

Challenge call-out culture on campus



Emily Seppelt
Opinion Writer

As our culture becomes ever more connected and engaged, so does the pursuit of social justice and equality. With the emergence of platforms such as Twitter and Instagram, it has become as easy as picking up your phone to “call-out” something that you believe someone has done wrong. Victims range from seriously guilty celebrities all the way to right here on campus. This has come to be known as “Call-Out Culture”.

This culture has become a hotspot of social conversation and controversy. No longer does the state decide who is innocent and guilty- Twitter does. While broad communal social justice is a positive development in American society, it has also become a dangerous breeding ground for “canceling” people. This includes things such as boycotting people and/or the content they are involved with, all the way to petitioning for their banning from public platforms.

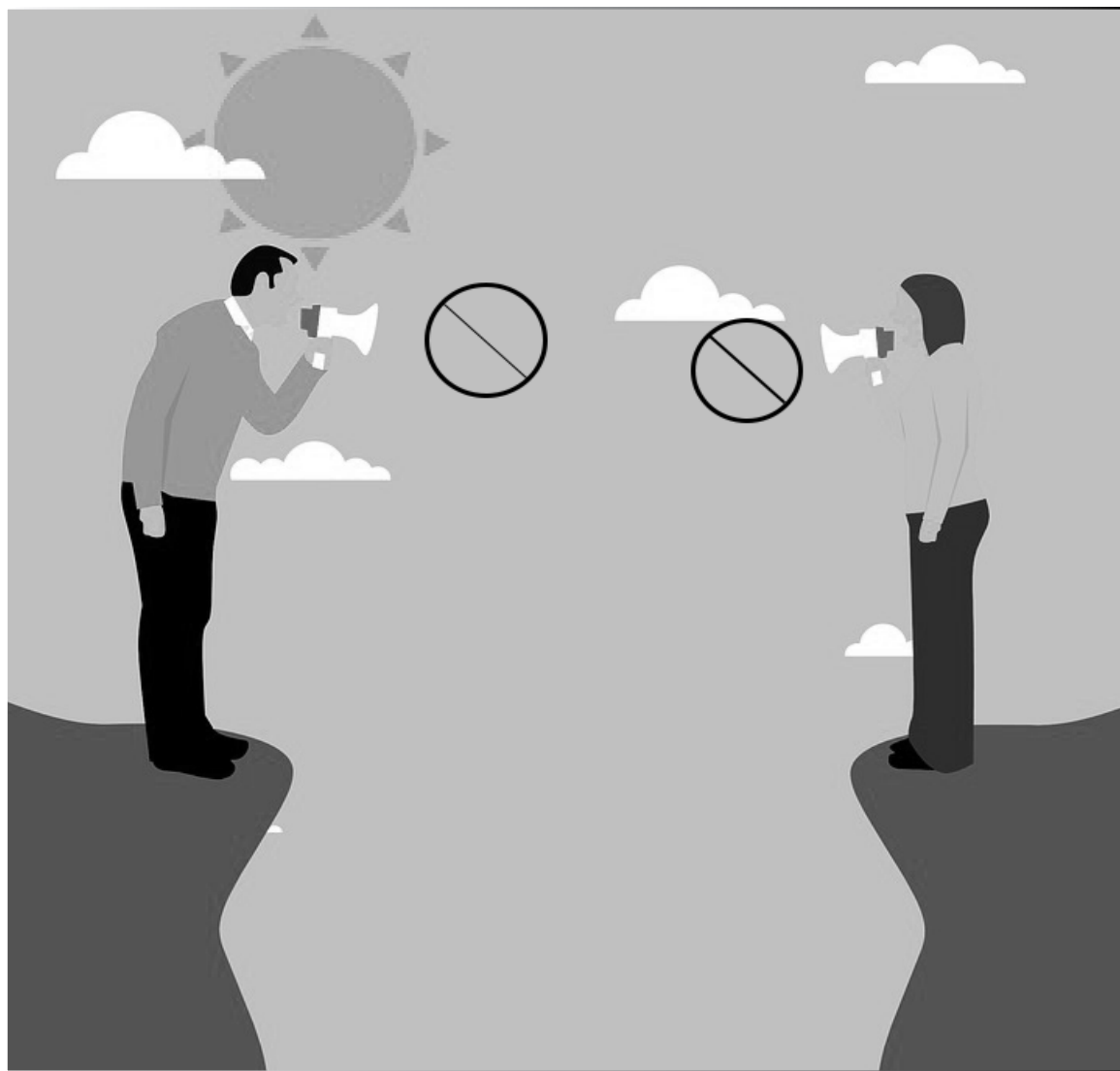
At times, these calls to action and boycotts are very necessary. Serious comments about issues such as sexual harassment, climate change, and racism deserve to be pointed out for what they are and punished. Large movements, one of which includes #MeToo, founded

