

# Tired from all the negative news



**Emily Seppelt**  
Opinion Columnist

At this point both in the year and in the semester, everyone is facing some level of burnout. The constant barrage of negativity coming from our phones and the TV can become so overwhelming that we just want to shut off all technology and access to the news and escape. The same can be said for life in college with all of our academics, extracurriculars, social life, and the innumerable expectations that we are meant to achieve after college, like getting a job. However, we cannot let ourselves lose hope or give up on either the outside world or the little world here on campus.

If you were to go to any TV and switch to CNN, it would certainly seem like the entire country was falling apart. All throughout the day, we get constant notifications that can only bring us pain. Go to any news website, and every story you see is something terrible happening. While almost all these things are important news that deserve attention, taking them too much to heart can lead to burnout. Eventually people just get sick of all the negativity and say- "It doesn't matter to me" or "This will never affect me".

When too many people at once are facing burnout at one time, which seems to have been the case in at least the last 3-4 years, it leads to a weaker community and a weaker democracy. The constant onslaught of negative news do no help to the public. Without thoughtful presentations of solutions, reporting, or actions, people feel like nothing will ever improve. This is why news media needs to improve both their reporting and what they choose to report. When people feel like there is no hope, they start to turn off their television sets and the notifications on their phone.

The more and more people that do this, take up the attitude that nothing can change the slow erosion of the public's power in our democracy. The very reason that people do not get involved in their communities and the community of America is because they have been led to believe that no matter what they do, nothing will ever be improved. People take

up this same position when it comes to voting as well.

Therefore, when the news media does not improve, we need to take matters into our own hands. Avoid news media burnout by taking breaks from it when you can and keeping a positive attitude. Add news sources into your feeds that bring you not only bad news, but good news too. And always keep in mind that no matter what, there is always hope and you can always make a difference, no matter how small.

Upset about the California Wildfires? Donate to an organization helping victims. Don't like how politicians are acting? Call up your representatives. There are countless other examples.

*"Add news sources into your feeds that bring you not only bad news, but good news too. And always keep in mind that no matter what, there is always hope and you can always make a difference, no matter how small."*

The same attitude can be applied to academic and everyday life burnout. With Christmas in Christ Chapel just around the corner and the end of the semester looming near, many students are, (as one professor put it) "about to pass out in the hallway from exhaustion". And people aren't just burning out from stress either. Many seniors are about to face their last semester of college, and the only thing on their minds is the prospect of getting their first "real" job within their field.

A similar mantra is created in our heads when these situations of stress come up. "Nothing I do matters" or "I'll never make it through this". This defeated kind of attitude will get us nowhere. The same course of action must be taken to avoid total shutdown in our own personal lives. Simply having the knowledge that this stressful time will pass, just as all others have, is a comfort to many. Taking a break from the stress surrounding you is also a good strategy. If you continuously have negative thoughts, then you are never going to achieve what you would like to, or be able to enjoy the moment that you are in. If you are feeling burnt out, do the thing that helps you to relax, and then make what I like to call a "Plan of Attack"- whatever way to plan to tackle the thing that is causing you stress or exhaustion, such as searching for a job after college.

While it may just seem that I am spouting the same traditional "positivity" rant, it is easier to fall into an apathetic attitude than the majority of people realize. So take a step back and make sure to avoid burnout in order to give your very best to both your community and yourself.

## Advice for the floundering first-year



**D**ear first-years, We all have heard about the "freshman fifteen" and know that, because we are away from home and now have free reign over what we eat, it is common to gain a little weight. Well, first let me stop you right there: the freshman fifteen is a bit of a myth, and is more accurately called the "first-year four." Also, this doesn't have to be the case: if you start early, developing healthy eating easily becomes a habit.

But how can one eat healthy when being tempted by fried foods at the Gustie Grill and delicious pastries at the bakery? You just have to start by finding healthy foods at the caf that you enjoy. When I'm walking around the caf, I always start by checking what's being served at "vari-veggie" and the soup/salad bar. If I like the healthier options, I get them every-time. Often, just by looking around the caf first, I am able to find a healthy food I like instead of eating chicken strips and fries.

