

On Wednesdays we eat grilled cheese



Lauren Casey
Opinion Columnist

unassigned “assigned” seats of college. It ultimately is on you that you are resorting to the same thing every time when there are plenty of options around you. While it may get repetitive after a while, we all know that grilled cheese on any other day of the week would just feel wrong.

The cafeteria food schedule is nice for those who are indecisive and love predictability. Knowing what is already at the caf is perfect for the type of people who get asked what they want to eat, say they don’t care, but everything mentioned gets turned down. This way, they literally have all day to ponder what they will have for dinner as if they are making

extracurriculars and homework, deciding what you want for dinner can feel like a mountainous task. It can suck all of the enjoyment out of something that is supposed to help you unwind for the day.

“I love having a routine, so I like that there is a set schedule because it is something I can add into my schedule and routine every week,” Senior Grace Arnold said.

We learn in General Psychology that when too many choices are presented at one time, it causes more distress and less enjoyment, compared to when choices are predictable and there are fewer to choose from. Knowing that a sizzling steak is awaiting at The Gustie Grill is one less decision we have to make as college students, who use our brains all day long for matters more important than if you want mashed potatoes or corn with your chicken.

Another good reason why having a set food schedule every week is because it is easier on the kitchen staff. Gusties always go out of their way to help others and tend to be very selfless, so

knowing that it helps to ease some stress off the staff is a plus.

“Having a set schedule is easier on our staff, but also helps students to plan out their meals too,” said Vikki Smith, an employee of Dining Services.

I know a lot of us can be hypocritical and I don’t doubt there is one student here that hasn’t complained once about how the grilled chicken can be a bit dry or the steak is too well done, yet if that one thing was taken off the menu or changed in some way, we would complain about that too.

The staff does so much, and works hard to accommodate for dietary needs. They even changed the way they cooked the chicken for the whole school just because I had a soy allergy to the oil they cooked it in previously. Sorry guys, that’s why its a little dry. Everything is prepared day in and day out, on time and probably better than a lot of us could do since dorm microwaves can only do so much. The least we could do is give them more appreciation for even making our mac and cheese on Thursdays and setting out the mandarin oranges on Fridays.

“They even changed the way they cooked the chicken for the whole school just because I had a soy allergy to the oil they cooked it in previously...”

Don’t deny it. A Friday without gyros would get our Gustie knickers in a twist. Even if the options are the same every week, it has been a pleasant surprise to see that they are putting a twist on some dishes that have remained the same for years.

For those who are sick of noodle bowls, the silver lining is that it allows for us to get innovative and creative. The motivation behind the food schedule very well may be to get students to think differently in the cafeteria; the true liberal arts approach. While I highly doubt that each new creation sets precedence, and ultimately makes a new tradition to get passed down. Think about it—someone had to have the idea of putting cookies through the conveyor toaster, take their bagel over to the pizza station for pizza bagels, put ice cream in between two cookies, or create their own walking taco. Those are just a

few examples, but so many more undiscovered creations could be waiting in the Caf right now.

Pineapple on pizza was a creation at one point, so maybe a Gustie can create a new kind of controversial pizza by adding something else unpredictable like pudding, mashed potatoes or even making a noodle bowl pizza. There are so many food combinations that sound so terrible, yet are amazing. Experimenting in the caf is the first step to finding the new ice cream and french fries combo of Gustavus.

Lastly, knowing what is set for each day is like a light at the end of the tunnel. As college students, we experience days where everything goes as wrong as pudding on pizza would go. On those days, we take any little victories we can get and knowing that a nice big bowl of warm mac and cheese is in our future can be a little light in our terrible day.

“...we take any little victories we can get and knowing that a nice big bowl of warm mac and cheese is in our future can be a little light in our terrible day.”

“I like that we have certain foods on certain days because it is something to look forward to,” Senior Emily Scroggins said.

For as long as time, food has been a form of comfort, and having that meal ready for us to pick up can help to alleviate the wounds of bombing an exam real fast. Going on year four of Caf food, I will say there are some days I wish I could get a gyro on a Wednesday, but I know that just isn’t the Gustie thing to do, because on Wednesdays we eat grilled cheese.

