

# Nap away the stress



**Cyan Spicer**  
Opinion Columnist

It's the most stressful, I mean wonderful, time of the year. It's finals season, and the stress of the upcoming tests are really taking their toll on everyone, students and staff alike. Amid all this anxiety and studying, it's important for everyone to take some time for themselves, to relax and reorganize the mess that may be the current state of their head.

Now, of course, I recognize that this may be an easier said than done kind of task. The little voice inside our heads, that's most commonly named stress, doesn't always know when to shut up. The mindset of "I can relax when this is all over" is by far too popular among students, as well. It's difficult to set yourself above all the work that needs to get done before finals. Regardless, it's very important that during this hectic season you find a balance between school, work, and relaxation.

Now, relaxing can mean many things. There's the direct approach to relaxing: a nap, or simply laying down for a bit in order to clear your mind. Self care is important, and resting your tired bones is a firsthand way of making sure that you're taking time to relax.

There's also the approach of taking time for hobbies, any kind of activity that you may enjoy can be a really good distraction from studies in order to recuperate before jumping back in. Get a group of friends together, maybe, and play a game or get some food from the caf together and chat. Scroll through social media, or read a book for fun. Maybe just get off campus to do something more exhilarating. Anything that you normally enjoy but may be holding off on doing as finals approach, try and take some time to do those activities regardless of the impending finals.

"Honestly, just scheduling

in time to relax—you have to do it purposefully or you won't be able to. Block in time, let it happen," Senior Gabriel Berg said. You can't hold off on your mental health in order to study some more. Studying is important, yes of course, but so is individual health and well being.

Cramming all of that information in over a short period of time won't help—you need to take breaks in order for your mind to absorb all the things that you're studying. With projects, as well, you need to take breaks in order for the flow of ideas to become more constant. Scheduling out time to relax, even for a brief amount of time you're studying, any moment is an important moment.

Another way to help calm down all the stress levels is being kind to others. There's the naps and time to yourself, of course, being there to refresh your mind as "sometimes if you're too stressed, your brain can't really function right, so taking a nap can refresh your mind. But also try, maybe, showing gratitude to others in some way, since doing nice things for others has a chemical reaction in your brain that can bring your mood up," Junior Taylor Kmiech said.

There's always time to be kind, and sometimes that can be the best option not only for others but for yourself as well. High stress environments can cause hostility. Such behaviors are good for no one involved, and should be avoided as much as possible. Taking time to be kind to others, whether you know them or not, can be very beneficial for your studies and possibly in other areas as well.

As the first round of preparation comes to an end, with another week of classes left before finals are set to start, it's a good idea to reflect on what study habits you've adopted.

What are the habits that work the best, and which ones need some fine tuning before they become constant bad habits? Maybe it'd be a smart idea to ask your peers, upperclassmen especially, what good ways to relax and unwind from studying may be.

Wellbeing, whether emotional, physical, or something else, is just as—if not more—important as your studies. Make sure to take time to maintain your health and not get too caught up in the hectic atmosphere that's beginning to surround the campus. Take time for a nap, your hobbies, and to be kind.

## Advice for the floundering first-year



**D**ear First-years, There are two types of people here on the Hill: people who get along with their roommates, and people who don't. It's just inevitable that not every pair of roommates (especially those randomly assigned to each other) are going to get along perfectly. Issues always come up, and it can be really hard to have someone else constantly in your space, especially when you're used to living alone. Here's my advice for how to deal with a particularly tricky roommate situation.

First of all, be open and honest with your roommate about your feelings but do so tactfully. Using "I feel" statements, rather than accusatory statements, can make a big difference as to how your roommate perceives what you are saying. For example, saying "I felt really hurt when you made that comment about me earlier. Can we talk about it?" can be really effective. Additionally, make sure you bring up your concerns when it's a good time for both of you to talk. When your roommate is trying to sleep or is really stressed about their homework is not the best time. Paying close attention to your timing and the wording of your concerns can make a huge difference.