Additionally, if you find yourself getting the same thing every week, challenge yourself to try something new. Always get pizza? Challenge yourself to try the salmon. Bagel for breakfast again? Try an omelette. If you challenge yourself to try new things, you'll eat a wider variety of foods and you won't feel so bored at meal times. Also, more variety is healthier for you.

Next, avoid grabbing junky snacks because you're in a hurry. If you

usually grab pre-packaged foods, try grabbing an apple or banana instead. These foods will not only keep you feeling full longer, they are also obviously healthier.

Finally, know that we have campus resources available to help you. Sources such as the Peer Assistants and Health Services are here to advise you and help you make healthier choices. Even better, health services has a registered dietitian to answer any questions you may have. If you are feeling overwhelmed about making the right choices in the caf, call and make an appointment with the dietitian.

I hope these tips help you make better caf choices, and healthier choices in general.

**Stay strong and enjoy your Thanksgiving break, Gusties.**



**Marie Osuna**  
Copy Editor

# The great parking spot dilemma



**Lauren Casey**  
Opinion Columnist

spots are important because it's less walking distance," junior Wyatt Miller said. Is the package of Oreos that's calling your name from the store really worth leaving the comfort of the couch? For some people, Oreos may be a necessity, I understand, all power to you. Is Dunkin Donuts worth a walk across campus in the snow? One may argue that the warm cup of coffee makes the cold hike more bearable. Do I really need to get more shampoo?

*"When I put my car into reverse and slowly back out because the apartment is out of paper towels, I feel a dull sadness wash over me..."*

While I hope the answer to that last question is yes, a good parking spot will make you doubt yourself. The great parking spot dilemma thrives off the fact that a majority of college students find walking across campus and being voluntarily cold is a lot of effort, but also that getting things we don't need makes us happy. This is why it is so hard to decide should I stay or should I go? It is so much more motivating to go to the store when you're getting something you like, for me that is Boom Chicka Pop kettle corn, instead of something like laundry detergent which is setting you up for more misery in the future. "I will go if it is to get food because I'm really hungry," junior Joey Foley said. Through this dilemma, you may discover just how important the little things in life are to you, and what things can wait.

*"Because it is so hard to decide whether to stay or go sometimes, Gusties have learned to compromise, obviously due to the problem solving skills Gustavus has taught us."*

Getting a good parking spot isn't all about having a shorter walk. Admit it, when you drive into the lot and find a front row spot, you probably get more excited than the average person. People on other campuses don't realize just how exciting it is to get a good spot at Gustavus. As I mentioned, if it weren't important, there would not be as many conversations about getting a good spot as there are now. Every time I get a good spot in complex, or a spot in complex at all, it definitely gives me a pride boost for the day. It is a great feeling to look out my window and see my car, "Goldie," sitting there, like a trophy for getting that spot. When I put my car into reverse and slowly back out because the apartment is out of paper towels, I feel a dull sadness wash over me as I drive farther away from what seemed too good to be true.

Being a student at Gustavus teaches us important skills such as how to write, think critically, read, and solve problems. While we all have become very good at using these skills, the one thing they seem to never easily help with is the decision of giving up a great parking spot in order to run a quick errand, or keeping the spot. Some people don't care about it at all, but the amount of times I have heard people bragging about how great their parking spot is, shows that it does in fact matter more than people think.

The first reason to keep a prime parking spot is because the weather is always bad when having to park far away... always. I may just be the only one, but whenever I have an awesome parking spot, and have a short walk back to my apartment, the weather is perfect. On the flip side, when I get stuck parking on the other side of the earth, aka College View, the weather never fails to give me a hard time, or decide to hit a new record low temp for the year. It may not seem like a huge deal to some people, but once you get caught in a downpour with no umbrella and two giant bags of groceries, it really makes changes your perspective, and makes you wonder what you ever did to deserve this. "I don't think it is worth leaving a good spot because it is freezing, and would have to walk far," sophomore Sami Jorgensen said. As we enter into the winter months, I guarantee the weather will be the number one factor to not leave a good spot.

