

THE GUSTAVIAN WEEKLY

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ISSUE 17

Gustavus Wind Orchestra tour and concert



VARIETY - PAGE 5

Groundswell Day takes action in the face of apathy



OPINION - PAGE 12

Baseball tops the MIAC with 10-4 record



SPORTS - PAGE 16

Women of Gustavus push for empowerment

9th annual Women in Leadership Conference brings women together

Jack Wiessenberger
Staff Writer

Gustavus promotes service and leadership as one of its core values. Opportunities to explore leadership can be found in all areas of campus life.

Most recently, Gustavus sponsored a conference to encourage female leadership in professional fields.

The conference, officially titled 'Gustavus Women in Leadership Conference - Empowerment: We Rise by Lifting Others', was held Friday, April 26, at the Sheraton hotel in Bloomington. The Gustavus Women in Leadership (GWIL) organization was responsible for planning the conference.

"GWIL is a student and volunteer-led organization that emphasizes the empowerment of women. GWIL's vision is to transform our communities and workplaces by inspiring all women to advocate for themselves, live purposefully, and create opportunities for future generations of women," Junior GWIL Co-President Ella Johnson said.

"The primary goal of the conference was to prepare, promote, and inspire Gustavus women, men, and friends of the college in their professional and personal development to reach their potential."

-Kristie Tunheim

GWIL attempts to empower women beyond the boundaries of college and into the workplace.

"This was GWIL's ninth conference since its inception. I had been working closely with the Gustavus Marketing Department to create the save the date, the invitation, the conference program, and to create content for the day of the conference," GWIL Co-Director Kristie Tunheim said.



The Gustavus Women in Leadership Conference of 2018 pushed for influence rather than authority in leadership.

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GWIL worked hard to make this year's conference a success.

"Every year, the goal of the GWIL conference is to support women leaders in their personal and professional development as well as encourage non-women to learn how to be allies of women leaders," GWIL Co-Director Rachel Belvedere said.

The goal of this conference was the same as the past eight, but this conference was the biggest yet.

"Our audience was made up of students from all majors, staff from Gustavus, alumni, and friends of the college. This was our largest conference yet—we had roughly 300 attendees this year—which is amazing. We mailed invitations, sent emails, hung up posters and spread via word of mouth the details of the conference to promote our exciting event," Tunheim said.

This conference is looking to promote important ideas of female leadership while also connecting Gusties.

"The primary goal of the conference was to prepare,

"GWIL's vision is to transform our communities and workplaces by inspiring all women to advocate for themselves, live purposefully, and create opportunities for future generations of women."

-Ella Johnson

promote, and inspire Gustavus women, men, and friends of

the college in their professional and personal development to reach their potential. This year's theme was 'Empowerment: We Rise by Lifting Others'. Essentially, we sought to promote the cyclical process of mentorship and relate it to the notion that when we lift others to reach their potential, we all benefit," Tunheim said.

This year's conference was focused on promoting a culture of leadership. Not only encouraging individuals to become leaders, but to help others along their way as well.

"With this theme, attendees saw the power of mentorship and collaboration and learned how to work with others to advance the success of all," Belvedere said.

GWIL wanted to show attendees that they don't have to be alone in their struggle for

success. Conference planners wanted to stress the benefits of a community with a common goal.

"Everyone that attends the conference will take something different home with them. Personally, I have left the conference feeling grateful, empowered, and excited for my future as a female in the workplace. This conference is so special," Johnson said.

"We had 12 total speakers presenting. Our two keynotes were Andrea Walsh, CEO of Health Partners and Amanda Brinkman, Co-Host of the Hulu show 'Small Business Revolution - Main Street'. In addition to our keynotes, we had our

"Women in Leadership Conference" continued on page 4

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Campus Safety Report

Monday, March 11

- A CF reported that a student is harassing other students and will not stop.
- Campus Safety received a slip-and-fall accident report from outside Campus Center.
- Campus Safety responded to Lund Arena Lot, a Gustavus visitor reported a hit and run vehicle accident, with no injuries.
- A student supervisor reported a theft of a fire extinguisher in Southwest hall.

Tuesday, March 12

- Campus Safety responded to Norelius Hall for the odor of marijuana, students were referred to the campus conduct system.

Wednesday, March 13

- Campus Safety responded to a Johnson Student Union for a Medical Transport.

