"Early is on time" for pumpkin spice



Lauren Casey
Opinion Columnist

all is officially here and it is not because football has started, or because the leaves are showing tints of red. The new marker that fall has arrived has slowly transitioned to when everything under the sun comes in a pumpkin spice flavor. A few weeks ago, Starbucks re-released their Pumpkin Spice Latte about a month earlier than usual which sparked a bit of controversy among the "basic" population. While there were some who believed it to be too early for anything pumpkin spice, they were outnumbered by the PSL lovers who appreciated the early comeback and an official start to fall.

One of the reasons that it is not too early for pumpkin spice is simply because it "spices" up our lives a bit during the doom and gloom days of fall. When the weather starts to get cold and gray, Seasonal Affective Disorder is not an uncommon phenomenon for college students

This disorder causes people to feel sadder than usual because of the changing seasons and less sunlight as the days get shorter. The library offers study stations with lamps to help those with SAD, and when paired with a nice warm pumpkin spice drink, it doesn't get much better.

While it may seem like a stretch to say that a pumpkin flavored drink can make all worries go away, it's honestly the little victories that can get us through the day.

"I don't want fall to start yet. Pumpkin spice means fall is starting and once fall starts, I get sad," Senior Jana Blomberg said.

While the changing seasons may bring more sadness due to the fact that we can see summer slowly slipping away, the new season brings back pumpkin spice, which is something to look forward to, rather than dreading what is to come.

Pumpkin spice is the marker that everything that fall brings has started. Now that it has come back to Starbucks, it gives us permission to indulge in the fall feels. Fall itself is a vibe made up of flannels, football, baggy sweaters, leggings, messy buns, apple picking, diving into a pile of corn, and of course, cuffing season.

"It is not too early for pumpkin spice because if they can sell pumpkins right now and pick apples, they can whip up a pumpkin white mocha," Senior Teanna Britton said.

While pumpkin spice may be something seasonal, and great for marketing, bringing it back one month earlier will not dampen the sales or excitement at all. Based on the drive thru line at Starbucks the other day that was out the parking lot, it looks like bringing back pumpkin spice a bit early is doing everyone a favor.

For those who don't like pumpkin spice, seeing it in the stores and everywhere on Twitter still signifies that some of their favorite fall activities are here, as well as other holidays that bring joy such as Halloween and Thanksgiving are right around the corner.

The saying "pumpkin spice



Soon the campus will be swarmed with coffee mugs and the scent of fall spices.

Katie Mattinen

and everything nice" has been made into a popular phrase because it encompasses the true meaning of fall. If there is no pumpkin spice to start off the fall, it just is not the same.

Lastly, bringing back pumpkin spice early can be great motivation and fuel for college students. While this may be more on the lighthearted side, studying and coffee go together like PB and J.

Pumpkin spice is the perfect excuse to make a study trip to Starbucks. Homework looks a lot less daunting when it is paired with a warm pumpkin drink, and may that boost of motivation needed to make it through the last paragraph of a research paper.

"Once pumpkin spice comes out, it is pumpkin spice season. I don't make the laws, Starbucks does," Senior Megan Bean said.

"During the fall, I see pumpkin cereals, pumpkin dairy products and even things that shouldn't be made into a pumpkin version all over the place."

When it comes to getting work done, there is no shame in bribing yourself, and that may just do the trick. Pumpkin spice makes people a lot more excited and motivated than any other seasonal product I have seen. Anything fruity is summer, peppermint is winter, and Shamrock Shakes in the spring

are a category of their own, yet none of those touch the level of pumpkin spice.

During the fall, I see pumpkin cereals, pumpkin dairy products, and even things that shouldn't be made into a pumpkin version all over the place. But when any other season hits, I don't see any peppermint flavored frosted flakes, strawberry lemonade butters, or things made into flavors they shouldn't be. When compared to pumpkin spice, it doesn't have the same cozy vibes that fall and pumpkin spice bring.

fall and pumpkin spice bring.
We can get any flavor other than pumpkin spice all year long, but the fact that people wait for this annual comeback and go crazy for the whole three-month duration until peppermint everything is in style, shows just how much it is loved.

Whether the love for pumpkin spice is because it makes the morning coffee a little bit sweeter, makes homework more bearable, or because it is motivation to participate in cuffing season and football season. There is no reason to hold off our happiness until the doom and gloom days of fall. Early is on time.



New café steams up food game at Gustavus



Patrick Meadows
Opinion Editor

The STEAMery may sound a bit ridiculous, but the food makes up for the slightly cringey name. The café lies in the large lobby of the newly renovated section of Nobel, with large glass windows that let in a lot of natural light. The view outside is a slightly depressing field of mud, construction fencing, and even more construction fencing. However, the café has a decent sized collection of coffee drinks, a limited variety of soups, salads, sandwiches, and smoothies that rotate each day.

The day that The Gustavian Weekly reviewed The STEAMery was cold and rainy and the only thing we really wanted was a warm cup of soup. Starting off our review round was the soup of the day, roasted veggie and couscous soup. The soup looked appealing enough, and it tasted like chili in disguise. We agreed



The small counter of The STEAMery is making a big impact here at Gustavus.

that it seemed like something you'd want to have on a cold,

dreary day because food makes everything better.

The smoothies in the café were actually smooth, unlike the thick, chunky mess from the Marketplace. The smoothie may have been the most contentious part of this review, as the team was split on its watery base. The smoothie has its merits, but I

think it would benefit from using different base liquid to give it more of a smoothie finish and not just a fruity water mix.

Finishing out the mediocre to okay category of the review is the Chaca tea. The STEAMery was handing out free samples of the tea at the time and we decided to take one for the team. The tea, although mildly disgusting to look at, actually

wasn't that bad. It definitely tasted like something your vegan friend would want you to try. If you are ever looking to try out kombucha, this may be a great set of training wheels, but you shouldn't do that if you like your taste buds.