*"Getting a good parking spot isn't all about having a shorter walk. Admit it, when you drive into the lot and find a front row spot, you probably get more excited than the average person."*

Losing a good parking spot really makes you evaluate your priorities in life. I don't mean to go deep here, but the thought of jeopardizing a good spot really makes someone think about the wants and needs of life. "Good



The insane mess of Co-Ed's parking lot creates a game of trying to find a good spot.

Nate Habben

This is why I never leave my spot. I'd rather keep that sense of accomplishment than come back to that spot and see that it has cheated on me with another car. It may seem a bit dramatic to say that a parking spot makes me feel better about myself, but as a college student, sometimes you just have to take all the wins you can get for the week.

Because it is so hard to decide whether to stay or go sometimes, Gusties have learned to compromise, obviously due

to the problem solving skills Gustavus has taught us. If one decides that the late night ice cream run is worth giving up the front row, a game plan must be formed in order to not lose the spot. I have seen people designate a friend to lay down in the vacant spot, use their little motorbike as a place filler when their truck isn't there, as well as two cars fighting until one is the victor. These strategies show that no one truly wants to give up a great spot for anything.

The whole situation seems ironic because the reason we have cars is to drive us places. The great parking spot dilemma may seem like an easy answer because no one wants to admit that the satisfaction from getting a great spot is larger than party size potato chips. And lastly, there is a reason why Dominos only delivers.

## The Good, the Bad, and the Meh



Thanksgiving is next week, and while you are excited for all the food and family, Black Friday is what's really calling to you and your empty wallet.



You get to answer questions like "Are you dating anyone?" or "Oh, you're still an English major?"



The turkey is dry again this year.

# Pondering about pets



**Cyan Spicer**  
Opinion Columnist

It's getting colder outside, and with that chill in the air, many people here on campus are likely to be missing home. Alongside that homesickness that we face, is another wave of sadness for pet owners. It's easily agreed that the majority of us may even miss our pets more than our family or friends back home.

Taking a step back from the ultimate debate of cats or dogs, there is an unspoken agreement of all pet owners, and that is the simple fact in which we all love our pets. These furry, or sometimes not so furry, friends are the highlight of some people's lives. I know that I'd much rather spend a few hours watch-

ing television with my cats than go out to a party.

But that one's just the introvert in me talking. Of course hanging out with your friends is a good time, and allows for some much needed social stimulation, but there's nothing quite like hanging out with a beloved pet. Which brings me to the main point of this all, should those cute little animals in which we all so dearly love be allowed to hang out with us here on campus?

As it is currently, the only pet a student is allowed to have inside the dorms is a fish, unless there are medical reasonings behind the animals' presence. This rule makes a lot of sense, of course, as there are many people with cat or dog allergies and their health is more important than whether you get to sleep cuddled up to your dog or not. But even so, there are ways to avoid this allergy conflict, obviously or they wouldn't even allow medical reasons to conflict with the rule.

There's also the conflict of dogs and cats walking around campus, possibly causing allergic reactions to occur. The thing with that, however, is Nemo is on campus and nothing has gone wrong yet with him wondering around. Plus, people walk their dogs all over the place, it's hard to avoid in neighborhoods and parks, students who are allergic should

know to stay a safe distance away as they've probably have been doing so off-campus.

"If those who are dorming around you are okay with it, and aren't allergic to animals, then I think it should be allowed," First-year Gena King shared with me. Consent of those around you is very important, and students who are allergic or fearful of certain animals shouldn't have to worry about such things in their own dorm rooms. Which, although I agree, there are also ways to ensure that students who are allergic won't be at risk whether it be being near your room, or getting the room that previously had an animal.

