

Compassionate communication: the key to a diverse campus



Mykaela Otto
Opinion Columnist

One of the best things about attending a liberal arts college is the chance to discover new parts of the world. My favorite part about being a Gustie is the way my time here has exposed me to new ideas and opinions. I grew up in a small town in northern Wisconsin and as much as I loved my childhood, it did not expose me to a wide range of perspectives. College has exposed me to cultural views from around the world.

"...Listening to others does not mean that our opinions have to change, but at least we will be able to better understand a different world view..."

Students here come from a wide variety of religious, political, ethnic, and racial backgrounds. When I first came to Gustavus, I had a shift in my perspective because the world is so much bigger than I thought it was. As a first-year, I was worried that all of my world views would change and I would lose my identity. I have come to learn that it does not take a radical change in beliefs or values to respect someone who sees the world differently. Now that I have had more time at Gustavus, I do not believe that a change in perspective is a bad thing.

As humans, we should al-

"...It is easy to understand that sometimes these views will clash, but that does not mean we have to..."

ways be striving to grow in new and unexpected ways. Our campus is tries to value diversity, but I think sometimes we like to put it in a box. We spend certain days of the year or months celebrating different groups. We listen to speakers in chapel and around campus, but then we go back to our respective, comfortable social groups, and continue to disengage with the ideas presented to us. If we disagree with the points being made, we shut down and stop listening.

I am not pointing fingers. I am not perfect when it comes to engaging people who are different than me; I do not know anyone who is. I believe that the important thing is compassionate communication. I think we sometimes struggle with this as a student body. We often run into people who believe things that are different than us and choose to listen to respond instead of listening to understand. Passive listening means only hearing enough to form a defense of one's own opinion. Active listening means fully comprehending and engaging with what is said.

We often feel so protective of our own world view that our first reaction is to defend it instead of listening to what others have to say. Listening to others does not mean that our opinions have to change, but at least we will be able to better understand a different world view.

With that respect comes deeper relationships. I believe

"...By listening to others, we not only validate and better understand new perspectives, but we grow our own world view and our sense of compassion..."

it shows security in a person's identity when they can engage in a thoughtful conversation with someone who believes

differently than they do. This world is a big and beautiful place and it is filled with so many different world views and ideas. It is easy to understand that sometimes these views will clash, but that does not mean we have to. Compassionate communication means taking the time to listen, ask questions, and to think deeply and fairly about what others say.

One of my favorite ways to

"...Our campus is tries to value diversity, but I think sometimes we like to put it in a box..."

communicate compassionately is through Deliberation and Dialogue, a program we have here on campus. The program brings students, faculty, and community members together to talk about difficult topics. Some of the topics covered in the past include the role of citizens, immigration, climate change, and more. The goal of the conversation is never to make everyone agree but to help participants develop skills to communicate with compassion and to listen before speaking. I urge our community to start being more intentional about communicating this way. It may not be easy at first, but it will be worth it.

By listening to others, we not only validate and better understand new perspectives, but

we grow our own world view and our sense of compassion, even if we do not share those experiences. There is something powerful about having another person listen to your story and perspective without the fear of judgment.

It is even more powerful when someone hears you and validates what you have shared. Our community has the ability

"...We often feel so protective of our own world view that our first reaction is to defend it instead of listening to what others have to say..."

to create this kind of powerful experience for others. This is what I plan to work on over the rest of my time here at Gustavus. I want to show compassion and learn to listen before I speak.

Advice for the floundering first-year



Dear first years- I'm going to be honest with you: friendships were a lot easier during our elementary school playground days than they are in college. Back then, friends were the people you played with at recess, the people in your class, or really anyone you came across that you talked to briefly. Now, however, it can feel impossible to even maintain the friendships you have. You might be discovering that this whole friendship thing isn't always easy.

But have no fear, I have a few tips for you to make friends, maintain friendships, and even to repair those

relationships that might feel a little bit broken.

