

Building Bridges Conference 2019



Students open the Building Bridges Conference with a short performance. Kyara Craven

The Building Bridges conference, which took place last Saturday, March 2, 2019, opened with a performance put on by a group of students also known as The Radicals. They performed a few different scenes that highlight what the life of an immigrant is like. “It’s been twenty years and my mother has not been able to come home” rings out through Christ Chapel as Junior Mayra Gurrola-Calderon’s character makes her way to the rest of the group. As the scene comes to an end the chapel in a state of contemplation.

David FitzGerald, Sociology Professor and Co-Director of Center for Comparative Immigration Studies at University of California San Diego, spoke about different U.S. policies that make it nearly impossible for immigrants looking to gain asylum in this country. FitzGerald brought very relevant information that called for contemplation on what kind of country the U.S. is and how far we should go in order to help protect families that are seeking help.



David FitzGerald gave a keynote speech at the Conference. Creative Commons



Actors portraying a family listening to Barack Obama’s Executive Order. Kyara Craven

Julissa Arce, an immigration advocate and activist, wowed the crowd with her inspiring story and genuine demeanor. She spoke about her upbringing as a someone who lived in the country as an undocumented resident after her visa expired. However, against all odds she worked to become an executive board member while still being undocumented. After hearing her story, one could only feel inspired by her hard work and dedication to her passion.

Action Piece, a Building Bridges committee responsible for creating and building an interpretive walk-through portion of the conference, stuns conference-goers with a painfully real simulation of the process of becoming an American citizen. Each room forces its participants to face the reality of the hardships that immigrants go through. Many left the interactive walk-through with a new perspective on life as an undocumented as you pass through different rooms in Beck Hall that displayed a multitude of facts and images about topics such as family separation, the risks of crossing the border, and detention centers.



Julissa Arce was all smiles after her keynote speech. Kyara Craven



Panelists after answering audience’s questions. Kyara Craven

Assistant History Professor Maddalena Marinari, Assistant Geography and Peace Studies Professor Joaquin Villanueva, and Assistant Director of the Diversity Center Janet Jennings were the Gustavus faculty that made up the some of the panelist from the conference. The highlighted panelist were Scott Borene, Immigration Law Attorney, and Julio Zelaya, Gustavus class of 2012 alumnus Racial Justice Coordinator at American Civil Liberties Union. Collectively, they brought a lot of knowledge from their own personal backgrounds. Questions from audience members ranged from ranging from how the treatment of immigrants has changed to what the best immigration policies are.

The time for adulting at college



Cyan Spicer
Opinion Columnist

There are a lot of decisions to make coming up for many incoming students, students here on campus, and on other campuses as well. The high pressures of the decision making process can cause a lot of people to rely on their parents for guidance and help with their future. Although asking others for help with making these choices isn't a bad thing, it can lead to relying on others for many other things in the future as well.

For most of us, we have been dependent on our parents since we were born, and that dependence can't just flip at the drop of a hat, but there is a time when everyone must make that transition into becoming independent. For most people, the coming of age is seen as 18, and

that is also the age in which it is expected that a person becomes independent.

The idea that someone will become completely independent as soon as they turn 18 is completely ridiculous, if I'm being honest. Having that support and being dependent on someone, whether it be your parents or a guardian of some sort, and then suddenly having to do everything on your own in a matter of days is near impossible. It's a change of lifestyle, and that kind of change has to come gradually and through time.

"I think that parents should

"...It's important to not be afraid to ask opinions as you make your different decisions this spring, but remember that it's ultimately your choice..."

start ensuring their children's independence from a young age through simple goals," Senior Lily Winter told me. "That way, when a monumental change like college comes up, they have a better time transitioning. Ultimately, when you're 26 and not on your parents' healthcare then yes, you're done. But, of course there's always going to be that little dependence and connection with your parents, even well into the latter part of your life."

The connection between a person and their parents or the

people who raised them is very strong. For some people this relationship may not be as strong or as important, and that can make the transition much easier. But for most people, they look up to those who raised them and trust their choices. They've been dependent for so long, it's natural and can be hard to gain independence.

This is one of many other possible reasons that parents or guardians should try to give their children small independent tasks as they grow, slowly but surely teaching their children to be more independent.

For me, I began to make my own appointments and do more 'adult tasks' towards the end of high school. I didn't just walk onto campus and think, "this is it, now I'm independent." I worked up to being independent and making my own choices. I still call my mom and ask her opinion, but that's

"...The idea that someone will become completely independent as soon as they turn 18 is completely ridiculous..."

because I'm not fully on my own quite yet and I recognize that.

However, I do know plenty of people who continue to let their parents make their choices for them, giving up that independence and potentially causing issues for the future when they need to really make their

own decisions.