by Tarana Burke, who visited campus last semester, are necessary and important parts of improving our society and giving justice to survivors. #MeToo is just one of the many examples of movements that use Twitter and other social media sites to their advantage to call out people who do or say terrible things.

While I agree that many people deserve to lose any attention that they’ve been given, others are being destroyed for one misled comment or quip. By condemning someone for one comment or belief, it leaves very little room for mistakes. And when there is no space allowed for people to make mistakes, they will be afraid to contribute to the conversation or even say anything. Creating this type of toxic culture hinders society from hearing a diverse array of opinions and stories. When someone believes something bigoted or backward and they have good intentions, they deserve space to be corrected, and then learn and grow from their mistakes.

I understand that this is a very fine line to walk, and those who should be punished and what remarks should be condemned is often in the eye of the beholder. But serving justice and punishment should not be decided without ample evidence, thought, and understanding. These decisions can become even more difficult when we do not know the context of the situation or conversation. Avoiding jumping to conclusions is key.

While this may seem to be solely a Hollywood or social media problem, I have observed countless people on campus saying the very same things to their peers. From simple contributions in class to interactions around campus, so many of us are willing to drop someone or talk behind their backs before learning anything of their intentions, background, or true beliefs. As I mentioned before, many people,



Change cannot happen in a vacuum, you have to start a conversation.

Katie Mattinen

including Gustavus students, love to assume that they know everything about a person or situation. But there is no way that we can know why someone said what they did, what they meant to say, or what led them to believe the “problematic” thing that they said.

With Gustavus being such an involved and socially aware campus, it is easy to believe that most of the people here on campus have similar beliefs to us or the same upbringings that we did and that everyone agrees on what can and cannot be said, or what needs to be

done. While many students swear up and down that they are open-minded and accepting, they more often than not have a difficult time hearing opinions that differ from their own. If we immediately push away someone who disagrees with us or someone who we believe has made a mistake, both people lose a valuable learning opportunity.

I would also argue that when correcting someone for a mistake, do it kindly. This is the true spirit of Gustavus, not viciously taking someone down or dryly and rudely correcting them. I am

consistently shocked at the pure joy that people exhibit when tearing someone else down for a remark. No one can say the most politically correct thing at all times, and I can guarantee that the attacker has made many similar mistakes in the past. A dose of empathy, kindness, and patience, for Gustavus students as well as for everyone as a whole, could do us all some good.

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Broaden your horizons by going abroad



Lizzy Woerpel
Opinion Writer

One large factor in why students choose to go to Gustavus is its mass of varying study away opportunities. Studying away gives students skills, knowledge and new perspectives that they wouldn't be able to achieve on campus. Gustavus has programs all over the world for varying lengths, with different levels of guidance and for a wide range of costs. Because of this, it is not only important for students who study abroad to achieve their desired goals and get the most out of their time here but also to choose the right program for them. Programs are not one size fits all and Gustavus has plenty of programs to choose from and enables students to find programs that best fit their goals and interests.

"Programs are not one size fits all and Gustavus has plenty of programs to choose from..."