Additionally, don't feel afraid to bring up the roommate contract you both filled out and agreed upon at the start of the year. If you and your roommate both agreed to not have guests in your room overnight, and now their friends are filling your room every weekend, you should talk about that. If you don't feel com-

fortable having this conversation alone, ask your CF to be present as well. CF's are there to make your residential experience the best possible and can be a great mediators for difficult discussions.

Finally, if problems persist, talk to Residential Life. When you are having problems with your roommate, it can make sleeping and studying—two priorities for every college student—difficult. Your dorm is your home base here on campus, and it should feel like a safe space, not a source of tension. The Office of Residential Life understands that, and they have the tools and advice to help improve your situation.

I hope this helps you with your living situation, and best of luck with finals.

--Marie



**Marie Osuna**  
Copy Editor

# Make civic education a requirement



**Emily Seppelt**  
Opinion Columnist

When I first came to college, I thought that everyone around me would all somewhat have the same or more level of education about everyday things as I had received in 12 years of schooling, basic things such as what the political parties are in our country or how a standard election works. But when I arrived here, I realized that I was gravely wrong.

I have had multiple people ask me questions like when the presidential election is, how a primary election works, and even the difference between a Democrat and a Republican. And this issue is only getting worse. According to the Annenberg Public Policy Center, "only 26 percent of Americans can name all three branches of government".

This is why I would make the argument that a student in America should only be able to graduate high school after passing a comprehensive civics exam. To make it clear, I am in

no way blaming these people themselves for the things that they don't know. We, as a country, are to blame for this ignorance. By not utilizing the full power that our public schools could have in our society, we are wasting it and actually not only hurting the young students of our country but ultimately every citizen and our government overall.

When citizens are not educated about the very basic ideas of how their government works and how to participate in it, then we all lose. More and more people end up feeling like their government doesn't care about them, and not participating in the ways that they could. This is the exact situation that our country is in now.

By requiring high school students to pass a civics exam, this issue could be helped. Students would step out into the world better prepared for the responsibilities that will face them as adults. Everybody would be on the same page as to what goes on with our government, and more people would be invested in voting and trying to help better the country in ways one could only know about by having knowledge of the U.S. government. This would in turn improve the entire country for everyone.

In some places around the country, required classes and exams have been put in place. According to the Education Commission of the States, "37 states require students to demonstrate proficiency through assessment in civics or social studies". This is certainly an improvement from years prior.

Another road block to proper civics education is the stigma around politics and the government itself. More than once around campus I have heard



## The Good, the Bad, and the Meh

You are ABBA-ligated to see Mamma Mia: Here We Go Again this weekend instead of studying for finals.

Every last minute test right before finals that you've been suffering through this week.

The anticipation for the Midnight Express is not enough to subdue the stress of finals.

people say "I barely even know the difference between a Democrat and a Republican" with pride. If people were to become more educated about how they can participate in and change their government, they would become less cynical about the state of things in America and realize that they actually do have a voice.

Some people make the argument that the state of things is too bad to change. The situation could be different if more people knew about their civic responsibility and then were able to step up collectively and make a difference.

Overall, the entire country would benefit from having more informed citizens. The next

generation would be better prepared to go out into the world and effectively participate in their democracy. According to the National Education Association, civics education is a right. However, they argue that "... this right is meaningless unless [students] have the knowledge and skills to exercise that control."

And when states do require a civics exam, their classes do not always teach students how to participate or to get involved. According to the Center for American Progress, "no states have experiential learning or local problem-solving components in their civics requirements". On the AP US Govern-

ment and Politics Exam, all but a few states have mean scores under three.

These facts should be an absolute embarrassment for America. We cannot claim to have an amazing and equal representative democracy when most of our own citizens are almost completely ignorant how their own government works, and where they fit into it. Our civics education needs to be much more rigorous in order to improve our society and democracy as a whole.

