

THE GUSTAVIAN WEEKLY

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ISSUE 15

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Jensen



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Compassionate
communication is
key



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remains unde-
feated in MIAC



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Gusties get a taste of the working world

Career treks expose students to post-college opportunities



Students were invited to Mankato to discuss non-profit career options on March 8, 2019.

Julie Rudolf

Emily VanGorder
Staff Writer

Non-profit work was the topic explored on Friday March 18. The Career Specialist for Government and Social Services held a Career Trek event for students interested in non-profit work, one in a series of events held for students to explore possible career paths.

The first Career Trek event was held on Friday, March 18 and was focused on Media and Marketing. Students met with representatives from STAR, a marketing agency with clients ranging from ESPN and Target, to 1517 Media, a collection of four publishing companies.

Gustie alumni also attended the event and spoke about a variety of marketing and publishing professions, including their own.

The next Career Trek event

is Thursday, March 21 and is centered around Business and Healthcare. Students will be visiting OptumIQ, a company

"[The event on Friday-gives] students the opportunity to learn about careers in the non-profit sector and also to learn about organization in Mankato that may have internship, career, or volunteer opportunities."

-Cynthia Favre

involved in the integration of intelligence and healthcare.

The event on Friday was held to "give students the opportunity to learn about careers

in the non-profit sector and also to learn about organizations in Mankato that may have internship, career, or volunteer opportunities," Director of Vocation and Career Readiness Programs in Career Development, Cynthia Favre, said.

On Friday, students went to Mankato to Shared Spaces, A Center for Nonprofit Collaboration, to meet with several organizations focused on various nonprofit work.

"I'm interested in social work... most recently I've been interested in working in the nonprofit sector," Junior Katelyn Yee said.

"I had an internship last J-term with YWCA Mankato, and I absolutely loved it. I saw an email for the trek event and I thought I should check it out to see if it would further solidify my interest... And it did—I think this is where I should be," Yee said.

Junior Dede Pheretha at-

tended the event "to get a better understanding of non-profit groups in the Mankato area and learn more about how I can create my path to working in the nonprofit sector after graduation."

Students who attended the event received advice from current workers about the nonprofit field.

"The biggest advice that I found to be helpful was to not sell myself short when I am applying for internships and jobs. For example, just because I might not have all the requirements listed for the position doesn't mean that I wouldn't make a perfect candidate for the said position," Pheretha said.

"We met so many amazing, hardworking, and dedicated women who work in Shared Spaces. I think one of the best pieces of advice was that experience doesn't always have to mean paid experience," Yee added.

"The off the hill treks are a new initiative for Career Development. It started last spring with a trek to three publishing houses in Mankato," Favre said.

The Career Development Office is dedicated to creating opportunities for students to investigate possible career opportunities, with events like a "Career Week... this past September... that had a number of panels and presentations and a Career Reception with over 50 organizations attending. In January we had 30 students attend an off the hill event at Ecumen Care Center here in Saint Peter," Favre said.

Both Senior Lily Winter and Pheretha attended the Private Colleges Job and Internship Fair.

**"Career Trek" continued
on page 3**

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Campus Safety Report

Monday, March 4

- No incidents reported

Tuesday, March 5

- Campus Safety found the odor of marijuana in Rundstrom Hall, students were in possession of paraphernalia and narcotics, 3 students referred to the campus conduct system.

Wednesday, March 6

- Campus Safety received a slip-and-fall report for at the bottom of the Library stairs.

Thursday, March 7

- Campus Safety responded to a fire alarm in Rundstrom Hall. The alarm was caused by a student

cooking in the basement kitchen.

Friday, March 8

- Campus Safety responded to a medical assist in the Campus Center for a employee that fell. The employee was escorted to the hospital for further evaluations.
- Campus Safety responded to a fire alarm at South West Hall. The alarm was activated from cooking smoke.

Saturday, March 9

- Campus Safety was requested to perform a welfare check for a student. A student was referred to the campus conduct

system.

- Campus Safety responded to a fire alarm in Uhler hall.
- Campus Safety responded to a fire alarm at North Hall that was intentionally set off.

Sunday, March 10

- A CF wrote a student of concern report after receiving text messages from a student about another student.

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>

Tip of the Week:

Red (student) and Green (employee) permit parking enforcement begins 7am on the first day of classes and continues through Graduation.

A parking permit is required for students and staff to park on campus. Review parking information and make sure you know the regulations so you don't get ticketed!

Common parking errors:

- Three-flags circle is no parking any time, even with flashers on (\$50 citation).
- Green permit parking is no parking 2am-7am, 7 days a week (\$30 citation).
- All parking in the Stadium/Beck parking lot is marked No Parking 2am-7am, 7 days a week (\$30 citation).
- Visitor parking is closed

to students and staff at all times (\$30 citation).

- A vehicle is not registered until the permit is properly displayed on the vehicle (right-rear bumper).

- Permit holders must park within the signs on lots. Make sure you are parking with in the arrows on those signs so you do not block traffic lanes (\$30 citation).

Contact the Campus Safety office 24 hours a day at 507-933-8888 with any parking related questions, or email the Campus Safety Administrative Assistant Angie Hanson at achanson@gustavus.edu

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Campus offices support first-year skill-building

First ever exclusively first-year conference discusses leadership

Jack Wiessenberger
Staff Writer

Student leadership is a key part of Gustie identity. Gustavus is known for encouraging all students to take on leadership roles and is continually looking for ways to further this goal.

For the first time in Gustavus history, a leadership event specific to first-year students will be held. The First-Year Leadership Conference (FYLC) begins at 10:00 a.m. on Saturday, March 16, in Alumni Hall.

"The conference will include a really great keynote speaker who will talk about what flourishing and well-being really mean for your leadership."

