

Coffee: a college student's favorite cure-all

Coffee is the life-blood for most college students, so it's good to know that coffee has more benefits than just keeping us awake. According the Harvard Health Blog, moderate coffee consumption, about three to four cups a day, has been linked various benefits including a longer life span. Though the exact reason for why drinking coffee might be beneficial is unknown, research has concluded that a cup of joe can help reduce the risk a serious health problems. Remember these benefits the next time you visit the Courtyard Caf.

Heart Disease

Coffee is filled with antioxidants which can help the heart function properly by reducing inflammation and improving circulation. Heart Disease is the leading cause of death in women, but this can be reduced by up to 25 percent by drinking two to three cups a day.

Parkinson's

Drinking at least one cup of coffee a day can reduce one's chance of developing Parkinson's disease by almost half. Coffee can greatly prevent cognitive decline.

Better Workouts

Caffeine can help muscles burn fat quicker, which leads to a longer, less tiresome workout

Diabetes

The risk Type 2 Diabetes can be reduced due to the caffeine and antioxidants in coffee which aid in boosting metabolism and insulin sensitivity.



Stroke

In 2009 a study found that drinking between two to four cups of coffee can lower the risk of having a stroke by 20 percent. Coffee can also help reduce cerebral infarction and subarachnoid hemorrhage.

Liver Cirrhosis

Drinking coffee can vastly reduce the risk of cirrhosis. Two cups a day and reduce one's risk by 80 percent.

Alzheimer's

People who drink three to five cups of coffee a day are 65 percent less likely to develop Alzheimer's. It is possible that coffee can also reduce the production of proteins that build up in the brains of people with Alzheimer's.

Coffee can increase memory function

Studies have found that coffee can strengthen both long-term and short-term memory. The Radiological Society of North American found that two to three cups of coffee is enough improve one's memory.

Cancer

Drinking three cups a day can lower the risk of developing colon, endometrial, and breast cancer. The high antioxidants in coffee has shown to have cancer fighting properties.

Boost Metabolism

Caffeine has been linked to kick starting metabolism, which aids in weight loss. The chlorogenic acid in coffee has been linked to lowering glucose absorption, which helps sugar leave the body.

Reduce Fatigue

This one may seem obvious, but most studies didn't distinguish whether the coffee in question was caffeinated for decaf, so it is possible that these benefits can still be enjoyed without caffeine. For those looking for a pick me up, the average cup of coffee has 100mg of caffeine. Make sure to moderate caffeine intake. Six cups of coffee is considered dangerous.

Caffeine in context

Moderate caffeine intake is 400mg or less per day. This is equal to four cups of coffee

One mug of filter coffee: 140mg

One mug of instant coffee: 100mg

The great debate: does pineapple go on pizza?



Caroline Probst
Editor-in-Chief

Is putting pineapple on pizza a crime?

The debate over whether pineapple belongs on pizza has recently been tearing society apart.

At least it does every week in The Gustavian Weekly office.

This is my fourth year working as an editor at the paper and the fourth year of this debate.

Pineapple is the only topping that should go on pizza.

It's the best and if you think it doesn't, then you're wrong and you should write a rebuttal article.

As the Editor-in-Chief, I have the power to decide what kind of pizza we order from Godfather's each week.

I believe I am a fair and char-



A delicious pineapple pizza in THE GUSTAVIAN WEEKLY office.

Caroline Probst

ismatic leader... until someone tries to undermine my authority and complains about the pineapple pizza.

In March 2017, Time magazine reported on the meme posted on Twitter that re-started this great debate.

According to their poll, 60 percent of pollees voted that pineapple does belong on pizza.

Buzzfeed was interesting too, as they had thousands of articles dedicated to whether or not it was a sin to mix pineapple and pizza.

Even celebrities and world leaders have even gotten in-

involved.

Canadian prime minister Justin Trudeau did too, tweeting his support of the Canadian creation.

People quickly chimed in saying that denouncing pineapple pizza was a crime against Canada.

Someone else even suggested Trump build a wall on the Canadian border because of their crime against humanity - putting pineapple on pizza.

While studying abroad in Sweden last year everyone thought Minnesota was in Canada, so I might as well embrace

it. It's close enough.

Even the Icelandic president weighed in on the issue (he denounced it) when a student asked him if he liked it.

