

THE GUSTAVIAN WEEKLY

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ISSUE 8

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November
Playlist



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letter writing



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Give to Gustavus Day a huge success

Over \$417,000 raised for the Gustavus fund

GIVE TO GUSTAVUS DAY
#FireUpTheRouser
\$417,997 From 1,246 gifts

Gustie alumni, multiple faculty, and various others contributed to Give to Gustavus.

Cole Trebelhorn

Corbyn Jenkins
Staff Writer

On Thursday, November 2nd, the whole Gustavus community came together to raise support for the Gustavus Fund.

Many Gusties participated from far and wide to help allow the College to have flexibility in providing the best liberal arts education to Gustavus students.

This year there were numerous themed challenges which were sponsored by donors. Each challenge required a certain number of participants, and when the number listed was met, the dollar amount listed was added to the Gustavus Fund.

One of the challenges included, "The Lifelong Friendship" challenge which honors all of the lifelong friendships created up on the hill.

A few other challenges were the "Study Abroad," "Gustie Athletes," and "Legacy Families." Each time donors made a gift they were able to select challenges to help reach their goals.

"Our giving portal was open

6 a.m. - 9 p.m., and alumni, parents, and friends were encouraged to go online and make a gift of any amount to help unlock a series of 'challenges.' Once a certain amount of donors were achieved that shared a common Gustie experience, the 'challenge money' that had been generously donated was released into the total," Director of Alumni Parent Engagement and Gustie 2001 graduate, Angela Erickson said.

While looking around campus throughout the day and tuning into the live stream, it was obvious that this event had a lot of planning go into it.

There were even hashtags that people could use to share their thoughts and connect on social media throughout the day. The two hashtags used the most were #FireUpTheRouser and #GivetoGustavus.

"The planning for Give to Gustavus Day started initially last November, right after the 2016 event, but really ramped up starting in June. Our core team assigned to various components to the day included members of the Advancement, Marketing

and Communications, GTS, and Event Services staff," Erickson said.

In addition to the online giving, the college featured an all-day live stream.

"The live stream helped provide updates on all things Gustavus to our community members who aren't here on the hill (and even some who are!). We featured interviews every half hour from academic departments, athletics, fine arts, admission, and others. We also held some live events in the Twin Cities for our alumni, parents, and friends to come watch the live stream together and get excited about giving back to Gustavus!" Erickson said.

One of the segments that took place on the live-stream included Gustavus students that received the Heritage Scholarships.

"During the segment, we talked about our college search process, whether or not we put financial aid as a priority and what we enjoy about Gustavus and some aspects of college life that we enjoy and any hardship we've endured," First-year Elsa

Beise said.

The day was full of fun events and a lot of giving. In total, the college raised over \$417,000 throughout the day-long events.

"Most importantly the college received gifts from over 1,000 donors!" Erickson said.

One of the challenges for the day was that if the college received a gift from each state in the country, then the Bergman family would donate a very generous \$50,000.

The challenge was completed much earlier in the day than President Bergman anticipated, so many were excited for that.

For those who helped plan the event, it was so rewarding and fun to see all of the positive reactions and many donations that took place.

"There was so much energy leading up to the event, from our core team to our over 150 volunteers deployed around the world, to the faculty, staff, and students on campus. It was so fun to see all the pieces come together! For me personally, it was fun being one of the "on-air personalities" kind of like on a TV

morning show," Erickson said.

The students who participated in events throughout the day even had a great time.

"I loved being on the live stream event and am so happy that the school was able to raise the amount that it did," Beise said.

Without everyone's support, the day wouldn't have been possible and wouldn't have had the incredible outcome that it did.

"We're so grateful for the outpouring of support from our alumni, parents, and friends, including our faculty and staff here on campus. Even more importantly, it was so cool to see gifts come in from current students as they logged on to help complete some of the challenges as well! Any gift of any amount counted in that big total, so thinking about how many people helped make the day a huge success, as well as what it means for us to be able to turn right back around and use those funds to support students as they receive a Gustavus education is absolutely awesome," the Office of Alumni and Parent Engagement said.

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Campus Safety Report

Monday, October 30

- Campus Safety responded to a panic alarm in the Carlson Administration Building. It was determined the button had fallen in the trash and been lost.
- Campus Safety received a report of a student injury at the Lund Center.