Thursday, March 14

- Campus Safety responded to a motorist assist at the West fields.

Friday, March 15

- Campus Safety responded to a medical assist in the Lund Center. The student was escorted to Health Services for further evaluations.
- Campus Safety was notified about a suspicious incident in Beck Hall. The incident is being further assessed.

Saturday, March 16

- Campus Safety was called to the Student union for a of age alcohol incident
- Campus Safety escorted a student to River's Edge Hospital for a sore throat.
- Campus Safety responded to a alcohol violation in Norelius Hall. Three non-students and one student were cited for underage consumption by the SPPD. The student will also be referred to the Campus conduct board for underage consumption and possession.

Sunday, March 17

- Campus Safety was called to College view apartments for Medical Amnesty.

Monday, April 15

- No incidents reported

Tuesday, April 16

- It was reported that a student in Lund Center had fainted in class. The student recovered quickly and returned to class.

Wednesday, April 17

- No incidents reported.

Thursday, April 18

- A CF let a student into their dorm and found a

policy violation for undocumented emotional support animals living inside Southwest Hall.

Friday, April 19

- Campus Safety responded to prank fire alarm in North Hall.

Saturday, April 20

- Campus Safety performed a welfare check at Sorenson Hall.

Sunday, April 21

- Campus Safety and Res Life Staff responded to an odor of marijuana in North Hall. Campus Safety referred two students to the Campus Conduct

System.

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:

In Minnesota, severe weather takes different forms depending on the season. In late spring through fall, severe weather can include thunderstorms, tornadoes, hail, and straight-line winds.

Severe Weather WATCH: Conditions are right for severe weather to occur.

Severe Weather WARNING:

Severe weather has been confirmed and is moving in a direction that jeopardizes the local area. **GO TO SAFETY IMMEDIATELY!**

Severe Thunderstorms: Rainstorms that include thunder and lightning, as well as possibility of various sizes of hail.

Tornado: Conditions are right for a tornado when a hot humid air mass collides with a cold air mass. Wind speeds of a tornado can reach 200 MPH.

Severe Weather Response: Be aware of your location and the location of the storm shelter in the building you are in. <https://gustavus.edu/safety/tips/weather.php>

If a Severe Weather Watch is Issued

- Listen to local radio and TV stations for further updates.
- Be alert to changing weather conditions.

If a Severe Weather Warning is Issued:

- If you are inside, go to the safe place in the building.
- If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area.
- If you are in a motor vehicle, get out immediately and head for safety.

As always, be sure your emergency contact information is up to date! gustavus.edu/emergency

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Gustavus raises money for American Cancer Society

Annual Relay for Life spreads awareness and support against cancer

Emily VanGorder
Staff Writer

Friday, April 26 marks the beginning of the annual Relay for Life event, which will begin at 6 p.m. and will end at 1 a.m. on Saturday in Lund Arena.

"Relay for Life is an event that celebrates our core value of 'community'. The event brings hope and support to those that have faced cancer. It also helps those that have been caregivers to a survivor or someone that has passed know that they are not alone... that we support each other." Ann Volk, Advisor for Colleges Against Cancer, said.

Relay for Life events at Gustavus are led by the Colleges Against Cancer organization. The group provides cancer education and fundraising, spreads awareness about the dangers of smoking and tanning throughout the year, and leads activities at Hope Lodge.

Hope Lodge residences are run by the American Cancer Association as a place for cancer patients and their caregivers to stay free of charge as they

"I fell in love with the cause. It is so amazing to see what a community can do when they come together and work towards a common goal."

-Jenna Anderson

undergo treatment.

So far, 137 students and 16 teams from Gustavus are registered to participate in the relay.

"I believe local leaders have talked about potentially joining the Gustavus and Nicollet County Relay for Life Events... It would be a fun way to join the college and the community," Assistant Vice President of Student Life Megan Ruble said.

This year, the financial goal is \$50,000, "the same as it's been for the past few years," Volk said.

"The goal for Relay is to raise funds for the American Cancer Society for research, education, advocacy, and patient services; raise awareness about cancer and the symptoms and routine screenings; and provide support and hope to those currently battling cancer, celebrate those who have beat cancer, and remember those that have lost the battle," Volk added.