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# 'Tis the C-in-CC season



**Ella Napton**  
Opinion Columnist

After Thanksgiving break, every Gustie knows what time it is. No, not "xmas szn." No, not "cuffing szn." But, instead, at Gustavus, it is "C in CC szn." Even if one is not participating in Christmas in Christ Chapel (otherwise known as CinCC), it is very clear when C in CC season hits the campus. All of the choir kids look like they haven't seen their bed in 20 days. Roommates participating don't come back until 10 p.m. Large greenery is placed around doors in the campus center. Risers that reach the ceiling and elaborate decora-



The event brings thousands of visitors to campus each year, and even more who watch the livestream at home.

Creative Commons

tions (complete with lighting systems) are constructed seemingly overnight in the Chapel.

As someone who does not participate in Christmas in Christ Chapel, I can never fully understand just how much work goes into those 6 and a half hour performances.

And that is why I wholeheartedly believe that Christmas in Christmas Chapel is one of the most important events of the entire year at Gustavus. I am sure I'm not alone in this belief, but certainly, as a first year, I was skeptical as to why so much work, time, money, and tears were set aside for "one" weekend-long event. I often found myself thinking: "certainly those resources could be allocated somewhere else?"

*"...I wholeheartedly believe that Christmas in Christmas Chapel is one of the most important events of the entire year at Gustavus."*

But after three years on campus, I have come to love and cherish every Christmas in Christ Chapel performance I get to attend. And this is for many different reasons. One of the most overarching benefits for me, as a nonperformer, is the draw it gives my family to come to campus. We are fortunate enough to have the means, as a family, to be able to drive over for a night and attend the show. And, although it is not long until winter break every time we meet for C in CC, it is the time of year I need my family most: not-quite-but-pretty-much-finals season. And every time

I see my family, I get the pick-me-up I need.

Even more so, C in CC allows me to give myself a "pass" from homework, student org work, and any other commitments that are in full swing during this time of the year, even if for one night. As someone whose to-do list never seems to end, it can be hard to find time to just sit and be. Being with what seems like an endless group of other people doing just that, simply existing, makes being completely present at Christmas in Christ Chapel that much easier. Each time I leave a performance I feel refreshed and inspired--some traits I certainly lack during this time of the year--from seeing and hearing my classmates make wonderful music.

I begin every year at Gustavus with the best intentions of attending chapel to seek out more of this "existing" time that seems to come most easily at chapel for me. But, something seems to come up nearly every day during chapel break, whether that be a student org meeting, a work shift, or my snooze button. Although I only attend one Christmas in Christ Chapel performance each year, it is certainly an impactful one. The music never fails to move me--even if sung in a language I do not entirely understand. The emotions the performers show give me a glimpse into

all of the blood, sweat, and tears they have put into this show. And singing "Oh Come All Ye Faithful" with a packed chapel never gets old. If I get to no other chapel or event such as this during the year, I do my best to make it to at least one C in CC performance for all of these reasons and more.

*"One of the most overarching benefits for me, as a nonperformer, is the draw it gives my family to come to campus."*

Perhaps the most trivial benefit as a non-performing Gustie on C in CC weekend whose roommate does participate is having the room to myself. This alone time is not necessary, as my roommate and I live together very well, but it is always welcome. I am a self-proclaimed ambivert, and as much as I love together-ness, I never turn down an opportunity to be alone and recharge. Although I do not love seeing my roommate get completely drained from 6 straight performances and even more practices, I do appreciate the time I get to spend listening to My Favorite Murder on full blast while sweeping the floor.

