

THE GUSTAVIAN WEEKLY

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**Gustie of the Week:
Tanner Sonnek**



VARIETY - PAGE 4

An education without the arts is incomplete

OPINION - PAGE 9

Men's Tennis competes in California



SPORTS - PAGE 11

DEEP into Little Havana

The Diversity Education Exploration Project spends spring break in Florida



Members of DEEP in Little Havana

Submitted

Monali Bhakta
News Editor

One of the educational and fulfilling student organizations on campus is the Diversity Education Exploration Project, more commonly referred to as DEEP.

The purpose of this group is to provide students with the chance to explore the culture, service, and education in a specific place around the country.

It serves as a low-cost trip that is meant to give under-represented students with the opportunity to venture and take part in conversations related to cultural exploration, continuing education, and service learning.

Once the trip is over, the students plan to host an informative and engaging event for the campus in order to share what they learned with the rest of the community.

In the past they have travelled to places like South Carolina, San Francisco, Arizona, and New Orleans.

"Last year DEEP traveled to New Orleans, Louisiana to learn about the French and Creole culture," Co-President, PhePhe

Quevi said.

For this year's trip, they decided to learn more about the rich Hispanic communities throughout Florida.

They chose to focus on the Cuban town of Little Havana because of the appealing history and culture it has to offer.

The preparation for the trip was not easy, as it was imperative to listen to all the voices of the members.

DEEP first advertised for the trip by sending applications to the campus, and begin researching places where they could fulfill their learning criteria.

This included splitting up into committees to learn more about the service projects, housing, food, cultural events, and education available in the area.

They then held a vote.

According to DEEP Co-President, Claire Dirnberger, "During this time we also worked very hard to fundraise for our trip. Each of our members needed to complete five banquet shifts to raise money for the trip. We also hosted a silent auction for the campus, created a gofundme account, and wrote letters to departments asking for donations."

They also presented a high budget to the Diversity Leadership Council which was passed, and received a huge amount of funding.

In addition, they had to complete miscellaneous tasks such as renting vehicles, ordering t-shirts, and writing driving schedules/job lists.

"Even after we have completed the trip, we still are not done. We need to create a presentation for the campus. This includes advertising our event, creating a presentation, putting together footage from the trip, ordering food, and doing additional research. Overall, this organization puts in a great deal of work, but there is a high reward," Dirnberger said.

While on the trip, they took a walking tour of Little Havana where they learned about the history of the town, the origins of cigar rolling, and tasted authentic Cuban food.

Although it used to be a Jewish town, it soon became a safe place for Cuban exiles and other hispanic peoples.

They also went to the Bay of Pigs Museum which focused on the famous invasion and the participants involved.

They also went to the Historic Tower Theatre which helped Spanish-speaking people learn American culture and English by showcasing popular movies there.

Along with that, they visited the Cubaocho center which features art pieces from notable Cuban artists that were overshadowed during the communist conflict.

"We went to several restaurants, museums, and shops on Calle Ocho (Eighth Street) where the Cuban community intersects. We talked to locals, explored Cuban art galleries and did anything to immerse ourselves in the culture," DEEP Advisor, Janet Jennings said.

Besides going to these exciting places, they also ate plenty of Cuban food such as Cuban sandwiches, Ropa Vieja, Croquettes, fried plantains, and fresh juice.

One key culture shock they experienced was that almost everybody in the town spoke Spanish, so they were lucky to have people on trip who could translate.

"My favorite memory from the trip was just being able to share my spring break with a

new group of people, and just getting to know them. After 26 hours of driving to Miami, we got to know one another very well," Quevi said.

While completing their service project, they also encountered the media which featured them on the local news.

It was a moment that none of the members were expecting as they were solely focused on their tasks.