"I wasn't involved in Relay for Life until my first year at Gustavus. I did not know much about what it was or what it supported, but... I fell in love with the cause. It is so amazing to see what a community can do

when they come together and work towards a common goal," Senior Jenna Anderson said.

Anderson is on the Executive Board of Colleges Against Cancer and works with marketing and promotion.

"The biggest marketing that Colleges Against Cancer does is tabling. We are outside the caf usually about four weeks during spring semester to get the word out about Relay. We also have a week called Paint it Purple Week in March where we try to get people excited about Relay through tabling and our Pie-a-Gustie Fundraiser. We have posters around campus, as well as a Relay Facebook page," Anderson said.

Each year, several cancer survivors share their stories with participants.

"I believe that having cancer survivors speak and give testimony and encouragement that people can fight and win over cancer is incredibly important," Ruble said.

"The American Cancer Society funds direct services for people fighting cancer and also funds research and technology that allow more people to live longer and healthier lives after being diagnosed with cancer. Some of the results of that research has literally saved my life," Ruble added.

"The drug Herceptin was put on the market only about 20 years ago and specifically targets my kind of tumor. Prior to its introduction, patients with my kind of cancer had a much lower survival rate. Another example is... 3D tomosynthesis mammograms, which catch tumors much earlier in dense breasts. Early detection of breast cancer is the key to curing individual cases which is the best we can hope for until we have a true cure or, even better, something that will prevent cancer in the first place," Ruble added.

Ruble will be speaking at Friday's Relay about her experience as a cancer survivor alongside guest speaker Grant Brockhouse.

Through this event, "survivors who didn't really know each other have joined together and lead the first lap in unity. Some cry, some smile and some have danced through this powerful experience," Volk said.

"Attendees have showed great compassion and support to the student speakers who have faced cancer themselves. They have been educated about cancer issues and where to go for help and accurate information. They have celebrated the survivors and learned that not all who hear 'You have cancer' are terminal," Volk said.

"I had a Gustie student some years ago, Kristen Campbell, who fought cancer while a Gustie. She spoke about a month before her graduation at that year's Relay and it was so powerful. She is healthy and happy and living out west



Relay for Life takes place in Lund Center and will feature Gusties who have had some experience with cancer in their lives.

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now," Ruble said.

"I [was] diagnosed with ovarian cancer the summer before my junior year here at Gustavus. It was very difficult for me to drop out for the semester because I would be missing school and a season of soccer. My coach and teammates did everything they could to help me feel apart of the team which helped so so much. I was able to stream games from the hospital, and was able to be an assistant coach on the sidelines when I could make it to games," Senior Trina Rinke said.

Rinke was a speaker at last year's Relay for Life.

"I had a great time. It was so amazing to see all the people there to support the fight against cancer. I am excited to participate this year. I think this event will bring hope to the Gustavus and St. Peter community for a future where we find a cure for cancer," Rinke said.

"I am so very proud of the students in Colleges Against Cancer. They are passionate about helping prevent cancer by educating their peers, supporting those facing cancer, fund-

raising, marketing, volunteering to help others facing cancer at Hope Lodge, and carrying out a large-scale event seamlessly year after year," Volk said.



Multiple student organizations participate in and host fun events for those who attend.

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Speaker shares Native American point-of-view

Elsa Beise
Staff Writer

Francis Bettelyoun, an expert in biological, environmental and Indigenous history, spoke to the Gustavus community about climate change, as well as what we can do to help, on Tuesday, April 23, 2019.

Bettelyoun is the coordinator of the University of Minnesota's Native American Medicine Gardens, which helps to introduce the community to efficient, natural, and local ways to garden and grow foods using the Earth and its natural resources in a respectful way.

Bettelyoun has been the coordinator for these progressive gardens since 2005 and is

also a Community Outreach specialist.

Bettelyoun is a member of the Yankton Sioux Tribe. He focuses on ways that nature and medicine can come together using natural resources that are given to us through our own planet.

Bettelyoun is a major advocate of choosing food products that are homegrown and locally sourced, especially when it comes to helping to reverse climate change.

Climate change is a topic that Bettelyoun takes a strong view on. He believes in the reversal of this change in our environment instead of merely adapting to it and being a bystander in this process.

His talk, titled "Paradigm: Mushrooms, Colored Cotton and a Lakota Garden: An Indig-

enous View of Reversing Climate Change," focused on the importance of doing what we can to make small changes, thus playing a role in the prevention and preservation of our world and its health.

