

THE GUSTAVIAN WEEKLY

ESTABLISHED 1891

OCTOBER 12, 2018

ISSUE 6

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Artist Series:
Minnesota Opera**



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Rumored weapon threat spreads across campus

Campus Safety comments on the rumor after the rave dance

Mykaela Otto
Staff Writer

Saturday night, students enjoyed the Rave to celebrate Gustavus Homecoming.

While the rave was taking place, rumors about a gun spread like wildfire.

Junior Lilly Soderberg shared her rave experience saying, "We didn't hear about there being a gun until after the rave was over, and we heard the news from a mutual friend of my roommates. He said that three separate people, who were not connected, had texted him saying someone brought a gun to the rave."

Soderberg continued: "This news didn't make me as scared as I thought I would be or as shocked, because this day in age, this kind of information isn't as shocking because it is so prevalent."

She concluded that if it were a legitimate threat on campus she would have expected campus safety to inform her. As many students expected, it has been confirmed that there was no real harm to the campus.

Carol Brewer, Director of Campus Safety, shared the full report with the Collegiate Fellows in order to better support students at Gustavus.

"At the Rave dance, there were four Campus Safety officers and two St. Peter Police

officers working. At one point during the evening, there was a student attendee who was engaging in conduct that was disruptive to another person. One of the police officers approached the student and instructed him to cease his disruptive behavior. During the interaction, the officer did NOT remove his firearm from its holster," Brewer said.

She continued, saying, "In fact, there was no physical interaction at all, only verbal. Somehow, this led to the rumor that

"During the interaction, the officer did NOT remove his firearm from its holster...in fact, there was no physical interaction at all."

-Carol Brewer

there was a gun at the event," Brewer said.

"We can use this as an opportunity to recognize that although we infrequently see police on campus, they are a part of our community, and they do carry standard equipment (which includes a firearm). While both police officers hired to assist at the event did carry their firearms, they were not



The homecoming rave took place on Saturday night, October 6.

Creative commons

upholstered from their belts at any point. Again, there was not an incident involving a gun," Brewer said.

In the event of a threat on campus, the Gustavus warning system would alert students.

The Gustavus emergency procedure plan states that, "The

Gustavus Adolphus College warning system consists of telephone, radio, pager, email, text message, and voice communication systems and has the ability to receive and disseminate warning messages to all campus locations and designated off-campus locations via

radio, television, internet, etc." More information can be found on the campus safety website.

We can rest better at night knowing that the rumors have been put to rest, and the campus was never under a legitimate threat.

Gustavus celebrates Coming Out Week

Jack Wiessenberger
News Writer

This past week, October 8-12, was Coming Out Week on campus.

The events were put on by the Queer and Questioning organization. National Coming Out Day was Thursday October 11.

The Q & Q group has already hosted mixers and meetings this school year. This week was a time of celebration for the members.

Coming Out Day has been a day of lesbian, gay, bisexual, transgender, and queer (LG-

BtQ) awareness since its founding in 1988. Robert Eichberg, a psychologist and gay rights leader, started the movement in 1988.

"Most people think they don't know anyone gay or lesbian, and in fact everybody does. It is imperative that we come out and let people know who we are and disabuse them of their fears and stereotypes," Eichberg said in 1993.

He believed that problems like homophobia thrived in silence. His goal was to end the silence and start a conversation about gay rights. Eichberg died from AIDS in 1995.

National Coming Out Day

(NCOD) began in the United States but has spread to other nations like Ireland and the United Kingdom. Participants are often seen wearing pink triangles or rainbow apparel.

Gustavus has been taking part in the day of LGBTQ awareness for years.

"Our executive board has been hard at work since before the school year even began," Queer and Questioning Co-President Quinn Peterson said. Peterson is in charge of organizing the on-campus events.

"Queer and Questioning (also known as Queers and Allies) is a very fun organization that does a ton of fun stuff for

both the campus and community, such as our annual trick or treat for a cause, which last year was for donations for Puerto Rico after the hurricanes. We are both an advocacy and awareness group, and we meet in the WAC at 3:30 p.m. on Fridays. These events are open to all students," Peterson said.

You don't have to personally identify with the LGBTQ group in order to take part in the fun.

There were four main events held this past week and one more happening on Friday, October 12.

The first was held outside and the each of the next three were held in the Courtyard

Café.

The first activity that took place during the week was the painting of the rock. The participants got together and painted the rock together.