-Charlie Potts

The event is being set up by the Dean of Students office in collaboration with the Campus Activities office. The conference has been highly advertised to the class of 2022 through posters as well as emails.

Assistant Vice President for Student Life Charlie Potts sent basic information on the conference as well as a link to the signup page through an email in an effort to raise awareness for the conference.

"The First-Year Leadership Conference is an event designed exclusively for first-year Gusties and the goal is to provide a fun and engaging opportunity to expand leadership skills, develop a positive mindset, and provide tools for reflection and goal-setting," Potts said.

The event is looking to prepare students for leadership roles, even as first-year students.

"The conference will include a really great keynote speaker who will talk about what flourishing and well-being really mean for your leadership. There will also be multiple break-out sessions presented by Gustavus faculty and staff, all aimed at providing meaningful strategies that first-year Gusties can incorporate into their own leadership journey. And we'll have some fun games and prizes too," Potts said.

"I'm really excited for first-year students to hear the keynote speaker, Janet Lewis Muth, who is the Director of Health Promotion at Carleton College. Janet is highly regarded in her field and brings an engaging and relevant message about the power of presence and positivity. I think first-years will love it," Senior Zach Croonquist said. Croonquist works closely with Director of Campus Activities Andrea Junso.

"This is a great opportunity to add to your repertoire of leadership skills and experiences. The intent of the conference is to provide tangible leadership skill development for our first-year Gustavus students," Junso said. Junso put the conference

together with the help of many people, including Croonquist.

"My role on the conference planning team was two-fold. I was the only student voice on the planning team so my primary role was to provide input from a student perspective," Croonquist said.

"Janet [Lewis Muth] is highly regarded in her field and brings an engaging and relevant message about the power of presence and positivity. I think first-years will love it."

-Zach Croonquist

His goal in planning this conference was to represent the student body as best as possible, and his involvement contributed to the selection of Muth as the keynote speaker.

"It's hard to fully embrace leadership if you don't feel like you are flourishing yourself. This talk will explore what flourishing or well-being really means with practical strategies to incorporate into your own life," Muth said.

The keynote talk will focus mainly on tactics for self-improvement that can in turn help students reach leadership positions.

There will be over a dozen subjects discussed during the break-out sessions. Some of the

topics covered include "Intersectional Leadership: Creating Empathetic Leaders," "Becoming a Campus Leader," "Crucial Conversations: Identifying and Working Through Conflict," "Building YOUR Brand," "Integrated/Sustainable Leadership," and "Leadership for Social Change."

The first break-out session will be just before the lunch break, and the second and third will immediately follow the meal.

The presenters for the break-out sessions are all Gustavus staff members from a wide variety of campus organizations. Some of these include Associate Vice President in Dining Services Steve Kjellgren, Career development specialist Jess Franta, Chaplain and Director of Campus Ministries Maggie Falenschek, Director of Community-Based Service and Learning Amy Pehrson, Assistant Director of Campus Activities Julianne Watterson, Director of Peer Education and Chemical Health Laura Herbst-Johnson, Assistant Director of the Diversity Center Janet Jennings, and Admission Counselor Herchran Singh.

"I am going in hopes of learning new leadership tools," First-year student Gena King said.

"I am also interested in the conference because it will allow me to grow closer with other members of my class," King said.

While the conference certainly has an important message behind it, there will still be fun and lighthearted moments,

and also food and prizes for students.

"I am excited to learn leadership skills that I can apply on campus and later on in my career," First-year Edmund Fornoff said.

The conference will teach leadership that not only can be used while living on the Gustavus campus, but also beyond college life.

The Campus Activities and Dean of Students Offices hope as a result of attending the conference, students will have a better understanding of leadership. First-year students will learn more about their personal leadership style, reflect on how their past influences future opportunities, and figure out how to apply personal values to leadership roles.

"This talk will explore what flourishing or well-being really means with practical strategies to incorporate into your own life."

-Janet Lewis Muth

This type of event with a first-year student focus could become more common as Gustavus looks to get all students engaged in leadership.

"Career Trek" continued from page 1

"The fair was informative, and I was able to connect with lots of nonprofits in the Twin Cities area. The fair was on a larger scale than the career trek... I liked the career trek because it was with a smaller group and I felt highly engaged," Pheretha said.

"It was one of the most helpful events I have ever attended. We participated in mock interviews with a Gustie alum over the phone about a week before the event. I think Gustavus students were some of the best prepared when attending the career fair because of all the work Career Development had done prepping us," Winters said.



Keynote speaker Janet Lewis Muth will bring information on presence in leadership positions to first-years.

Submitted

Student content creators publish literary magazine

Elsa Beise
Staff Writer

Did you know we have a Gustavus literary magazine? *Firethorne* is a magazine that publishes student-created content and showcases student talent as well as creating a platform for voices to be heard. It allows for anyone and everyone in the Gustavus student community to be able to share their artistic abilities and writing skills.

This publication, under the current title of *Firethorne*, can be traced back to 1973, according to the Gustavus archives.

"We really liked the point that this is a magazine for everyone here, especially since this is a Liberal Arts college."

-Jamie Jennissen

The printed, full-color publication is distributed freely to Gustavus students, faculty, and other community members in the spring of each academic school year.

Firethorne is organized and edited by students who are enrolled in the English 350: Editing and Publishing course.

"The purpose of the class is to gain knowledge and hands-on experience in the process of creating a literary publication. Students solicit work, select work for publication, edit, and design the entire journal. Students also launch their own literary publications," Advisor/Managing Editor of *Firethorne* and English Professor, Matthew Rasmussen, said.