When searching for a study away program, one of the first steps is to determine the length of the trip. Gustavus has programs for J-Term, a semester, a year or for the summer. Students also have to consider the country they want to go to, the languages they speak or are studying, the course credits they need, the housing situation they will have abroad, the design of the program and the cost. A common misconception is that the longer the program the more expensive it'll be but in reality, the longer programs such as a year or a semester tend to cost considerably less than a J-Term. To help guide students through this process and to help them find the best program to meet their needs, CICE employs student interns. One of these interns is Kirsten Jensen. Kirsten is a Senior majoring in International Management and minoring in Scandinavian Studies. She has been on three very different study away programs during her time at Gustavus. Her first year at Gustavus, she did the Olympic Quest J-Term to Scandinavia. Her sophomore year she spent a semester in Ireland at The

Quinn School of Business at the University College in Dublin, Ireland. Her junior year, she spent a semester in Sweden with the Sweden Today program. All of these programs vary in length, curriculum and overall design. The Olympic Quest J-Term, like all J-Terms is a faculty led program with guidance from the Gustavus faculty on the trip. The semester in Dublin was a direct enrollment program, much like an exchange program, meaning that Jensen was on her own in Dublin with her only help being online or through her college in Dublin. The Sweden Today program is a semester-long program with lots of personal freedoms but is faculty led. The Gustavus faculty member travels with you, helps you with scheduling classes, events, and any other needs you might have along the way. In choosing each of these programs, Jensen had a lot to consider. Some of the points that were the most important to her were the cost, the living situations, her personal travel aspirations and the special courses that she could take abroad that would give her new perspectives, as well as

"Gustavus can easily become a bubble with all of students' friends, classes, work and extracurriculars right here..."

experiences that she wouldn't be able to get at Gustavus. Gustavus can easily become a bubble with all of students' friends, classes, work and extracurriculars right here and they often have little need to expand their horizons past the hill on a regular basis. Studying away gives students the opportunity to expand their horizons in ways often not otherwise available to them. This gives them the opportunity to learn about different people, places, cultures and cultural differences that will give them the ability to understand, communicate and empathize with a wider range of people. These better communication skills also lead to a new level of independence and self-confidence. Jensen phrased it best when she said studying abroad helped her become, "A very independent, strong-willed, young woman". These are the skills and the confidence that employers are looking for and the skills that students will need to be successful adults in their personal lives as well. Choosing to study away is an overwhelming and even frightening decision but one that clearly pays off. Taking the time to determine the best program with the help from CICE will give students the chance to make the most of their four years here and their time abroad.



Studying abroad can provide you one of a time experiences across the globe.

Patrick Meadows

The Good, the Bad, and the Meh



The existence of Syllabus Day.



The infestation of mosquitos has not succumbed to the cold yet.



3M hooks still won't stick your walls.

Gusties need longer summers for sanity



Sleeping students are not an uncommon sight as classes start up once more.

Katie Mattinen



Lauren Casey
Opinion Writer

The end of summer brings back the ability to see friends again, start fall sports, have more independence and leave behind a terrible summer job or internship. But also, the end of summer brings back having to be prepared for challenging tests, hours of studying, endless papers to write, juggling activities, interviews for jobs, and pondering if our partner at the square dance really is our soul mate. Starting a new school year can be exciting, but also daunting to think about since college life can be mentally exhausting, which is why summer should be a tad bit longer. Summer should be longer because being a student is not easy. Having a little bit more of a break could be the factor that helps to ease anxiety and other mental health issues.

"School is honestly very stressful and anxiety inducing for me at times," Sophomore Emma Larson said.

"Having a little bit more of a break could be the factor that helps to ease anxiety and other mental health issues."

There is a reason why "student" is listed as an occupation; it truly is full time, but honestly, it is over time. Classes are already challenging enough, but being over involved Gusties, we make it even harder on ourselves by signing up for every random club under the sun, and then going and running for an officer position of those random clubs. Between classes, clubs, and homework, it can be hard to take care of ourselves. Because by the end of our days, we have no energy to do the tasks necessary to stay afloat and do it all over again the next day. This can't be applied to everyone, but I am pretty sure this stressful paragraph can be applied to most students and staff. The school year to summer ratio is a bit off, and for all we do during the year, we could at least be spared another week or two.