First, don't let fear get in the way of what might be a great friendship. If there's someone in one of your classes that you really want to talk to, just do it. The worst that can happen is that you have an awkward conversation and you both let it go. The best that can happen, though, is that you actually have a great conversation and find out that you both have similar interests and will soon become best friends. You never know what will happen, but it all starts with just saying hi. Next, branch out to the people your friends are friends with. Some of the people I am closest with

today, I met through people I already knew. Again, say hi and see what happens. If you're both already friends with the same person, you are bound to have other things in common as well.

As for maintaining friendships, my advice would be to schedule time in to hang out with them. Last semester, amid my busy schedule, I felt like I was losing touch with friends I no longer had classes with. Now, I work hard to schedule a weekly meal together, or even just time to get coffee and do homework together. You don't have to plan anything particularly exciting, just do the mundane, everyday things together. It will still strengthen your friendship.

Finally, if you find that you have a used-to-be friendship in need of repair, just be honest with them. Reach out via text or even in person, and tell them how you feel. If you miss them and want to be their friend again—regardless of the reason for your falling out—just say that. Chances are, they want to be friends again too. I have found that there are very few things a calm, honest conversation can't fix.

I hope this helps you foster healthy, long-lasting friend-

ships. Take care of yourselves, Gusties.

-Marie



Marie Osuna
Copy Editor

Caffeinate yourself in St. Peter



Lauren Casey
Opinion Columnist

Coffee and college students, name a better dynamic duo. We have so many places to choose from, yet we all have our favorites for our own personal reasons. While coffee doesn't change much, it is the atmosphere and employees that create our preferences. Between the Courtyard Café, River Rock, Diamond Dust, Dunkin' Donuts, Caribou, and Starbucks, there is no shortage of places to go. After reading that last sentence, I bet your mind already chose your favorite one. Each place is unique and serves its own purpose, and I'd like to share each place's best qualities, but also why Starbucks holds a special place in my heart.

The beloved Courtyard Café is a popular spot on campus as we all know. Between black tea lemonade Fridays, Carmen the espresso machine, and Brenda Haugen, it always shines a bright light on our day. I love the convenience of getting my 'usual,' a short cold brew, and grabbing a table to crank out homework before class. The Courtyard is where you will usually find me when I need to get homework done. It is a great place to see friends and people watch, yet still be productive. "I love the Courtyard because it's not a corporate chain," Junior Christiana Nelson said.

On the flip side, because it is so popular, it can be challenging to find a table. Once a table is found, it's even harder to try to meander through the tables while dodging computer cords, refraining from knocking over chairs, and trying to not whack people in the head with your backpack. We all know the struggle. Overall, the Courtyard is a great place to chill and recharge, but sometimes, it's nice to get off campus.

The phrase "I'm going to River Rock, wanna come?" is one I hear very often. While I have been to River Rock less times than I've been to the library (a very small amount), it remains one of the most popular spots to go on weekends to get things done. River Rock allows for us to take a little field trip off campus, a nice change of scenery. "I like going to River

Rock because it is warm and sunny in there, and it's a change of scenery; I get less distracted in there as well," Senior Izzy Gerencer said. Between the Insta-worthy drinks, and top notch treats, it's a prime spot to casually hang with friends, and still tackle homework. In addition, it is always fun to spot the occasional Gustavus professor outside of the classroom.

Diamond Dust and Dunkin' Donuts are also sweet places (literally) to go to get away from the hill for a bit. It is obvious as to why Diamond Dust is unique from the others: because cupcakes make calculus and chemistry homework a little less bitter. It is a great place to go for a sugar fix in addition to a caffeine fix. A place like Diamond Dust makes it very hard to feel sad and stressed because of the bright colors, and cupcakes that look more put together than I do most days.

On the other hand, Dunkin' Donuts is good for on-the-go. It's been a great addition to St. Peter, and so it is so common to see the bright orange straws sticking out of iced lattes as one walks around campus. These places are definitely great for a study break, but not the best for a coffee shop vibe where you

"... I love the convenience of getting my 'usual,' a short cold brew, and grabbing a table to crank out homework before class..."

can get work done.