The mission statement for *Firethorne* has been recently updated and includes the idea that the magazine "seeks to celebrate Gustavus' creative cul-



The *Firethorne* showcases student art, including those by Kyra Bower (top) and Rachael Ziel-ske (bottom).

Submitted

ture and showcase the effects of a liberal arts education through the diversity of our artistic community, which spans over a multitude of majors, fields of study, and demographics."

Students work to create a mission statement that makes everyone feel welcome to submit, no matter your field of study.

"When we were brainstorming, we really liked the point that this is a magazine for everyone here, especially since this is a Liberal Arts college. ALL majors are welcome to enter submissions. Our goal is to reflect Gustavus at this specific time. If you look through the old [*Firethorne* publications] from years ago, I'm sure the writing reflects different experiences that reflect what it was like to be at Gustavus at that point in

time. We also want to make sure many diverse voices are represented," *Firethorne* Marketing Coordinator and Senior, Jamie Jennissen, said.

Firethorne also hosts a launch party at the end of the Spring semester each year to highlight pieces in the magazine and

"Firethorne accepts works of fiction, non-fiction, poetry and anything in-between, really."

-Matthew Rasmussen

to build excitement about the publications release.

"Primarily, [Senior Cam-

ryn Heckel, and my] job is to [market] for the launch party at the end of the year. In the past, this has taken place in the Courtyard, and people have read their poetry and prose at an open mic night. However, all of us in the class are editors and take place in the process of selecting and editing the work," Jennissen said.

In addition to most of the team members editing as well as a couple focusing on marketing for the release party, there are other positions as well. Junior Grace Arnold plays a vital role as a Copy Editor for *Firethorne*, which requires having a detailed and organized eye.

"I am a Copy Editor, so basically I (as well as the other class students) read through the submissions and decide on which ones we want in the journal.

Then I read through the selected pieces, but this time with more of an editor's eye: proofreading and perfecting pretty much," Arnold said.

The publication includes a variety of works, including multiple genres of writing.

"*Firethorne* accepts works of

"Firethorne usually aims to accept [pieces] that encompass a variety of themes, from fun, to sad, to serious, to weird, to beautiful and profound."

-Grace Arnold

fiction, non-fiction, poetry and anything in-between, really. We also accept visual art in the form of images which, if accepted, are printed in color in the journal," Professor Rasmussen said.

The student editing team also echoed this sentiment, adding that the feelings evoked from the pieces can vary as well.

"*Firethorne* usually aims to accept [pieces] that encompass a variety of themes, from fun, to sad, to serious, to weird, to beautiful and profound," Arnold said. Publications from previous years can be found on the *Firethorne* page on the Gustavus website.

Weather cancels President's Ball 2019



The President's Ball of 2012.

Creative Commons

Samantha Walters
News Editor

Gustavus students began the weekend with disappointment after finding out the President's Ball was canceled due to weather.

"Due to the inclement weather forecasted for this weekend, the Dean of Students Office and Campus Activities Office have decided to cancel President's Ball. We did not make this decision lightly and considered student safety our number one priority," Director of Campus Activities Andrea Junso said in an email sent out last Thursday, March 7.

Many students who looked forward to the event were upset

with the change of plans.

"I was truly looking forward to President's Ball, as it was my first time getting to go. I totally understand why it was canceled though—student safety always comes first," Sophomore Stella Hadjiyanis said.

Senior Elizabeth Her was especially upset, as this year was her last year to attend. Instead, she held a small gathering in her apartment with some of her friends.

"I was bummed since it's my senior year, but I understand that safety is always first. My friends and I were able to make the best of the night still," Her said.

The President's Ball was to take place in Mankato on Saturday March 9.

The Saint Peter area was

estimated a total of twelve inches of snow for Saturday night, leading to many cancellations throughout the weekend, including the Hanbell Clinic "AdventURING."

Students are able to get a refund for their ticket and coach bus purchases with more details coming soon from the Campus Activities Office.

Spotlight on: New student organizations

Parker Lindberg
Staff Writer

With the start of second semester, several new student organizations have formed on campus to provide a diverse set of extra-curricular opportunities for students.

One of these organizations is Rock Bottom Musicals. Rock Bottom Musicals is a theatre club that is independent of the Gustavus Theatre and Dance department.

Co-founders and GUSTAVIAN WEEKLY writers Madelyn Smerillo and Abigail Ranzau formed the organization as a way for students to be involved in theatre with a smaller time commitment.

Currently, the Theatre and Dance department puts on a musical during J-Term during alternating years. Rock Bottom Musicals will put on a musical annually.

The rehearsal schedule is also much less rigorous, allowing students to be able to have more time for schoolwork and pursuing their other interests.

This Spring, Rock Bottom Musicals is excited to be performing "Merrily We Roll Along" by Stephen Sondheim and George Furth.

The show will run from May 3 to 5, 2019, in the Black Box. They plan to have a cast of around 12-14 students, not including all of the students working behind the scenes.

Stage Manager Sandesh



Katie Mattinen

The Gustavus Fiction Club meets on Mondays from 7:30 to 8:30 p.m. in the Anderson atrium.

Sukhrum, Vocal Director Nathan Thompson, and Choreographer Abigail Ranzau are just a few of the people involved with the preparations for rehearsals which will begin in the next few weeks.

Another new organization on campus is the Gustavus Fiction Club. This club exists as a way for writers to come together and work on their writing skills.

Marie Osuna is the President and founder of the club, as well

as serving as a copy editor on the GUSTAVIAN WEEKLY staff.

"I started this club after realizing that outside of writing classes, there was nowhere on campus for writers to get constructive criticism, story ideas, or just have a dedicated space to work on the craft," Osuna said.

Still in its infancy as a student organization, the Gustavus Fiction Club gains more members every week. At meetings, they give constructive feedback

and help each other develop their ideas.