For those who had internships, research, and summer jobs. Summer probably was about a week long instead of three months. Summer break

is deceiving because students continue to be full-time with the learning opportunities in which we participate. These experiences aren't any less exhausting than the school year is, especially with 40 hour work weeks, difficult research, and terrible bosses that have you running around like

"For those who had internships, research, and summer jobs, summer probably was about a week long instead of three months."

a chicken with its head cut off.

"I wish we had more summer because I was working all summer and want some more free time," Junior Emma Lohman said.

Think about what you were doing a week or two before move in day—preparing an end of summer presentation to present to the senior VPs, putting the final touch on your research write up or dealing with difficult customers. Once it is all said and done, the task of packing for college and moving in is waiting for you, leaving no room for summer and the word "relax" nowhere to be found. Having to go from one experience to the next leaves our brains no time to prepare for the next thing. One or two weeks longer would greatly improve our mental state coming into the new year.

The last reason that more summer would be great is simply because it is more time to spend doing our favorite things, and more time to be with friends

and family. Yes, we are getting older, but sometimes three months with friends and family is not enough after spending a school year without them.

"I'd much rather have more time to be our and about traveling versus sitting in a classroom again," Senior Paige Wormer said.

We all have our Gustie friends, but for those who have friends back home and go to schools out of state, summer is the time where we can finally see them again and try to make the most of it. More summer means more time for Twins games, lake days, bonfires, and time to do whatever your heart desires. If none of these apply to you, then more summer would maybe be just enough time to realize being at home is driving you crazy and you truly are ready to start school.

On the other hand, there are a lot of people who are content with three months of summer sun and are ready to be back in a routine again. There is something comforting about knowing how your week is going to go and staying busy. Having a schedule planned out for you instead of finding ways to stay entertained is a little thing we take for granted sometimes.

"I am ready to be back on campus because my CF job is the most rewarding thing I've been a part of so it's nice being here with all the first years," Junior Abbie Ranzau said.

To those of us that thrive with routine, me being one of them, knowing that school equals routine again can overpower the fact that everything we love to do during the summer is

coming to an end just because we like the fact that our calendars are telling us what time to go eat dinner every day. Summer can be hard sometimes because it means moving back into our parents' house after being used to more independence all year. I don't know about you, but moving back into my bright pink room with all my middle school and high school gymnastics medals and stuffed animals from when I was two, makes me feel like I am 12 rather than 21. Having the independence to make our own decisions at college and be responsible for ourselves, is what we are used to, and by the end of summer a lot of us are itching to go back.

I will say, being home for the summer is nice due to the fact that my mom does my laundry and makes awesome meals. The end of summer is so bittersweet; we love to see all the familiar faces on campus again. But in the end we are here for academics, and that isn't easy. While the school year can be so mentally draining, the Gustavus community helps to balance out the stress of being a student because we are all in the same boat, and there are so many resources to help make it easier on us. While I am supposed to pick a side on this topic, I feel as if I can't because the benefits of being back on the campus overshadows the stress crying sessions in the shower, late nights in the library, and days where I "just can't even."

“First Day” by Bryanna Filip



Word Search

Some of the Weekly Office Staff

V A O I U L G Z U R E G R N G
N O V E R T L C E A N N E J A
S E A A L X F G W O N B Q M B
K C I R T A P F M A I F O S R
F C X R J W D K M S R P D P I
E M G R U V L Y Y C O L E T E
A S D N Y H H R M A C F L A L
M V A M A G R O U N E T X T A
S A K D Y I H R H U I S Q Y U
B H R N C U D P T E I T A K J
A K C I K L M Y G A O D D Z G
A K Y S E E J G L N F J Q E Z
B M Q P J A J S X N E Q G G U
B U T A G H Q F I A R S R W E

ANNA
BEN
COLE
CORINNE
GABRIELA
JENNA
JOE
KATIE
LEAH
LYDIA
MARIE
PATRICK
SOFIA
TREVON

Why did the old man store his newspapers in his fridge?
He wanted the freshest news.