Bettelyoun is a public speaker and is trained in using these speeches to start real conversations and spark action amongst communities across Minnesota.

He promotes the idea of returning to the connection with plants and animals that the Indigenous system emphasizes so greatly. This system offers an efficient and respectful approach to using natural resources as a way to help our own lives, as well as prevent climate change and negative actions towards the Earth.

Junior Yasmine Dismuke was the co-chair of the event

and is a member of The Diversity Leadership Council. She was inspired and moved by Bettelyoun's messages regarding what we can do to stop climate change and take better care of the Earth.

"[He] wanted us to stop using plastic and learn how to grow our own food. He says it's our responsibility to the Earth. He told us that this is not our land but it's not his either, meaning no one should own this land. He was completely transparent on how damaging it was to see how this earth is being treated as an indigenous person. He left with telling us to begin to think of each other as relatives and

really understand that the land we live on is not ours then begin to take steps to take care of it. I wanted them to understand that this world is perishing and we are just letting it happen. I wanted indigenous voices to be truly heard and considered, it's what they deserve," Dismuke said.

She also was excited to hear the truth of the matter, something that Bettelyoun does not shy away from.

"I was excited about the speaker because he states the truth as it is. I was excited to hear what he had to teach us about this land that we are on at Gustavus and steps to reverse the damage we've done," Dismuke said.

Bettelyoun, in addition to all of his other work previously mentioned, is currently working on a project through Backyard Phenology, a Grand Challenges Research grant project at the University of Minnesota, that collects data about plants in relation to climate change.

In addition to this study, which is on its second year, Bettelyoun created a curriculum for UMN students to learn more about these topics, with the help of professional educators.

The Diversity Leadership Council planned and sponsored this event for the Gustavus community. It is an annual project the council works on, picking topics that revolve around social justice.

"The purpose of this event is to bring awareness of the effects of climate change in an indigenous perspective and how we can begin to take steps to reverse it," Dismuke said.

"The purpose of this event is to bring awareness of the effects of climate change in an indigenous perspective."

-Yasmine Dismuke

help each other," Dismuke said.

Bettelyoun also touched on the long-term effects that sexual abuse has on children and the challenges of living with a mental illness. Using his personal story as a basis, he looks at what one can do in terms of healing.

He has also worked with an organization, Buffalo Star People, who help families and members of communities find wellbeing in all aspects of their lives.

When planning this event, Dismuke hoped that the talk would shed light on the importance of not being bystanders to climate change and recognizing Indigenous voices in this process.

"I hoped that the attendees



Francis Bettelyoun coordinates the Native American Medicine Gardens at the University of Minnesota.

Katie Mattinen



Gustavus President Rebecca Bergman attended the 2018 conference and gave a morning address.

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"Women in Leadership Conference" continued from page 1

'Women Thriving in Male-Dominated Fields' panel which included a district judge, an intellectual property attorney, and the head counsel for the Minnesota Twins," Tunheim said.

The speakers were from a wide variety of professional fields. This gave attendees a solid understanding of how they can lead in all types of professions. Another panel was made up of familiar faces to Gustavus.

"We had a second panel made up of successful young Gustavus alumnae. We also were welcomed in the morning by President Bergman and Warren Beck, the owner of the Sheraton Bloomington and the namesake of Beck Hall on campus. Overall, we had some amazing presentations given by rockstars in their fields," Tunheim said.

These speakers were able to connect deeply with the audi-

ence of Gusties. They gave informative and uplifting talks with the same message of female leadership.

"Attendees experienced an exciting day of inspiration from successful women in varied fields along with networking new connections between speakers, alumni, and students. We hope to further develop Gusties, both women and men alike, to live their most empowered lives," Tunheim said.

This conference was the latest effort Gustavus has made to reinforce the core values of student leadership and service.

Recap: GWO Tour and Home Concert

Lily Winter
Staff Writer

The Gustavus Wind Orchestra (GWO) is off the roads and back in the Björling Recital Hall. After ten days of travel across Minnesota, GWO performed their latest concert set—based around the concept of “Solitude”—at a total of eight high schools and two churches before returning to Gustavus to perform their set on April 13th.

“It was so rewarding to play for high schoolers,” said Senior English Major and GWO percussionist Kari Felland.