"Writing is such a competitive field, so it's refreshing to have a positive space of encouragement," Osuna said.

One of the other new additions is the Gustavus Photography Club. The club was founded by First-Year Olivia Janovy Meyer, whose passion for photography led her to establish the club as a formal organization. Other co-founders

include Sophomore Ben Wick, and First-Year Alex Horgan.

"The purpose of our club is to provide an environment where creators can meet, learn from each other, and collaborate around the common art form of photography. We are comprised of photographers, models, editors and stylists," Janovy Meyer said.

Meetings are held every week in Beck Hall in Room 271, and photography lovers can work on anything related to photography like photoshoots, editing, and modeling.

They also hold a monthly photoshoot where artists and models can show off their talents.

In addition, Janovy Meyer and the rest of the club are working to put together an end-of-the-year gallery where their pieces can be showcased.

According to Gustavus Fiction Club President and founder Marie Osuna, these new student organizations provide places for students to explore their passions and make connections with others. They give students even more opportunities to find themselves here at Gustavus.

"I feel like writers need a place to express their love for a craft that is normally an introverted activity. This club brings people together to do something that's normally done alone. Fiction Club, along with other clubs on campus, allows students to pursue their passions in a positive and supportive environment," Osuna said.

Tales from abroad: Kirsten Jensen

Maddy Smerillo
Staff Writer

As Junior Kirsten Jensen climbed onto the sled tied to the back of her Swedish reindeer for the day, she felt nervous and afraid.

When her study abroad group arrived in Jokkmokk, Sweden, they learned all about the Sámi people.

According to an article in Encyclopedia Britannica, these indigenous people inhabit large portions of Norway and Sweden, keeping their ancestral culture alive.

The students experienced the Sámi Winter Market and quickly learned about the importance of reindeer in the community.

"The Sámi's livelihood are reindeer. While at the market, one of the biggest activities they have is a reindeer race and everyone at the market attends," Jensen said.

Since the beginning of her semester, Jensen has made an effort to push herself to try new things and to ask herself "why not?"

So naturally, she contacted the organizers from the event and asked to participate in the race.

After being approved for the



Submitted

Jensen has enjoyed pushing herself outside of her comfort zone.

race, she felt nervous leading up to the event. Many people watch the reindeer races and it was intimidating to race in front of all of them. Jensen ended up performing impressively well, as she won the first race, an experience she describes as "a wild 40 seconds of holding on for dear life." Jensen ended up making it to semi-finals, but lost the second race.

Reindeer racing, among

many other things, has been one experience that has shaped the exciting nature of Jensen's semester abroad in Sweden. This is Jensen's third time studying abroad during her collegiate career.

Jensen has previously participated in an Olympic Quest January Interim trip to Scandinavia during which she saw Sweden for a few days, as well as a semester at a business

school in Dublin, Ireland.

Because of these trips, she "fell in love with Europe, especially Sweden, so I chose this program through Gustavus because it gave me a way to see the entire country" beyond what she had seen on the Olympic Quest trip, Jensen said.

Jensen's program allows students to visit nine different cities in Sweden throughout the semester, exposing them to a wide variety of different cultures and traditions, such as the Sámi reindeer races.

Studying abroad for a whole semester presents many opportunities, as well as a number of challenges. Jensen says that the first obstacle she faced was just getting to Sweden.

When she "first arrived after a 12 hour flight delay, I was tired, annoyed, and ready to get some beauty sleep," Jensen said.

Her travel across the ocean was taxing, but "after I got over the jet lag, I was excited to get to know the other students on the trip and start seeing the beautiful country," Jensen said.

Another challenge she has faced is spending four continuous months with the same group of twelve students, but this has shown to be a major growing experience for Jensen.

She believes that in college, it is important to learn how to work with different groups of people, even when it gets difficult.

But as a Gustie, Jensen has kept her ties to the hill, and says she misses her "amazing friends and roommate."

Despite some obstacles, Jensen is thoroughly enjoying her time abroad.

While she's loved planning her own activities, the length of time for which she is abroad allows her to "sit back, relax, and let my professor plan out what we are doing and where we are going" on some of the days.

"While being in Sweden, I have access to amazing public transport and cheap airlines, so it's easy to get everywhere," Jensen said.

When Jensen gets home, she plans to move to St. Paul and start her work at H.B. Fuller as an Inside Sales Business Development Intern.

When asked if she had any advice for others considering studying abroad who might be nervous, "You will never have this much time in your life to travel the world...It is a once in a lifetime opportunity that will expand your horizons and allow you [to access] so many opportunities," Jensen said.

GUSTIES *of* Taylor Rooney

Anh Tran
Staff Writer

For two consecutive years, Sophomore Taylor Rooney has built up an impressive collection of achievements in his collegiate athletics career, even being named the Men's Track & Field Athlete of the Week twice in a row.

Since his collegiate debut last year, Rooney has been making surprising progress in Men's Track and Field, frequently named among the most outstanding athletes.

As a first-year in the academic year 2017-2018, Rooney concluded his first indoor and outdoor seasons as the Newcomer-of-the-Year for the track team, also earning a letter award.

"Taylor is young and has some great talent. Now we want to see what he can do with some great instruction and continue to get better. Seventh place in his first indoor season is pretty impressive. He is definitely looking to improve and is learning. Anytime you have a talented individual who is willing to listen and learn, I only see his future going up," Dale Bahr, Head Coach of track and field, said.

Taylor Rooney represented Gustavus Men's Track and Field at the 2018 NCAA Division III Indoor Championships on March 10th, 2019 at the Birmingham CrossPlex on the campus of

Birmingham Southern College. Rooney considered this meet his favorite memory during his first two years at Gustavus.