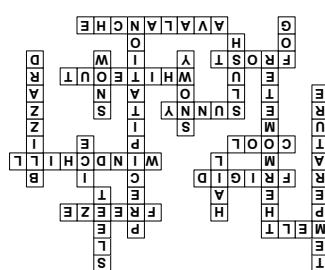
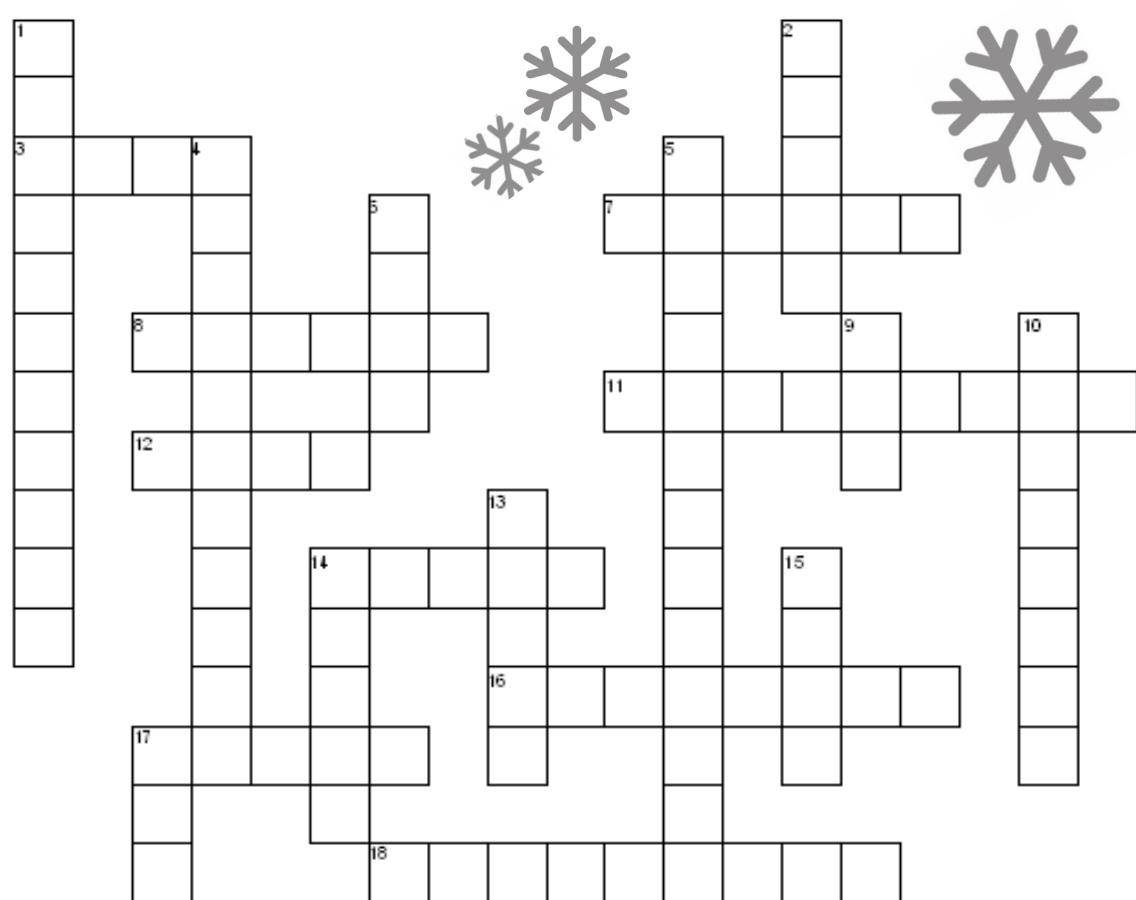


Christmas in Christ Chapel has been a tradition since 1973.

