decisions possible?



**James Harlan**  
Opinion Editor

The world we live in is a large, complex thing. All actions have reactions, and some consequences are so far-reaching we might never see them coming.

So how do we make choices?

How do we decide what to support, what to believe, and what to protect, modify, or use?

Nowadays, the decisions we make as humans have consequences we might never learn about or be affected by.

For example, think back on your week.

Did you buy coffee? Did you eat a bag of chips or some other processed snack? Do the tags on any of your clothing say "Made in Vietnam"?

That coffee might have been grown in a recently deforested patch of rainforest by poor families under the hand of large corporations who offer pitiful pay.

That clothing may have been manufactured in a factory with restrictive working conditions and few worker's liberties.

Your snack probably contained palm oil, which is a leading contributor to deforestation and a loss of biodiversity in Southeast Asia, specifically in Indonesia and Malaysia.

I'm not here to question your

decisions, and I'm definitely at fault for these things on a regular basis, but I am trying to stress a point:

Every action we take has a direct result somewhere else.

So it can be difficult to decide where to place value.

Is it worth it to avoid your favorite brand of chips in hope that the company will stop utilizing palm oil?

Some people make this decision, refusing to participate in the consumption of products

they consider unethical, such as palm oil or non-fair trade coffee.

This approach is often seen as admirable, but it has its own issues.

The countries of Indonesia and Malaysia account for approximately 85% of the world's palm oil production, according to an economic analysis of palm oil performed by Spott.org.

As a result of this, approximately 1.7 million Indonesians and 800,000 Malaysians live on money produced either directly

or indirectly from palm oil.

These are people who have families to raise and support, just like us.

In developing nations such as these, where a great majority of the impoverished community takes the form of poor, rural, agricultural workers, palm oil has come to be a reliable source for income as the international market eats it up.

At the same time, carbon emissions from palm oil cultivation in Indonesia accounted for an estimated 2-9% of all tropical land use emissions from 2000 to 2010, according to the same economic analysis listed above.

This is on account of the mass deforestation required to make room for palm oil plantations.

This deforestation has others consequences as well, such as a loss of wildlife.

"Areas in Southeast Asia at risk of deforestation serve as a habitat for the Sumatran orangutan, elephant, and tiger, all of which are critically endangered, as well as for the endangered Bornean orangutan and pygmy elephant" claims the Union of Concerned Scientists.

Population numbers of these animals are rapidly declining due to loss of habitat, poaching, and human-animal conflict.

Southeast Asia will also be one of the first and hardest hit areas of the world as carbon emissions continue to drive rising sea levels, so there is a sense of urgency in finding a resolution for this problem.

So here we have an issue with two sides: the humans

who rely on this product for their personal livelihood versus a quickly changing planet, already drastically affected by the Industrial Age actions taken by nations which developed more quickly.

We don't want families to lose their jobs and homes.

We want to save the rainforest and all its creatures.

We don't want rising sea levels to destroy coastal regions.

We still want to eat a comforting cup of pudding during finals.

If these are all true statements, how do we consolidate our values and make a decision?

What drives us to place our value on one side of these complicated situations when we can see worth in every position?

I don't have the answer, and I don't think any person could ever answer this question for anyone except themselves.

So I encourage you to think. Remember that every situation you might encounter is a complex system of interrelated people, events, and actions.

Think ahead, knowing that how you act and make decisions in your life can affect the world in ways you can't imagine.

Be informed, be thoughtful, and be self-aware.

If, and when, you firmly decide your position on a topic, remember to listen to others whose opinions differ from yours.

This is how we can grow, learn, and become a better species.

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## The Good, the Bad, and the Meh



Snow on the ground! Time to go traying!



Lots of cool campus events coming up, too bad you're too busy to attend.



Finals are here. Wrap up those projects and start studying.

## Cooking: A delicious pastime



**Cameron MacDonald**  
Opinion Columnist

I'll be the first one to admit that I can get really lazy when it comes to cooking.

It takes work, and I'm often hungry at that moment and just desperate to eat.

When I entered college, that fact was reinforced by my caf account.

Having that account allowed me to come in and get food whenever I wanted and it was nice to have it made and ready for me so I didn't have to wait.

This is a dangerous and unrealistic habit to get into and expect in the future.

It can lead to fast food consumption and a lot of health problems down the road.

Heck, the food I ate in the caf was often pretty unhealthy, but it was often also the tastiest just due to the preservatives that were used in making it.

I'm ashamed to admit how many times I had chicken strips and fries in my first year, but I'll tell you now that it was approximately too many.

However, in the last year or two, I've started cooking more.

I've had to buy my own groceries and cook for myself

more recently due to summer internships requiring me to live on my own as well as moving into an apartment for my final semester at Gustavus.