Why do reporters hang out at the ice cream shop?
They are always looking for a scoop.

Crossword
Fun Newspaper Terms

Crossword Clues

- Across
- Down
1. all printed matter prepared for printing

3. newspaper's nameplate

4. initial news coverage of an event

7. important and often unexpected news

8. the emphasis given to a story on the page

10. specific area assigned to a reporter

11. the first paragraph of a story

12. the largest photo on a layout

14. article used to fill space

15. continue a story from another page
1. explanatory info under a picture

2. typographical device used for decoration

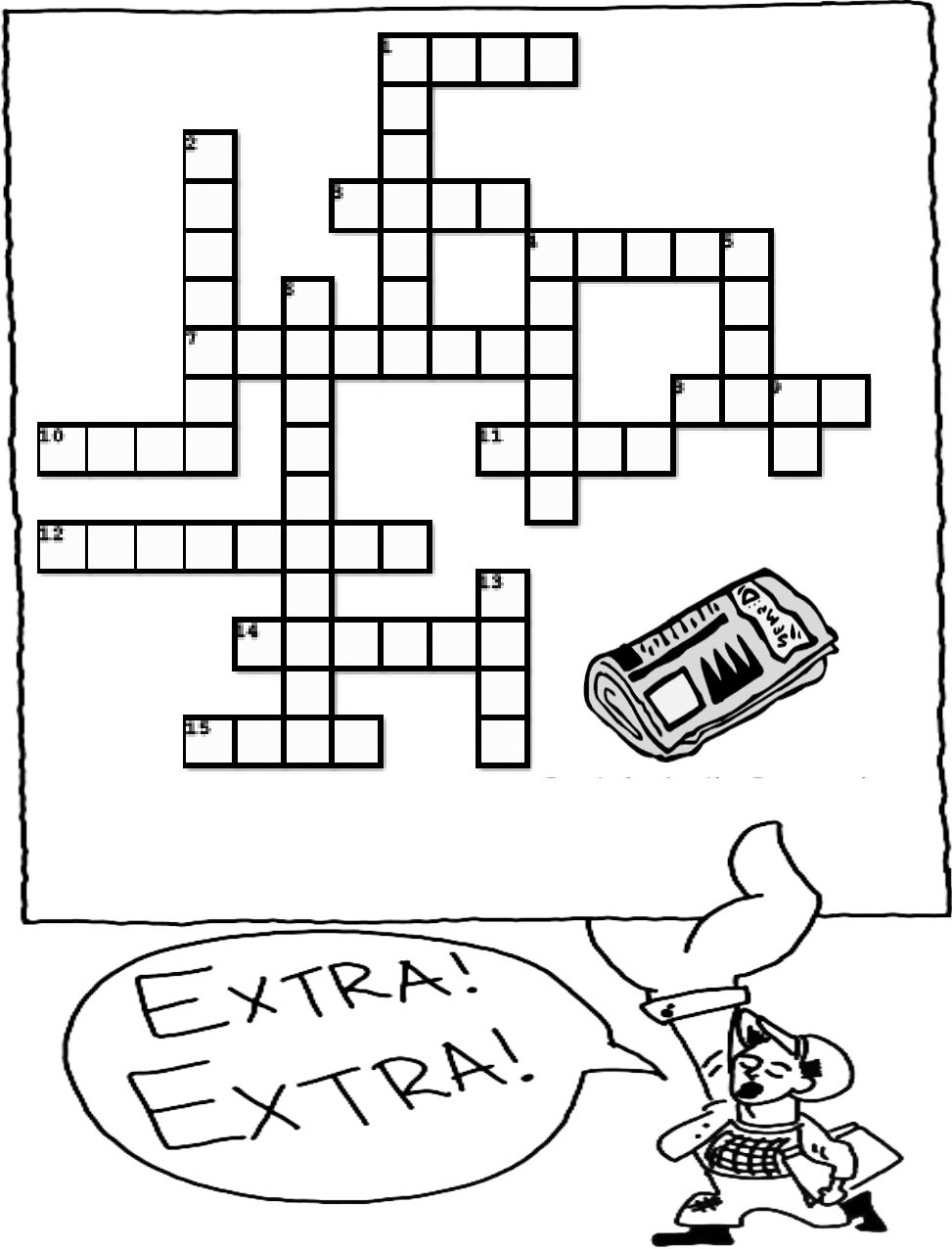
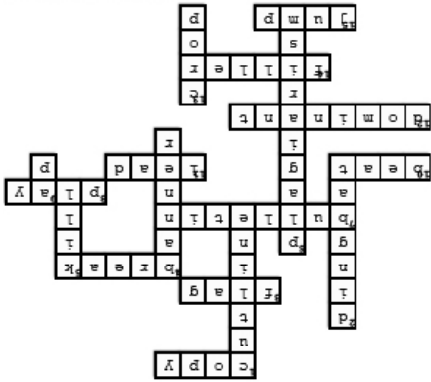
4. headline running across the top of a page