Submitted

**Across**

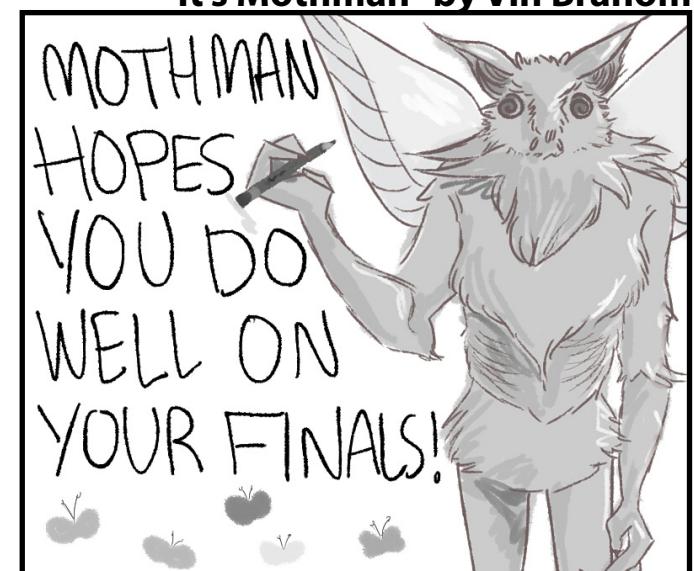
3. The process by which snow or ice changes to water.
  7. A period of very cold winter weather that damages plants.
  8. Intensely cold temperature.
  11. The temperature felt by the human body when wind makes it feel colder than the actual temperature.
  12. Mildly cold feeling.
  14. Bright with sunshine.
  16. Snowfall that is so heavy one can see little or nothing on the horizon.
  17. Ice crystals on a frozen surface; "Old Jack \_\_\_\_\_."
  18. A large mass of snow that slides down a mountain.
- Down**
1. A standardized measure of how hot or cold it is outside.
  2. Rain that freezes as it falls.
  4. A tool used to measure the temperature.
  5. Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
  6. Pieces of ice falling from the sky.
  9. A solid form of frozen water.
  10. A storm with heavy snow, strong winds, and severe cold.
  13. Covered with snow.
  14. A mixture of snow and water.
  15. Precipitation in the form of small white ice crystals that form inside clouds.
  17. Thick water vapor that makes it hard to see.

**Crossword****Winter Weather**

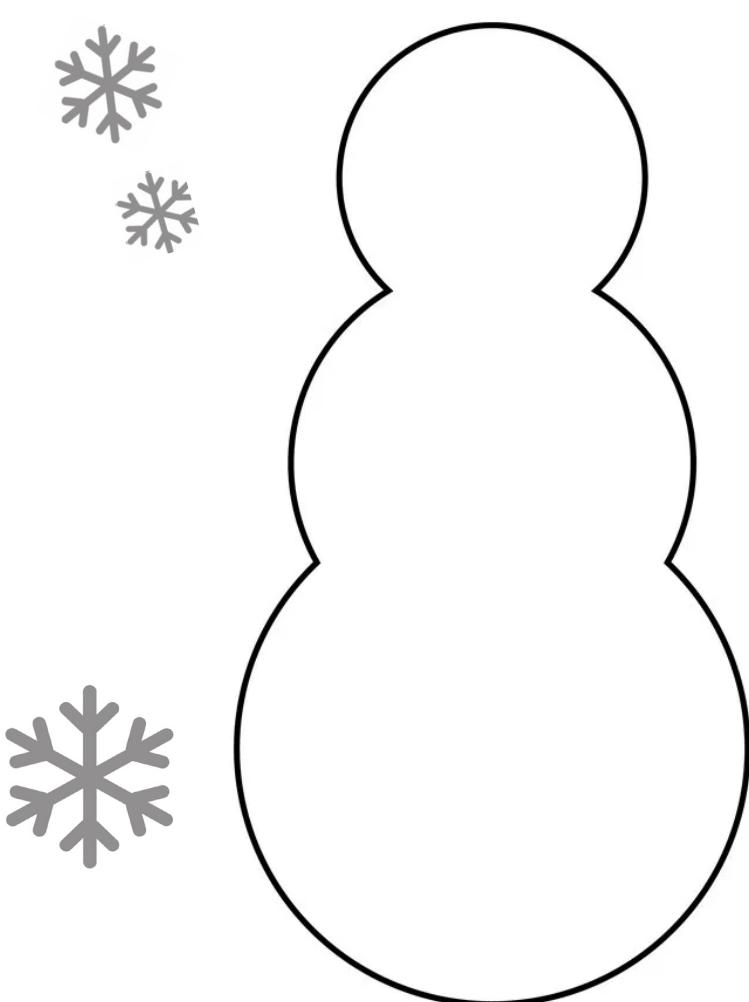
Blanket	January
Coat	Migrate
Comforter	Mittens
December	Quilt
February	Skates
Fireplace	Sled
Flannel	Sleigh
Heater	Snowball
Hibernate	Snowflake
Holidays	Snowman
Hot Chocolate	Vacation
Jacket	Winter