"We were doing our service project, and there was a beach clean-up. There was this guy from Channel 10 News, who asked, 'Where are you all kids from?' and we said, 'We're from Minnesota, to which he responded, 'Oh, and you're cleaning up our beaches?' We got to be on TV, which I thought was really cool. To know that we help out that community and they recognized that," sophomore Karrie Villareal said.

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Campus Safety Report

Monday, March 26

- Campus Safety responded to a medical assist in Sorenson Hall.

Tuesday, March 27

- Campus Safety responded to a medical assist at Sohre Hall. A student was transported to the hospital by ambulance.

Wednesday, March 28

- A Collegiate Fellow responded to a student of concern in Norelius Hall

Friday, March 30

- Campus Safety was called to Pittman Hall for an underage alcohol violation involving one student. Case referred to the campus conduct system.
- Residential Life staff documented candle policy violations in Norelius (2), Southwest Hall (4), and the Ten O Nine House (1).
- Residential Life staff documented tampering with a smoke detector in a room in Pittman Hall.

- Residential Life staff documented a policy violation in Norelius Hall for possession of a toaster oven.

Monday, April 2

- Residential Life documented a candle policy violation and possession of alcohol in the Sjostrom House.
- Campus Safety responded to the Campus Safety Office for a medical assist. A student was transported to the hospital.

Nominate your favorite professor to receive:

The Edgar M. Carlson Award for Distinguished Teaching

- WHO** challenges you to excel in class?
- WHO** encourages your curiosity for new knowledge?
- WHO** has become a mentor to you?
- WHO** has gone the extra mile to support your learning?
- WHO** has excited you about a topic that can change your entire life?
- WHO** has urged you to expand, grow, and change the way you see your world?
- WHO** is the professor you admire most?

Nominations are due by 15 April 2018

Nominate online at: www.gustavus.edu/provost/awards/emcarlson.php

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WE'RE HIRING STUDENTS FOR PHONATHON

The Gustavus Fund Student Phonathon will run from September 30 to November 9
APPLICATION DEADLINE: Friday, September 22

Gain professional experience. Connect with alumni, parents and friends of Gustavus. Build support for the Gustavus Fund.

- Earn \$12 per hour
- You can do this AND your regular student employment
- Shifts are 5:45–9:00 p.m.
- Daily shifts with flexibility

Interviews are happening on a rolling basis, so get your application in early!

Apply online at www.phonathon.com with entry code GAC17F.

For questions contact: Katie Schroeder '03 at 507-933-7539 or kschroe7@gustavus.edu

Sponsored by the Gustavus Fund.

GUSTIE of the WEEK

Tanner Sonnek

Lily Winter
Staff Writer

Junior Tanner Sonnek made a splash at swim nationals this week as he represented Gustavus in the 100 and 200 yard breaststroke.

Ranked third and fourth in the nation for his two events prior to nationals, Tanner took on the top ranked competitors in the D3 level, racing against some of the best in the country.

Placing in the top eight, Tanner won All-American for the 100 yard breaststroke for the second year in a row.

Tanner began swimming in the ninth grade after being encouraged by his sister and her diving team and has not looked back since, joining the Mantas Swim Club in order to follow his passions and find others with the same drive.

Tanner enjoys the community within the Gustavus team, but also the connections he is able to make with students from other schools.

"At the end of the day we all support each other," Tanner said, reminiscing on one the first

events of nationals in which the Gustavus and St. Thomas swim teams merged together to cheer on the girls' event.

Being part of a team is extremely important to Tanner, who values the community fostered at Gustavus.

"Tanner has encouraged me to become a better teammate by keeping a positive atmosphere as well as pushing me so I can help push others in the pool. Essentially it is a domino effect throughout the team," Andrew Peters, fellow swim team member, said.

While Tanner focuses much of his energy on swim practices and making an impact in the swim world, he also performs well in the classroom, impressing teachers and students alike.

"Being a swimmer is always difficult," Professor Christopher Gilbert of the political science department said. "All student athletes work incredibly hard, but the swim season never ends."