I've learned to really appreciate what cooking your own meals has to offer besides the resulting food that you get to eat (which is usually really delicious too).

Cooking is a great hobby.

It teaches you memory skills, dexterity, patience, and makes you more aware of the flavors in food.

It's also a great way to relieve stress.

I do it after a long day of classes or work, and it makes me happy to not only learn more about something so important, but also get a delicious and fresh meal at the end of it.

It also gives me the opportunity to listen to music and podcasts, or goof around with my girlfriend while I cook.

I'm a huge fan of multitasking so this is great for me.

I wasn't much of a cook until I started dating my girlfriend, who was raised on home-cooked food and bakes like nobody's business.

I decided that I should start learning how to cook not only to impress her (which still has yet to work) but also to eat better and learn an important skill.

I'm still improving, but I gotta say that I can sear a mean steak now.

Cooking with someone is a great way to get to know them better.

We're all pretty intense about how we like our food, but starting these conversations can lead to learning more about what that person likes and all of the little quirks they have when it comes to preparing their food.

Cooking can also be a great

way to bring gifts for people or provide something fun, tasty and interesting for a party or get-together.

I'm someone who will never turn down food as a gift, and I know many people who feel the same way. I enjoy making snacks, desserts, and little meals or appetizers to share with others.

It's just a great way to show that you like someone so much that you were willing to put in all of this time and effort to make them something tasty.

After having cooked for the last couple of years, I can barely eat instant meals or cheap food anymore.

It makes me feel gross, and it's honestly so much worse for you.

Compare the nutrition labels between several fresh ingredients and one boxed or prepared meal. The instant prepared meals are often way above recommended levels for a lot of nutrients, like sodium, carbohydrates, fat, sugar, etc.

So by cooking, you're not only eating better, but you're controlling what you're putting into your body.

Learning to cook will make you much more hyper-aware of the nutritional benefits of food and what may or may not actually be good for you.

Being a college student does get tough, I get it.

Not only that, most of you are probably on caf accounts and don't even have to worry about cooking.

I'm just trying to vouch for it now and recommend you start learning sooner rather than later.

This way, you're not living off of boxed dinners and foods packed full of preservatives.

## Prevent the spread of sickness!



**Emily Pratt**  
Opinion Columnist

We have reached the home stretch of the first semester, and with the impending rigor of finals, sometimes our bodies decide to give up early.

The combination of daily stress and several overworked late-nighters (or in some cases, all-nighters) can too easily lead to illness, which certainly isn't helped by the chilly weather outside.

Once a bug begins, it's only a matter of time before others catch it, especially when sharing a living space.

There is no foolproof way to stay healthy, but there are some tips I recommend to at least lessen your chances of catching something.

Everyone knows the handwashing speech, but when you're living in such close proximity with other people it's important to take that idea several steps further.

Let's start with what can often become the 'elephant in the room':

Garbage.

It's quite a simple concept.

When the garbage is full, take it out.

Don't let it pile into a mountain because you don't know what smells or bacteria will develop from it.

Even if you're only throwing away plastic wrap from candy and snacks, letting it drift off the top of the pile onto the floor is not a promising start for the state of the rest of your room.

With the amount of schoolwork and extracurriculars to worry about, it's not surprising the number of students that ignore such a small corner of the room.

If you're not careful, that corner can become substantially less small as the weeks go by.

I personally don't have a roommate anymore, but I do live in a suite and share a bathroom with two other girls, and it never ceases to annoy me how they both avoid taking out the trash no matter how full it is.

All it requires is a short study break to rush down to the dumpster and your room is saved.

Rooms don't have to be spotless, and as college students we shouldn't expect them to be.

We're always on the move

with something to do.

The more stuff you throw about, the more it looks lived in.

If there's one thing besides trash that you should avoid accumulating at all costs, it's dirty dishes.

Some may even argue dishes should be the priority.

Sometimes you've got to down your cereal and run, but the dishes themselves should not be left out, unwashed for any more than twelve hours.

Nothing compares to how gross food residue can become or the unwanted visitors it attracts.

Save your roommate some sanity and clean up those dishes as quickly as you can.

Whether you share an apartment style bathroom or a large communal bathroom found in most of the other dorms, most people will agree they are the quickest places to become dirty.

I have lost count of the amount of times I have entered the bathroom to find the sink occupied by unwashed make-up brushes and q-tips.

This was the case last week, and I happened to know the girl using them was sick recently.

It really didn't come as a surprise when, the next day, I had come down with sniffles and a cough.

**It's quite a simple concept; when the garbage is full, take it out.**

Obviously, sickness can't just be attributed to unclean makeup brushes.

Several other members in the house had also been sick so I didn't have a high chance of escaping it.