I'm going to be honest, I always forget there is a Caribou in St. Peter. Even though I forget about it, I like that it is still an option to go to. Caribou is the place I go to first if I want a fruity sparkling tea. It is nice to have the pick me up at Family Fresh as I get frustrated trying to scan my La Croix at self-checkout, and it locks up on me every time.

To get technical, "I like Caribou because they use an A grade bean, and Starbucks has a C grade bean," Junior Teanna Britton said. On the flip side, it isn't my first choice because I can't exactly do my homework in the middle of the produce section since it is a little pop up stand. Being able to do homework while getting my caffeine is important for me, and the little Caribou just doesn't cut it. In general, I like Caribou for the coffee shop vibe, or just the feeling of being basic, but they can't do a cold brew like my one true love can.

Saving the best for last, there are several reasons as to why I prefer Starbucks over other places. First, and most important, they offer Nitro-Cold Brews. For those who don't know what that is, it is a machine that puts nitrogen in cold brew to make it creamier and velvety. In other words, I pay more to blow bubbles into my coffee. "I prefer the specialty drinks at Starbucks because



Long lines can often be seen at the Courtyard Café due to its popularity on campus.

Katie Mattinen

they usually taste less sugary than the Caribou specialty drinks," Sophomore Katie Rhoten said. The second reason I prefer Starbucks, is because I can get a lot done there.

It is the perfect balance between having some social facilitation, and being productive. It has that modern coffee shop vibe, and is set up to either work as a group, or individually. It allows me to take a break when

I need to, or hunker down and read psych articles for hours. Last, while Starbucks doesn't have Brenda Haugen, the staff are always personable and friendly. Starbucks is the only place that puts names on drinks, and calls you out by name when your order is ready. Even though it is spelled wrong most of the time, at least they spell it wrong with confidence, and a smile. When it comes down to

choosing a favorite coffee shop, it really isn't about the coffee at all. Having different options to go to can be refreshing as students who live the same routines every day.

The Good, the Bad, and the Meh



The squirrels have finally returned to campus to entertain us all.



Midterms are inching closer and closer and none of us are prepared.



Spring is making its way to campus but we'll all be underwater before we can enjoy it.

Mindfulness and the importance of self-care



Emily Seppelt
Opinion Editor

As the semester is getting busier and midterms are on the horizon, we all know the stress and sense of anxiety surrounding getting everything done and getting the grades that we want. While school is obviously very important, focusing too much on doing well in school can drain you to the point of being able to do nothing at all. This is why having hobbies and other times to not focus on school is so important. By having something to help you unwind and/or something productive to do that makes you happy, your performance in class will be even better.

This is a problem that I definitely struggle with, and probably other students on

campus do as well. We become so focused on and obsessed with what we need to get done that we constantly feel overwhelmed. Even taking a break feels like we are breaking the rules, wasting precious time. While we all know the importance of relaxation in balance with school work, we never seem to apply that principle to our own lives. Somehow, we feel we don't deserve a break or time away from school.

Practicing mindfulness is key to keeping your sanity during a busy or stressful period of time in your life, or even every day. According to Psychology Today, mindfulness can be defined as "the self-regulation of attention with an attitude of curiosity, openness, and acceptance." You simply stay mindful of your feelings, recognize them without judgment, and work towards self-acceptance.

The school-all-the-time attitude can become toxic and unhealthy. If we never take time to do productive and relaxing things only for ourselves, then both our mental health and school performance suffers. Even taking just a few hours out of your week to do something for yourself will help to rejuvenate you. Take, for example, yoga. I take one hour to focus on my well-being and health. You wouldn't believe how much better just practicing one hour a

week of mindfulness can change your life for the better. On weeks that I don't go to yoga, a few of my friends go to swim for an hour or two. It's fun, social, and relaxing.

There are obviously countless other things that you could use to be mindful of your mental health and wellbeing such as a non-demanding club, going on a coffee date with a friend, or taking time to watch an episode of your favorite TV show. Anything that will give you a small break from school will benefit your health enormously.