The second was "Trans Talk with Allison Grillo." It took place on Tuesday October 9.

This event featured an in-depth, light-hearted, and humorous speech by former professor and NBC's "Last Comic Standing" contestant, Allison Grillo.

"Coming Out Week" continued on page 3

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Published weekly on Fridays, except during academic breaks, by the students of Gustavus Adolphus College. Subscriptions are available from THE GUSTAVIAN WEEKLY for \$45 per year.

Opinions expressed here are not necessarily those of the institution or of its student body. The editors assume full responsibility for editorial and unsigned material.

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Campus Safety Report

Monday, October 1

- Campus Safety observed an attempted theft of Gustavus property. Campus Safety referred two students to the Campus Conduct System.

Tuesday, October 2

- Campus Safety responded to a medical assist at Mattson Hall for student that fainted. The student was transported to the hospital for further evaluation.
- Campus Safety responded to a fire alarm in Southwest Hall. It was set off by an employee painting ceiling tiles.
- A student contacted a CF about another students well being.

Wednesday, October 3

- Campus Safety observed GAC Criminal damage to property. A tree and two cars had Toilet Paper on them in front of the Ten O Nine house.
- Campus Safety responded to Sohre Hall for a odor of Marijuana.

Thursday, October 4

- Campus Safety responded to Norelius Hall for a marijuana odor. One student was referred to the campus conduct system for possession of paraphernalia.

Friday, October 5

- Campus Safety responded to a noise violation at Arborview Apartments. Two students were re-

ferred to the campus conduct system for a noise violation.

- Health Services called and wanted Campus Safety to transport a student to the hospital for further evaluations.
- Campus Safety responded to a medical assist at Johnson Student Union.
- A students reported another student had violated a restraining order in Arbor View Apartments.
- Campus safety responded to a medical assist, a student was transported by ambulance to hospital, students were referred to the campus conduct system for underage consumption.

Saturday, October 6

- Campus Safety responded to a fire alarm at Hollingsworth Football Stadium. The fire alarm was set off by burnt popcorn in the concession stands.
- Campus Safety responded to three alcohol violations at the Rave dance. Four students were referred to the campus conduct system.
- Campus Safety responded to a report of a non-student inappropriately grinding on other people at the rave dance. The non-student was escorted off campus.

Sunday, October 7

- Campus Safety responded to a alcohol violation in Norelius Hall. Six stu-

dents were referred to the campus conduct board for underage consumption.

- Campus safety responded to an underage liquor violation and nuisance violation in Norelius Hall, student referred to the campus conduct system.
- Campus safety responded to Norelius Hall for a marijuana odor, a non-gustavus student was trespassed from campus and a student was arrested by the St. Peter Police Department.

Note: Case dispositions are available online by viewing the daily crime log on the Campus Safety web page: <https://gustavus.edu/safety/incidents/index.php>

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Walktober welcomes walking

Peer Assistants host three mental health awareness walks

Emily VanGorder
News Writer

Walktober is a month-long event organized by the Peer Assistants which “invites students to bring awareness of the benefits physical activity has on mental health,” by getting outside to take themed walks around campus between 9 a.m. and 4 p.m. during the first three Thursdays of the month.

On Thursday, October 4, the theme for the day was a Poker Walk.

The theme on Thursday, October 11, was the Resource Scavenger Hunt Walk, and Thursday, October 18 will be the Mindfulness Walk.

The Peer Assistants “promote the idea of holistic health,” and “want people to understand that different aspects of our lives interact and impact our overall health,” Senior Psychology major Emma Pittelko said. “Many people view mental health as entirely unrelated to physical health, sexual health as entirely unrelated to chemical health. We recognize the interconnectedness of all these different categories of health,” Pittelko said.

“For Walktober, we are focusing on the interaction between mental health and physical health. By walking and being outside, we’re hoping people will be relieving stress,” Pittelko said.

“I think it’s really cool that we’re placing emphasis on men-

tal health and getting students to [interact] with nature as a way to get students outside, out of the classroom and away from their desks. Getting students to leave their non-stop homework and studying, and focusing instead on taking a break is great” Sophomore Kati Williams said.

With the stress of academic life and approaching midterms, “the month of October can start to feel overwhelming,” Director of Peer Education and Chemical Health Laura Herbst-Johnson said.