"It's a transition, you can't just 180 out of dependence. But also, I feel like if I'm 25 and still dependent on my parents, then I've done something wrong," First-year Sophie Pflunger shared. By the time a person hits 25, there's an expectation that you've got some vague idea of what you're going to do for a career, if you're not already doing so. It's also expected that you live on your own or at least out of your parents' homes and that you're making all your own

"... I think that parents should start ensuring their children's independence from a young age through simple goals..."

choices with little to no help from others.

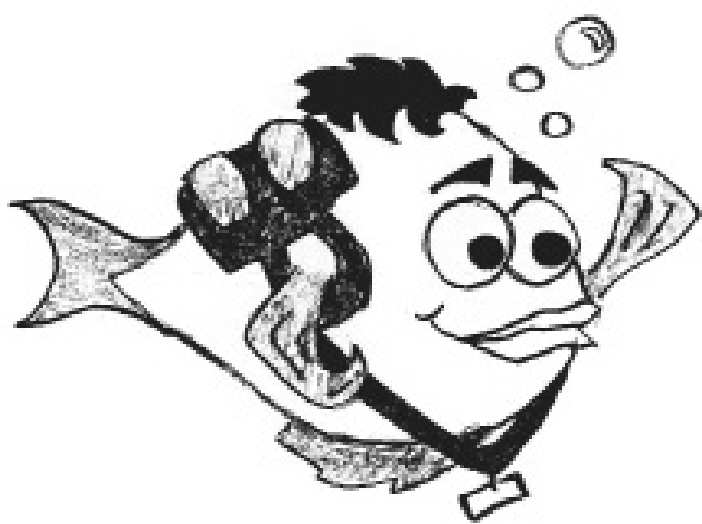
This expectation is set by societal and cultural standards, but for good reason. If a person remains dependent on their family for too long, it'll become harder and harder to gain their independence.

Basically, the transition to becoming independent of your parents or guardian is very important, and people should definitely be actively viewing it as just that, a transition. Parents and children alike should work together on this transition, and no one should try to force a 180 into adulthood on their own. Even if a person doesn't choose

college, this transition is still going to be in place at some point, just maybe sooner than if they were to be in college and less gradually.

It's important to not be afraid to ask opinions as you make your different decisions this spring, but remember that it's ultimately your choice. Don't get too caught up in the dependency we're all so use to, and begin to recognize yourself as the adult you're becoming, as scary as it sounds.

Advice for the floundering first-year



Dear first years-

By now, the course load of this semester has likely hit you full-force, and if you're anything like me, the amount of homework you have feels completely overwhelming. I'm here to hopefully ease that stress by offering you a few study tips that I

swear by.

First, create an incentive for yourself. For me, this means if I study for a set amount of time, or finish a paper, I'll reward myself with an episode of my favorite show. This works for me, but the reward can be anything that motivates you: Chipotle for dinner, a game of Catan with friends, or a solo walk in the arb.

Whatever you enjoy, use it as a motivator to get your work done.

Next, try to get your work done as early as possible. I try to always get things done as soon as possible. If I get an assignment, and I have a break in my day, I do it then. I find this works better than procrastinating or trying to do your work late at night, because often I'm too tired at night to truly be productive. Make the time during the day so you can relax and get some sleep at night.

Also, have a dedicated studying space that works for you. This can be anywhere from in the library, your dorm, or the courtyard caf. If it is someplace you feel productive, go there to get

stuff done. Be dedicated to that space, and you'll start training your brain that when you are there, you need to be working.

Finally, stay positive. I know that this winter weather feels miserable, but reassure yourself that spring will come, and in the meantime you need to excel in your academics. I know this cold seems endless, but the sun will shine again soon.

Stay warm and study hard, Gusties,

Marie



Marie Osuna
Copy Editor



Early bird gets the weight room



Lauren Casey
Opinion Columnist

The topic of deciding to work out every day is a tough decision on its own, but that may be due to the fact that you aren't going at the time your body prefers. Being busy college students, it is hard to squeeze in workouts and even harder to go at our preferred time. Because of this, motivation to continue working out tanks. Some of us know what time we perform best, but for others, working out may not be as enjoyable because they don't know that they prefer to go in the morning rather than at night. While working out at any time of day is good for you, here is why working out in the morning may give you a little more reward for your efforts.

Working out in the morning is beneficial because there are less obstacles to get in the way, which translates to less excuses to put off a workout. As the day goes on, there are more physical obstacles that we have to dodge such as class, homework, labs, meetings, and clubs. There are also the mental obstacles being lack of motivation, fatigue, and "I'll do it tomorrow" syndrome. Working out in the morning avoids most of these obstacles, and there isn't the lagging dread of having another thing to do on your already filled agenda for the day. "There is something about working out at 6:00 AM that makes me push myself harder than if I am there later" Sophomore Kristen Ziegler said. Because there aren't stressful thoughts about the pile of homework that you were just assigned, and other conflicts that happened during the day, it allows you to fully focus on crushing a workout.