5. eliminate all or part of a story

6. to take another's ideas and words and pass them off as one's own

9. abbreviation for the Associated Press

13. cut away part of a picture



Cross Country competes at Crown Invite

Men's and women's team both place first out of three teams

Michael O'Neil
Staff Writer

After a few weeks of training and hosting an alumni meet, Gustavus Cross Country officially opened the 2019 season with a trip to the Crown Invite last weekend. Both the men's and women's teams took first place out of three teams.

On the men's side, the Gusties return 22 runners and add nine new members, while the women return 22 and add ten first-years.

The teams had a week of practice before welcoming alumni back to campus for their first unofficial meet on August 24.

The race took place in the Linnaeus Arboretum and featured a split 5K. Junior Kourtney Kulseth won the women's race with a time of 19:18, while Nichole Porath '05 and Kate Eggers-Leaf '13 took second and third.

"We took another step forward as a team and many individuals improved their times. It was a good opportunity for us to compete early in the season and we're looking forward to the next challenge."

—Coach Huber

Eggers-Leaf was a member of the last MIAC champion women's team from Gustavus back in 2012.

The current team won the women's event 27-32.

Alex Wischnack '19 was the first man to cross the finish line with a time of 16:21, and was followed closely by Junior Jeremy Gilbertson who earned second place with a time of 16:31. James Sorenson '05 finished in third place and the 2019 Gusties edged the alumni squad 24-35.

"We love having everyone back. We really look at this team as a family. This is years in the making and so many people are proud of this program. To have everyone back celebrating is awesome," Head Coach Brenden Huber said.

The alumni meet is an annual event that serves as an opportunity to shake some rust off and reconnect with generations of Gustie runners.

"We're excited to go to Crown to turn it up a little more and keep building toward the MIAC Championships at the end of the year. We're still spinning the wheels, getting the first-years more experience, and knocking the rust off the returners," Huber said.

With another week of practice under their belt, the Gusties traveled to Saint Bonifacius, MN last Saturday to run in the Crown Invite.

The Gustie men ran a 6k against Saint Thomas and Martin Luther, while the women's race was a 5k with Crown College and Martin Luther.

The four fastest women were all Gusties, once again led by Kulseth, who crossed the finish line in 19:46.53. Senior Tierney Winter took second place with 20:07.44 and two first-years rounded out the top four. Carissa Vanderwal and Julia Severson finished third and fourth overall with times of 20:44.96 and 20:54.43, respectively. Iliana Ramon was the final point-scorer for the



First-year Avery Beyer competes in the Gustavus Alumni meet. This was the first unofficial meet of the season.

Gustavus Sports Information

Gusties, finishing in sixth place with a time of 21:22.79.

The final score of the event was 16 points for Gustavus, compared to 51 for Crown and 74 from Martin Luther.

"The Crown course was

slightly wet so it made for some interesting racing conditions in some areas. Overall though, Crown is a great confidence builder because of the way many raced it. We started out more conservatively and

built into the race. As a team, racing like that and being able to stay in packs and working together really builds confidence on the team," Kulseth said after the race.