Herbst-Johnson continued, saying, “Stress and anxiety are the top two academic impediments for our students, according to the National Collegiate Health Association, and physical activity... is often the first thing we drop from our to-do list.”

The National Sleep Foundation has found that a “brisk walk in the afternoon” can improve sleep. Additionally, walking can raise levels of serotonin, the “happy” hormone, which results in relaxation. The rise in body temperature that comes with exercise also signals the brain to lower temperature later, which promotes sleep.

Walking can also “relieve depression, anxiety, and stress,” researchers from the University of Texas said.

When you exercise, your body releases endorphins, chemicals that diminish the sensation of pain and lead to the euphoric sensation known as “runner’s high” after exercising. Walking has been shown to

“reduce the risk of coronary heart disease and stroke, improve blood pressure, maintain your body weight, enhance mental well-being, [and] reduce risk of osteoporosis, breast, and colon cancer,” according to the American Medical Association’s website.

The 50 participants who attended the Poker Walk last Thursday were polled afterwards about the effect of the walk on their mood.

Of those on the walk, 97 percent reported that their moods had increased, which “is why we do this type of programming, and in our minds [this] has already made Walktober a success,” Herbst-Johnson said.

“If we can make any positive change, no matter how small, that’s what makes the work feel worthwhile. If one student was having a bad day and participating in the Poker Walk made that a bit better or gave them ideas about tools they can use to improve their mood, we have succeeded,” Pittelko said.

Last Thursday was the Mental Health Resources Scavenger Hunt, and the final Walktober event will be the Mindfulness Walk in the Arb next Thursday, October 18.

Students who participate in any event are eligible for a gift card to the Book Mark, while students who participate in all three Walktober events are qualified for a grand prize: two tickets to a Vikings game or a \$100 gift card to the Book

Mark.

The Peer Assistants are available Monday- Friday, from 8 a.m. to 4:45 p.m., in the Peer Education Office (located in the lower level of the Campus Center).

They are “resources to help you with any issues that may arise... in the Peer Education Office... you can relax on the couch, do homework at the

vide programs, activities, and resources related to stress management, chemical health, mental health, sexual health, and nutrition and financial well-being.



Students gathered in the Courtyard Cafe to listen to “Trans Talk” by Allison Grillo.

Nathan Habben

“Coming Out Week” continued from page 1

Grillo.

“Allison Grillo brings her “trans-cendent” message and quirky humor to Gustavus Adolphus College. Allison Grillo’s show will feature a wittily narrated slideshow of personal photographs, and revealing stories about gender transition,” the event page on the Gustavus website said prior to the talk.

The third event was the “Coming Out Mixer.” This took place on Wednesday October 10.

This was a more casual and community-oriented event. Free food and drinks were provided as participants engaged in conversation with each other.

The fourth item on the list was the “Queer We Are Open Mic” event. This took place on October 11.

Participants were invited to share stories, poetry, and music on the open mic. There was also a drawing for one lucky attendee to become the first student judge at the Drag Show.

The drag show event is happening on October 12, at 8:30 p.m. in the Evelyn Young Dining Room.

“Queers and Allies are having their annual drag show, hosted by Victoria DeVille.

Come and enjoy a night of fun with professional and student drag performers. Students are encouraged to bring money for tips,” the event page on the Gustavus website said.

Victoria DeVille is a professional drag queen and performer. Both professionals, like DeVille, and amateur Gustavus students will be partaking in the drag show.

“This year there will not be a dive dance after the drag show. We will be hosting the October 26 dive immediately following Rocky Horror Picture Show, and students are encouraged to wear their costumes to the dive,” Peterson said.

In the past, the dive dance has been held immediately after the last Coming Out Week event on Friday.

The week was well-received by students. The events were generally fun and relaxed, but they still held onto the message that Robert Eichberg intended the week to stand for.



The final walk, the Mindfulness Walk, will take place in the Arboretum on October 18.

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Classics professor discusses ancient graffiti

Elsa Beise
Staff Writer

On Thursday, Oct 4, Gustavus faculty, staff and students were able to attend a lecture given by Professor Rebecca Benefiel, professor of classics and Department Chair, at Washington and Lee University.

In her lecture, Professor Benefiel discussed how to relate ancient street art to the lives of civilians in that time.

"Professor Benefiel's talk was about analyzing ancient graffiti to learn more about the daily lives and interests of real people in Pompeii. For example, someone who lived in the largest and most famous house in Pompeii, clearly had a real interest in gladiators, while someone who lived in another house in a similarly wealthy district was interested in literary quotations and clever wordplay," Professor Yurie Hong, Department Chair of the classics department and associate professor of gender, women and sexuality studies at Gustavus, said.