**Word search****Winter**

H	C	N	T	S	S	J	Y	J	A	U	A	R	Y
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D	I	I	H	W	O	K	E	L	W	E	H	C	A
M	Y	T	C	C	B	B	E	X	A	C	L	E	C
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**"It's Mothman" by Vin Branom****Draw your own: Snowman**

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# Gusties struggle early in the season

## Sharbono scores his 1,000 point for the program

**Michael O'Neil**  
Staff Writer

The Gustavus Men's Basketball team opened MIAC play this week with two straight losses despite showing positive signs.

Their first MIAC contest occurred last Wednesday when they traveled to Saint Paul to take on Hamline.

Going into the game, the Gusties and Piper both had two wins and two losses and neither had played any MIAC games.

This was also the first opportunity for Head Coach Mark Hanson to earn his 500th career win.

Hanson had a combined record of 499-264 going into the game, but will have to wait a little longer.

In the first half the Gusties didn't quite click, as they had 10 turnovers and shot just 33 percent from the field. They trailed 33-18 at halftime and were unable to make up the deficit in the second half.

After the break, the Gusties shot the ball much better, going 58 percent from the field.

They were able to put up 44 points in the second half but Hamline's size proved to be too much of a problem in the paint.

The Pipers won the rebound battle 38-30 and had 20 more points in the paint than the Gusties.

Senior Riley Sharbono led all scorers with 18 points on 4-7 shooting and Junior Vannis Smith added 13 points of his own.

The final score was 79-62 in favor of Hamline.

After a couple solid days of practice, the Gusties were set to host the reigning MIAC Champs from Saint John's.

The Johnnies are currently ranked 24th in the country and boast a dynamic offense.

The Gusties came ready to play and the first half went back and forth. In fact, there were nine lead changes in the first 16:38. At the break, the Johnnie's led 40-35.

Early in the second half, the Gusties were able to shrink the Johnnies' lead to just two points. With 14:35 to play in the game, the Johnnie's led 51-49 and neither team had a clear edge.

At this point, a couple missed shots for the Gusties led to a 14-0 run for the Johnnie's. The resulting 16 point deficit for the Gusties proved to be insurmountable.

The Johnnie's extended their lead to 20 points with just over six minutes left in the game, but the Gusties refused to quit.

At one point, they fought back and cut the Johnnies' lead to single digits, but solid free throw shooting sealed the win for Saint John's.

"It was really nice to see how hard we battled today. We got down in the second half but we fought back and I was really

proud of our guys efforts. We gave up a lot of second chance points which hurt us but they're just a really good rebounding team" Coach Hanson said after the game.

The Gusties were led once again by Sharbono, who recorded his second straight 18-point game.

Sophomore Isaac Douglas contributed 10 points as well, and fellow Sophomore CJ Woda filled up his stat sheet with eight points, three rebounds, and two steals.

The highlight of the game for the Gusties came as Senior Riley Sharbono recorded his 1,000th career point.

Sharbono has been a consistent offensive leader for the Gusties and joins 33 other Gustavus players who have achieved that milestone over their four years.