Perhaps even in class you suddenly become overwhelmed by all the assignments that your professor is listing off that are due soon. If you are even too busy to take an hour to do something for yourself, sitting down and focusing on yourself and your well-being for five minutes can help you to feel better.

If are unsure on how to go about practicing mindfulness or meditation, there are countless resources and even apps that can help you get started.

If you were simply to take a little time to search, there are so many options both on campus, and online to help you feel happy and a bit less stressed. While getting into the habit of practicing mindfulness may prove to be difficult at first, each time you do it you will feel better. And don't beat yourself up



Studying too much can be detrimental to your health.

Nate Habben

if you realized that you haven't taken any time for yourself like you wanted or have negative thoughts. No one is perfect, and the fact that you are trying is all that matters in the end.

So next time you are feeling stressed or overwhelmed about school, or really anything in your life, consider taking some time for yourself and practicing a bit of mindfulness. Continuously making these things a

habit will improve your mental health over time and help you to better manage your stress in the future. Eventually, whatever neagtive period in your life that you are experiencing will pass. Spring is on its way both outside and in your mental health.

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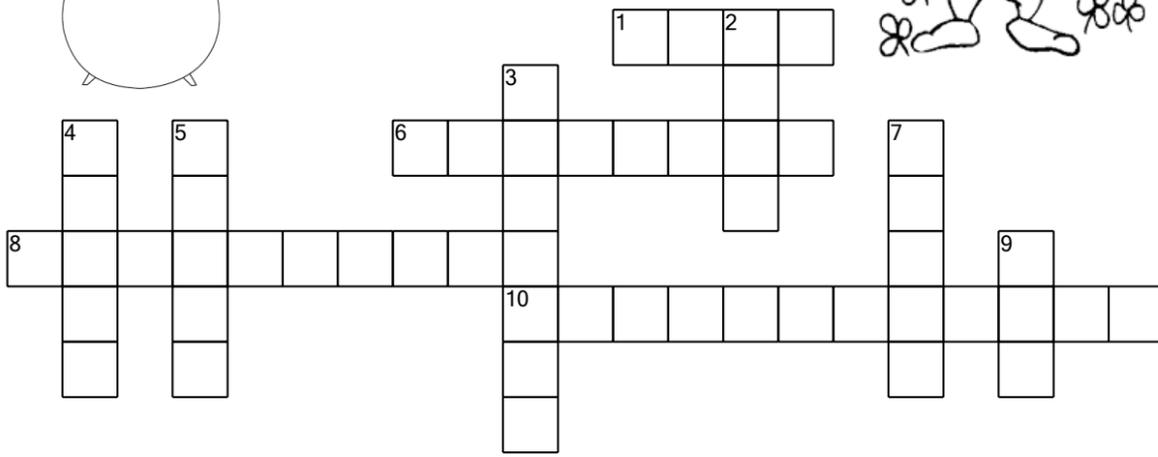
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if this is right up your alley!**



St. Patrick's Day Edition



Crossword



Across

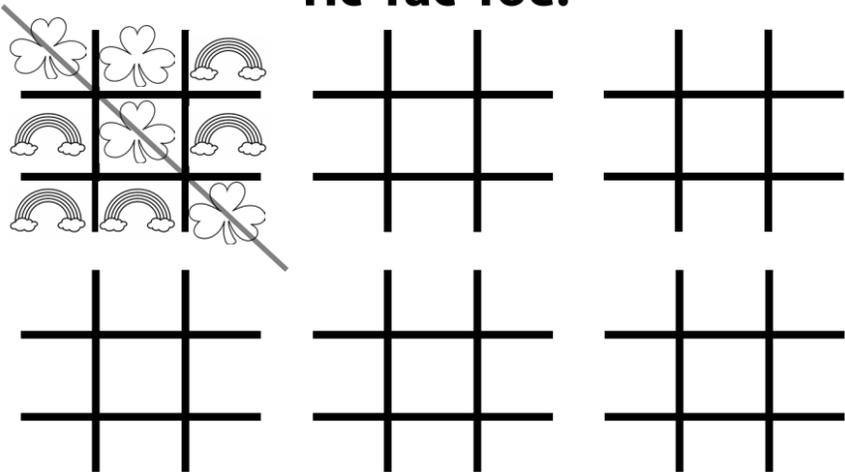
- 1. A metallic element - the most precious metal.
- 6. A trifoliate plate - national emblem of Ireland.
- 8. An Irish fairy.
- 10. A stone in Blarney Castle, Ireland.