This was his first time going out of state for track. He treasured this occasion as an opportunity to challenge himself, meet and compete with top athletes, use a professional sports facility, and get to know other athletes.

In this same event, Rooney and his teammate Michael Hensch were honored as All-Americans.

Rooney appreciates his current achievements and the opportunities track and field has given him.

"I started when I was really little. I was probably in second or third grade, and me and my best friend convinced his mom to start a "track and field day" at the local high school for elementary kids," Rooney said.

"I did it for fun, to stay in shape, and to hang out with buddies," Rooney said.

With an early start as a hobby, it was not until senior year of high school that "I started really getting into [Track and Field] and thinking about doing it in college," Rooney said.

"Track and Field is different in high school and college. When I was in high school, we only had spring, but here in college, we have two seasons, indoor and outdoor. It's almost like I'm playing two sports," Rooney said.

According to the Track and Field athlete, official practices and meets begin around mid-November and end at the end of May.

However, the team still gathers to carry out what they call the "captain practices" even before official practices.

To stay in shape, Rooney practices track and field all year round. The dedicated athlete shared that he spent roughly four to six hours in practice or working out every day, just for track and field.

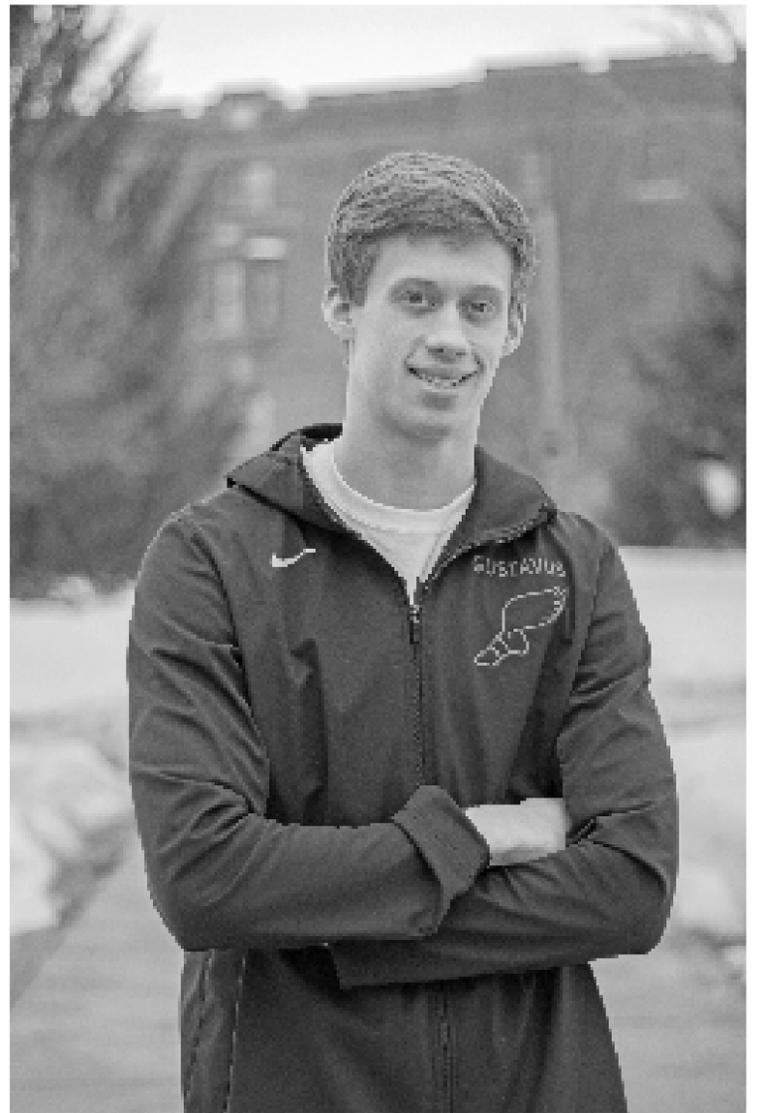
This sport has become his motivation to stay in shape, to work himself towards reaching new personal goals.

"I always set a personal goal before each indoor and outdoor season. I'll tuck a note with my goal on it in my room, in my desk, and in my locker, so I can see them every day," Rooney said.

Having set and been working hard towards his new goal for the season, he looks forward to their first meet for the outdoor season in April.

"I look forward to hanging out with buddies and look to get better every day. Practice with my teammates is usually the highlight of my days. They get me through my days," Rooney said.

Besides sharing how much track and field has brought meaning to his collegiate experience at Gustavus, Rooney also mentioned his desire to pursue



Rooney hopes to be able to coach track in the future.

Nathan Habben



Rooney has been named the Men's Track and Field Athlete of the Week for two years in a row.

Submitted

higher education for his future career.

The sophomore from Andover plans to major in Financial Economics and possibly a double major or a minor in Mathematics.

Rooney's academic focus is heavily influenced by his father, who works in the field of finance.

The sophomore grew up observing his dad's work and is considering pursuing an occupational path relating to finance.

When his business teacher in high school introduced him to actuarial science, he "fell in love with it."

He picked Financial Economics and Mathematics because the study of these fields will best prepare him for his first actuary exam this summer.

It is the first in a sequence of five core exams, followed by three or four more exams for his specialized branch.

Rooney looks forward to a summer of hard work and studying. The sophomore plans

to work diligently for the next few years, as he already has a well-envisioned career path: a dream job at the United Health group, on a big team, and hopefully coaching track on the side.

Feeling honored to be the Gustie of the Week, Rooney would like to take the opportunity to encourage his fellow Gusties to lead a more active lifestyle and promote healthy habits.

"One thing that anyone should incorporate into their day is trying to work out a little bit, whether it's walking a few laps around the track or taking an extra ten minutes out of their day to go on a run. It will make them feel better, and they can also see their improvements the mirror," Rooney said.