“The cafeteria food schedule is nice for those who are indecisive and love predictability.”

the biggest decision of their lives. After a long day of classes,



The chicken tenders in the Caf have gotten a facelift and are a permanent fixture here on the Hill.

Nate Habben

Help create a community on campus



Emily Seppelt
Opinion Columnist

Now that we are past the first hurdle in the school year, many students on campus are getting more involved with activities outside of the classroom. You may have even attended the Involvement Fair this past Tuesday. As I'm sure that you've guessed so far, Gustavus offers many organizations on campus that promote social justice, helping others, and making our community overall a better place for us all to live and work.

And with this, I have some advice for first-years joining these types of groups, and possibly even upperclassmen who are new to organizations that aim to change campus. You'll begin to hear the mysterious and confusing phrase "The Administration."



Some members of the seemingly secretive "administration" may be found in the building across from the Campus Center.

Katie Mattinen

The Administration is the source of all problems for some clubs, and the source of all stresses and pains and complaints that a student ever seems to experience while on campus. If you are looking for someone to blame, The Administration is there happily waiting for you

to pick them apart. But don't let these Administration blamers spoil your view of Gustavus. Coming in as a first-year last year, I arrived starry eyed, believing every student on campus loved Gustavus just as much as I did. With a year now under my belt, I understand that

every college and university has some issues or problems that put students at a disadvantage. Could Gustavus improve on some things? Absolutely. Is it the student's job to point out these issues and aim to make the campus more accepting and helpful? One hundred percent.

And many students do take this mature route to improve campus. Take the work that the Environmental Action Committee (EAC) did last year with Groundswell Day and will continue to do this year. They went directly to the people they knew could help them make a difference on campus and spoke up about the issues that are super important not only at Gustavus, but to the whole world.

However, far too many other students and organizations do not take this mature route. Instead, they sit and complain about things they don't like about campus, blaming the big scary monster of The Administration. What I want to know is who in the world they are referring to when they refer to Gustavus "Administration," because I certainly have no idea. What's even worse is that before they have a chance to find out what will happen, they immediately assume that things will go badly because "it's Gustavus."

What people don't seem to understand is that, as I discussed last week, everyone is human. A truly revolutionary idea, I know. Our wonderful faculty and staff here at Gustavus work so hard everyday to make every student experience here the best it can possibly be. Imagine if it were your job to listen to students stresses, problems, complaints, as well as trying to make the campus better as a whole? It's a whole

lot harder than it sounds.

So, instead of sitting around and complaining that no one on campus cares enough to solve the issue you care about, think about how it would feel to say the things you are thinking to an actual member of "The Administration." And then don't say it. Instead, use a direct resource to try to get started on solving the issue.

According to the Gustie Guide's section on student protest, you are allowed to make a petition, host an event, stage a protest (which is within your rights as a college student), or set up a meeting with someone who can hear what you have to say.

I encourage all of you to think about what you already appreciate about this college that you chose to attend and be grateful for the opportunity you have to be here. If you are unhappy about something here on campus, do something about it. But do it respectfully, in a mature way, and with others in mind.

All it takes to get the ball rolling on meaningful change in our community is one step. As students, it is especially our job to help create and uphold the welcoming, diverse, and equality-driven spirit of Gustavus. It isn't fair to make others shoulder the full responsibility of making our home what it is. We have the power to change what is around us for the better.

The Good, the Bad, and the Meh



The thunderstorms have cooled everything off and distract you from next week's inevitable tests.



The construction from Nobel will continue to wake you up for the next several months--sorry Southwest.



Chapel Break is not long enough and perhaps Jesus would agree.

Success means more than just brains



Lizzy Woerpel
Opinion Columnist

Lots of college prep tips include how to study, take notes, listen to lectures and how to take tests, but success in college and in the workforce afterwards takes more than just being a good student and hard work. In order to be successful, students also have to take care of their mental and physical health. Without well taken care of mental health and a healthy body even the smartest students can have a hard time succeeding.

Mental health effects every part of our lives as humans and our education is no exception.