Professor Benefiel gave an engaging presentation on this topic and has the credentials to support it.

She is the leader of a project that is pioneering the way for more research in this field.

"We were so excited to have Professor Benefiel come to campus, not only because she's an excellent scholar who works on fascinating topics, but because she is also at the cutting edge of digital humanities and archaeological research," Professor Hong said.

Hong continued, saying, "[Benefiel] is the director of the Ancient Graffiti Project (ancient-

graffiti.org), which is a database of graffiti found at Herculaneum and Pompeii. This project makes it possible for non-specialists and the general public to access information that is quite hard to find and interpret on your own. It's a wonderful resource for teachers and students and really democratizes the study of the ancient world," Professor Hong said.

Professor Benefiel's discussion was unique in that her sense of imagery and detail created an easy way for listeners to paint a specific picture in their head of what exactly she was

"Professor Benefiel's lecture was very engaging and approachable for people who don't have a background in classics."

-Maddie Sandish

talking about.

"I loved how she walked us through the intricacies of figuring out what the graffiti says and what kinds of information we can glean about the people who lived and died in these houses. It really brought the scene to life. She talked about how these graffiti—because they're small and intimate and are inscribed on the walls of social spaces inside people's homes—were likely written as part of a social activity in conversation with someone else. It called to mind images of a couple of Pompeians huddled together over shared writing the way you might write notes on a napkin to someone at a dinner party," Professor Hong said.

Students enjoyed being able to listen to such an engaging presentation and an interesting topic.

"This was a worthwhile lecture because it introduced students to the idea that while graffiti today is not commonly liked or accepted, it was the means of communication at that time, and today we can understand more about the culture because it is there," Sophomore Holly Fitterer said.

Even those who didn't necessarily have a solid background in classics could enjoy and engage in what Professor Benefiel had to say.

"I thought Professor Benefiel's lecture was very engaging and approachable for people who don't have a background in classics. Her presentation was very informative and I left thinking about the ancient world in a different way than I did before," First-year Maddie Sandish said.

Professor Hong especially appreciated Professor Benefiel's attention to a topic that not everyone immediately thinks of: the lives of everyday people in ancient times.

"When people think about classics, they tend to think about the famous figures (Socrates, Julius Caesar, etc.) and the big ideas and events that ancient Greece and Rome are famous for, like democracy, tragedy, empire, etc. It can be easy to forget that real people lived in these times and spaces. Studying sources like ancient graffiti makes it possible to reach back into the past and learn about the interests and concerns of everyday ancient people through their own hands," Hong said.

Hong added, "There is extra poignance in the fact that



Rebecca Benefiel is a professor at Washington and Lee University.

Washington and Lee University

this graffiti exists because the volcanic eruption that buried the cities of Pompeii and Herculaneum killed the people who wrote it. In a world where it can be too easy to forget about the humanity of people who seem too far away or different from us, I think that anything that can help us understand, empathize, and acknowledge another person's humanity is a valuable and worthwhile endeavor."

Professor Benefiel had a very approachable nature about her, which made listeners feel welcome to engage in important dialogue.

"I enjoyed that she joked

around with us, and when we asked questions, she was very good at answering them," Fitterer said.

Professor Benefiel even got breakfast with some classics majors and took time out of her day to get to know Gustavus students.

"[At breakfast we] talked about, not only our plans for the future, but the things we are currently doing in the classics department. This fellowship was very much appreciated, as we could get to know her more. Having her on campus was a great treat," Fitterer said.



Benefiel is the Director of the Ancient Graffiti Project, analyzing graffiti from Pompeii.

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Gustavus artist series: Minnesota Opera

Anh Tran
Staff Writer

On Friday Oct. 12, 2018, Gustavus Adolphus College welcomes a group of artists from the Minnesota Opera to lead a vocal master class and perform in an evening concert.

The MN Opera Artist concert will take place at 7:30 p.m. this Friday as part of the Gustavus Artist Series.

The Gustavus Artist Series is a collaborative project centered on music, theater, dance, and art aiming to expose Gustavus students to a wide range of artistic forms by well-known artists from the Twin Cities as well as all over the country.