If the school were to assign specific dorm buildings to allow pets, and others to not, that would provide a way to allow students to bring their pets to live with them on campus without endangering other students for years to come. "In some buildings, animals should be allowed. Upperclassmen specifically should be allowed to have pets as they're older. Maybe there's some buildings, or floors, that allow animals, and some that never do, and there may be a limit to how many rooms so that it's a sign-up kind of thing," Senior Sabrina Fague agreed. There's a lot to benefit from this for students, as a pet may make a person less homesick and, in some cases,



*Peanut is one of the many pets found on campus.*

Submitted

less stressed out over the shift college life brings.

Of course, I recognize that this is a lot of work for the college to go through, and only would benefit a select amount of people. Plenty of students are happy without a pet policy here on campus, and others couldn't care less about the subject. Those who need an animal on campus, for medical purposes,

are allowed to have their pet dorm with them. Though I want there to be some form of a pet policy, and I recognize that there are ways in which the campus could pull it off, I also know that it's not the more necessary thing for the campus at large. Honestly, I just really miss my cats.

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# Crossword

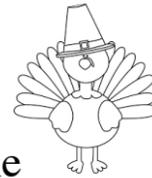
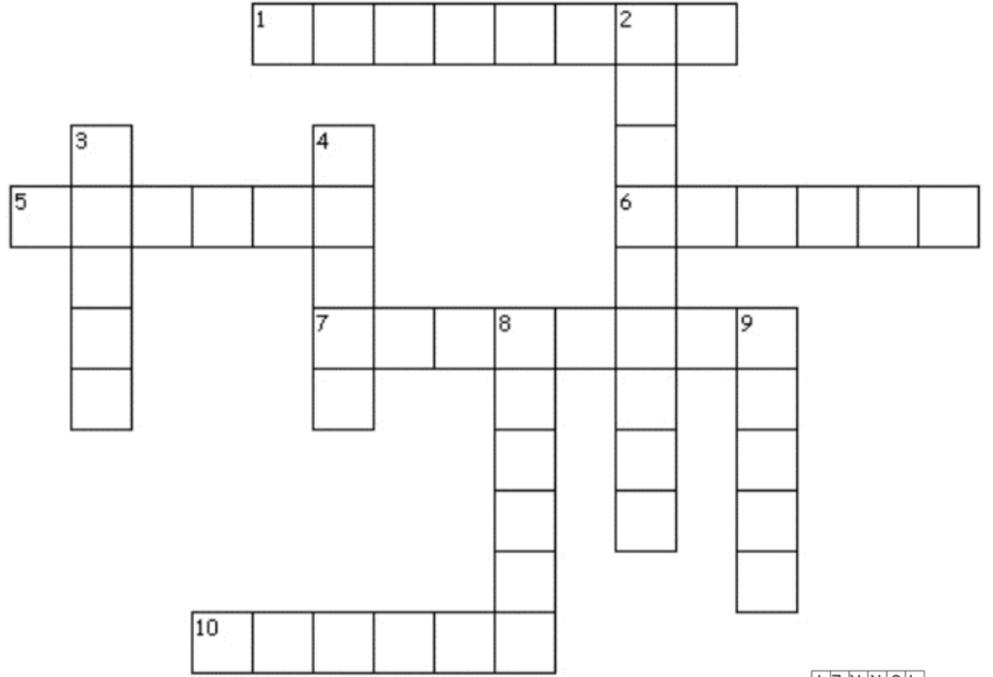
## Thanksgiving

### Down

- 2. Another word for family members
- 3. Another name for corn
- 4. A celebration including large quantities of food
- 8. People we visit on Thanksgiving
- 9. Yummy sauce to pour over turkey