According to an article published by the Suicide Prevention Resource Center, poor mental health can affect students' energy levels, concentration, dependability and overall mental

ability. The Suicide Prevention Resource Center also states that there is a strong correlation between anxiety and depression, lower grade point averages and higher rates of dropping out completely. With lower energy levels students are less likely to show up to class regularly and less likely to focus or participate when they are in class. They are also less likely to have the self-motivation to complete assignments regularly, if at all. This, coupled with their lack of attentiveness in class, leads to low test scores. Doing poorly in classes adds more stress onto students creating a negative loop.

Stress is a normal part of life that helps us grow and stay motivated, but as Dr. Godbout, one of the counselors here, put it, "The earlier we detect growing stress in our lives, the better we can manage it and the more resilient we can be". It's important to be aware of your own mental state and to have a handful of ways to deal with any problems that may occur. This could include meditation, talking to friends, working out or talking to a therapist.

The link between mental health and academic performance is strong and easily understood, but an often overlooked connection that feeds into both mental health and academic performance is physical wellbeing. Exercising on a regular basis helps brain development, cognitive ability and helps to improve mood. In an article published by *Psychology Today*, Dr. Sarah Gingell discussed the abundant benefits

of exercising on a regular basis including increased hormone levels which supports increases in mood and cognitive ability and increases in blood flow to the brain, providing more oxygen and nutrition to your brain. In the classrooms, this means students will be in better moods which increases productivity, participation in class, and the increase in cognitive ability. Meaning they can focus for longer periods of time and retain more of what they learn. When talking to Assistant Football Coach Lucas Kleinschrodt, he agreed and added that exercising is a fulfilling activity that can also help improve your self-confidence.

"The better you feel about yourself the happier you'll be," Kleinschrodt said.

Having something fulfilling in your day even a short work out can make you feel more successful and make you more confident in yourself.

Mental and physical health are two very important parts to the puzzle of academic success. Falling behind on either of these parts of life is just as bad as falling behind in class, but just like falling behind in class, there are resources available on campus to help you succeed. For mental health on campus we have the counseling center in room 104 in the Student Union and all students have 12 free sessions a year. For physical health, we have lots of exercise classes, a full gym and pool in Lund which is free for all students to use. Throughout the year it's important for students to keep in mind the importance



The Counseling Center joined the involvement fair this Tuesday.

Nate Habben

of mental and physical health as well as mid-term and finals. Keeping good self-care habits can help students get the most out of their time and academics

here and help them to succeed wherever they go after graduation.

Opinionated?
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**Then you would be a great fit in our
Opinion Section!**

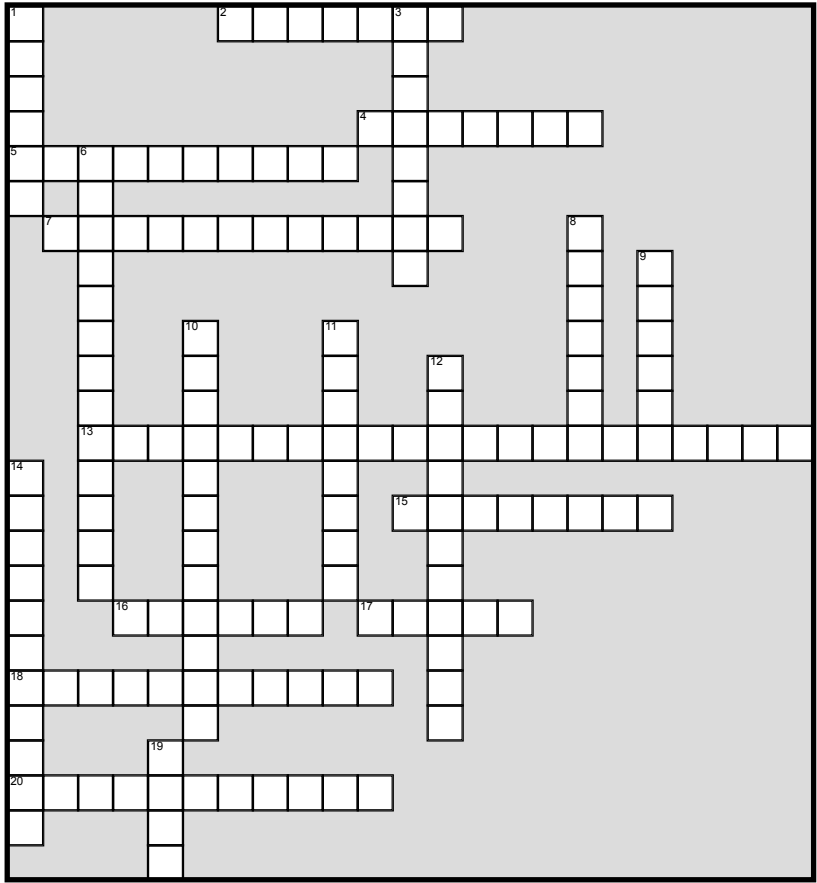
**We're hiring new writers to write their
opinions and put them out there for
others to see!**