The three fastest men were also Gusties, this time led by returning USTFCCCA All-Region runner Andrew Stumbo.

Stumbo, a junior, finished first with a time of 20:45.35 and was followed by sophomores Garret Grant and Jack DeGonda, who crossed the finish line in 20:53.62 and 20:56.29, respectively.

First-year Tucker Wallin finished in fifth place with a time of 20:57.52 and Sophomore Ben Wicklund rounded out the Gusties' top five with a time of 20:58.07 that was good for sixth place overall.

With that, the Gusties tallied 17 points, while Saint Thomas followed with 46 points and Martin Luther finished in third with 85 points.

"We took another step forward as a team and many individuals improved their times. It was a good opportunity for us to compete early in the season and we're looking forward to the next challenge," Coach Huber said.

The Gusties' next meet will be the Running of the Cows at Carleton on September 21.



Sophomore Zane Michael focuses on keeping a steady pace during a meet.



First-year Madalyn Lemke competes for the Gusties at the Crown Invite.

Gustavus Sports Information

Gusties place fifth at St. Ben's Invite

Women's golf looks to improve its short game



Gustavus Sports Information

Sophomore Erin Ericson shoots for the green during the St. Ben's Invitational, the team's first competitive match of the season. The Gusties tied for fifth out of 11 teams that competed.

Eli Dotson
Staff Writer

The Gustavus women's golf team finished the spring season this past April with a 5th place showing at the Carleton Spring invitational.

Of the top 5 scorers for the Gusties in that meet, 3 have returned this season to prowl the greens. Sophomores Erin Erickson, Emily Kratz, and Sydney Regalado are the trio who will look to improve this year on their productive First-year campaigns.

Each of them averaged less than 83.2 strokes per round last year, and Kratz earned WGCA Midwest All-Region and All-Conference accolades.

The scoring quintuplet is rounded out by Senior Lanie Altmann and First-year Lauren Ward.

Though the team lost four seniors to graduation Head Coach Scott Moe does not believe that it will hold the team back.

"We have great leadership this year. Lanie and Erin will bring a lot of passion to the team. Lanie is our lone upper-classmen and will be a great role model for our players both on and off the course. Erin has a great work ethic that will be infectious within our team," Moe said.

The skill demonstrated by the Gusties last year and the

strong returning class earned Gustavus a pre-season national ranking of No. 23.

The Golden Gusties made the two hour trek up north to Sartell this past weekend for the Saint Benedict Invitational.

In this inaugural meet of the season, the Gusties were looking to begin building positive momentum and confidence for the conference tournament looming at the end of September.

Five Gusties placed in the top 50, garnering the team an overall score of 662 (+86) and a fifth-place tie out of eleven teams.

Erin Erickson lead the way with a great weekend, swinging her way to a third-place tie with a score of 77-78-155(+11). Emily Kratz tied for 15th at 79-85-164.

Sydney Regalado (89-83-172) and Lanie Altmann (94-83-177) had tough first days on the course, but both of them bounced back on the second day and improving scores by 6 and 11 strokes, respectively.

"Four out of the five of us had played Blackberry Ridges before, which was a huge benefit for us to be able to mentally prepare ourselves for our first tournament as much as we could," Altmann said.

This familiarity with the course may have been tempered by the youth of the Gusties this year.

"We still have a very young team and are working through

some anxieties during tournament play," Moe said.

The first competition of any season is bound to feature a bit of rustiness as the muscle memory regains its hold and the nerves settle down, and this meet was no exception.

Putting and green play is one aspect of the game the Gusties will seek to improve.

"(Blackberry) is a tough course with tight greens," Altmann said. "Practicing around the greens on our short game will be a huge factor in how we do in the future."

This sentiment was echoed by Moe and has been identified to be a crucial component of the team's game.

"We really need to focus our practice time this week on our short game. If we can tidy that up before next weekend's event in Wartburg, I like our chances."