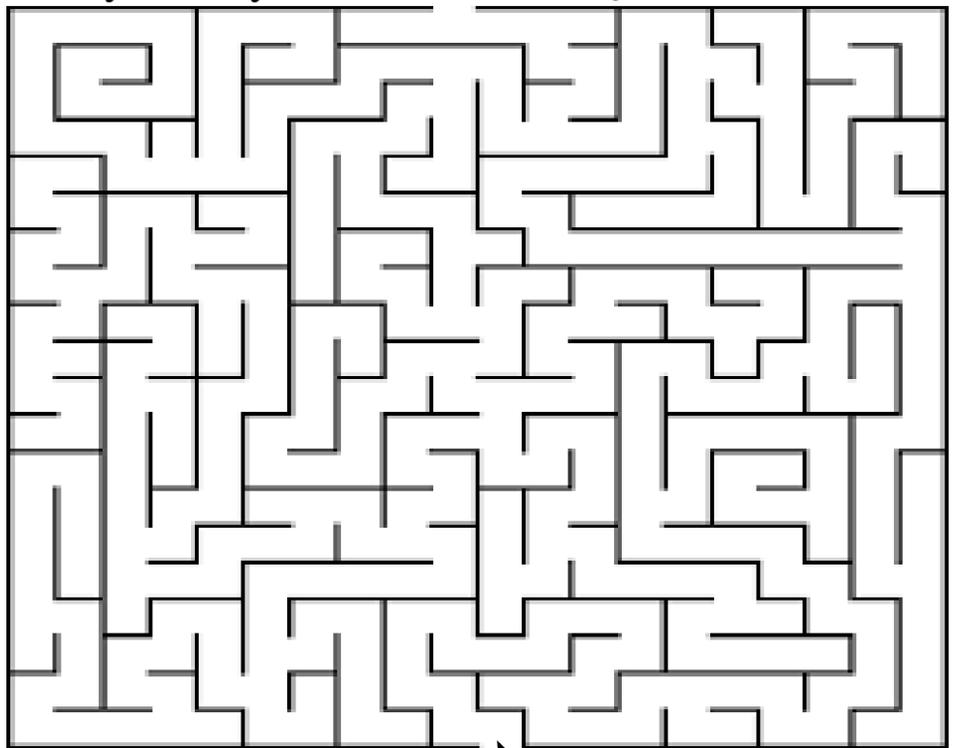
### Across

- 1. People who have migrated to a different land
- 5. Reddish growth that covers the throat and neck of a turkey
- 6. A Thanksgiving time of year
- 7. Fills up the bird and then fills up the people
- 10. Main course at a Thanksgiving supper

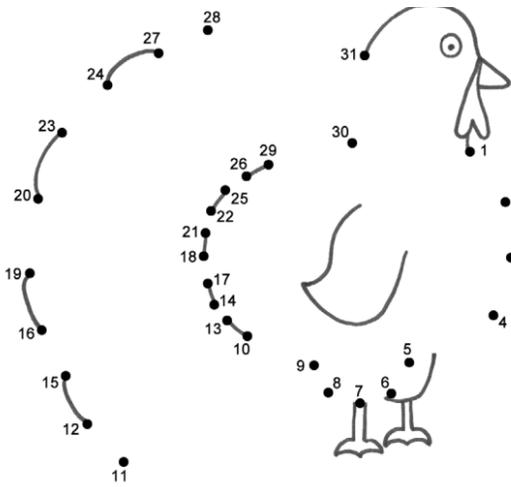


**Why did the turkey cross the road?**  
 It was Thanksgiving and he wanted people to think he was a chicken!

Find your way to the turkey!



### Connect the dots!



"The Inevitability of Winter" by Vin Branom



# Men's hockey begins its season

Gusties hold record of 2-3-1 after the first few weeks of play



Gustavus Sports Information

Senior Colton Schmidt controls the puck during a game at Don Roberts Ice Rink. After the first few weeks of the 2018-2019 season the Gusties currently hold an overall record of 2-3-1.

## Skylar Abrego Staff Writer

Last season, the Gusties finished second in the MIAC after a three-year playoff drought.

The team also closed out with four of their players receiving awards, with Senior Chris Amsden taking All-Conference, and the Sophomore trio of Robbie Goor, Will LeNeave, and Caleb Anderson were named to the All-Rookie team for the 17-18 season.

Also, for the third season of his career, Coach Brett Petersen earned Coach of the Year honors.

With the loss of seven seniors last year, the team is excited to continue the bond with returning players as well as integrate talent from their new ten player rookie lineup.

"I'm excited to have so many returners to continue where we left off from last year," Anderson said. "I'm really optimistic about our team this year and

think we'll see something truly special with the amount of time and work put in this season."