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if this is right up your alley!**



Crossword

The Renaissance

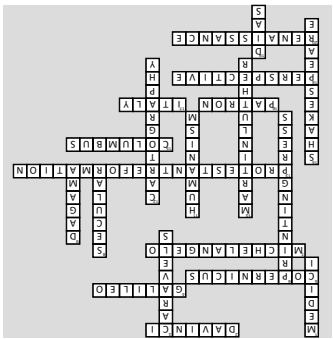
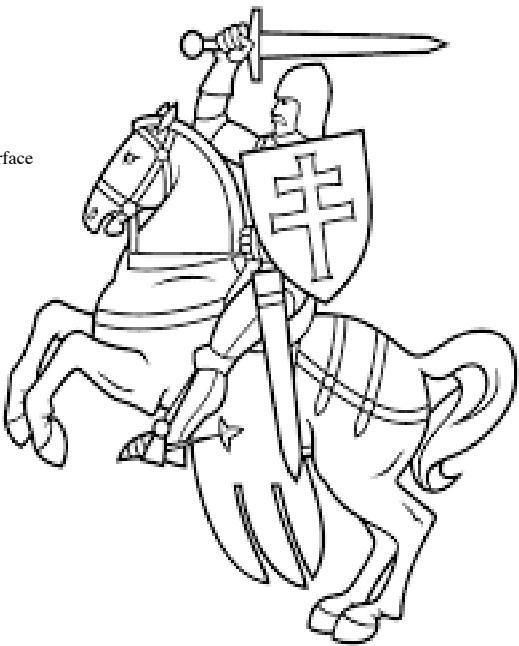


- Across**
- 2. Painted “Last Supper” and “Mona Lisa”
 - 4. Italian astronomer; published evidence that Earth circled the sun
 - 5. Polish astronomer; argued that planets orbit the sun (1543)
 - 7. Painter of the Sistine Chapel, sculptor of David
 - 13. Movement in which the Protestants split from the Catholic Church
 - 15. Italian explorer who landed in the Caribbean in 1492
 - 16. Person is who financially supports
 - 17. Birthplace of the Renaissance
 - 18. Artistic technique that makes a painting look three-dimensional on a flat surface
 - 20. Period of renewed interest in art and learning

- Down**
- 1. Wealthy merchant family from Florence who were patrons of the arts
 - 3. Small ships that could sail quickly, which made them good for exploration
 - 6. Invention by Johannes Gutenberg
 - 8. Non-religious
 - 9. First explorer to reach India by ship in 1497
 - 10. Posted his 95 Theses on the door of the Catholic Church
 - 11. Study of non-religious subjects such as art and philosophy
 - 12. The science of making accurate maps and globes
 - 14. Playwright and poet; wrote “Romeo & Juliet”
 - 19. First explorer to travel around the tip of Africa in 1488