"Tanner is outstanding in the water, but he is in the classroom as well. You would never know he has any other demands. He does terrific work and other students really look up to him."

Tanner cites his political science classes for broadening his perspectives of the world, perhaps the reason for his ability to connect with so many people around him.

"Because of my major," Tanner said, "I am able to take a step back and think about why a person is acting or thinking a certain way."

Professor Kate Knutson remembers Tanner's presence in her J-Term class where students took on a subject directly linked to the St. Peter community.

She was impressed by his ability to work well with others, but also his communication skills with those outside Gustavus, such as the St. Peter city council and police force.

"While great in the classroom, whenever I see him on campus, it is always with a huge smile and he is always so warm and friendly," Knutson said, noting Tanner's ability to make an impact in every aspect of his life, personal and professional.

When Tanner is not training for the swim season or studying for his political science and econ classes, he also enjoys spending time with his fraternity, Alpha



Submitted

Tanner is a junior political science major and Alpha Chi Delta member.

Chi Delta, who Tanner describes as "a good group of guys who want to make a difference by focusing on their philanthropy and the St. Peter and Gustavus community."

A faith-based fraternity, the Chi's support Royal Family Kids, a nonprofit which creates a network of camps across the

United States for foster youth. "It is so important for them to have their time as kids."

Tanner said. "A lot of these kids have near nothing. We want to give them a week where they can do whatever they want, where they can establish their trust with humanity."

The Chi's encourage their members to become counselors for the week long camps, but also enjoy supporting Royal Family Kids by raising awareness for the cause and helping set up events when they can.

While Tanner enjoys growing and gaining new perspectives at Gustavus, his upcoming senior year is approaching way too fast.

"I'll be sad to leave," Tanner said. "It's always hard to see the seniors go because you get to know them so well, but becoming a senior yourself is so rewarding because you get to know more people every year."

While his final year may be approaching, there is no way Tanner is going to find himself sliding into the senior slumps.

"There is so much to do at Gustavus," Tanner said. "It is really easy to find a community that loves the same things as you. No matter your passion, there is going to be someone with the same interests."

Tanner has found these passions all across campus. From the swimming pool to the halls of Old Main, you can be sure to see Tanner anywhere with a giant smile on his face.

Tanner is always encouraging others to embrace their time on the hill just as much as he has, and contributing to the Gustavus community that he both treasures and embodies.



Submitted

Tanner was named MIAC Swimmer of the Week in December and competes at a high level for the Gustavus swim team.

Tales from Abroad

Lauren Casey
Guest Writer

Thirteen cities, 13 days, 37 soccer players, one gymnast, and an infinite amount of memories. This's what my time studying abroad in France for J-term looked like big picture.

The program was called "French Sport and Culture," focusing primarily on the importance of soccer to France.

So many sights were packed into 13 days that it would take hours to explain how amazing this experience was, so I'll highlight my favorites.

Being the only non-soccer player on this trip was intimidating, but in the end I wouldn't change a thing because I learned so much about French culture, travel, and myself.

Our journey started and ended in Paris with so much sandwiched in between. The first day there we met our unforgettable guide, Dorothy, who stayed with us for the remainder of the trip.

While in Paris, we became typical tourists as we hopped on the tour bus, taking us to see the Arc de Triomphe, Cathedral of Notre Dame, Montmartre, The Louvre, and of course the Eiffel Tower.

We were lucky enough to go



Gustavus students traveled to France with the J-term, "French Sport and Culture", visiting Paris, Nimes, Nice, and many other cities.

Submitted

to the second level of the tower, allowing us to see the full view of the city.

Despite the jet lag, and constant rain while we were there, it didn't put a 'damper' on the experience.

While Paris was the main

city I wanted to see, I had no idea how spectacular the cities that I'd see in the days to come would be.

The next destination the bus brought us to was Bordeaux, the wine city. Here, my favorite memory was the tallest sand dune in France, Dune du Pilat.