"Being active will change your whole mentality for positive results. Once you get into a rhythm, then you can have fun with it. Be healthy and be active," Rooney said.

the WEEK

& Michael Hensch

Lily Winter
Staff Writer

After a long history of leading both the Gustavus track and football team to victory with his impressive leadership skills, Senior Exercise Physiology Major Michael Hensch is looking forward to continuing to guide others through their athletic journeys after graduation.

"My dream job is to work with a sports team one day as a physical therapist," Hensch said.

"Obviously doing physical therapy with a sports team is a difficult job to get because so many people are interested in getting into that field, but eventually, I would like to work with athletes."

Hensch is most interested in working with football players as he has the most experience playing the sport.

His dreams are already underway, as Hensch has been accepted into the University of Concordia St. Paul's Physical Therapy program, where he will earn his DPT degree in the three-year program.

Entering Gustavus as a first year, Hensch already had an interest in obtaining a higher education in physical therapy.

Debating between a major in Exercise Physiology or Athletic

Training, he ultimately decided on Exercise Physiology with a minor in coaching because of how well the program requirements complimented his dual sport schedule.

"There are about five or six of us who do both football and track," Hensch said.

"I love both of my sports so I would never have it any other way, but it is challenging at times and kind of a unique situation. We ended the football season on a Friday and started track that Sunday. So I had Saturday off," Hensch said.

"Michael is a great role model for other football players and track and field athletes to look up to."

-Senior Matthew Blomquist

"Michael is a great role model for other football players and track and field athletes to look up to," Senior Physics Major Matthew Blomquist said.

"He's an extremely hard worker and it has paid off in both his academics and his athletics," Blomquist said.

While Hensch is a two-sport athlete, he is dexterous within his individual sports as well, switching positions as needed to support his teams.

On the football team, Hensch plays as both a defensive end and a tight end. In one game he might play both offense and defense, a challenge that Hensch said makes the game more interesting.

"I love both positions," Hensch said, "but playing defense gives me more freedom on the field."

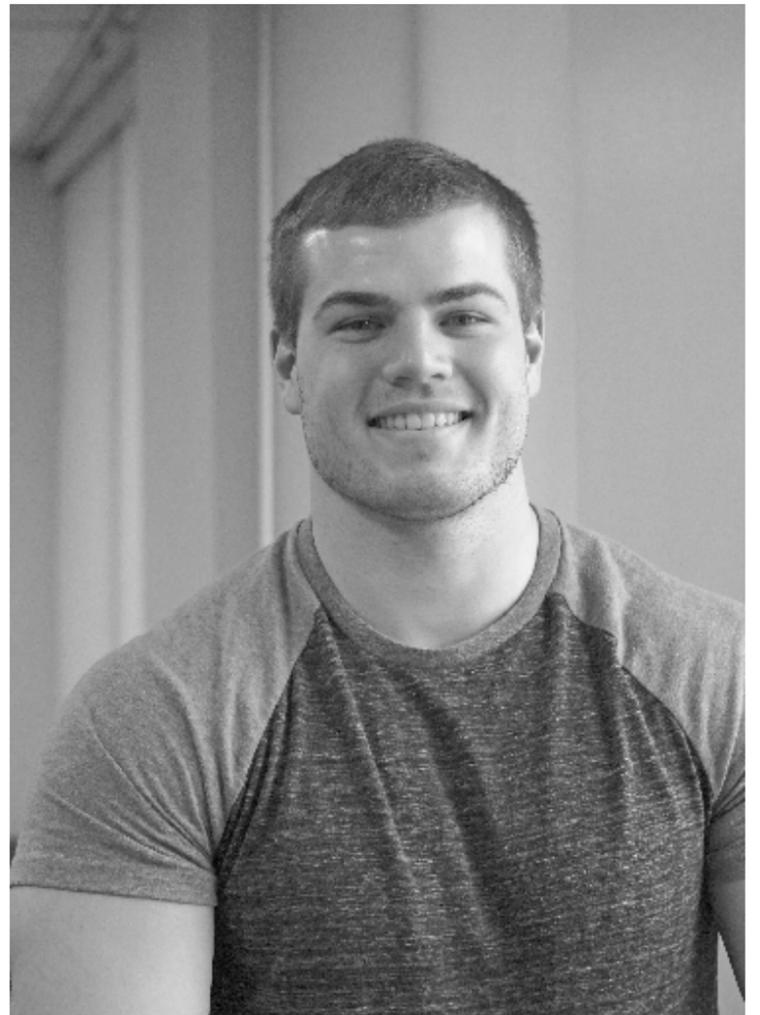
On the track team, Hensch is a thrower. While he experimented with sprinting his freshman year, he found his true passion by participating in throwing, which includes shot put, discus, weight throwing, hammer throwing, and javelin events.

"His sophomore year Michael won the hammer throw going from third to first on the last throw of the competition," throwing coach and Gustavus Alumni Tom Thorkelson said.

"That same meet, he won the javelin throw by 25 feet. In both cases his teammates celebrated while Michael calmly accepted their congratulations with a smile," Thorkelson said.

Chosen for his exceptional leadership and performance, Hensch has served as a team captain for the track team since his junior year.

Within this position, he



Ingrid Iverson

Hensch is an avid supporter of the Special Olympics.

serves as a liaison between the track coaches and his teammates, encouraging his teammates to help embody his coaches' goals, while also being a voice for his team.

"I like football because of the community," Hensch said.

"Football camp starts three weeks before school, and it's just the football guys, so we get to spend a lot of time together. Track is great because it's a team sport, but you also get to push yourself individually. You can really tell the difference if you're running faster or throwing harder," Hensch said.