COLOR

a knight

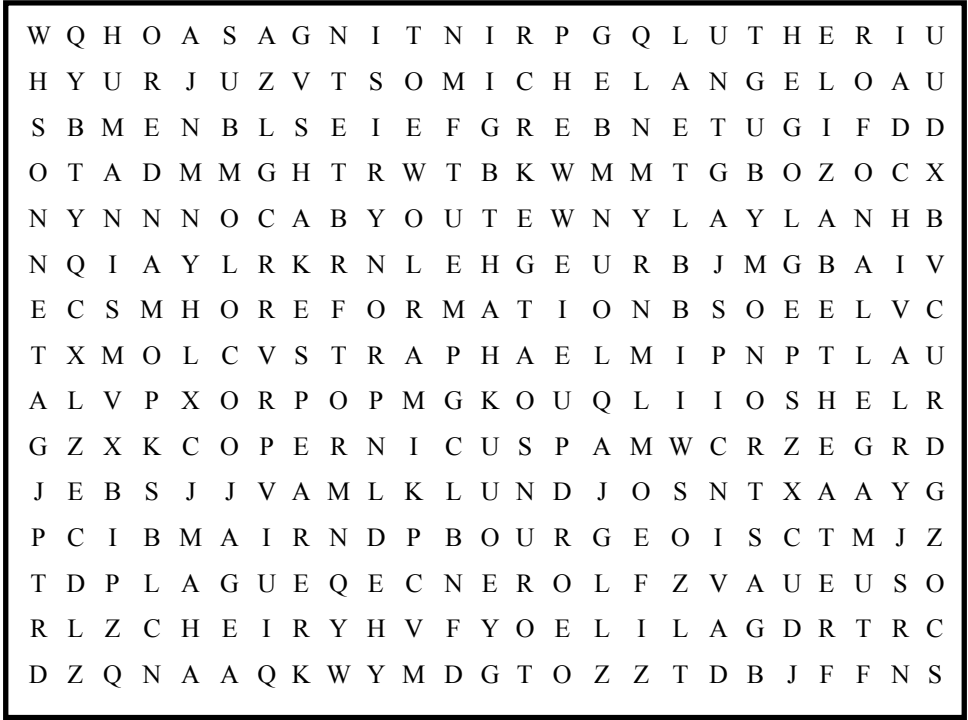


“Comic Hill” by Vin Branom



Word Search

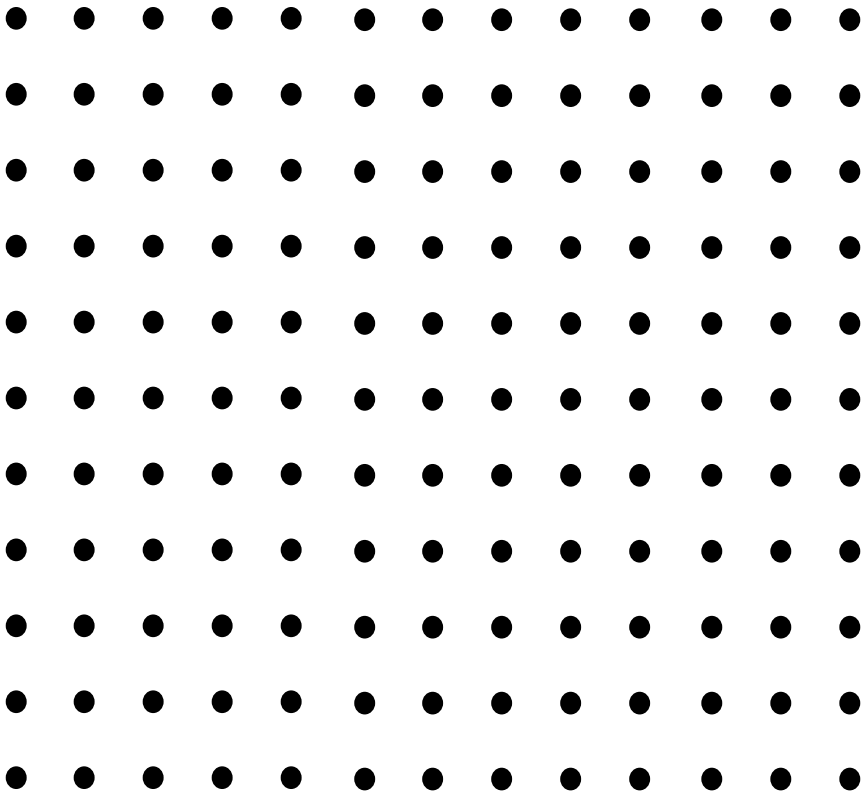
The Renaissance



- | | | | | |
|-----------|---------------|-----------|--------------|-------------|
| ART | COPERNICUS | FLORENCE | MAPS | PRINTING |
| ASTRONOMY | DAVINCI | GALILEO | MARLOWE | RAPHAEL |
| BACON | DISCOVERY | GUTENBERG | MERCHANTS | REFORMATION |
| BOURGEOIS | ELIZABETH | HUMANISM | MICHELANGELO | SHAKESPEARE |
| BRUEGHEL | ENLIGHTENMENT | IAMBIC | PENTAMETER | SONNET |
| CHIVALRY | EXPLORATION | LUTHER | PLAGUE | TELESCOPE |
| COLOMBUS | FEUDALISM | MAGELLAN | POMANDER | THEATER |

Dots & Boxes

Take turns drawing one line. If the that line completes a square, write your initial in the box and draw another line. Continue until all dots have been connected. The player with the most boxes wins!



Men's Golf places second at Pioneer Creek

Ullan posts fourth best score out of Division III competitors

Michael O'Neil
Staff Writer

The Gustavus Men's Golf Team competed in its first tournament of the 2019 season last weekend at the Pioneer Creek Invite in Maple Plain, MN. In a field that featured eight Division III teams and a number of Division I players competing as individuals, the Gusties took second place as a team.

Before traveling to the Pioneer Creek Invite, the Gusties played one dual match against St. Thomas on August 30 at Le Sueur Country Club. In their first outing of the year, the Gusties posted a 10-over 290, while St. Thomas carded a six-under 274.

Senior Ben Hauge was the low-scorer for the Gusties with an even-par 70 that was good for a tie for fourth place. First Year Wyatt Wasko also scored a 70 to lead the second team of Gusties.

Junior Carter Czichotski was one stroke behind with a 71, also for the Gusties' second team.

Senior Joe Foley carded a 73 for the Gusties' top squad, while Sophomore Jacob Pedersen, First Year Khrystjan Petersen, and Junior Max Ullan all shot 74.

"I like the way that we grinded and we're looking forward to sharpening up just a few things as we prepare for next weekend's tournament. Ben posted a good number for us today with a 33 on the back nine. Wyatt and Carter posted good numbers on our second team," Head Coach Scott Moe said.