It should be common sense to not leave anything you used when ill lying around without at least washing it first.

I personally feel much better when lying in freshly washed sheets.

It's your choice to keep your side of the room clean or not, but be courteous of other people's space.

Taking care of your body is the first step to achieving a high academic profile.

It is so much harder to fully concentrate when you have to get up and blow your nose every ten seconds.

People focus so much on keeping themselves clean to prevent sickness that it's not always obvious to keep the area you live in clean too, or at least relatively so.

Even if you do catch a cold, I guarantee you'll feel a lot less gross sitting in a semi-clean room than surrounded by dirty dishes and overflowing garbage.

Spread some holiday cheer by taking the initiative to keep your room up to par and making the lives of those you live with that much easier.



# Scandinavian Christmas traditions



**Jessica Hastings Erth**  
Opinion Columnist

Minnesota is the state with the highest number of Scandinavian Americans, boasting a population of about 1,603,124, according to the Stevens History Museum.

This number accounts for over 30 percent of Scandinavian Americans in the U.S.A.

With such a large amount of Scandinavians in our great state, it is no surprise that many of us have become accustomed to some of their holiday traditions.

If you have never heard of these, it is never too late to try something new!

Trying new things has been proven to boost confidence and increase brain activity.

Doing something simple like picking up a holiday tradition may just be the boost you are looking for.

Tradition is something that is unique, and as a growing country, it is our position to learn about those around us.

Unlike the United States, in many Scandinavian countries Christmas is celebrated for much longer than a few days.

Advent calendars are very popular, and some even have hidden chocolates or other candies.

These calendars have the days of Advent on them and can range in styles.

Some of these are becoming more popular in American culture, substituting other items for chocolates, like money or cosmetics.

Because Christmas is celebrated for a longer period of time, there are many more festivities that can be celebrated.

December 13th is a big celebration in many Scandinavian countries because it is the feast day of Saint Lucia.

The Christmas season also comes with many large feasts, which have herring, potatoes, salmon, and many other foods.

Many of these foods are uncommon or not well liked here, but it is always a great idea to go out of your way and try new foods.

Maybe you will love them!

Being that Gustavus is a Swedish college, we also celebrate the feast day of Saint Lucia.

Even though Saint Lucia was from Sicily, she is adored throughout the world.

In a typical celebration, the eldest daughter dresses in a long

white gown with a red ribbon tied at her waist.

She wears a crown of fresh greens and lit candles on her head.

Very early in the morning, the children serve coffee and Lussekatter (Lucia buns) to all the people in the house while singing traditional Swedish Saint Lucia songs.

This tradition has changed so that now girls normally wear a crown of greens with electric candles; this prevents accidents and burns from the open flames.

There were actually so many severe burns and problems with having actual candles that this is not very common not just in America but throughout Sweden as well.

The Gustavus version of the Saint Lucia celebration is different, however it still represents what Saint Lucia stands for: faith, hope, prosperity, love, and a reason to believe in good things to come.

Growing up a Minnesotan I admit to being a "stereotypical Minnesotan."

I love to eat pickled herring, lefse, rosettes, potatoes, and of course hotdish (I am partial to tater tot hotdish but my roommate loves tuna noodle hotdish).

I have grown up eating herring with my mother and I have many fond memories of us cooking and eating meals together.

**Unlike the United States, in many Scandinavian countries Christmas is celebrated for much longer than a few days.**

My grandmother was born in Sweden, so a lot of these recipes came from her family, which makes making them much more



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special.

One of my favorite dishes is lefse, which is a potato flatbread.

Normally it is eaten with butter and brown sugar, but I have met many people who eat it other ways.

My mother and I have never made lefse, but I would always love hearing about my friends making lefse with their mothers and grandmothers.

In the future I hope to learn the art of lefse making.

Lefse classes are taught throughout the state of Minnesota, so if you are looking for a new weekend activity you should try it!

One tradition that I look forward to every holiday season is making rosettes, Pepparkakor

(ginger spice cookies) and anise cookies with my mother.

Each of the recipes my mother and I make are not easy, which is why we save them for Christmas.

Special occasions call for special baking, but tradition is not only about the food.

I love going out and getting a Christmas tree.

Having an evergreen in the house is very common in celebration of Christmas.

However, hundreds of years ago evergreen trees were placed in the homes of pagans in Scandinavia during the winter solstice.

This was believed to make the spring come sooner.

I love being involved in traditions, every culture has them

and we should try and learn more about each of them.

Everyone is unique and has their own fun celebrations.

Every family has their own traditions, and whether they are culturally derived or not, is not as important as spending the time with your family.

Family is very important, especially during the holiday season.

Trying new things can be fun and is a great way to spend more time with those who love you.

Happy Holidays!

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