Down

- 2. The chance happening of fortunate or adverse events.
- 3. A bow or arch of spectral colors.
- 4. Wear this on March 17th or get pinched!
- 5. St. Patrick's Day is in this month.
- 7. The people of Ireland.
- 9. A metallic or earthen vessel

Answers:
1. gold
2. luck
3. rainbow
4. green
5. March
6. shamrock
7. Irish
8. leprechaun
9. pot
10. Blarney Stone

Tic-Tac-Toe!



What's Irish and stays out all night?

Paddy O'Furniture

Where do leprechauns buy their groceries?

Rainbow Foods!

"The Trouble of Spring" by Bryanna Filip



Word Search



- Celtic
- Charm
- Gold
- Green
- Ireland
- Irish
- Jig
- Legend
- Leprechaun
- Luck
- Patrick
- Pot
- Rainbow
- Shamrock
- Snakes

Gymnastics competes at WIAC Regionals

Ardy, Malo, and Merila qualify for Nationals



Gustavus Sports Information

Junior Grace Arnold competes in the uneven bars at the WIAC/NCGA West Regional Meet March 9. The team had some strong individual performances that day and placed sixth out of eight teams.

Michael O'Neil
Staff Writer

The Gustavus Gymnastics team traveled to the University of Wisconsin-Stout last weekend to compete in the WIAC/NCGA West Regional Meet. With strong performances on vault, bars, and floor, the Gusties totalled 184.725 and took home sixth place.

Last year the Gusties hosted the regional event at the Gus Young Court, earning fifth place out of eight teams with a season-high score of 185.725 in front of their home crowd. That score was the third best team score in school history.

This year, coming into the

event, the Gusties ranked seventh out of eight teams in the WIAC with a season average score of 182.364.

On the season, Senior Amanda Malo leads the Gusties with a 37.650 in the all-around, which ranks fourth in the WIAC. She also ranks fifth on the floor with a top score of 9.700.

Senior Sam Ardy leads the team with a 9.600 on the bars while First-year Sophia Redding leads the team on the vault with a score of 9.525. Senior Katy Trunk holds the top score on the beam with a 9.450.

Seniors Ardy and Malo both received All-Conference honors last year and hoped to continue their success at this

year's regional meet.

The Gusties got a slow start on the beam, with their best finish coming from Senior Sam Ardy, who scored a 9.450. Fellow Senior Katy Trunk scored a 9.250 to tie for 23rd place. As a team, the Gusties totalled 43.900.

On the floor, the Gusties were exceptional as usual. Senior Amanda Malo led the way with a career-high 9.750 that was good for third place out of all competitors.

Katy Trunk and First-year Brooke Merila also posted career-highs on the floor with scores of 9.650 and 9.625. They finished 13th and 14th on floor.

The Gusties' team score of 48.150 was a season-high and

the third best team score on the floor.

"We started off really rocky but turned it around in a big way on floor. Our floor was outstanding," Head Coach Aryn DeGrood said.

On the uneven bars, Ardy and Malo produced phenomenal performances once again. They each garnered scores of 9.500, which tied a career-best for Malo, and tied for fourth place overall.

First-year Sophia Redding also produced a solid score of 9.175. The Gusties totalled 45.950 as a team on the bars.

Finally, the Gusties were solid from top to bottom on the vault, with each gymnast earning a score above 9.000.

Malo was the top performer, earning eighth place with a score of 9.400. First-years Redding and Merila also excelled with scores of 9.375 and 9.500, respectively. Ardy turned in a score of 9.325, and Junior Leah Heilig scored 9.275 to round out the Gusties' total of 46.725.