According to Mara Klein, Director of the Fine Arts Programs, every three years, the music department put together the concert by inviting professional and larger-name artists to perform at Gustavus.

"I think it's fantastic that we can have such high-profile performances here on campus. Because we are one-hour-ish from the Cities, being able to bring some of those acts here so that our students can see them on campus is great. And it's also really wonderful for the community around Gustavus, Saint Peter and Mankato, to be able to come to Gustavus and see those performances a little bit closer to home. It just makes those more accessible for more people, which is part of the goal of the series," Klein said.



Submitted

A still from the Minnesota Opera's performance of Romeo and Juliet.

The MN Opera Artists come to Gustavus as the second guest of the Artist Series this year after Lazarus a few weeks ago.

The MN Opera is a successful musical production company based in the Twin Cities with 55 years of experience.

According to their website (mnopera.org), Minnesota Opera came to be in 1963 after Dominick Argento composed an opera (The Mask of Angels) for the Walker Art Center's performing arts program, Center Opera.

Minnesota Opera started out focusing on progressive, alternative opera, but has gradually expanded their repertoire to include also the classical arias.

This week, four artists from

MN Opera and their piano accompanist will perform at Gustavus a wide range of arias from classical works including Il Barbiere di Siviglia, Madame Butterfly, Tosca, The Magic Flute, Lohengrin, Die Walküre, Les Contes D'Hoffman, Hamlet, Cenerillon, and La Traviata.

The quartet of a soprano, mezzo-soprano, tenor, and baritone will perform their solo pieces, duets, and eventually join one another to sing an excerpt from La Traviata.

Dr. Patricia Snapp, Associate Professor and Voice Coordinator of the Music Department shared the opera quartet's biographies.

Mezzo-soprano Christina Christensen sings Suzy and Lollette in La Rondine this

season. Christensen has been a member of the MN Opera chorus since 2014 and has won the Encouragement Award in 2017. Christensen was also the 2014 regional finalist for the Metropolitan Opera National Council Auditions.

Baritone Pablo Siqueiros has been the teaching artist for MN Opera for two years. Siqueiros has delivered educational programming to thousands of people from diverse age groups.

Before moving to Minnesota, he has taught at the Florentine Opera Company in Milwaukee and sung at the Opera of Pittsburgh, Sugar Creek Opera, Skylight Music Theatre, and Milwaukee Opera Theatre.

Soprano Karin Wolvertson and Tenor Matthew Opitz are talented natives of Minnesota. Wolvertson leads a successful career on both the concert and opera stage.

Wolvertson frequently performs with the MN Orchestra, MN Opera, and in many local concert series. This fall, Wolvertson reprises the role of Anna for MN Opera's remount of Silent Night and sings Schubert's Shepherd on the Rock with The Hill House Players.

Opitz has been an acclaimed dramatic tenor well-known for his role in the American Wagner Project in conjunction with renowned dramatic mezzo-soprano Dolora Zajick's Institute for Young Dramatic Voices.

Opitz also took part in the newly founded Miami Wagner Institute with Wag-

nerian superstars Christine Goerke and Alan Held.

Their pianist Mark Bilyeu has been passionately pursuing his musical career as a teacher, performer, and curator. As a performer, Bilyeu was the only American finalist in the 2015 Das Lied Song Competition, while maintaining a busy concert schedule.

As an educator, Bilyeu has served on faculty at several universities, most recently at the University of Northern Iowa as a visiting artist in vocal coaching and collaborative piano.

As a curator, his pride and joy reside in the Source Song Festival: a week-long celebration of words and music in Minneapolis.

First year Alannah Rien is looking forward to the concert. "This concert is an exciting and different experience for me, because I haven't had much exposure to opera. I expect great singers and drama," Rien said.

As a vocal student and soprano in Choir of Christ Chapel, Rien hopes to enjoy the concert as well as learn more about opera as an art form.

Involved in putting together the concert series, Dr. Snapp hopes this event would encourage students to engage more in opera.

"Most people think it is an inaccessible and difficult art form, but opera is actually exciting and expressive. Do not be afraid, and try it so you can feel the excitement in the drama as well as in the music," Dr. Snapp said.

Gusties can reserve their free ticket for the concert at: gustavustickets.com.

Tales from abroad: Sarah Hinderman

Parker Lindberg
Staff Writer

Sarah Hinderman is a Gustie in her junior year currently studying abroad in Italy. So far, her trip has been going very well and she is more than excited for the rest of it.