He even threatened to write a law banning it.

This could have started an international incident.

Good thing I'm Swedish.

The pizza brand DiGiorno even chimed in after the Icelandic president weighed in.

They announced there was "no ban here."

The president responded to the world's response with an apology to pineapple pizza

lovers: "I like pineapples, just not on pizza," the world leader wrote. "I do not have the power to make laws which forbid people to put pineapples on their pizza. I am glad that I do not hold such power. Presidents should not have unlimited power. I would not want to hold this position if I could pass laws forbidding that which I don't like."

Great save.

He also said his favorite kind of pizza had seafood on it. Clearly his palette must be too refined.

Pineapple is delicious and pizza is delicious. So what's wrong about mixing that deliciousness together?

Nothing.

In this day and age, people put everything on pizza.

Mac n' cheese, apples, anchovies, kale, shrimp, spinach, the list goes on.

So what's wrong with pineapple?

There are some benefits to adding pineapple to your pizza. It makes the pizza "healthier" by adding the nutritional aspect of fruit and our tastes buds get to enjoy the flavors of both sweet and savory together.

There are no cons to this, except for the pineapple haters, but who cares? Forget them.

In conclusion, it's time for you to decide whether you're a lover or a hater.

And as twitter says, pizza is a topping too.

The importance of representation in media



Emily Pratt
Staff Writer

Two weekends ago saw the newest addition to the Marvel franchise, *Black Panther*, break the box office record when it hit theaters.

A week later, it hit another record for the best pre-summer second weekend in box office history and beats the Marvel Cinematic Universe record for second weeks, previously held by "The Avengers" with \$103 million.

It is the first superhero film to date with an all black leading cast; its barrier breaking potential, strong reviews, and the

Marvel mystique all proving to be a potent combination.

With such a positive reaction from fans and critics alike, one must ask the question - why the wait?

Hollywood has been notoriously White from the get go.

But if it's difficult to find Black representation in film, it's even more of a struggle to find Asian, Indian, Latino, and Native American representation, among others.

It's as though directors forget such people exist and that is particularly disheartening to realize in a country as diverse as the United States.

Often, what little representation can be found places them as servants or painful to watch stereotypes.

The same can be said of television shows and popular literature.

While many are learning to include well written, diverse characters, when was the last time a story had a person of color or other marginalized identity as the main protagonist?

The CW show *Legends of Tomorrow* contains a handful of main characters, three of which are black in the first season - two men and one woman.

While this inclusion is impor-

tant, they still share the stage with six Caucasians.

Rick Riordan's most recent book series, *Magnus Chase and the Gods of Asgard*, is incredibly diverse with a deaf elf, a genderfluid child of Loki, and a Muslim girl as central characters.

Few writers attain such a level of representation but even here, as the book title suggests, they are not the main protagonist.

"Why so picky?" you might ask.

Don't get me wrong, it's fantastic to have each one of these diverse characters both on the screen and page.

No doubt children from a variety of ethnicities are thrilled to see people like them save the world, learning that they don't have to submit to societies stereotypes.

But imagine their reaction to seeing someone like them lead the world saving.

Caucasian men have seen people like themselves lead battles to victory in more films and television than one should think possible, and most don't think about the impact it has on a young boy's mind.

They come away from watching a movie like *Captain America* or *Iron Man* feeling like they

can conquer the world simply because a man in a suit has their general appearance.

Allowing kids of all genders and ethnicities to have that luxury would change the game in their later years as they enter the professional world.

To be honest, I have never particularly been a fan of superhero movies.

I naturally latched onto the *Black Widow* after watching *The Avengers*, but for the most part these films are often too concerned with showing off their CGI and explosions instead of character focus for my taste.

That is, until I watched *Wonder Woman* in theaters. For the first time, I understood why these types of films appealed to people.

Yes, there was dramatic CGI, but there was heart amidst all of it and, most importantly, empowerment.

I'm a fan of many fantastically written female characters in fiction, but there was something about seeing one on the big-screen - an actual superhero - that was truly mesmerizing.

She was fierce, complex, not sexualized in any way, and everything a girl of any age could want in a role-model.

I felt like I could throw a mi-

sogynist across the country after watching her in action.

Like it or not, superheroes aren't just for white boys anymore.

Movies like *Wonder Woman* and *Black Panther* are clearly progress, but the DC and Marvel cinematic universes shouldn't have taken so long to get there.