The Gusties traveled in their preseason to Blaine to play in the MIAC showcase and coming home with a 3-1 win against St. Mary's and a 0-3 loss against the Concordia Cobbers.

The team began their regular MIAC season in the Don Roberts Ice Rink against St. Olaf. Senior Evan Erickson netted the first Gustie goal of the season at 16:09 from a beautiful crossing pass from Senior Colton Schmidt, leaving the team up 1-0 after the first period.

In the second, Schmidt took a shot from the slot which found the back of the net, giving the Gusties a 2-0 advantage. However, the Oles fired back to steal the Gusties shut out three minutes into the third period.

Anderson, who had an impressive first-year with the black and gold last season, scored his first goal of the season on a powerplay. Anderson also finished the game with two



Gustavus Sports Information

Sophomore Dominic Picciano keeps the puck from a St. Olaf defender during a game Nov. 2.

assists.

The battle finished in a thrilling 3-3 double overtime against St. Olaf with the Oles taking the extra point in a shootout victory.

The team traveled the following evening to Northfield for a rematch against the Oles. Sophomore Tyler Rock scored his first of the season assisted by Juniors Jared Bromberg and Reid Brown at the end of the second period.

Three minutes into the third, the Oles answered back and despite the Gusties outshooting them 43-26, St. Olaf scored the game winning goal just three minutes later.

More recently, last weekend the Gusties traveled to Wisconsin, facing off against UW-Superior and UW-Stout.

The team had a strong start against the Superior Yellow-

jackets with two goals in the first period unanswered, scored by Anderson and assisted by First-year Brendan Elliot and Erickson.

Less than five minutes later, Sengvongxay found the back of the net on the power play making his first collegiate goal, assisted by Senior Van Sullivan and LeNeave.

UW-Superior broke the shut-out in the second period and tied it six minutes later finishing out the second. The Gusties found their groove in the third on a power play when LeNeave scored unassisted followed by Schmidt's second goal of the season assisted by Junior Axel Hallin and Sullivan.

Sophomore Robbie Goor had a notable performance that day with 44 saves in the 5-3 victory. "It was great to see us play

together as a team this weekend," Goor said. "Our level of play is what we expected on Friday night and the outcome was in our favor."

On Saturday the Gusties battled the UW-Stout Blue Devils. After a scoreless first period, Stout put in two goals within two minutes of each other in the second. They then tacked on two more in the third. Anderson was able to take away the Blue Devils shutout with 2:42 left in the game.

The team returns to MIAC play this weekend at Hamline tonight and at home on Saturday night at 7:05 p.m. in the Don Roberts Ice Rink.

"This weekend will be a good test," LeNeave said. "We'll have to establish ourselves as a 60 minute team and I'm really excited to compete."



Gustavus Sports Information

Senior captain Evan Erickson competes in a game against the Oles.

# Gusties fall to Mayville State in season opener

## Men's Basketball looks for leadership among the team

**Eli Dotson**  
Staff Writer

A fierce first half battle deteriorated into a sizeable second half defeat for the Gusties this past Saturday in Lund Arena as they fell 93-68 to the Mayville State Comets.

The lopsided final score disguises how competitive the first half was, as the Gusties took an early 21-13 lead behind eight points from Vannis Smith. Smith would lead all Gustavus scorers with 13 points on 5-9 shooting.

"Tonight we faced a good team with a strong central player who could drive and kick well, and their shooters knocked down shots," said Smith.

Mayville State then went on a run of their own and evened the score at 21. The stalemate ended when Senior guard Spencer Tollefson splashed a high-arching, contested jumper into the net for two points. This would be the last Gustie lead of the night, as the two teams traded blows for the rest of the half.

The Comets hit a dagger of a three pointer right before half time to give them a 48-43 lead heading in to the intermission.

The Comets dominated in the second half, outscoring the Gusties 45-25 and warding off numerous comeback attempts.