Coach Hanson himself is the all time career leader in points in Gustavus history with 1,774.

Next up for the Gusties is a trip to Macalester on Wednesday, December 5th.

They'll look to get back on track with their first MIAC win, and secure Hanson's 500th career victory.

The Gusties' combination of young talent and senior leadership should provide plenty of excitement as they continue to improve throughout their 2018-2019 season.



Senior Riley Sharbono scored his 1,000th career point against St. John's University Dec. 1.

Gustavus Sports Information



Sophomore Logan Rezac prepares to pull up for a shot during a game earlier this season against Hamline. The Gusties currently hold a record of 2-4.

Gustavus Sports Information

# Men's Hockey splits with Bethel

## Gusties boast undefeated streak at home

**Skyler Abrego**  
Staff Writer

Before Thanksgiving break, The Gusties traveled to St. Paul to start their series against the Hamline Pipers. At Hamline the team took an overtime loss before hosting their second home match of the season.

Even with the home ice advantage, at 9:16 in the first, Hamline gained an early lead that carried through the end of the first period. However, Senior Evan Erickson broke the Pipers shutout with his second goal of the season.

Sophomore Dominic Picciano followed just 21 seconds later with his first of the season, and after a turnover on the blue line, First-year Tyler Ebner went one-on-one at the 12:24 mark posting his first career goal.

Three minutes into the third period, the team was able to secure a power play and Senior Van Sullivan gave the team a three-goal lead.

Shortly after, the Pipers answered back with a second goal, however the Gustie defense was able to shut down further attempts.

With two minutes left in the match and an empty net, First-year Toby Sengvongxay cleared the zone from a pass off the glass scoring his second goal of the season. Sengvongxay came back for his third, a minute later tying the series with a 6-3 win.

Tallying 4 assists in the match Sophomore Will LeNeave was satisfied with the team's solid defense throughout the match and is happy with the direction the team is headed in.

"We showed up on time and proved how good we could be, it's exciting but we still have a lot of work to do to make this



First-year Brenden Payne prepares for a faceoff. The team split with Bethel last weekend, losing the first game 4-5 and winning the second 3-1.

the normal," LeNeave said.

More recently, the team faced off against Bethel this past weekend. Despite a goal from Erickson, the team trailed 1-2 at the end of the first period.

At 13:10 into the second, Bethel scored a third goal, and a power play point shortly after. Junior Reid Brown was able to find the back of the net with 14 seconds left in the period,

bringing the match to 2-4 at the end of the second.

Gustavus carried the momentum from Brown's goal early in the third as Junior Jared Bromberg scored his first of the season.

Bethel answered back with a fifth goal. Junior Axel Hallin tallied his first of the series at 8:38.

Despite a close battle in the

third period, the Gusties fell short with a final score of 4-5.

"We had some penalty trouble, which caused us to miss a couple key opportunities," Erickson said about the teams performance.

Back at home on Saturday, the Gusties were able to learn from the previous night and rally on the penalty kill while outshooting the Royals, leaving them scoreless on seven power play opportunities.

Hallin carried his scoring into the series grabbing his first goal of the game with 1:15 left in the first. After a faceoff assist from Sophomore Caleb Anderson, Hallin took an open shot on the back side leaving the game at 2-0 heading into the third.

Halfway through another intense third period, the Royals brought the score to 2-1. The Gusties took advantage of a power play late in the game as Sullivan scored off of a deflection from Bromberg. Sengvongxay scored on an empty net from the hash-marks of the defensive zone, bringing the final score to 3-1.

"I was pretty fired up to be scoring and doing my part on the team," Hallin said. "Hopefully we can continue to bring that energy next week."

Sengvongxay also commented about the teams preparation for the upcoming match against St. Scholastica.

"St. Scholastica is having a really good season, so it's exciting to compete against that level," Sengvongxay added. "If we play our game, we should be just fine."