The Gusties will compete in five events against nationally-ranked opponents leading up to the MIAC Championships in late September and early October, starting with the Wartburg Invite in Waverly, Iowa next Saturday and Sunday. They will be seeking their first MIAC title since 2010.

"We expect our team to show up every weekend and put forth our best effort every shot. If we do that consistently, I believe we will have some great results. We put ourselves in a position to face



Gustavus Sports Information

Sophomore Sydney Regalado tees off during a competition last season.

outstanding competition each and every event, so absolutely nothing will be handed to us, we need to earn everything we achieve."

Next up on the challenging list of competitions this fall is the Wartburg Invitational which takes place Sept. 7-8 in Waverly, IA.

Volleyball starts undefeated at Elmhurst

Gusties go 4-0 at tournament, defeat No. 10 ranked Aurora



First-year Rhyann Herrmann sets up the ball for her teammates during a match this weekend. The Gusties went undefeated at the Elmhurst Tournament, starting the season with a 4-0.

Gustavus Sports Information

Joe Brandel
Sports & Fitness Editor

This past weekend, Gustavus Volleyball started its 2019 campaign at the Elmhurst Tournament in Illinois. The team is looking to build off of last year's success, where it went undefeated in the MIAC and secured the program's sixth MIAC Championship.

The Gusties followed up with a strong postseason run, becoming MIAC Tournament Champions and were selected to host the regional portion of the NCAA tournament, but ultimately lost in the first round to UM-Morris.

Head Coach Rachelle Sherden, who was previously named MIAC Head Coach of the Year, is returning for her 10th season with the Gusties.

She is hoping to maintain the same competitiveness as last season despite graduating an accomplished core of seniors. "We have a lot of new faces in the gym but our upperclassmen have done a really good job of taking the underclassmen under their wing and showing them the ropes both on and off the court early," Sherden said. "I think they're adjusting really well and picking up on the new things we're training and they're all very coachable so it's been really fun to see how much they've grown in just a week and a half."

The Gusties' first test was this past weekend in a match against Elmhurst College.

The team had a slow start, dropping the first set 25-19, but quickly turned things around and won the match in the next three sets.

Junior Kate Holtan led the team with 13 kills, while Sophomore Annalee Olson-Sola notched 12 of her own in the Gustie comeback. Senior Mitaya Johnson contributed to the team's success with 28 assists.

Holtan also led the team with 23 digs in the match.

The second contest of the day was against Augustana University and the story was very similar.

The Gusties dropped the first set 25-17 but thundered back ending the match in the next three sets.

Holtan led the offense again with 15 kills and Junior Hailey Embacher headed the defensive effort, recording 19 digs.

The following day, the Gusties took on previously No. 10 ranked Aurora University in an intense matchup.

This time the team came out firing, winning its first set 25-15.

"There's a lot to build from and I'm excited for the potential of this team."

—Coach Sherden

Set two was more of a back-and-forth battle with many lead changes, but the Gusties closed out the set 25-22.

The team completed the sweep in three sets with a score of 25-19, and ended the battle that was predicted to a much closer contest.

Later that day, the team played its final match of the tournament and handled business against North Central, winning the match 3-1.

With a full weekend of play under its belt and a 4-0 start to the season, this team is proving to be one to watch.

"I thought overall it was a good start. There's a lot to build from and I'm excited about the potential of this team. They are a fierce group with solid fundamentals and eagerness to learn. We look forward to getting back after it in the gym next week," Sherden said.

Despite having a younger team than normal, it is looking as competitive as ever and is deserving of their ranking, according to Sherden.

"[The first-years] are all really talented players but beyond that they fit into our culture and fit the identity of Gustavus volleyball," Sherden said. "How fast they're picking up on things and how bought in they are has made our chemistry as a team possibly the best I've seen it this early in the season with such a new group."

The Gusties are back in action this weekend for another tournament in Dubuque, IA. While there, the team will be competing in another nationally-ranked competition against No. 25 Washington University.



Gustavus Sports Information

Junior Hailey Embacher prepares to serve the ball for the Gusties.



Gustavus Sports Information

Junior Kate Holtan rises up for a kill during a contest last season.