Tuesday, October 31

- Campus Safety responded to a medical assist at Anderson Hall. A student feeling unwell was transported to health service.

Friday, November 3

- It was reported to Campus Safety that an employee had lost their Gustavus keys.
- Campus Safety responded to Chapel View Apartments to check on a student of concern.
- Campus Safety responded to a medical assist in the Lund Center for a student injury.
- Campus Safety responded to a medical assist in Bjorling Hall.

Saturday, November 4

- Campus Safety responded to Pittman Hall for a medical assist.

Sunday, November 5

- Damage to property in College View Apartments. Lines were drawn on the wall in black marker.

Tip of the Week:

- Sign up for City of Saint Peter safety notifications (including snow emergencies!).
- Nixle is a community oriented notification system that is used by the City to provide alerts, advisory notices and other community information. You must sign up at www.nixle.com to be part of the system, and you can chose to receive notices via text, e-mail, or both from City of Saint Peter Administration, Police, Recreation and Leisure Services, and/or the Public Works Department.
- Make sure you are signed up in the Nixle system to receive information about City snow emergencies. Gustavus Adolphus College is not involved in the City-declared snow emergencies. Be sure your emergency contact information is up to date at gustavus.edu/emergency to receive Gustavus-specific alerts, such as if severe weather affects the course schedule.

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International Festival brings cultures together

Laura Stickney
Staff Writer

The Gustavus International Cultures Club, also known as ICC, was lauded for its remarkable, well-organized International Festival which was hosted this past Saturday.

The night featured student-led musical performances, dances, trivia, and food from around the world, along with a fashion show and educational displays meant to celebrate world cultures.

The International Cultures Club is a student organization that, according to the group's mission statement on the Gustavus website, "brings international and American students together to promote international awareness and appreciation of different cultures."

ICC does so not only through its annual International Festival, but through a number of events throughout the year that celebrate and bring light to different cultures, such as the upcoming Hmong Festival on Saturday,

November 18th.

"Highlighting and celebrating this sense of cultural diversity through the International Festival is part of what makes the ICC such an important Gustavus organization," ICC Co-President, Ayushi Kalyani said.

"I feel this is important [cultures] everyone's so interested in International that everyone comes together. They just show some appreciation, they get to try new food -- so I think it's really important that we carry this on every year," ICC Co-President said.

This year, the festival's main show featured a variety of engaging performances, including Vietnamese and Russian songs, a German rap piece, and several traditional dances from around the world, among others.

These performances were a big hit as visitors witnessed traditional, modern, and folk dances, along with beautiful songs sung by talented individuals. The fashion show was also a spectacle in which students modeled traditional clothing

from around the world. They walked in pairs while strutting toward the stage wearing authentic traditional clothing.

"I think so far my favorite thing is the clothes," Multilingual and Intercultural Program Coordinator Carly Overfelt, who attended the event, said. "Seeing people represent their culture and background and kind of picking out and trying to guess who's from where and seeing things I've never seen before."

While the night featured opportunities for visitors to try new foods from around the world and see a number of fun and engaging student performances, it also served an educational purpose.

Upon entrance to the event, visitors could choose to pick up a "passport" and get stamps from cultural displays and presentation booths.

Throughout the night, participants were able to participate in trivia or submit their stamped passports into a series of raffle drawings for prizes, including Gustie Gear and gift cards to the BookMark.

This passport activity was a highly popular and engaging part of the Festival for students, and gave many the opportunity to learn something new about world cultures and countries.

"I learned that in the Democratic Republic of the Congo, they have like five different languages, and like, everybody has to know more than one," First-year Jocelyn Jaimez said. "And they also have lots of different types of money and sometimes it can be difficult to pay for things depending on what kind of money you have. But my other favorite things were just eating the delicious food and seeing everybody and their different talents, and it was really awesome."

"It might be the only time in a semester where we can see so much of the representation of diversity on our campus," Overfelt said.

The Festival proved just as enjoyable for ICC members and performers themselves, who spent a great deal of time setting up for the event, as well as learning dances and rehearsing for

the night's show.