"On the track, his work ethic and athletic ability have changed him from a very good high school athlete, to an All-American college athlete. As a person, he has gone from a quiet and shy first-year to a captain and leader on the track team. He displays civility and respect for others on a daily basis. I don't believe there is a person who has met Michael who doesn't like him", Coach Thorkelson said, noting how Hensch has developed over the course of his four years at Gustavus.

Hensch also represents the track team on the board of

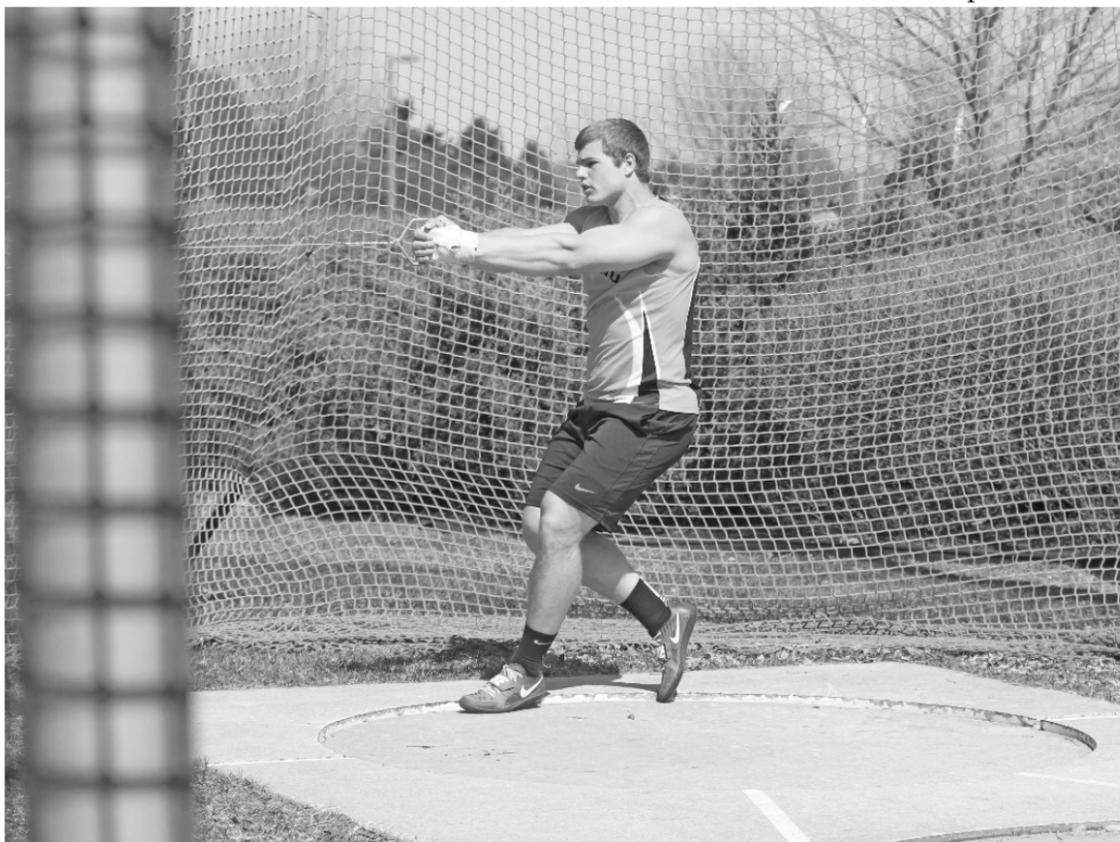
the Student Athlete Advisory Committee. Twice a month, two representatives from each sport on campus meet to discuss potential volunteer opportunities and ways for their sport teams to connect with the St. Peter community.

One of the largest events that Hensch has supported is the Special Olympics, which brings individuals with disabilities to campus to participate in various sporting events.

While Hensch is looking forward to continuing his education at the University of Concordia St. Paul, he is still enjoying his last few months at Gustavus. Hensch encourages athletes and food lovers alike to stop by the lunch special held across from the cafeteria every weekday to try some amazing food.

"You will not find a better deal on campus," Hensch said.

Whether he is running on the track, grabbing his favorite meal at "fancy lunch", or studying Exercise Physiology in the library, Hensch's positive attitude and dedication to bettering the Gustavus community is recognized by coaches and friends alike.



Submitted

Hensch demonstrates leadership on both the football and track teams.

A candid interview with the future Co-Presidents

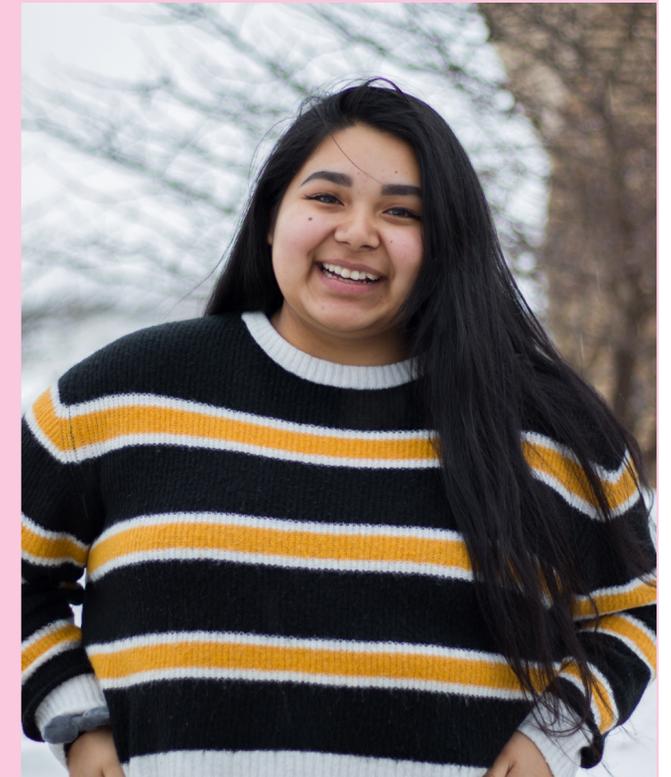
This March, also Women's National Month, has seen a major election on this campus. On March 4, 2019 Juniors Karrie Villarreal and Monali Bhakta were announced as the winners of the Co-Presidency for Student Senate. After winning their campaign, our future presidents took a moment to be interviewed by the Weekly.