How many versions of *Batman* did DC have to make before realizing there were other, much more interesting, diverse heroes in their comics.

Marvel went through three *Captain America* films, three *Thor* films, and three *Iron Man* films before finally deciding to bring *Black Panther* to the big screen.

While we should be excited that both finally came to their senses, it's important to remain critical of how slow they and other franchises are when it comes to pulling through with representation.

We need stories about a black woman inventor who is smarter than Tony Stark.

We need stories about a Vietnamese *Green Lantern*.

It is long past time to have these voices heard.

Arming teachers is not the answer



Ella Napton
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In light of the shooting at Marjory Stoneman Douglas high school in Parkland, Florida, many people are vocal about how to solve the very real gun problem in the United States.

One argument is for teachers to help protect students from more violent acts of terror by arming them with guns.

Many, but not all, of the people making this suggestion are also against reforming gun rights in America, a solution that has proven worthy in other countries, such as the United Kingdom and Australia.

In order to keep their semi-automatic/automatic guns in their, hopefully locked, gun cabinets, they are willing to try nearly any other solution—whether it actually makes sense or not.

One of the largest suggestions is the aforementioned “solution” of arming teachers.

Upon reading this proposition I was bewildered beyond belief. I grew up in the schools; my

mother has been a fourth and fifth grade teacher for over twenty years.

Some of my old teachers are some of my fondest acquaintances.

Simply thinking of any of them armed with a loaded gun each and every day of school is ridiculous.

I am studying to be a high school English teacher and cannot imagine holding or having a gun with me at all times.

Furthermore, by adding this and other methods of trying to control this type of violence, such as metal detectors and armed guards at every entrance, we, as a country, are simply making schools more and more like prisons every day.

That is not what children should be faced with.

By adding more guns to their sphere of influence it simply normalizes the fact that guns, and the violence that seemingly accompanies them in America, are ever-present in their lives.

Children in today’s society are already hyper-aware of the constant violent nature of our country.

We do not need to make guns even more common in their day-to-day lives.

Also, even if the teachers are trained to use the guns they are given (another question—will the teachers have to provide their own guns and ammunition like they do the rest of the school supplies in their classroom without any form of repayment or tax write-off?) their accuracy in a high-stress situation will likely be very low.

Unless they are ex-military, as some teachers are, there is a good chance many have not



Students holding a vigil after the school shooting in Parkland, Florida.

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shot at a moving target with their own semi-automatic or automatic weapon.

Nothing could even begin to

prepare them for the difference between target practice and an actual, moving human with a weapon that could take their life.

Coming back to the question I posed earlier: would teachers have to pay for their own guns and ammunition?

In Trump’s America, teachers cannot even write off a box of pencils they buy so their students can write.

When my mother needs new school supplies of any sort, be that technological or simply scholarly, she has to pay out of her own pocket.

Teachers’ salaries are too low to begin with, and with the costs of school supplies (that students legitimately need and typically cannot always afford themselves) the salary is even more dismal.

If the government can find room to supply teachers with guns and ammunition, which to be honest, they probably will not, they need to address the lack of resources already afflicting classrooms all over America.

Learning should come before guns—plain and simple.

We do not supply and support teachers to begin with, what makes this any different?

If the government, and country, begin to support teachers by giving them guns they have to back them in every other way as well.

It is not a one and one deal.

Whether or not our country’s leaders agree, the school shoot-

ings that happened in Florida and all the other ones, is a gun violence issue.

True, there may be other factors that play into it but the main factor behind the deaths of children in schools and people in other public places is the fact that guns are readily available in America.

Yes, the ball was dropped when it came to background checks for the shooter in Florida, but he obtained the weapons he had in his possession completely legally.

This tends to be the case for most shooters who commit terroristic acts in America.

As many avid gun users have come forward and said: you do not need an AR-15 gun to go hunting.

Sure, it may be “fun” to shoot at a range, but it is not necessary for “everyday use.”

These types of guns should not be easily accessible, or accessible at all.

The idea of solving the violence that occurs in schools more than once a week—there have been seven school shootings in 2018 already, there had only been eight weeks in 2018 at the time of the Florida shooting—by arming school teachers is completely ridiculous.

It is not logical, ethical, or plausible.