A porous defense was a cause of concern for the Gusties, as Mayville State shot almost 60 percent from the field and 46 percent from three-point range. However, in addition to strong performances from Smith and Tollefson, First-year center Nolan Malo led the team in minutes played and scored nine points, tacking on six rebounds as well.

Malo has seen an auspicious start to his first-year



Gustavus Sports Information

First-year Nolan Malo makes an inside pass during the season opener against Mayville State. The Gusties enter MIAC play against Hamline Nov. 28.

campaign, demonstrating a big motor and good touch around the rim. In a pre-season exhibition against Bethany Lutheran (Mankato), Malo put up a double-double with 16 points and 10 rebounds.

Gustavus lost that game by just six points, 76-70, and were led in scoring by senior guard Riley Sharbono. The sharp-shooting Sharbono was the

team's leading scorer last season at 14.5 per game, and put up 19 points on 6-9 shooting against the Vikings.

Sharbono's performance last season earned him MIAC third team all-conference honors, and he will be an integral part of the Gustie offense this year.

Rounding out the squad's front court presence this sea-

son are Sophomore Peter Lundquist and Senior Brandon Snoberger.

Lundquist was injured or sick for a majority of the season last year, playing in just 13 games, but has shown flashes of potential. He possesses a silky left-handed hook shot that he can deploy from all angles around the basket.

Snoberger made an appear-

ance in 20 games last year and averaged nearly 5 points per contest, with an inside-out game that should make him a challenging match-up for MIAC big men.

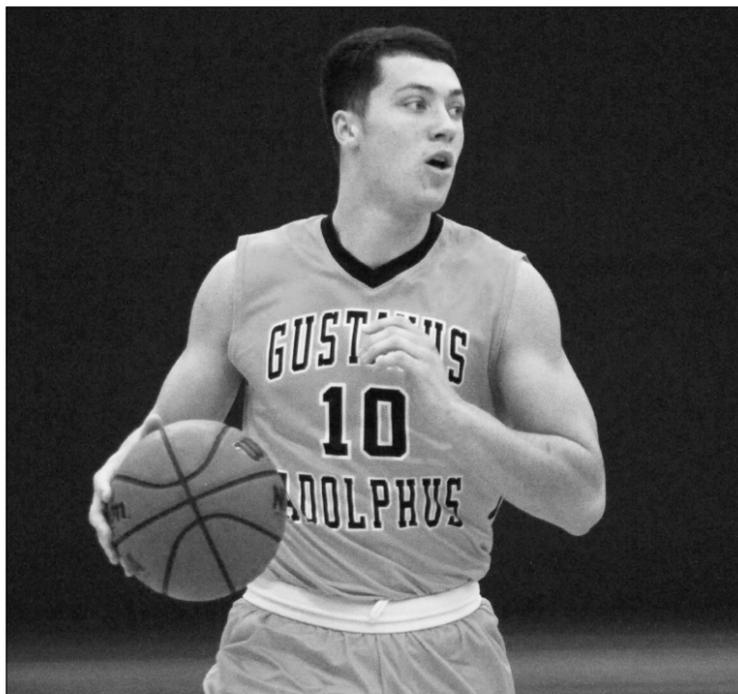
In veteran Head Coach Mark Hanson's signature movement-based offense, any player on the floor may find themselves posting up, so don't be surprised if you see some of our more diminutive players down low this season.

Hanson is entering his 29th season at the helm of the Gustavus basketball team. He believes the team must mesh together and look for leaders to find success this season.

"Upperclassman leadership is really critical to any team. We lost some really good leadership in that regard so our captains this year have some big shoes to fill and I think it's something that they expected and wanted to do," Hanson said. "Without leadership from not only our seniors but everyone in the program, it's hard to go far at the end of the year."

The Gusties were 5-15 in conference play in 2016-2017 and 10-10 in 2017-2018, and will look to capitalize on that momentum this year and improve on their seventh place finish from last year.

Gustavus will be back in action on Saturday when they host Northwestern at 7 p.m.



Gustavus Sports Information

Sophomore Isaac Douglas dribbles the ball up the court during the opener.