It took over two months to put the whole festival together, as members of ICC were divided into Performance, Food, Marketing, and Fashion Show committees. The performers took time out of their schedules in order to provide joyful entertainment.

"For me, because I was performing, I think rehearsal was my favorite," Kalyani said. "Because there were times when we're just like, literally dying, but then there are nights where we're so excited that we cannot sleep!"

In the midst of all of the food, music, and fun, the core message of the ICC and the Festival was definitely not lost on those who attended. It was an experience one could never forget.

"I think it's so important to learn about different cultures, not only knowing but appreciating and understanding," Jaimez said. "Because, let's be real -- we're all in this world together. So I think it's really important and really cool to see people share what they're proud of."



Submitted



Submitted

Gusties enthusiastically perform a traditional folk dance for a wide audience.

Students get in line as food from all over the world is served in the midst of the International Festival.

Mental health fair raises awareness on campus

Samantha Walters
Staff Writer

This week, in order to raise awareness and adaptability for mental health, the Alive! Mental Health Fair occurred on Monday and Tuesday.

Hosted by the Campus Activities Board and co-sponsored by the Peer Assistants, its goal is to “help advance our campus conversation about mental health and wellbeing,” according to Connor Myhre '18, Co-President of CAB. “We hope that students will be able to both reflect on and better understand their own mental health and also better understand what mental health looks like within the Gustavus community.”

Many activities, such as a raffle and a game of Fact or Fiction, get students and staff involved in learning about mental health.

In addition, students can learn about the biology of mental health: “Students can look at brain scans of those affected by depression and other mental health conditions and those that are unaffected,” Myhre said.

Students could also leave anonymous secrets in a box at the information desk, as well as decorate a canvas with inspirational messages about well-being and hope. Both are displayed on the upper level of the Campus Center.

Those who participated in these four activities could enter in a raffle to win prizes like headphones or candy, according to Myhre.

The Campus Activities Board and the Peer Assistants co-sponsored two documentaries played during the week: A Reason to Live and Bullied.

They were available for students to watch in order to learn more about bullying and the circumstances that contribute to suicide, as well as suicide pre-

vention.

Following the screenings were speakers from the Counseling Center, S.M.A.R.T., the Peer Assistants talking about mental well-being and what they can do

support any friends that struggle with these issues,” Peer Assistant Erica Jenson said. “We want people struggling with mental health issues to know that they are not alone... there are a host

and personal nuances that affect each person’s well being,” Myhre said.

The fair has made students on campus more aware of mental health issues on campus

Later in the week, the Counseling Center put on a Stress and Worry Relief Group in the Campus Center for students to talk about their Learn to Live information.

“Learn to Live offers online programs and tools for Gustavus students struggling with stress, depression, or social anxiety,” reads the Gustavus website. It is a free program and all information is confidential and anonymous.

Also hosted in the Campus Center was a meeting of Stress Busters put on by the Gustavus nursing department. It involves a five minute massage from students trained in massage therapy to relieve stress.

There are also activities for the wellbeing of employees at Gustavus. There are many fitness classes specifically for employees, including yoga, cardio, and TRX put on multiple days a week.

Many students participate in yoga, weekly Meditation Club in the Multifaith Center, Zumba, and other activities on campus to cope with stress and depression.

Many of these activities continue after Mental Health Awareness Week, and the hope is to help people become more aware of these resources.

“In terms of the Gustavus community, we hope to bring about a more inclusive environment for people struggling with mental health issues. We also hope that the education provided throughout the week will equip students and faculty/staff to be able to cope with any issues they deal with and support others as well,” Jenson said.

Mental Health Awareness week is called such for a reason; the goal is to help people become more aware of mental health issues and how to prevent these issues in themselves as well as others.



Abby Anderson

Gusties write inspirational messages full of hope and compassion on a canvas at the Mental Health Fair, that would eventually be hung in the campus center outside of the caf.

to help students. Reese Butler, founder of the 1-800-SUICIDE Hotline, also gave a keynote about mental health.

“We are hoping that we can educate as many students as possible both this week and through out the academic year about how to cope with mental health issues as well as how to

of resources that Gustavus provides for any of their needs.”