The Gusties return home tonight to take on the St. Scholastica Saints for the annual Teddy Bear Toss game hosted by The Hill Crew at 7 p.m.



Members of the men's hockey team celebrates after scoring a goal.



Sophomore Mason Etter makes a pass in a game earlier this season.

# SPORTS & FITNESS

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## Women's Hockey sweeps Bethel

### Stanger earns a spot on d3hockey.com Team of the Week

**Joe Brandel**  
*Sports & Fitness Editor*

This past weekend, the Women's Hockey team improved their record to 7-1-1 by completing a sweep in their games against conference opponent, Bethel University.

The weekend started with a statement game for the Gusties on Friday night.

The team showed out for their fans at the Don Roberts Ice Arena, netting four goals while holding the Royals scoreless for the entirety of the game.

The scoring started in the 7:18 mark when Senior Allie Stanger deflected a shot from First-year Kayla Vrieze during a power play.

Head Coach Jon Carroll loved the pressure the team put on the Bethel goaltender for this goal.

"We've really been working hard on that, just trying to get in front and take the eyes away from the goalie so it's good to see it produce results," Carroll said.

Seeing successful plays in games that were designed in practice is always a proud moment for a coach and it's fair to say Carroll's efforts this season in producing a quality team have been paying off.

The Gusties followed their first goal up shortly after with First-years Stephanie Anderson, Jamie Byrne, and Grace Schulte showing some chemistry early in the season. Anderson finished off the chance with assists being awarded to Byrne and Schulte.

The team kept the pressure on, scoring again early in the second when First-year Kristina Press found the back of the net for her fourth goal of the season.

At the start of the third period, Vrieze iced the game by scoring an unassisted power play goal to increase the lead to 4-0.



Gustavus Sports Information

Senior Allie Stanger was named to the d3hockey.com Team of the Week. Stanger scored a last-minute game winning goal in one of the games.

Carroll was pleased with the all-around performance of the team and looked forward to carry this momentum into their next matchup the following day.

"For a first game back from Thanksgiving we did pretty well overall," said Carroll. "We created a lot of opportunities and I think we missed a few chances early but all in all I'm really pleased with our efforts."

The following day, however, the Gusties were off to a slow start and found themselves trailing the Royals 0-2 at the end of the first period.

What happened next spoke volumes to how resilient this

Gustie team is and why they have held a top ten nationwide ranking all season.

The team found itself being guided to the victory from the efforts of one of their veterans.

Stanger came thundering out of the locker room with goal scoring intent and just 23 seconds into the second period, she did just that.

Later in the second, on a Royals power play, Stanger snuck the puck past the Bethel goaltender on a short handed goal to even the score 2-2.

Both assists came from Press, who has proven to be a First-year standout this season.

Things were looking up for the black and gold until Bethel

regained the lead with 35 seconds remaining in the second period.

The Gusties came out firing in the third, tallying 12 shots in the period, with hopes of a comeback win.

At the 12:15 mark of the third period, a shot from Byrne found its target, leveling the score at 3-3.

After a back-and-forth third period it came down the last minute of the game. The Gusties were on a power play and in complete possession of the puck.

After a well-worked series of passes by Press and Vrieze, Stanger fired a shot into the back of the net with only 42

seconds left in the game. This proved to be the game winner and completed Stanger's first hat trick as a Gustie.

Stanger's efforts this past weekend did not go unnoticed. Her four goals in the two games, earned her a spot on the D3hockey.com Team of the Week.

The team is excited with its success and is looking forward to taking on No. 5 ranked UW-River Falls this Saturday at 12 p.m. in the Don Roberts Ice Arena.

This is an important non-conference matchup for the Gusties and could affect their current nationwide ranking depending on the result.



Senior Amanda DiNella recorded a clean sheet in the first match against Bethel.



First-year Lilia Scheid battles for the puck on the boards during a game earlier this season.