Hinderman said that she has always known that she wanted to study abroad.

"It's terrifying, but it's worth it. You'll never grow as a person and experience all there is in this world if you don't push yourself out of your comfort zone."

"My mom actually lived in England for her entire senior year of high school and got really close with her host family. I've gone back with her a few times to visit and I just loved the experience of getting away from home and seeing the world from a different perspective," Hinderman said.



Submitted

Hinderman (right), has expanded her worldview and her friendship circle during her time

Hinderman is lucky to visit two different countries during her trip. She will be studying in both Rome and London during the semester.

"I chose Rome because Italy was on the top of my bucket list of places to go...so much history, beautiful sites to see, and pasta and pizza to eat. And London because I've always loved England and I wanted to experience what going to school would be like. Plus, I

get to extend my trip and stay with my mom's host family for a month," Hinderman said.

When she first arrived, she was "beyond excited, still a little jet lagged, but knew that this was going to be the trip of a lifetime".

Hinderman says that her favorite experience of the trip so far has been visiting the city of Sofia, Bulgaria.

"My hostel was amazing, I met so many new people from all sorts of backgrounds, tried

some Bulgarian food, learned about the history, and fell in love with the city," Hinderman said.

Hinderman admits that a downside of studying abroad is missing all of her friends and family back home. She also wishes that she packed more American snacks that she can't get in Italy. Despite these dilemmas, studying abroad has been a very positive experience for her.

When asked whether she misses being on campus, Hin-

derman replied: "Of course! I honestly just miss the atmosphere on campus. I miss seeing my friends every day, being over-involved in activities, and most importantly iced coffee from the courtyard café."

When she gets home, she is excited to hug her parents, catch up with her friends, and give everyone their gifts.

Hinderman would definitely recommend studying abroad to any Gustavus student that is considering it. She believes that any chance to travel to a new place is a great way to expand your worldview.

"It's terrifying, but it's worth it. You'll never grow as a person and experience all there is in this world if you don't push yourself out of your comfort zone," said Hinderman.

She is confident that studying abroad will have a very positive long-term impact on her life.

"I think I'm going to make so many memories on this trip that I'll never going to forget. Interacting with all these different cultures is urging me to be more empathetic and understanding when meeting new people or trying new things. It's allowing me to get out of my comfort zone and see that there's more to the world than St. Peter, Minnesota," Hinderman said.

GUSTIES *of the* WEEK

Ryan Guenther

Parker Lindberg
Staff Writer

Ryan Guenther proves that it doesn't take long to find your fit at Gustavus.

Guenther transferred from the University of Wisconsin-Eau Claire to Gustavus this fall to begin his junior year. He is a Physical Education and Health major from Owatonna, Minnesota.

Transferring to a different school in the middle of your college career is no doubt a daunting thought for most students.

However, Guenther's experience has been a positive one. He noted that the transition has been very smooth and that the students have been exceptionally welcoming toward him.

"Gustavus has been so accommodating and adapted to my needs and treated me at a personal level which not all colleges do," Guenther said.

He also mentioned the positive influence that the Gustavus faculty have had in helping him through the academic transition and to succeed in his classes.

"Here it seems like it's a very open community as far as 'I'm going to respect your views and your background as long as you don't push it onto me, but hey, let's talk about it, let's see what our differences are, and then we can respect each other that way,'" Guenther said.

Guenther has already been

able to make himself a part of the Gustavus community. He's met many people and hopes to "continue to make as many connections as possible, including lifelong friends, which isn't very hard to do here".

Only about six weeks into his time at Gustavus, Guenther has found ways to be involved on campus and the community.

The music program here at Gustavus has played a big role in helping him find a community of people to make it feel more like a home.

Guenther is currently a member of the Gustavus Wind Orchestra where he plays the trombone.

He said that his best experi-

"Here it seems like it's a very open community as far as 'I'm going to respect your views and your background as long as you don't push it onto me, but hey, let's talk about it, let's see what our differences are, and then we can respect each other that way.'"

ence on campus so far, besides for perhaps the Nobel Confer-

ence, would be his first GWO concert. He was proud of how well it went and how good the ensemble is.

Outside of music, Guenther works at the Gustavus Bookmark for his on-campus job.

He also works part-time at the Bluebird Cakery in Mankato, mostly on the weekends, alongside his new fiancée.

One goal that Guenther has for the rest of his time at Gustavus is to get involved as much as possible in the Gustavus community.