This dialogue is an important part of becoming aware of one’s mental health: “We want to provide a welcoming opportunity for students to express themselves and their experiences with mental health as well as learn about some of the complex

and within themselves: “Mental health has always been very important to me. I’ve decided to continue eating healthy and get a lot of exercise and sleep to prevent some of the issues I learned about and keep up a healthy lifestyle,” Student Senate Hall Representative Stella Hadjiyanis said.

Tri-Sigma hosts 4th annual Zumbathon

Ella Napton
Staff Writer

Zumba is a dance workout that has gained vast popularity over the past decade, and as a result, more and more people opt out of the traditional treadmill workout in favor of fitness classes such as Zumba.

Moreover, dance marathons have been around for years (Grease, anyone?). But a newly minted concept has recently arose, and it made its way to Gustavus this past weekend for the Tri Sigma sorority’s philanthropy event for the March of Dimes.

Zumba, by definition, is “an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music,” according to the dictionary.

Zumbathon traditionally

consists of three one hour Zumba sessions lead by a certified Zumba instructor. Door prize drawings happen regularly throughout the three hour class.

It’s a great way to have fun, win prizes, and donate to a good cause,” junior member, Perry McGhee said.

The Zumbathon put on by the Eta Theta chapter of Sigma Sigma Sigma. This particular event was chosen four years ago when a sister became a certified Zumba instructor.

The sorority stuck with the event due to its immense success, and have continued it every year since.

This year’s event was very impactful for the March of Dimes, the nonprofit organization the Zumbathon benefitted.

The March of Dimes is one of Tri Sigma’s philanthropic partnerships that they work with to raise money and awareness for

their specific cause.

Other organizations they work with are the Tri Sigma Foundation and the Robbie Page Memorial Foundation which works to raise money for children’s play therapy.

With these are both causes benefitted by Sigma Sigma Sigma all across the country due to Tri Sigma being a national sorority and benefitting the same causes as all other Sigmas across the nation.

The Sigma’s goal is to serve children, and they are able to do so through their partnership of these organizations.

“This nonprofit organization focuses on research, education, and awareness for newborn prematurity, which is the number one killer of babies in the United States. 1 out of every 10 children is born premature, and that’s one too many! The March of Dimes actively supports millions of ba-

bies (and parents) each year in the fight for full-term pregnancies and healthier babies” Marissa White, Senior President of Tri Sigma, said.

This important cause was directly impacted by the success of Tri Sigma’s Zumbathon that occurred Saturday, November 4 in Alumni Hall.

The March of Dimes organization was impacted in a positive way by this event. The workers and participants at the event thought it was a valuable use of their time and money.

“It was a really fun opportunity to meet people I’ve never met before. It was also a lot of fun, something I never thought I’d say about a workout,” sophomore, Tri Sigma, Paige Wormer, said.

“My favorite part about Zumbathon is seeing everyone come together for a good cause. Zumba is a lot of fun within itself, but

knowing that I am able to make a difference in someone’s life through this event makes Zumba that much more meaningful and enjoyable,” McGhee, said.

This year the Zumbathon raised 500 dollars for the March of Dimes and brought together people from all across the campus.

Every single cent of proceeds made was donated to the March of Dimes to help them continue their work with newborn prematurity.

All proceeds were donated to March of Dimes so this amount of money will certainly make an impact on their work.

As the year continues the Tri Sigmas will work with other sororities to bring awareness to important causes and issues.

Coming up are the open socials Sweet and Salty social with AST and Death by Chocolate with the Thetas.

GUSTIE of the WEEK

Olivia Niles

Trevon Sladek
Staff Writer

She is a mathematician, a musician, and maybe most importantly, motivated. "She combines humor, wit, silliness, passion and focus into everything she does. She doesn't let challenges and mistakes overcome her and she always figures a way out to overcome them as well as help others overcome their own challenges," Savannah Maynard said.

If you have ever met Olivia Niles, you know this describes her brilliantly.

"Olivia's interest has been and will be nothing but piano and [boys] would have to go to all of her recitals to have a shot."

—Yumiko Oshima-Ryan

Olivia grew up in Fort Collins, Colorado. She spent her childhood looking up to her older brother, playing with her dog and learning music.

Olivia enjoys school, in high school she was in the Mathematics Honor Society. She also joined the swim team for some time, before focusing more on her musical career, which

spanned from being a color guard in the marching band to playing piano and violin in the orchestra.