“We had the chance to show students where they can take their own music in the future. A lot of high school students think that can only pursue music if they wish to continue with their instruments in college, but it’s not the case. GWO shows students that they can pursue different interests and majors at the same time, but still develop a musical future,” Felland said.

While Felland appreciated the connection she was able to make with high school students, she was also very impressed by the welcoming nature of the church communities, as well as the physical spaces of the churches themselves.

“Our very last performance was in Mahtomedi, Minnesota.



GWO performs “Solitude” at one of their ten tour stops.

Submitted

It had been raining that morning, and as we were playing our last song “The Frozen Cathedral” by John Mackey, the sun broke through the rain and the entire church lit up. We were all bawling and it was such a special moment,” Felland said.

“I feel that I speak for every member of GWO when I say that I will cherish each rehearsal and performance that I get with the seniors before they graduate,” Sophomore English and Political Science Major and flautist Evelyn Doran said.

“They play a crucial role in creating the culture of kindness that makes GWO the ensemble that it is, and I know that I will miss them all so much when they graduate,” Doran said.

Senior Communications Studies Major and GWO flautist Kristi Manning couldn’t agree more.

“I’m going to miss the music of course,” Manning said, “but I’m also going to miss the people. We talk a lot about GWO being a family. After our spring break tour, I think a lot of us, especially the seniors, can say that this year’s GWO truly feels like a family. We take care of the music and we take care of each other. For me, not getting to make music with GWO and these people I love is going to be one of the hardest things about graduating from Gustavus.”

“We had two senior conductors and two seniors that

are playing concertos on saxophone and tuba,” Senior English and Communication Studies Majors and GWO French Horn player Haley Kaul said.

“But this concert was unlike any other, because for the first time we also had a dancer—Mia Massaro. It has been so incredible to play with her and to see all the work she puts in at our rehearsals and concerts,” Kaul said.

GWO and Massaro’s partnership has been long waited. Musical director Dr. James Patrick Miller approached Massaro her sophomore year with concept of merging Massaro’s upcoming senior honor’s dance project with a future GWO performance.

JPM suggested their shared performance to be set to “The Solitary Dancer” by Warren Benson, which Massaro described as “a difficult piece of music to choreograph” because “the music itself does not have a melody and stays quiet the whole time. This is because the piece is created from the composer’s vision of what it would be like for a person to be watching a dancer far off in the distance and to barely be able to make out the music they are dancing to.”

Because of her experience touring with GWO in the past, Massaro was aware her performance space would always be

shifting, making it difficult to perform in new locations every night, so she was innovative enough to create her own space.

“I made the decision to choreograph a solo on a 4 ft. by 4 ft. platform to keep the space and ground that I would be performing on consistent throughout the tour. This choice was very helpful in leaving flexibility for my performance environment as well. For example, one night I performed with the platform up against a wall simply because there was not another space for me to be,” Masarro said.

GWO finally had the opportunity to share their concert set at Gustavus on Saturday, April 13, 2019 in the Björling Recital Hall.

After ten days of sharing their music and newfound dance connection across Minnesota, the orchestra was eager to bring their seniors home and celebrate their achievements, as express their thanks for their musical director, JPM, for his dedication to their tour.

“JPM’s enthusiasm and passion makes it very easy to become a part of the music and engage in it a more meaningful way. He shows so much emotion when he conducts the pieces that you can’t help but be swept up by the music and the beautiful spaces that we performed in,” Senior English Education Major and GWO clarinetist Alyson Winn said.



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GUSTIES of Callie Benge



Benge is a member of the Delta Phi Omega sorority.

Katie Mattinen

Anh Tran
Staff Writer

Senior Communication Studies and Political Science Double Major Callie Benge is cherishing her last semester at Gustavus Adolphus College. Benge immerses herself in community and athletic activities while surrounded by friends, many of whom are her Greek sisters and brothers.

Reminiscing her beginning at Gustavus Adolphus College, Benge recalls how she picked the college intuitively and has come to enjoy the surprise of joy and growth that Gustavus offers.

"It's kind of a funny story how I ended up at Gustavus. I applied to quite a few schools but wasn't sure where to go, so I ended up going to a college psychic. I know it sounds crazy but she's apparently very legitimate. She actually told me NOT to go to Gustavus and suggested a different school and a widely different major. But I went home and slept on it and then just decided to go to Gustavus anyway and never looked back. For the record- I am so happy with my decision." Benge said.