As humans, we don't like to be the reason that we didn't finish something, or fall short. It is so much easier to blame an outside source and plan to work out later in the day, but ultimately not, is the perfect situation to blame anything other than your lack of motivation. Yes, waking up earlier than necessary is an obstacle, but I would rather dodge one obstacle than multiple. The only thing that stands between you and the gym in the morning is your

mind.

Another reason to go in the morning is to get it out of the way. There are two types of people...those who enjoy working out, and those who see it as a chore. For those who love it, it is a way to start your day off right and in a good mood. For those that see working out as a chore, working out in the morning gets it off your plate so you don't have to think about the fifty burpees you have to do after an exam. It is equivalent to ripping off the Band-Aid. "I like working out in the morning because I get it done, and it makes me feel good about the rest of my day. It also sets an example for my kids that working out is something we do because they see me go in the morning and often times will join me," instructor Nate Otto said.

Have you ever noticed when your alarm goes off in the morning, you feel more awake after scrambling to turn it off real fast? This is because you just used your muscles for a short burst of energy, in combination with raising your heart rate by being scared to death. Exercise has the same effect (minus the scared to death part, I hope). "It wakes me up for the day and makes sure my body is in check and ready for the day," Ziegler said. It may seem contradictory, but losing sleep to go work out will make you feel more awake. Feeling good after a workout is a universal feeling whether that be because you reached a new goal, felt those endorphins, or simply because you are finally done working out and can go home.

We all know the number of things to do at Lund can be limited, between the treadmills not working and the sports teams overflowing the weight room. Working out early eliminates this problem. I can confidently say that a majority of campus does not go to work out in the morning based on the fact that I get to use my favorite bike and bench every morning. On the other hand, there are when I am forced to work out later in the day, and I have the choice between the broken treadmill, or the broken bike, and it is so much hotter in there with more people, which makes my inner tomato come out. "Lund is the busiest between five o'clock and seven PM," Sophomore Sammy Misener said, who works at the Lund Information Desk.

A big part in staying motivated to work out is to do what you like, so sacrificing a little sleep in order to get your ideal set of weights, and favorite treadmill in front of the fan will be beneficial in the long run (literally and figuratively). Another perk to going when no one is there, is that you have control over the TV channel, and aren't forced to watch what others are watching, such as Keeping up with the Kardashians. The last reason to go when no one is there? No one



Lund Center is a popular place for Gustavus students to workout.

Ingrid Iverson

is there to care that you literally rolled out of bed, aren't wearing makeup, or didn't put in your hair gel. Because of this, you can eat your post workout meal with ease knowing that your crush didn't see you looking like sweaty produce.

Overall, there is no "best" time of the day to work out. The best time to work out depends on the person and when you have the most energy and motivation to give it your all.

"Ultimately, getting exercise at any time of the day is good, and doing something simple like ten pushups only takes about twenty seconds. Everyone has time for that," Otto said. For those who see working out as a "have to" type of situation, you may want to consider the morning in order to avoid excuses to and "get er done." But for those that view working out as a "get to" situation, the best time to work out is

whatever time leads you to a more effective workout. Those who thrive off social interaction may prefer sacrificing their favorite bench in order to go later in the day, when more friends are there, whereas on the other hand, the early birds feel the runner's high of being awake before the rest of the world.

The Good, the Bad, and the Meh



The Courtyard Café's espresso machine, better known as Carmen, is finally up and working so we can finally make it to our 8a.m.



At this rate, it's looking like we'll be snowed in until May.



Daylight savings is this weekend so we'll all be losing an hour of sleep.

Student Senate and how you can change campus



Ella Napton
Opinion Columnist

Doing your civic duty" is a phrase that Gustavus students hear often—especially around major elections. There has always been a push to get students to vote, spurred by shuttles, registration taco trucks, and much more. Elections are discussed. Politics abound.

But one election that is not pushed as much is Gustavus' own Student Senate co-presidential election. Often, there are few candidates, short campaigns, and little knowledge of the election in general. This certainly causes the Student Senate co-presidential election to pale in comparison to the state and national elections. "Student participation in our Co-Presidential election process is critical to the accountability of Senate as a whole," Evie Doran,

Sophomore Student Senate ombudsperson, said.