Being a well-rounded student in high school, she had many options when searching for the right college. "I wanted to go somewhere north of Colorado that had big trees," Olivia said.

After living in an area of plains, she wanted to experience new surroundings. Other qualifications that a college had to meet included having a strong STEM program, as well as a music department where she could continue her love for music.

Even though she remembers visiting Gustavus during a blizzard, she also remembers loving it. After a scholarship event and opportunities to meet some professors, she knew she wanted to be a Gustie.

She is now a senior majoring in both mathematics and music. Surprisingly, she was not initially expecting to pursue music as an academic major, even though she now performs in the Gustavus Symphony Orchestra.

"I was thinking about it as a possible minor, but not really as a major until I took Music Theory and was pushed by my teachers, who noticed that I was already in the music building all the time," Olivia said.

One of her professors, Yumiko Oshima-Ryan, recognized

her potential from the start. "Olivia was an ultra-serious student ever since she came to Gustavus... well maybe too serious to realize she needs to relax more."

Yumiko warns boys not to keep their hopes too high, as "Olivia's interest has been and will be nothing but piano and they would have to go to all of her recitals to have a shot."

Since the time she was in elementary school, music evolved into something more for Olivia, but she still has a sense of humor about the somewhat unexpected nature of it.

"I would sometimes joke that all I wanted was to have the abbreviations of my majors to be a piece of candy," she said.

Her humor is appreciated by many, including her good friend and roommate, Savannah Maynard. "She is one of the funniest, and sassiest, people I've met during my time here at Gustavus."

"She never passes up the chance to make a joke and make people laugh, it's one of her best qualities, even when she makes fun of you to your face, you know it's because she knows you can handle her humor and that she considers you a good friend," Savannah said. "On the flip side of her humor is a seriousness and passion for everything she does."

Although she focuses the majority of her time on school,



Abby Anderson

Olivia is a double major in Mathematics and Music.

she finds time to work and do other activities. She works as a piano accompanist for the college and is a teacher's assistant for Music Theory. Olivia also spent her sophomore year as a CF and is a tour guide in the summer.

Olivia's favorite things on campus include the cafeteria's mac and cheese and talking casually with professors. "It makes [them] less intimidating when you have conversations with them and have seen a photo of their pets or something. It humanizes them."

She also has fun going to

campus events on the weekends to learn about other students studying in different fields than her.

Olivia's time at Gustavus is coming to an end. After graduating, she aspires to attend grad school and get a doctorate in mathematics.

"[She] has the ability to be the funniest person in the room, no matter what room."

—Jonathan Hickox-Young

Olivia is a busy student without much time for hobbies, but she still counts music as one. "Half my life is a hobby... and I'm getting credit for it." She also enjoys taking selfies with dogs and learning random facts on just about anything.

"Olivia, a senior music major, is enjoying her life, being double major with Math, performing at the Gustavus Symphony Orchestra, accompanying performers, being a TA, playing in a chamber music, and somehow still manages to live her life with a lot of energy and performing her music at her best," Yumiko said.

The people who know her best seem to be able to only describe Olivia in lists. "She's a fantastic tour guide, a phenomenal musician, and a caring person," Sophomore Jonathan Hickox-Young, who met her in the summer tour guide office, said.

Olivia is a lot of things, occupies many places on the Gustavus campus, and "has the ability to be the funniest person in the room, no matter what room," Jonathan said.



Abby Anderson

Olivia finds joy in performing music. She is the President of Handbells, in the Gustavus Symphony Orchestra, and a piano accompanist.

Gustavus Theater Presents *Our Country's Good*

Elsa Beise
Staff Writer

The Department of Theater and Dance is performing, *Our Country's Good*, written by Timberlake Wertenbaker. The play offers a variety of characters, themes and accents for students to dive into.

This particular production was chosen by director Amy Seham and the Theater/Dance faculty. The department aims to choose a variety of productions that talk about important issues as well as provide entertainment for the audience.

"We aim to explore a variety of theatre styles and historical periods, and we seek plays that engage with intriguing social and political questions," Seham said.