The senior is on the Gustavus Cheerleading Team, a member of Delta Phi Omega, and works at the Gustavus Marketing Office. Additionally, Benge is also in the Three Crowns Curriculum.

Valuing the comprehensive educational approach that the Three Crown Curriculum offers, Benge also navigates her choice of majors to acquire the skills she seeks and explore the topics she finds interesting.

"I am a Communication

Studies and Political Science double major. I chose Communication Studies because I think communication skills are absolutely necessary and Political Science because I am incredibly interested in law and politics." Benge said.

The senior has "loved being a part of the Gustavus Cheerleading team and [has] felt very lucky to be part of such a great and hardworking group of girls." She finds the cheerleaders "a very positive part of [her] life" and "hopes that she has brought that same positivity to them."

Benge shares that she loves both the activity and the people who are involved in it.

"Being on the team has impacted my Gustavus experience because it has allowed me to be right on the sidelines for every home football and basketball game during these last four-years. I have loved getting to watch and cheer on the Gustavus teams and I'm lucky to have gotten such a good view of some amazing athletics moments." Benge said.

Besides cheerleading, Greek life has been another rewarding experience and has left a big impact on Benge's college experience.

"I think going Greek was one of the best decisions that I made while at Gustavus. I think that there is a Greek organization for absolutely anyone and 'Finding my Fit' with the Deltas and having the men of Epsilon Pi Alpha as brothers, gave me some of my best friends and some of the best moments during my time here." Benge said.

Benge has been involved in multiple philanthropic activities on campus as a member of the

Deltas.

"It's incredible to have such an empowering group of women to turn to and to know that I will always have a family with the Deltas. Keep an eye out for us too at Relay for life and for other Breast Cancer awareness events in the future." Benge said.

It has been Benge's fourth year working in the Marketing Office, where she has found a constructive environment to develop her professional as well as her interpersonal skills.

"Working in the Marketing Office has been such an unexpected joy. I have worked at the Marketing Office since I began at Gustavus as a first-year and it is like a little family that has allowed me to grow so much as both a professional and a person. I am forever thankful for the people in that office who have shaped my life and my Gustavus career," Benge said.

As commencement is approaching, The senior Communication Studies and Political Science Double Major has plans for a few years of professional experience before potentially going to law school. Looking forward to going out into the world, Benge believes she will miss her time at Gustavus Adolphus College.

"I think the thing I will miss the most about Gustavus will be this wonderful community that I have been able to be a part of these last few years. Gustavus is a very special place where you can have both best friends and people that you say hi in passing to because you see them so often yet have never spoken and I think that is incredible." Benge said.



One of Benge's goals after graduation is to attend law school.

Katie Mattinen

Do you have a suggestion for a Gustavus student, professor, or staff member who could be our next Gustie of the Week?

If so, send us an email with their name, position on campus, and a short description of why you think they should be recognized to

weekly@gustavus.edu

for a chance to have them featured!

If your suggestion is selected, a representative from the Weekly will be in contact with them to move forward with the interview process.

the WEEK

& Ben Easter

Monali Bhakta
Staff Writer

One of the most creative and intelligent individuals in the Gustavus community is Senior Benjamin Easter.

He is a Senior Chemistry major and Film Studies minor from the Tangletown area in Minneapolis. He chose Gustavus for the liberal arts experience because he could not pick between science and video.

He also wanted to attend school in a small-town setting before he entered the real world, considering he already comes from an urban environment.

As an individual, he believes that being on a small campus has made him think critically about the changes he wants to see in the world and realizing that people witness our actions.

"If you want things to be different, you have to stand for different things...being on a small campus has really allowed me to take on a lot of leadership opportunities that reach a greater audience...as well as engaging with people that I see pretty regularly throughout my four years," Easter said.

His experience as a Peer Assistant has provided him with an avenue to advocate about chemical health.

He appreciates being able to improve and educate others,

and he believes that his own personal experiences have allowed him to nurture them in a way that helps other people. As a leader, he wants to use these stories as a way to contribute to the common good.

"I think the big benefit from Greek Life is the capacity to work with a wide variety of people, and motivate yourself to recognize the good in others...I think through recognizing the strength in others, we recognize the strength in ourselves."