Hauge and Ullan led the Gusties in the first round at the Pioneer Creek Invite, each posting a 73, which slotted them in



Gustavus Sports Information

Sophomore Jacob Pedersen tees off at Pioneer Creek. At the event, the team posted a second place finish out of eight teams that played the course.

24th place overall. Khrystjan Petersen came in one stroke behind with a 74, and Jacob Pedersen rounded out the Gusties' top four with a 77.

Carter Czichotski posted a 74 as an individual in round one.

"We went with a pretty conservative approach for the first round, where par is a good score and hoping that birdies will happen. For the most part, we played smart and didn't at-

tack tough pins. We eliminated the big holes that got us last week. Pioneer Creek is in great shape and we hope to take advantage of the pure greens tomorrow and roll in some putts," Moe said after day one.

The final two rounds of the tournament were both played on Sunday, and featured some solid golf from the Black and Gold.

After posting the best second round score of any team,

the Gusties finished with scores of 297-290-293-880 and jumped up to second place overall.

Max Ullan led the Gusties in the final two rounds, finishing with rounds of 70 and 72 to total 215 that was good for 15th place overall. Ullan's score was the fourth best among Division III players.

Khrystjan Petersen shot 70 and 76 in his final two rounds and finished in 27th place. Jacob Pedersen wasn't far behind

after carding 74 and 70 on the second day to finish in 31st place.

Ben Hauge rounded out the Gusties' top four with scores of 84 and 75 to finish with a 232 overall.

"I am very pleased with our weekend. The course was playing tougher than it did last year and we improved by 13 shots. Everybody contributed during the weekend. Max had a great event. Khrystjan and Jacob played well. Ben had two very good rounds and Joe [Foley] came up big during our second round," Coach Moe said.

"Our team is feeling positive about how we've played so far this year but we know that we're going to have to keep improving if we want to stay competitive this year. We've added depth to our team this year and have a lot more competition within the team with regard to who will play on our top team," Senior Ben Hauge said.