He wants to become more involved within the Education program here and learn as much as he can from it.

He would also like to do as much community involvement as possible, both within and outside of Gustavus.

Guenther also wants to take advantage of the intramural sports that are offered here.

After graduation, Guenther's current plan is to find a teaching job either here in Minnesota or somewhere out West.

After that, he plans to attend graduate school for sports management. Ultimately, he wants to become an Athletic Director for a high school or college program.

Ryan recently got engaged and is very excited for his future in that regard. Good luck to Ryan on the rest of his first semester as a Gustavus student, and for the rest of his time at Gustavus.



Ingrid Iverson

Guenther works at the Bluebird Cakery in Mankato.



Guenther works hard as a Physical Education and Health major.

Ingrid Iverson

Do you have a suggestion for a Gustavus student, professor, or staff member who could be our next Gustie of the Week?

If so, send their name, position on campus, and a short description of why you think they should be recognized to weekly@gustavus.edu for a chance to be featured!

A representative from the Gustavian Weekly will be in contact with you via email if your suggestion is chosen to be featured in an issue of the paper.

GUSTIES of the WEEK

Megan Witte

Monali Bhakta
Staff Writer

Throughout her time at Gustavus, sophomore Megan Witte has tried to make the most of her college experience by sticking to the passion she loves most: dance. Witte is from Cloquet, Minnesota which is three hours away from campus up north right near Duluth.

She started dancing when she was only a baby at the age of one, and went to the same studio for seventeen years.

"When I was little, my mom took me to the studio and asked the owner if I could start, and you're not supposed to start until you're two and a half or three...I guess I danced so often at home that my mom said, 'Nope, we gotta bring her in,' so she convinced the owner to let me dance," Witte said.

During her experience, she took a variety of classes such as ballet, tap, jazz, contemporary, and hip-hop. She is fortunate to share her passion by teaching girls of all ages, helping craft their duets and competition pieces.

The qualities she hopes to pass on to her students is the dedication to keep going, and willingness to try during the hardest times because dance can teach many lessons about life.

"It's really rewarding to see something that you've created in front of you, and especially with younger kids, that moment of 'click' where they understand movement is really amazing," Witte said.

One of the challenges she has faced is worrying about perfection since she is not always good at reminding herself that dance is not something that can come easily.

"So far my experience here has taught me to keep an open mind about life. You never know where your experiences are going to take you, so I try to just go with the flow."

Like many ambitious, goal-driven individuals, she is used to comparing herself to other individuals, but has tried to not do that as she progresses further in her dance career.

While being at Gustavus, she has learned how to grow out of her introverted shell, and realized that her differences are what make her very likeable. She is hoping to pursue a dance with honors major.

The reason why she came here was because of the wonderful things she heard about the dance program, along with the kind-hearted people she met while touring the gorgeous campus.

"Basically, what drew me here to campus was the Dance Company. I heard a lot of really good things about it, and last semester, I got into the Apprentice Company first, so this is my first semester actually being a member of the official Dance Company," Witte said.

While she is heavily involved in this successful fine arts organization, she has also been a performer within the Theatre department.

She recounts that she was in Cabaret during J-term last year which was a joyous, and entertaining time because of the chance to participate in a dance form she was not previously exposed to.

In addition, she was able to make new friends, and this introduced to her to many individuals who shared her similar interests. It was a fantastic bonding experience which since has fostered deep friendships.

Since she considers herself a modern dancer, Cabaret was a stress-free production where she could dabble with jazz, and to act within ten minutes of the play.



Ingrid Iverson

Witte is a choreographer at Shooting Stars Dance in Cloquet, Minnesota.

Currently, she is apart of three pieces in "Shared Space," the winter dance concert taking place this December, and is collaborating with five other dancers to choreograph a piece.

"So far my experience here has taught me to keep an open mind about life. You never know where your experiences are going to take you, so I try to just go with the flow. I've found there's no use in fretting about it," Witte said.

Because she tends to gravi-

tate towards anything art-related, being part of these programs has taught her to persevere, and to hold her ground when certain goals seem impossible, even if it means failing many times. She has grown accustomed to the idea that there are many different options for the future.

As far as her career goals, she hopes to dance at a highly-reputable studio that involves teaching or choreographing.