Another commitment Easter has is being the Member Educator of his fraternity, Sigma Alpha Epsilon. His responsibilities include creating well-being lessons, and promoting academic success to benefit new members.

The reason why he was influenced to join the SAE fraternity was because his father and brother were part of it, and

also his first-year CF who was a positive person whose values aligned closely with his.

Easter believes that he would not have known most of the members without this experience. He has witnessed how people from other fields of study have contributed to the fraternity in a variety of different ways.

"I think the big benefit from Greek Life is the capacity to work with a wide variety of people, and motivate yourself to recognize the good in others...I think through recognizing the strength in others, we recognize the strength in ourselves," Easter said.

He also mentioned that when people come to college, they are stressed about the idea of being alone to the point of discovering the true aspects of their inner identity.

As soon as people embrace who they are, it becomes easier for them to grow and surround themselves with those who will support them.

In terms of academics, he values how chemistry has challenged him, and the way he is still able to succeed despite the obstacles associated with it.

Being able to thrive in academic environments is something that does come easy to him, and he was able to have a greater motivation to thoroughly understand it. By being on



Easter enjoys producing educational science videos.

Katie Mattinen

this pathway, he has been able to produce educational media that makes difficult concepts accessible to others through video.

not be turned away by the way it's presented to them or the way that it is taught...as someone with ADHD, I benefit greatly from visual content that shows what is being talked about that supersedes drawing on a chalkboard," Easter said.

Through creative thinking and hard work, he has been able to produce Pre-Lab Videos for the Physics Department, and the response to them has been positive.

Alongside graphic visuals, and the knowledgeable professor, he also includes humor that incentivizes viewership.

When thinking about what he wants to do in the future, he is working very hard to get a job at the The American Association for the Advancement of Science (AAAS).

He is also producing video content that covers research for the American Chemical Society in a way that is much easier to understand than academic papers, so that non-Chemists can understand what is going on.

"I hope that with the Nobel Building, and the fusion of arts and sciences, there will be greater emphasis on the communicative relationship with science."

"If you want things to be different, you have to stand for different things...being on a small campus has really allowed me to take on a lot of leadership opportunities that reach a greater audience"

Historically, there have not been many scientists who are dedicated to making the subject accessible for all students, so with creative innovation, he hopes to change that so more individuals will want to engage with it.

"The frame in which we tackle research and problems in science can be changed, and diversified...I really want everyone who wants to be a scientist



Easter is a Peer Assistant who focuses on chemical health advocacy.

Katie Mattinen

Celebrate Earth Day with these sustainable tips

Happy belated 4.5 billionth birthday to our good old friend planet Earth. For eons the Earth has provided a space for humans to thrive and create the world that we are so familiar with. Without Earth, there wouldn't be beaches to post on Instagram, there wouldn't be traveling to see the wonders of the world, food, water, or humans for that matter. After all this, the least we can do, (as students) but most importantly as human beings, is taking the proper steps to make sure the Earth is taken care of.

Step One:

Remember you are walking on sacred ground. Remind yourself that the ground you walk on is sacred; whether that thought process has its roots planted in religious or secular background. Though the Earth is not fragile, it still must be treated with care. Reminding yourself that the Earth is sacred will hold you accountable for how you treat the planet.

Step Three:

Remember to recycle and compost. Recycling and composting are just as- if not more- important than reducing the amount of energy that you use; if you cannot reduce the amount of energy and resources you use, than reusing them is the next best thing. Recycling prolongs the life of different materials and keeps them out of landfills. Composting allows us to take decomposable materials and use them to nourish the Earth. Through composting and recycling, we can decrease the amount of waste created when producing different everyday material needs.

Step Two:

Reduce the amount of energy that you use. Here on campus, we are lucky enough to have access to water whenever we need it; yet, did you know that 844 million people do not have access to clean drinking water? That is more than 1 in every 10 people on this planet. You can easily reduce your water footprint by reducing shower times and how long you run the faucet for. Simply unplugging appliances that aren't in use can stop the use of unnecessary energy as well.

Step Five:

Rally the Troops. To make sure that the Earth is habitable for our generation, and generations to come, we have to work together to take care of the Earth. We reach our full potential when we work together, and the best thing that you as a student can do is gather like-minded people to educate others about the proper actions one should take to care for the Earth.