We got a couple hours to climb the dune and see the staggering view from the top. It doubled as leg day, but was so worth it. We got to venture down to the other side and walk the beach for a while.

I will never forget the faceplants taken from several while attempting to run down the steep dune, and trying to identify the "squishy things" wedged into the sand (turned out to be jellyfish).

Bordeaux was one of my favorite places to visit on this trip because of the unique little town, and all there was to do. A big change from the city life of Paris.

Bayonne and Toulouse took up the next three days. In Toulouse, we walked over to their small "college town."

While there was no Patty's, there definitely was a lot more going on than St. Peter (big shock there, right?) Later, some players played a soccer match against a local team, and we also got to do a little shopping downtown.

Let's pause and talk about French cuisine. At this point in the trip, I learned the French have one main food group: bread.

Their bakeries put all U.S. bakeries to shame. That's the reason I loaded my backpack full of croissants to bring home, causing my bag to be sniffed

down by the TSA dogs.

French cuisine is more rich and artsy than American food, focusing on quality rather than quantity. Even the cafeteria food at the mall was fancier.

While it's assumed French toast or French fries may be their specialty, they are famous for their beef stew which we had three times while there...but their French fries and toast are still better than ours.

The trip pushed me to branch out and try some new foods, and I'm glad I did!

On our way to the next destination, Nimes, we stopped at the tallest bridge in France. It was great to get out and adventure, I felt like I was frolicking through the hills of "The Princess Bride."

Once in Nimes, aka the Rome of France, we got to see the Roman Amphitheater, the Cathedral, and the first public park in Europe.

A lot of history was learned on this tour. It truly felt like visiting Italy for a day! The next few days blended together, as we traveled to so many cities in a short time.

There were times I forgot what city we were in. We passed through the ancient town, Carcassonne, and stopped to explore around Pont du Gard before settling in Marseille.

Out of the whole trip, Marseille was my favorite. It had beautiful views, places to shop, eat, and lively night scenes.

One day wasn't enough time, and I concluded that it is my ideal honeymoon destination (take note, guys).

Our last two destinations were Nice and Monaco. We got to see more scenic Mediterra-

nean Sea views, as well as dive into French culture even more.

The guys especially enjoyed teasing the pigeons. I highly recommend going to southern France, I hope to go back someday.

The outdoor market in Nice was adorable; full of flowers, fruits, and more. Lastly, in Monaco we walked around the tiny country seeing the Prince's palace, and all of Monte Carlo.

I can't put into words how incredible it was to stand at the highest point overlooking literally everything.

We ended the night with the privilege of playing AS Monaco (I didn't play, doing both myself and the team a favor). A memorable way to end the trip before heading home.

They say studying abroad is the "experience of a lifetime," and that's true. I learned to adapt to living in different environments, and try Spanish when locals don't know English and I don't know French. I learned that dogs and pigeons are everywhere including stores and restaurants, and how to properly drag suitcases up seven flights of stairs.

I also learned how valuable changing my routine and emerging myself into another culture can be.

I enjoyed living without social media for a while because it allowed me to live in the moment, and not behind a Snapchat filter.

It was my first time leaving the United States, and I'm grateful to have experienced it with people that I came to know so well. Most importantly, it opened my eyes to how beautiful the world beyond the U.S. is.