"Overall it was a good meet. Our floor was outstanding. And vault and bars were solid as usual. Individually we had lots a great things happen. Katy Trunk had an incredible night on beam and floor. Ardy and Malo were rock solid as always for us," DeGrood said.

For most of the team, this was the last competition of a successful season for the Gusties.

"I am extremely proud of this team and everything we accomplished this year," DeGrood said.

Based on their results last weekend, Malo and Ardy were both named to the NCGA All-Championship team for the bars, and Malo was named for floor as well. The All-Championship team recognizes the top five performers from each region and the gymnasts with the five highest season average scores.

In addition to the All-Championship honors, both Malo and Ardy as well as First-year Brooke Merila qualified for the NCGA National Championship in the all-around competition.

They will travel to the University of Wisconsin-Oshkosh on March 22-23 for the Championships.



Senior Samantha Ardy prepares to start her beam routine.

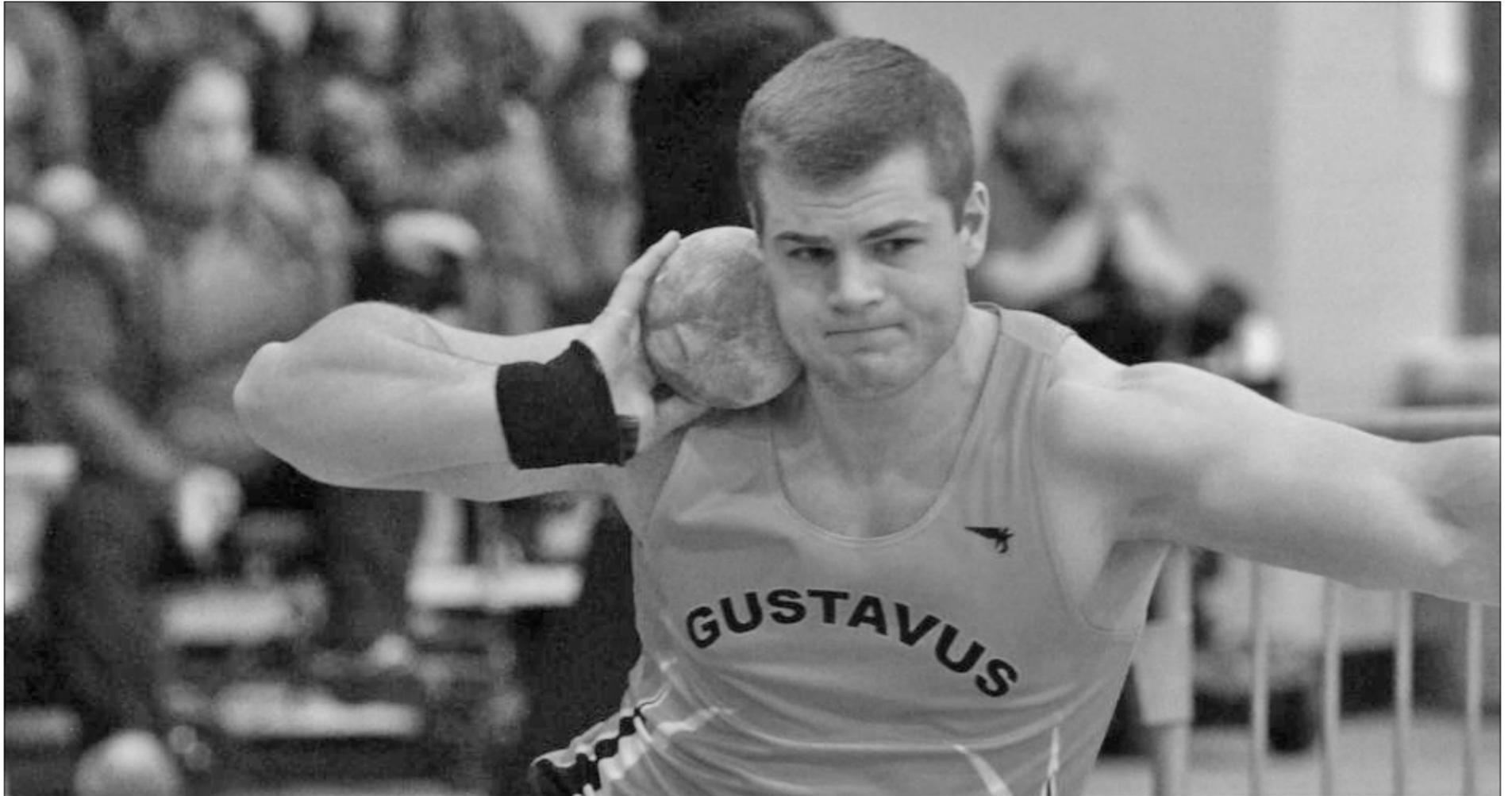


Gustavus Sports Information

Senior Jamie Erdely strikes a pose during her floor routine.

Hensch and Rooney compete at Nationals

Track and field indoor season comes to a close



Gustavus Sports Information

Junior Michael Hensch competes in shot put during a meet this season. Hensch was named All-Region in shot put and weight throw during the indoor season.

Joe Brandel
Sports & Fitness Editor

Last Friday and Saturday, the NCAA Track and Field Indoor Championships took place and Gustavus was able to qualify two athletes for this elite event.

This meet is held in Boston, MA and showcases the top Division III talent in the nation, only accepting the top 20 performers in each individual event.

Senior Michael Hensch proved to be a strong asset for the Gusties this indoor season, and was able to qualify for the National Championships in both the shot put and weight throw.

Hensch placed third in both the shot put and weight throw in the Indoor MIAC Championships Feb. 23, was named Athlete of the Week, and received All-Region honors in both events as well.

Joining him on his trip to the east coast was Sophomore Taylor Rooney who also had an indoor season full of many accomplishments, including qualifying for the NCAA Championships in the 60 meter hurdles.

This season, Rooney not only captured first at the MIAC Indoor Championships in the 60 meter hurdles, but also set a new MIAC record in the event with a time of 8.14 seconds.