This play also incorporates history into its writing. "*Our Country's Good* is a wonderful script that brings history to life. It provides a number of strong roles for men and for women, giving our actors challenging and rewarding opportunities to develop their acting ability," Seham said.

Our Country's Good is a play filled with both humor and drama. "If you like drama, there's drama. If you like comedy, there's also comedy" First-year Leah Lind, playing multiple characters, said.

Another unique aspect of



Abby Anderson

'Our Country's Good' seeks to explore class, race, sexuality, and the effects on prisoners and their jailers.

this play is the group dynamic it portrays and requires in its preparation. "...it's [a] very ensemble based show so we've all really had to work together to make our characters work together...we've put a lot of time into it" Lind said.

The themes it discusses are ones that intrigue audience members. "It deals with a lot of really important themes like what makes someone human, themes of justice...it's a really interesting piece of theater. It really makes you think about power structures and relationships with other people", Lind said.

Students have been run-

ning through scenes, creating backdrops and putting work into this play since the first few weeks of the academic year.

Their hardwork and dedication is all going towards the goal of producing a well done show. "The acting is great, and the scenery, costumes and lights are amazing. The play raises important questions, and ends on an uplifting, inspiring message," Seham said.

Actors have also been given an opportunity to learn how to use different accents in the show.

"We had accent coaching with an actual trained accent coach, so we have a lot of dif-

ferent British accents and I have a Scottish accent for one of my characters, so that's kind of fun," Lind said.

"We aim to explore a variety of theater styles and historical periods, and we seek plays that engage with intriguing social and political questions."

—Amy Seham

The production centers around a group of men in prison

who are tasked with performing a play. The theme of theater shows the audience that it can change humans for the better and remind others that prisoners are also people.

"Contemporary playwright, Timberlake Wertenbaker, uses this true story to explore the dehumanizing effects of incarceration and the prison system.

"The play also celebrates the transformational potential of theatre as a means of rediscovering the humanity and dignity of the prisoners," Seham said.

The department has been able to use a resource to help inspire its students. This resource is a performance artist named Robert Galinsky.

"Robert has worked closely with a movement called Literacy for Incarcerated Teens, that brings theatre, art, and poetry to young people in prisons. He has already shared some of his experiences with the cast, and given us great insights into the power of theatre to educate and inspire troubled youth," Seham said.

This production is filled with relevant social issues, themes and personalities, applicable to a wide range of audiences.

Performances will run November 16-19 with matinee and evening shows. Tickets will be on sale November 2 and will be sold an hour before each performance at the Anderson Theater box office.

Multimedia and Memorial: Fall Band Concert

Lucas Tomhave
Staff Writer

In the last several decades, there has been a return to classical music. This stems its use in film and video games, as classical music is often deeply incorporated in entertainment.

From 1:30 – 3:30 p.m. on November 11 in the Bjorling Recital Hall, the Gustavus Wind Orchestra and Gustavus Wind Symphony Fall Concert will focus in on this relationship between classical music, film, and video games.

The Gustavus Wind Orchestra portion of the concert entitled "A Flight into Fantasy" will be a multimedia concert presentation.

"We will perform music based on the video games *Skyrim* and *Journey*, music from the film *Star Wars*, and Baroque and Renaissance reflective works by J.S. Bach and Benjamin Britten.

"Each Piece will be presented in the dark with a video presentation projected over the orchestra," Dr. James Miller, conductor of the Gustavus Wind Orchestra, said.

This concert will provide the audience with visual and auditory entertainment. "I'm pretty excited because it's not only going to be a listening experience, we're also going to be tying visuals with it," Robert Schreck, euphonium player in the Gustavus Wind Orchestra, said.

The concert dives into the relationship of film, video games



Submitted

The Gustavus Wind Orchestra and Wind Symphony will perform their fall concert on Saturday.

and music and presents a new way of experiencing music. "I've never presented music like this in a concert, although video projections with concerts are becoming more and more popular and common," James Miller said.

GWO hopes to draw in people who may not usually attend concerts. "I am glad [Miller] programmed a concert like this because these are some of the funnest concerts—playing music that is familiar to people who may not usually listen to classical music," Austyn Menk,

keyboard and saxophone player said.