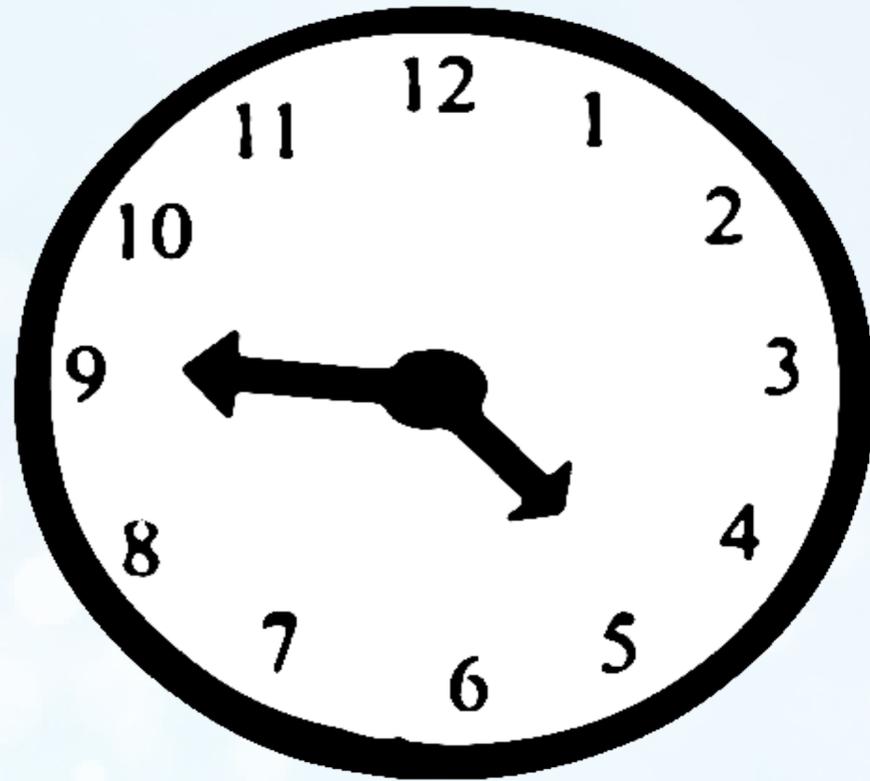
Lauren was the only gymnast on the trip to France this January.

Submitted

A Guide to Napping

According to an article from the Division of Sleep Medicine at Harvard Medical School, only 11 percent of American college students sleep well. Forty percent feel well rested only two days a week. Sleep deprivation is a major problem for college students across the country. As we know, it's recommended to get eight hours of sleep each night, especially since sleep affects the brain's ability to process information and improve memory. However, this recommendation is unrealistic for many students who have commitments to school, work, and friends which leaves sleep low on the list of student's priorities.

Though one cannot "catch up" on sleep as we may think, there are other ways to get some rest and feel refreshed. Napping can be an easy way to restore energy during the day and is a better alternative to caffeine. University of California's Sara Mednick did a study that found that a 60 to 90 minute nap generally improved memory performance, whereas 200 mg of caffeine had no effect on memory performance. Consider taking a nap the next time you feel low on energy. Different nap lengths have different results, so it's good to have some guidelines in order to get the best outcome from your nap.



When is the best time to nap?

- It's best to nap between 2:00 and 4:00 p.m. or at least six to eight hours after waking up.
- Try to stick to mid-afternoon naps. This is the time of day when you are most likely to feel that post-lunch fatigue.
- Don't nap too late in the day to ensure that you can still fall asleep that night.
- Don't nap right away after having a meal. This can interfere with being able to fall asleep.

How long should you nap?

- Ten minutes- This is the best type of nap to take to recuperate after a night of restricted sleep. Even a quick nap between class can show cognitive improvement for as long as 155 minutes following the nap.
- Twenty to thirty minutes- naps have been proven as beneficial, but they require more time to reap the benefits of the nap because it takes time to recover from the sleep inertia caused by naps of this length.
- Ninety minutes- These naps allow your body to go through one full sleep cycle, making these naps the most restorative.

Take a coffee nap

If you do choose to drink caffeine to boost energy, try caffeine plus a nap. An article published by Vox suggests drinking caffeine and then taking a short nap. Caffeine can interfere with sleep, but it takes longer than you might think to enter the bloodstream. In fact, caffeine takes about twenty minutes to kick in. The "coffee nap" as referred to by Vox should only last between ten and twenty minutes. This way you can maximize alertness.