On top of this, Rooney

placed first in the MIAC high jump event, was named MIAC Athlete of the Week, and received All-Region honors in both events.

Heading into the preliminaries, Hensch was seeded fifteenth in the shot put with a distance of 16.39 meters and sixteenth in the weight throw with a distance of 18.47 meters.

At the meet, he threw three times with a top distance of 15.85 meters, good for eleventh place in the event. He was only 0.61 meters away from advancing to the finals.

In the weight throw, Hensch had his top throw on his first attempt, soaring through the air for 18.288 meters. This got him into thirteenth place in the event.

Head Coach Dale Bahr was very impressed with his efforts throughout the season and is excited to see what the senior veteran can bring to the team as they move into the outdoor season.

"He always wants to perform his best and the fact he was not able to "pop" one today and make finals will make him expect more of himself outdoors," Bahr said. "We are very proud of what Mike has done throughout his indoor career. Now the focus turns to the outdoor season where he has the opportunity to compete in four events."

Rooney also was halted at the preliminary stage of this competitive meet, finishing



Gustavus Sports Information

Sophomore Taylor Rooney earned the title of All-Region in the 60 meter hurdles and the high jump.

in tenth place with a time of 8.228 seconds. The sophomore missed moving into the final by a mere 0.028 seconds.

"He had a good state of mind going into the race and we thought he would be able to make it to finals," Bahr said. "Unfortunately, he did not have a very good start and played catch up the entire race. He made up a lot of ground over each hurdle but when you compete at this level, all parts of your race are exposed and

when there is a flaw or mistake, it is tough to make it up. Since his race is only 60 meters long, he ran out of time."

Although he came up just short of the finals, the sophomore proved he has what it takes to compete against some of the best hurdlers in the country and has two more years to leave his mark.

"Taylor is a competitor and has been putting in the work. I have no doubt this will motivate him to qualify for the out-

door nationals, which he was not able to do last season. He is a competitor and I am excited to see what he is going to do," Bahr said.