"My goal is to audition for Zenon, a professional modern company in the cities, once I graduate. Staying in Minnesota would be nice, but moving is also an option. As scary as it is, I would probably like to try going to New York because it is a big hub for art and dance and music. There's a bit more opportunity there than there is in Minnesota" Witte said.

She wants to learn more about herself, and other people by taking in as much from everyone and everything. Her college process was not exactly the smoothest, but deciding to come to Gustavus was one of the best decisions she has made in long time.

She appreciates the incredible people, and considers it a special home. When she began her first year, she had to push herself to manage her time better, and take care of herself as an emerging adult.

The change of having so much responsibility all of a sudden was one of the hurdles she had to manage. "Make sure that you're taking care of yourself first over anything else because mental and physical well-being really in the end is much more important than grades," Witte said.



Ingrid Iverson

Witte stretches at the barre before her jazz dance class.

THINKING ABOUT INKING

Corinne Stremmel
Features Editor

Millennials have paved the way for the popularity of tattoos. *USA Today* reported that 38% of 18 to 29 year olds have at least one tattoo. This can create a significant demarcation between millennials and previous generations.

Can something like a tattoo create this much divide? What about the stigma surrounding tattoos? At Gustavus, the general attitude toward tattoos appears to be positive with numerous students choosing to make tattoos a part of their identity.

"Before, it was like when someone saw a person with tattoos, they thought that it's part of their disposition and would stigmatize them, but now it's so common that instead people just look at the overall art," Senior Kaleb Kregel said.

Kregel, the proud owner of seven total tattoos, feels that there should be less stigma from older generations since tattoos are simply works of art. He explains his rationale for how he chose his tattoos, "Half of them are color and the other half are black and white- I wanted to design it that way." Kregel said. For him, tattoos are an extension of his identity by loosely basing them off his spirituality and images he gravitates toward. Flowers, birds, waves, a compass, and even a Latin proverb meaning "after the clouds, the sun" are among the images he has chosen.

"I'm more of a believer that tattoos don't have to have a meaning, but since they can help you express your identity, it makes sense that someone would want a tattoo with

meaning. I've been thinking about actually getting more quirky tattoos are don't exactly have a meaning."

Chelsea Boden, explains the meaning behind her tattoo which reads "Nevertheless, she persisted". "Obviously because I'm a Political Science major, politics are really important to me and this has some political history behind it. It was originally used as a way to silence women, but now it's a phrase that liberates them. I know a lot of people have gotten tattoos like this, but I think it still means a lot to me."

Boden explains that the tattoo is a reminder for her to persist when she's feeling discouraged. Like other tattoos with powerful meanings like Boden's, her tattoo has a story to go with it, "My senior year of high school on International Women's Day I got into a bit of a fight with someone who was saying really anti-feminist and homophobic things to me, so it felt right to get my tattoo, almost in spite of him."

Though millennials and Gen Z are increasingly choosing to get tattoos, there is still a stigma among older generations. Both students explained that they generally hear positive responses from younger people. Boden says that sometimes she worries that her tattoo will keep her from getting her dream job of becoming an immigration lawyer. "It's true, sometimes I worry that it'll be a problem, but then I think I can just throw a blazer on, and no one will ever know. I can still be professional even if I have a tattoo."

Kregel had a similar response, feeling that employers shouldn't ask their employees to cover up their tat-

toos. He feels that tattoos shouldn't be so stigmatized anymore, especially in the workplace. "I've thought about that, but then if someone asks me to do that, then it's not the job for me then. If you look past the skin of the person and look at their talents and capabilities, that's a way better outlook."

Both Boden and Kregel feel like their tattoos are an extension of their identity and consider their tattoos to be more than just ink on skin, it's true artwork.

"It's like having permanent decorations on your body. You always get to rock it and show it off if you want to."
-Kaleb Kregel

Despite stigma from older generations, over time, tattoos may become more accepted because of their increased popularity.

Both Kregel and Boden note that they have plans for more tattoos. Boden wanted her next tattoo to be something she created herself and that would be important her. She and her brother have designed her next tattoo which she plans on getting in January. Kregel has decided to wait another five years because of the cost. Like Boden, he also collaborated with the artist to get what he wanted from his tattoos.

Millennials are seeing tattoos as an extension of one's identity and less of a taboo decision. They're personal works of art that the owner can keep forever.



Above: Kaleb Kregel explains the meaning behind his choice to do both black and white and color

Corinne Stremmel



Above: Chelsea Boden shows off her first tattoo

Corinne Stremmel