This statement, in its essence, demonstrates the innate importance of student voting in the co-presidential election each and every year. The Gustavus Student Senate is the backchannel every other student org is run through, for the most part. They provide a budget for student organizations and help implement policies that impact students each and every day. An example of one of these implementations is the initiative to provide tampons and pads in the highest-traffic bathrooms on campus. Having these available eases the worries those who get periods have about being unprepared or surprised getting their period in a busy space.

Further, the student body recently received an with the first Student Senate e-mail newsletter containing information about new propositions and the

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goal for transparency between Student Senate and the student body. And as a resident of Rundstrom Hall, this particular new initiative—the e-mail newsletter—is much appreciated because of the new handrail proposed Rundstrom Hall, something I would have not been aware of without this new form of communication. Voting for candidates who support platforms and changes you support and wish to see at Gustavus is

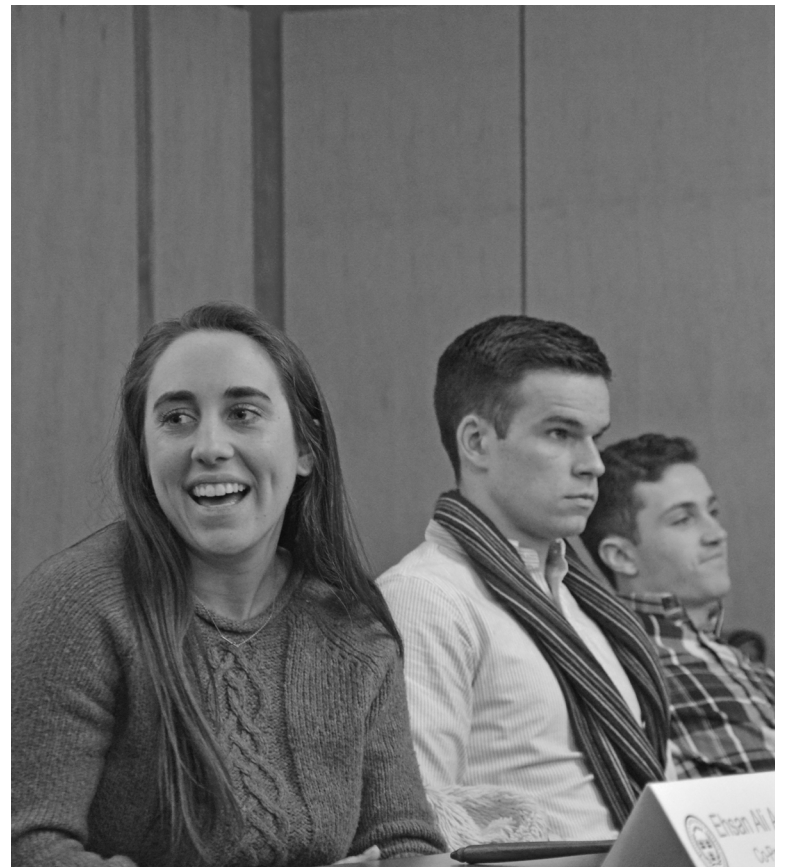
important to facilitate positive change campus-wide.

"When establishing their campaign platforms, candidates set the tone for next year's Senate. This tone is then carried into the way they choose a cabinet, as well as the day to day operations of the Senate for the next year. So in that way, being engaged during the electoral process is a crucial part of civic life at Gustavus, as it sets an expectation for the next academic year," Doran said. One of my major frustrations with student complaints is when they come from people who did not vote in the yearly Student Senate co-presidential election. Each and

"...There has always been a push to get students to vote, spurred by shuttles, registration taco trucks, and much more..."

every student at Gustavus has a voice and is able to flex their rights every March. A popular phrase that floats around during big elections is "no vote, no complaint." This is implicitly true about elections such as the Gustavus co-presidential election.

Every student has an opportunity to vote. We are even given the option to vote in-person or online for a long period of time on election day. It is not an issue of inaccessibility, it is an issue of obliviousness. Mark the date of the election in your calendar. Do not delete the email with the link to vote until you have done so. Or take



Student Senate meets on Monday nights.

Katie Mattinen

two minutes out of your Chapel break to stop by the table outside of the caf. And if you are abroad, student teaching, or away on election day—the online voting still works off of Gustavus wifi. Vote for co-presidents and representatives that support the changes you want to see at Gustavus. Although the importance of the election has gotten better during my three years here, there is still a long way to go. I can say confidently that representation is important

for change for facilities, student life, and the Gustavus campus in general. But increased awareness of the importance of the Gustavus Student Senate and the co-presidential and general elections at the beginning of the academic year, is certainly an important step forward. Whether this is on the Senate's part or the student body's part, it is necessary to quell the unrest in relation to policy at Gustavus that is, unfortunately, an inherent part of our community.



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