Gustavus Sports Information

Senior Riley Sharbono looks for a pass. He was the leading scorer last season.

## Football ends the season defeating St. Olaf

Gusties close the season with a record of 6-4

**Michael O'Neil**  
Staff Writer

The Gustavus Football team wrapped up its 2018 campaign last weekend with a 29-20 win over St. Olaf in Northfield.

The win came on the heels of a 14-13 loss against St. Thomas the previous weekend that was equally devastating and encouraging. Despite a heroic defensive effort, the Tommies were able to stage a late fourth quarter comeback and steal a victory.

"I'm just so proud of our effort. I wanted to win for our seniors more than anything because they've given everything to this program. Just sick to our stomach that we weren't able to finish," Head Coach Peter Haugen said.

Despite the disappointment, the loss was the closest the Gusties have come to beating St. Thomas since 2007, and is a tangible result of the hard work and improvement the Gusties have shown.

Their characteristically strong senior leadership was on full display as the Gusties regrouped to face St. Olaf in their final game of the 2018 season.

Despite the cold and snowy conditions, both teams were able to get on the board early. St. Olaf started with the ball, and found the endzone on the third play of their opening drive with a 58 yard touchdown pass. After failing the extra point attempt, they led 6-0.

The Gusties were quick to respond, however, and put together a scoring drive of their own on their first offensive possession.

After starting on their own 38-yard line, the Gusties marched 62 yards in just five plays, capped off by a 20-yard touchdown run by Junior Brayton Finch. Fellow Junior Josh Kirk ran the ball in for a



Gustavus Sports Information

Junior Jake Boykin and Senior Matt Berkner make a tackle for the Gusties during their game against the University of St. Thomas Nov. 3.

two-point conversion and the Gusties led 8-6.

Two more unsuccessful drives for each team brought them to the end of the first quarter, but the Gusties got to work early in the second.

This time, it took the Gusties nine plays to travel 63 yards and find the endzone. On a second-and-ten from the St. Olaf 21-yard line, Senior quarterback Michael Veldman completed a pass to fellow Senior Ellis Herman for six points. This time, their two-point conversion attempt failed, and the Gusties led 14-6.

The Oles then took over and used 14 plays to tie the game on a two-yard touchdown run with three minutes left in the first half.

The second half started slowly offensively for both teams, but on the Gusties third possession, Veldman caught fire and threw three straight passes for more than 16 yards. The third was a 33-yard strike for a touchdown to Junior Brice Panning. This time, the Gusties completed the two-point conversion with a pass to Ellis Hirman.

At the end of three quarters of football, the Gusties led 22-14.

On the first play of the Oles' second drive of the fourth quarter, they had an opportunity to tie the game after a 71-yard touchdown run. The Gusties stopped their two-point conversion attempt, however, and kept the 22-20 lead.

The Gustie defense stayed strong for the rest of the game, and Veldman found Panning on a 71-yard touchdown pass with just over five minutes to go to extend their lead.

Senior Brady Miller sealed the deal with an interception on the Oles' next drive and the Gusties ran out the remainder of the clock.

"I think we accomplished most of our goals and proved that this program has come a long way and has the ability to compete with anyone in our conference," Miller said.

With the win, the Gusties improve to 6-4 overall and 5-3 in the MIAC, finishing fourth in the conference.

"It is tough because we were two or three plays away

from going 8-2 rather than 6-4, but overall I think we are happy," Brady Miller said.

"This team was a lot different four years ago than it is now. We learned how to play together and the thing that made it so special was the trust between us," fellow Senior Dutch Claybough said.

Both seniors commented on how much Gustavus Football has meant to them, and despite the success and improvement they've shown this season, their relationships with teammates and coaches have been even more valuable.

The Gusties will miss the impact of their 14 rostered seniors this year, but will undoubtedly build on their momentum for a successful season in 2019.



Gustavus Sports Information

Junior Brice Panning makes a leaping catch in a game against the Tommies.



Gustavus Sports Information

The Gustavus offensive line sets up to snap the ball. The Gusties finished with a 6-4 record.