As for the music itself, the concert repertoire is expansive and engaging. The *Skyrim* inspired piece entitled "Riften Wed" by Julie Giroux, is a melodic and emotional direct homage to the game. As the story goes, Giroux had been playing *Skyrim* Online and her in-game character was married.

Unfortunately, one day her character's husband unexpectedly died. Giroux, mourned this loss like the loss of a real person, and accordingly wrote

this piece in honor of her late virtual husband.

For those who have played video games, and for those who have lost loved ones, this may be a relatable experience.

The other video game piece "I Was Born for This" by Austin Wintory, is from the video game *Journey*. This is a lush and beautiful piece that features vocals from soprano and senior music major Katie Peroutka.

"Out of the material we are playing, 'I Was Born for This' is probably my favorite piece," Schreck said.

The connection to film and music will be through *Star Wars*. "We had to find the new piece—the *Star Wars* Piece—and put it together in the past couple weeks of rehearsal, so that has been a challenge," Jacob Skold, saxophone player in the Gustavus Wind Orchestra, said.

The theme of classical music as it relates to video games and film is only half this concert.

The other half, presented by the Gustavus Wind Symphony under the direction of Dr. Heidi Miller, will celebrate the life of composer David Maslanka, who passed away in August. They will perform Maslanka's "Heart Songs" and "Mother Earth Fanfare."

"These two pieces really display the composer's incredible understanding of painting with the wind band brush of colors. They also reflect his two distinct styles: dark, introspective and reflect slow music—and fast, bright, and aggressive music," Miller said.

Dr. James Miller and Dr. Heidi Miller are both "strong lovers and supporters of David Maslanka's music and his passing deeply impacted both of us. Presenting a program featuring his music will be very special for all of us," James Miller said.

For those looking for a unique multimedia concert experience and/or a poignant celebration of David Maslanka, this an excellent opportunity; this concert is free and open to the public.

'Get Studying' November Playlist



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As busy college students, we are constantly finding ourselves under mountains of homework and tasks to complete. Although the work is hard, there is something so simple that can make the time less stressful and more enjoyable...music. From new hits to old bops, these twenty songs could make the hours of homework more bearable.

To give this playlist, a real listen follow The Gustie 20 on Spotify. To do so, put "Spotify:user:thegustie20" into the search bar and choose the November Discover Monthly playlist.

The first two songs on the list are "Pink Skies" and "Someone Else" by Los Angeles alternative band LANY. "Pink Skies" puts you in a good mood from the very first note and "Someone Else" has beautiful lyrics.

The following songs are

"Who Says" and "Stop This Train" by John Mayer. Both songs have a calming sound which sets you up perfectly to write that paper you have been procrastinating.

Next is "Cold Coffee" by Ed Sheeran. Not many people know about this song as Sheeran released it as part of his EP, Songs I Wrote With Amy. It gives you a glimpse into the young Ed Sheeran.

"Cold Coffee" by Ed Sheeran has a relaxing sound that is perfect for studying. Being as big of an Ed Sheeran fan that I am you can bet that it's on my playlist" Senior Kjersten Piper said.

"Our Love" by Judah & The Lion is a low key bop. It is a love song with a catchy beat. Judah & The Lion is a very genre-bending band. You can claim that they are a folk band which is evident in this song, but after listening to their other tracks, you could argue that they are pop, rock & roll, and even hip-hop. They do it all and

do it well.

Following the folk love song, is "Nervous" by Irish singer-songwriter Gavin James. "Nervous" is James' most known song and it is captivating. It grabs your attention from the very first note and plays with your heartstrings using only lyrics.

Another singer-songwriter is eighth on the list. Jamie Lawson's hit single, "Wasn't Expecting That" is another track that is beautiful, yet heartbreaking. If you listen to the lyrics, you will find that it follows a relationship from its first heart-fluttering smile to an ending full of tears.

Many may know Motion City Soundtrack for their pop-punk sound, but in 2007 the Minneapolis-based band released an acoustic/stripped down EP.

It included a rendition of the ballad, "Fell In Love Without You" which is another song perfect to listen to while researching for your science paper.

Tenth on the playlist is another song by a Minneapolis-based band. "Monsoon" by Hippo Campus is only a 3-minute song, but it could be listened to for 30 minutes straight and never get old. It is almost hypnotizing and has a calming vibe.