The end of this meet officially marked the end of the indoor season and beginning of the outdoor season for the track and field teams.

The Gusties are scheduled to compete next at the Hamline Invite April 6, providing the track is clear of snow and is safe to run on.

Gusties remain undefeated in the MIAC

Men's Tennis defeats St. Olaf and Hamline, moves to 8-2



Gustavus Sports Information

Senior Chase Johnson returns a ball during a match earlier this season. After sweeping conference opponents, St. Olaf and Hamline, the Gusties have improved their record to 8-2.

Luke Laurich Staff Writer

The No. 12 Gustavus men's tennis team had a pair of shutouts this past week, blanking conference opponents St. Olaf and Hamline. With the wins, the Gusties move to 8-2 on the season and 4-0 in the MIAC.

The Gusties started the morning with a 9-0 win over St. Olaf College.

During the singles matches, the men won every game without dropping a single set.

The Gusties were led by Junior Yassine Derbani, who took the victory on the top court in two consecutive sets (6-1, 6-2).

The doubles matches were relatively similar, and the Gusties won all three matches.

First-year Nick Aney and Derbani took charge of the top court in doubles, decisively winning their match 8-2.

Following a dominant performance in the morning, the men's team maintained their momentum to secure a 9-0 win over Hamline University.

Similarly to the morning, the Gusties progressed through singles play without dropping a single set. Senior Patrick Whaling led the black and gold on court one, defeating his opponent in two sets (6-3, 6-2).

Head Coach Tommy Valentini was happy with the singles performances on the day, which displayed the depth the team possesses.

"Our depth was key today in singles," Valentini said. "We

had 12 different guys score wins in singles, and everyone competed very well and played an important role."

Valentini didn't fail to recognize the contribution of Whaling throughout the day, a key leader for the Gusties.

"Patrick Whaling set a great tone for us in singles tonight. He played a poised and tactically sound match, and handled the big moments beautifully and with a lot of trust to defeat an outstanding opponent with a big game in Trondson," Valentini said. "The guys fed off his performance tonight and everyone supported each other beautifully."

The Gusties continued to show their dominance throughout the doubles matches as well, sweeping all three matches. Senior Chase Johnson and Whaling took charge of the top court, defeating their opponents 8-4.

"The guys played two solid matches today," Valentini said. We're thankful for the results today, but more so with how the team competed overall."

Along with a wide-array of standout performances from the men's team, one individual performed well enough to earn MIAC Men's Tennis Athlete of the Week honors. Whaling, was honored following his performance in the matchup against Hamline.

In a matchup between two top-25 ranked singles players in Division III, No. 23 Whaling defeated No. 11 Jake Trondson, who was the 2018 Fall ITA

regional champion. Whaling defeated Trondson in straight sets (6-3, 6-2).

When asked about what he thought of the match, Whaling was pleased with his performance against Trondson.

"It was a great opportunity to play Jake again, he is a highly nationally ranked player, and he beat me in the fall season. I was very happy I got the result I wanted this time around," Whaling said. "You definitely learn a lot more from your losses in this sport, I feel like I am a totally different player than when I played him in the fall"

In doubles, Whaling and Johnson also defeated Trondson and his partner 8-4. It was for these outstanding performances that Whaling was named MIAC Tennis Athlete of the Week.

Whaling didn't fail to recognize the contributions of his teammates over the weekend as well.

"I was very grateful to win athlete of the week, the support of our team by the Gustavus community is amazing and very appreciated," Whaling said.

The men leave Thursday for a tournament in Claremont, CA where they will play multiple matches. On Friday the men will play Sewanee College as well as participate in the second round of the Stag-Hen invitational, which includes multiple teams from across the country.

The Gusties will conclude play on Saturday, Mar 16, in the Final Round of the Stag-Hen invitational.



Gustavus Sports Information

First-year Indraneel Raut takes a backhand swing to return the ball.



Gustavus Sports Information

Senior Patrick Whaling was recently named MIAC Athlete of the Week.