The next time out for the Gusties will be their annual alumni match on September 14th at Le Sueur Country Club. They will then travel to Sauk Centre and Sartell, MN for the Saint John's Invite on September 21-22.

"We have a few things to tidy up before our next event, but very much looking forward to our alumni match this next Saturday. Following that, we will prepare for the Saint John's tournament. I like the direction we are heading," Moe said.



Gustavus Sports Information

Junior Max Ullan shoots for the green during a match this season.



Gustavus Sports Information

Senior Ben Hauge focuses as he takes a putt at a dual against St. Thomas.

Football wins season opener 50-19

Gusties prepare for tough games ahead

Joe Brandel
Sports & Fitness Editor

This past weekend, the Gustavus Football team kicked off its 2019 campaign at home against Martin Luther College.

Last season the team showed its competitive edge, finishing the season with an overall record of 6-4 and 5-3 record in MIAC play that prompted a fourth place finish in one of the most competitive football conferences in the nation.

This preseason, the Gusties have been working tirelessly to build on their success from last year. The team is looking promising this season and is returning a large core of players who have racked up a lot of experience at Hollingsworth Field.

Head Coach Peter Haugen is excited with how the team is progressing and the competitive attitude of its players.

"We've been focused on growing as a team and we have some key guys coming back to the lineup. There will be a few new faces but I'm excited about our leadership and the direction that we've been going," Haugen said.

One key player that Haugen will rely on this season is Senior quarterback Michael Veldman.

Last year Veldman had a breakout season with the team, earning All-Conference honors after starting all ten games for the Gusties. Veldman completed 195 of his 335 attempted passes last season, good for 2,615 yards and 19 touchdowns.

Other key returners are Sophomore running back David Peal who ran for 436 yards on 113 carries and notched eight touchdowns, as well as Senior wide-receiver duo Brice Panning and Josh Kirk.

These players will likely be the key contributors to the Gustie offense this season.

Sophomore Zachary Jakes



Gustavus Sports Information

Sophomore David Peal shakes off a Martin Luther defender before running the ball into the endzone for the Gusties, contributing to the team's 50-19 win.

will be holding down the defensive line. Last season, he led all defenders with four sacks and was second on the team with 9.5 tackles for a loss.

Joining him in the defensive effort are Seniors Taylor McDonald and Zeke Erickson and Junior Sam Jones.

Other notable returners include the Senior linebacker pair of Jake Boykin and Avery Bachman, who collectively tallied 106 tackles last season.

On Sept. 7, the Gusties faced their first test in the home opening game against Martin Luther.

The team put on a powerful offensive display in front of

its home crowd, defeating the Knights by a score of 50-19.

Following a lost punt return, the Knights were first to strike, making the score 6-0 after a missed extra point.

However, the Gusties didn't let this early setback phase them, and Kirk responded by returning the ensuing kickoff 81 yards.

Veldman then connected with Panning on the first play of the drive for a 15 yard touchdown and after a successful two point conversion by Kirk, the Gusties took a 8-6 lead.

After a turnover on downs, the offense kept rolling. Veldman launched a 64-yard pass to Kirk and then proceeded to run it in for a touchdown the following play.

In the second quarter, Gustavus continued to put pressure on the Knights and finished the half out leading by a score of 36-6.

Before the half, Panning scored his second and third touchdowns for the team while Peal added another for the Gusties.

The third quarter was much slower of a game, with a lot of the time being eaten up by a Martin Luther 17-play drive which eventually resulted in their second touchdown of the game.

The Gusties quickly came thundering back, however, when Peal scored his second touchdown of the game early in the fourth quarter to go up



Gustavus Sports Information

Senior Jake Boykin prepares to attack the ball carrier during the home opener.

43-12.

The Gusties quickly added another after a strong defensive effort by Sophomore Lucas Oleson caused a forced fumble which was recovered by Sophomore Nicholas Negron for a touchdown.

Martin Luther would go on to score in their final possession of the game and the game finished with a score of 50-19.

"It was a good offensive effort," said Haugen. "There were a couple spots where

we got discombobulated and didn't execute the way that we wanted too, but for the most part I loved what we did.