"Love You Like That" by Dagny is one of the more upbeat songs on this playlist. Dagny is a Norwegian pop singer and her single, "Love You Like That" has a modern sound to it, yet it has a pop chorus similar to the rimes of the 80s.

The single has such a happy vibe and brings a smile to your face which is great once your hours of homework starts to discourage you.

Indie pop band The 1975 has been creating quite a storm around the world in the past few years. They have two popular full-length albums, and another to come in 2018. About two years ago, they released a single titled, "Medicine."

It is a bit slower than most of the singles off both their albums, but it may just be the strongest lyrically. The song pulls you into the world of hope and lost love.

Signed to the same label as The 1975 is Pale Waves, another Indie pop British band. Their single, "There's A Honey" is a total jam, and it happens to be produced by Matty Healy and George Daniel from The 1975.

Former One Direction member Niall Horan released his solo debut album, Flicker just a few weeks ago. "Flicker," the album's title track is hard not to fall in love with because of how entirely beautiful and heartstring-tugging it is.

It is one of those songs where once you play the song once you can't help but press the repeat button.

"Hold" by Saint Claire is next on the playlist. Saint Claire is led by John Sinclair who is a 21-year-old violinist, singer, and producer from Seattle. Saint Claire has an Electric Soul/Pop vibe that you can't help but love.

Following is a bit more of a pumped up song, "Stolen Dance" by German pop-rock duo Milky Chance. The track has been climbing the charts which makes sense due to its infectious vibe.

When listening you can pick up on both bits of sadness and happiness in both the tune and lyrics itself.

"My go-to study song is 'Defying Gravity' from Wicked. I love it because it makes me feel like I can conquer the world."

—Taylor Kmiech

"Ghosts" by alternative rock band, BANNERS is a gloomy, yet breathtaking song. The piano, drum beat, and sweet string section blend well with lead singer, Mike Nelson's vocals to create something special.

"My go-to study song is 'Defying Gravity' from the musical Wicked. I love it because it makes me feel like I can conquer the world" Sophomore Taylor Kmiech said.

The final song on the playlist is "Favorite Liar" by The Wrecks. After listening to all of these sad, yet beautiful tunes you are most likely in the "feels." To help even the feelings out a bit, here is a track that won't fail to get you dancing, singing along, and possibly even smiling.

1-"Pink Skies"-LANY

2-"Someone Else"-
LANY

3-"Who Says"-John Mayer

4-"Stop This Train"-John Mayer

5-"Cold Coffee"-Ed Sheeran

6-"Our Love"-Judah & The Lion

7-"Nervous"-Gavin James

8-"Wasn't Expecting That"-
Jamie Lawson

9-"Favorite Liar"-The Wrecks

10-"Monsoon"-Hippo Campus



11-"Love You Like That"-
Dagny

12-"Medicine"-The 1975

13-"There's A Honey"-Pale Waves

14-"Flicker"-Niall Horan

15-"Hold"-Saint Claire

16-"Iris"-The Goo Goo Dolls

17-"Stolen Dance"-Milky Chance

18-"Ghosts"-BANNERS

19-"Defying Gravity" from *Wicked*

20-"Fell In Love Without You"-
Motion City Soundtrack

Mindfulness at Gustavus

As workloads pile up and schedules get busier, it's hard to work in a little moment of relaxation in the day. Gustavus recognizes students' need for relaxation and has several programs to promote mindfulness. Meditation sessions, yoga classes, and even a relaxation J-Term are all options for students to take a moment for some rest and relaxation. These opportunities are offered throughout the week. The Gustavus Meditation Club meets from 7:00-8:00pm Tuesdays and Wednesdays in the Bonnier Multi-Faith Center. Yoga sessions are held from 8:00-9:00pm on Tuesdays in Lund 224 as well as on Thursdays in the Bonnier Multi-Faith Center during Chapel Break. Students also have the chance to get a five minute massage from the Stress Buster team. Upcoming massage times are December 7th 6:00-7:00pm and 11th from 7:00-8:00pm. Other relaxation opportunities include a J-Term devoted to relaxation and the library's relaxation room on the first floor in the back of the library. With all these options on campus, students are able to find a little time to take a break from their busy schedules.