Junior Monali Bhakta is an English and Political Science Major. Nate Habben



Roommates Villarreal and Bhakta were brought closer by this year's campaign. Nate Habben



Karrie Villarreal is a Spanish and Latin American, Latinx, Caribbean Studies Major. Nate Habben

What was your initial reaction when you found out that you won?

Karrie Villarreal: "I was completely overwhelmed. Overwhelmed at the fact that all the hard work put into this campaign and throughout our three years finally paid off. I was in shock and didn't know what to do besides stare at my computer screen in complete awe that the Gustavus community made this possible."

Monali Bhakta: "When I found Karrie and I won the Election, I could not believe it all. It was such a crazy rush of emotions because we just received the email when we least expected it. As I started reading it, I thought we'd lost, but then I read the word, "Congratulations," and then I dropped my phone. It was such a surreal moment that I could not even read the rest of the message before I broke down in tears of joy. That's when I knew all our hard work had paid off. Thankfully, I was sitting in the courtyard with a few friends who were able to experience this moment alongside me. I am so grateful they were there, and to everyone who expressed their happiness by congratulating us. the next day. You all make Gustavus shine brighter each day, so thank you for spreading this light during our campaign."

Seeing as it is National Women's Month, how do you want your role as our future class presidents to influence our female student body?

KV: "I love being a womxn, I love being a role model and the fact that I get to be both with this position, alongside a smart, amazing and dedicated womxn is so rewarding. I want all the self identifying womxn, especially the womxn of color, at Gustavus to know that they have a voice, the skills, the brain, and the power to achieve leadership positions in and outside of Gustavus. We are powerful, it's time for more of us to believe it and take action."

MB: "Knowing this is National Women's Month makes this victory even more symbolic for the women on this campus. One of the reasons we decided to run was because we felt there was a lack of representation in higher roles of power, especially since women have so much potential that often goes unrecognized. I want every girl to know that she is capable and intelligent to fulfill her dreams at Gustavus (even though it might seem difficult at first). We understand the barriers and setbacks one could face as a woman, but we hope that our candidacy inspires them to pursue higher leadership positions. I also want them to know that Karrie and I will always be available with any comments, or questions about how to improve student life for all women across campus."

What are you most excited about?

KV: "I am so excited to use everything that I have learned through my three years, next to all of Monali's experiences and incorporate them into our Senate. I'm excited to see the intersections of these involvements and understanding all the ins and outs of what this Senate can do. I'm honestly just excited for so many things, this has just been an awesome experience."

MB: "I am most excited about working with other student organizations, and for Student Senate to become a transparent resource where our constituents can express their comments & concerns in a comfortable manner. We want to be a forthcoming Senate that really tries to understand the mindset of the Student Body, encouraging Senators to check in with the students they represent. I am excited to learn about all areas of the campus to understand how we can lead an effective group that works on behalf of all voices."

Who or what motivated you to run for class president?

KV: "It was a very spontaneous move on my part. I had spoken to a handful of people about the position, but I wasn't 100% about it. Monali approached me with her interest of running together. I told her I would think and sleep on it. The next day word had gotten out and so many people showed their support through word of mouth and social media. Seeing the hope, the excitement, and the trust that these individuals had for us really helped channel my own passion of communicating my concerns and solutions for Gustavus."

MB: "It took a long time for Karrie and I to finally decide to run for the Co-Presidency. Even though we previously considered this before winter break, it never felt like a finalized decision until the Tuesday after we came back. After talking to several close friends, they were enthusiastic about the possibility of us running and were willing to help us achieve this goal. Hearing the encouraging words from our peers finally motivated us to make this late decision."

In your opinion, what is one issue that you really want to tackle here on campus?

KV: "Collectively, our biggest goal is to create more conversation on campus between student life and administration. Helping all those who call Gustavus a community understand the resources on campus and what Senate can do for them throughout their time here at Gustavus. We hope to collaborate with different councils and departments to create social events that expose students to various sides of campus."

MB: "One issue I would like to tackle here on campus is providing additional resources for international students so Gustavus can be a welcoming environment for people from all backgrounds. This what we mean with our slogan, "Together, we shine," because Gustavus will thrive once all people feel included. We want to bring light to the underrepresented voices who might feel discouraged or apprehensive about going to school here. We aim to listen to their personal experiences to lead Gustavus in a positive direction."

What was the hardest part about campaigning?

KV: "It's tough putting yourself and your ideologies out in public for an entire campus, knowing that not all members of this community will agree with them. Making our way across campus from organization to department to large groups of people explaining what Student Senate is and how we will use this position to improve the Gustie experience was challenging, but also rewarding because it allowed us to see various perspectives of campus and learn what Gusties need from Student Senate."

MB: "The hardest part of campaigning was the time management like figuring out when to release our posters, how many hours to go door-knocking, what to post on social media, and figuring out how to spread our message. Eventually, we were able to figure out an effective schedule that determined when we would campaign and also balance our school work. First and foremost, we are students, so we needed to find the right balance of campaigning, academics, student-org commitments, and work-study."