Looking forward, the Gusties have some tough tasks ahead of them.

The team's next game is against UW-Stout at 1:05 p.m. Sept. 14 in Menomonie, WI.

After that, MIAC play is set to begin and the Gusties have a tough early schedule, taking on No. 3 St. John's followed by No. 10 Bethel.



Gustavus Sports Information

Senior Josh Kirk tallied three touchdown's against Martin Luther.

Men's Soccer starts off season 4-0

Gusties defeat Crown 7-0 and Simpson 6-1

Eli Dotson
Staff Writer

The Gustie men's soccer team trounced both of the opponents they faced this past weekend with a tandem of strong defensive play and an outburst of offense.

On Saturday, the season's home opener, Gustavus shut out Crown College by a score of 7-0.

Each goal came from a different Gustie player, with First-year Raphael Cattelin notching the first one just over five minutes into the contest, with assists going to Juniors Matt Gibbons and Nolan Garvin.

Gustavus scored two more goals in the first half, with Senior Cody Billins and Sophomore Nicholas Leach both scoring their first goals of the season.

In the second half the rout began in earnest, with Gibbons picking up two more assists in quick succession near the 52-minute mark.

The first was a goal by Sophomore Cole Schwartz, and the second was a cross from a corner kick to Junior Scott Heinen, who was on the back post and headed the ball right past the goalie and into the net.

The scoring was rounded out late in the contest with goals from Junior Trace Dobson and Sophomore David Jansen.

The Gustie defense was smothering throughout the contest, as Crown attempted just one shot the whole game and had no corner kicks.

"We started the game really well and looked super dangerous from set plays all day. We also did a nice job of pinning them and removing outlets. It's nice to feel like we put a few dif-



Gustavus Sports Information

First-year Raphael Cattelin competes for the ball against a Crown defender. The team is off to a strong 4-0 start, tallying 27 goals so far while only allowing one.

ferent layers together. Overall we feel like we are improving each day, but we also know we have some massive tests here coming up soon, tomorrow being the biggest against a strong Simpson side. It's going to be a battle but one we are looking forward to," Head Coach Tudor Flintham said.

The next day dawned cool and overcast, but Gustavus once again lit it up with their offense.

Simpson College was no

match for the Gusties, who prevailed 6-1.

A quick start was the key to this game, as Gustavus put two goals into the net in the first eight minutes.

Shwartz broke the ice for his seventh goal of the year, with assists going to Leach and Cattelin.

Gibbons then had a nice give-and-go goal with Dobson, and capped off the first half scoring with a goal at the

16-minute mark, assisted by Schwartz and Leach.

In the second half, Gustavus went up 4-0 after Leach scored off assists from Senior Will Richards and Gibbons.

First-year Ethan Glissendorf scored his first collegiate goal at the 54-minute mark, which was followed by the lone Simpson goal at 61 minutes.

Senior defender Joe Brandel then provided the final blow with a sliding shot off of a re-

bounded shot from Leach.

First-year Wesley Sanders anchored the defense with five saves and got his fourth victory of the year.

"This weekend was a lot of fun with the two wins, but there were some bigger things going on for us. We finally came out fast against a Simpson team that is very skilled and dangerous. Our key to success over the first four games has been executing what coach put in the game plan," Gibbons said.

Head Coach Tudor Flintham also applauded his team's effort on Sunday.

"Simpson is a really strong team in a highly competitive conference. We knew that we could play with anyone in terms of our technical ability, but the question was could we match physical intensity in a game we knew would be high tempo for 90 minutes," Flintham said.

After a berth into the NCAA tournament last year and the retention of a strong core of skillful players, a strong 2019 season appears imminent for the Gusties.

"I think we know as a team that there is a high ceiling, it's all about staying healthy and focusing our attention on one game at a time," Gibbons said.

The Gusties will look to continue their strong start to the season on Friday when they host Wartburg at 4:30.

The first conference game against rival St. Thomas then looms ahead on the 18th of September.



Gustavus Sports Information

Sophomore Cole Schwartz leads the team with seven goals this season.



Gustavus Sports Information

Junior Leo Spry makes a run and prepares for the pass from his teammates.