The only way to solve this problem we as a country face is by reforming gun laws with new legislation.

The Good, the Bad, and the Meh



People are using technology to put Nicolas Cage into every movie.



Nicolas Cage is making a movie shot in virtual reality.



Nicolas Cage probably won’t be the next 007.

How to deal with stress the healthy way



Yogis focusing on their breathing in a yoga class.

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Jessica Hastings-Ereth
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It is no surprise that the new semester stresses us out.

But there are healthy and unhealthy ways of dealing with the stress associated with the transition to classes and other activities/obligations.

Over three million adults suffer from depression and/or anxiety.

A good chunk (not surprising) of this percentage affects students, more specifically, university and college students.

This is something that is unavoidable, but can be managed.

But if coped with properly you can easily get through the stress of finals and focus on the fun of the holidays.

As college students it is no mystery that alcohol is commonly used for stress relief, and for recreational fun.

Another common stress reliever is smoking, whether that is cigarettes, marijuana, or other drugs.

These are only a few of the many negative stress relief coping techniques.

Having and maintaining healthy stress relief habits will

help you live longer and increase your quality of life.

So during this stressful time you should consider some of these other options that will not only help your mind but also your body.

Exercise: Aerobic exercise, such as jogging, fast walking, cycling, and swimming, has been shown to reduce symptoms of stress, anxiety and depression.

The list of health benefits from exercise seems to be endless, but some key points to know are that your sleep will improve, you'll notice increased energy and stamina, and increased mental alertness.

When you are stressed you may feel tension in your muscles, especially in your face, neck, and shoulders, leaving you with back or neck pain, or headaches.

You may also feel tightness in your chest, or muscle cramps.

The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating tension in both your mind and body.

Exercise can help alleviate many of these problems and leave both your body and mind refreshed.

Meditation: Meditation is often associated with religious practice, but don't let that deter you from trying it.

Meditation has many different varieties, including zen, vipassana, mindfulness, mantra, yoga, and guided meditations.

These are just a few examples but the possibilities and limits of meditation are endless.

It can be as simple as taking a few minutes to find a quiet place and sit in silence, focusing on nothing more than your breathing, or it can be as complex as taking hours out of your day, the beauty is you decide what

works best for you.

Dr. Britta Holzel states "It is fascinating to see the brain's plasticity and that, by practicing meditation, we can play an active role in changing the brain and can increase our well-being and quality of life." Types of meditation are becoming more common, and with that I encourage you to try and find one that will help you become more relaxed.

On campus we have yoga classes that are a tuition "gift with purchase" to students.

So you can spend an hour focusing on breathing and your body.

Many of the techniques you learn you can also do on your own time, and take them with you wherever you go.

Therapy: Humans are social beings and therefore we're not meant to be socially isolated, so going to therapy or confiding in someone you trust can be highly beneficial.

At Gustavus, you can get free counseling sessions.

When meeting with a counselor or therapist you will receive individual help that is focused on one thing: you.

Meeting with someone who is professionally trained to help you in these kinds of situations is very beneficial.

The therapists have specialty training so they can help you with all kinds of emotions, from stress to depression.

Therapists are not there to judge you.

You are free to express your emotions at any time.

The person you see may give you different coping techniques, and even if they seem odd it doesn't hurt to try them out.

Many times the best things in life tend to be the odd things.

Deep breathing: Sometimes we all just need to take a deep

breath.

Doing this while you're anxious or stressed is an excellent way to reduce those negative feelings and to help calm yourself down.

Deep breathing, or belly breathing, is a great way to reduce stress, and because it can be done in less than ten minutes it is a great exercise to do while you find yourself in a stressful situation.

Abdominal breathing is probably one of the most common deep breathing techniques.

This involves your one hand on the chest and the other on the stomach, taking a deep breath in through the nose, making sure your diaphragm inflates with enough air to create a stretch in the lungs.

This is what is considered a beginner form of deep breath-

ing, there are also advanced or complicated deep breathing exercises you can complete.

One of the more advanced exercises is called kapalabhati. This involves short, powerful exhales and passive inhales.

Further research will allow you look deeper into some of these stress-relieving techniques.

It may take a few tries to find one that works best for you, but once you find one you will feel much better.

During this busy time, take a few minutes and relax, take a deep breath, and know that everything will work out just fine.

Good luck with the new semester.



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