This brings us to the part of our food experience that made the whole two-minute walk worth it. We had heard rumors of the amazing breakfast sandwich and wanted to try it for ourselves, even if it was two in the afternoon. The sandwich was a biscuit stuffed with eggs, sausage, cheese, like an egg McMuffin without the obnoxious letter on it. For only a bit more than three dollars, this would definitely be worth it, especially if you're early to class on a Monday morning and need something to get through your two-hour chemistry lecture. The other sandwich was a vegetarian flatbread with barbeque sauce. This one is a bit harder to review as it definitely looked a bit sloppy, but didn't taste bad at all. Honestly, this little café seems to have better vegetarian and vegan options in their four rotating meals than the entire Marketplace does during the whole week.

The desserts were surprisingly delicious, as we got samples of the monster cookies and pineapple sticks. The monster cookies were soft and tasteful and were very cheap, so that's another plus. Now, you might be having the same question we did, what on earth is a pineapple stick? Apparently, it is a pastry, like a baguette, filled with pineapple, which altogether tastes like a pineapple-upside-down cake. The only caveat with the

stick though is the texture of the filling is way off, and it would benefit from being blended a bit more to break up the pineapple chunks.

Now, I think the best thing they had on the menu was by far the chicken salad. Yes, it beats out the chicken salad from the Marketplace by a landslide as The STEAMery version has a sweet dressing that works really well with the chicken and was the winner for best food of this review. While it was a bit expensive, it was by far the most "worth it" food as you get a lot out of it and it definitely seems like a better alternative than your three hundredth plate of chicken tenders and fries.

Lastly, I think the coffee is worth mentioning, since it is after all a café. As a non-coffee drinker, I am relying on the knowledge of my co-reviewer for a final say on the coffee. The chai latte has a pretty decent taste, but it could have benefited from having more of a cream base. The other coffee options seem pretty standard, but we did not have the time or metabolism to try eight cups of coffee.

Overall, the addition of another food option is something that Gustavus has been needing to fill for a while now, and I believe The STEAMery has the potential to be a great place on campus for both the food and the fact that it is now an option for people on the opposite side of campus. My final piece about this is that once the construction is finished, I think this might be the best place to grab a bite to eat on campus.

The Good, the Bad, and the Meh



Nobel is sold out, so you couldn't go even if your teachers are forcing you.



Summer is clinging on to its time in the sun harder than your professor with their red pen.



You still haven't been able to open your P.O. box... and you're a junior.

Nobel offers something for everyone



Ella Napton *Opinion Columnist*

The Nobel Conference is an integral part of the Gustavus community: an opportunity to engage with worldrenowned scholars, authors, and scientists. Within the past few years, students have gained direct access to the speakers through discussions led by the Nobel Student Hosts. Although most students are interested in the topics presented at Nobel, particularly this year's topic of climate change, arts and humanities majors often feel as though they do not have as much to gain from Nobel as their STEM counterparts.

But as the conference begins to develop and embody Gustavus' liberal arts values there are many things arts and humanities majors can take away from the Nobel Conference—it all has to do with perspective. As a Communication Arts/ Literature Teaching (CALT) major, I never felt a need to attend the conference regularly. I lived in a mindset of: "What could I possibly take away from a lecture on soil?" and "This doesn't directly apply to my future profession, so it doesn't apply to me".

I could not have been further off the mark with that view of my relation to the Nobel Conference. Although I will not be teaching about soil, economics, or reproductive technology in my middle or high school english classrooms, there is much to be gained from the speakers and their lectures.

As a future teacher, I will be giving lectures (although my goal is to keep lecturing to an absolute minimum in my classroom) of my own and facilitating discussions on a daily basis. The speakers at the Nobel Conference are worldclass professionals in giving lectures and engaging in panels and discussions. Each speaker has a different way of presenting their opinions, findings, and general information that was effective enough to secure them a speaking slot at one of the most prestigious conferences in the United States. This year's topic is relevant to everyone, so not only should arts and humanities students note what the speakers discuss, but how they deliver it.

Furthermore, the speakers this year include Amitav Ghosh and Mike Hulme, a fiction and nonfiction author and human geography professor, respectively. These two speakers offer a direct link between the topic of climate change and the arts and humani-



The Nobel Conference is a yearly event where students can learn things beyond their

ties. Specifically, there is a discussion session open to all students titled "The humanities and arts respond to climate change" that speakers Ghosh and Hulme will facilitate.

The speakers will discuss the power of human creativity and the capabilities we have as innately creative beings to aid in the adaptation and accommodation of the world in this era of climate change.

There are also events directly involving students from arts and humanities majors, such as the "Recitations and meditations on the Earth," which includes poetry and music based around the changing nature of our earth. Dance and music are being intertwined throughout the entire

conference to draw in students who may not typically attend the conference.

Sometimes it may be hard to see any connections between the conference topics and your future profession or field, but there is much to gain from Nobel for everyone. Whether that be learning presentation techniques, understanding how the arts tie into the battle against climate change, or representing climate change through poetry, music, and dance.

It is becoming more and more clear that the Nobel Conference is developing into an event that caters to both STEM and humanities and arts majors. Those in charge of the conference are making a conscious effort to include students from all majors in the conference.

If you would have told me my first year that I would be a student host for a Nobel speaker, I would have called you out for lying. Why would a Secondary Education major be chosen to host someone speaking about science, technology, or medicine? Although it took me a while to develop a mindset that connects the humanities to the Nobel Conference topics, I am certain that connection can and should be made.

Opinionated? Ready to fight for it?

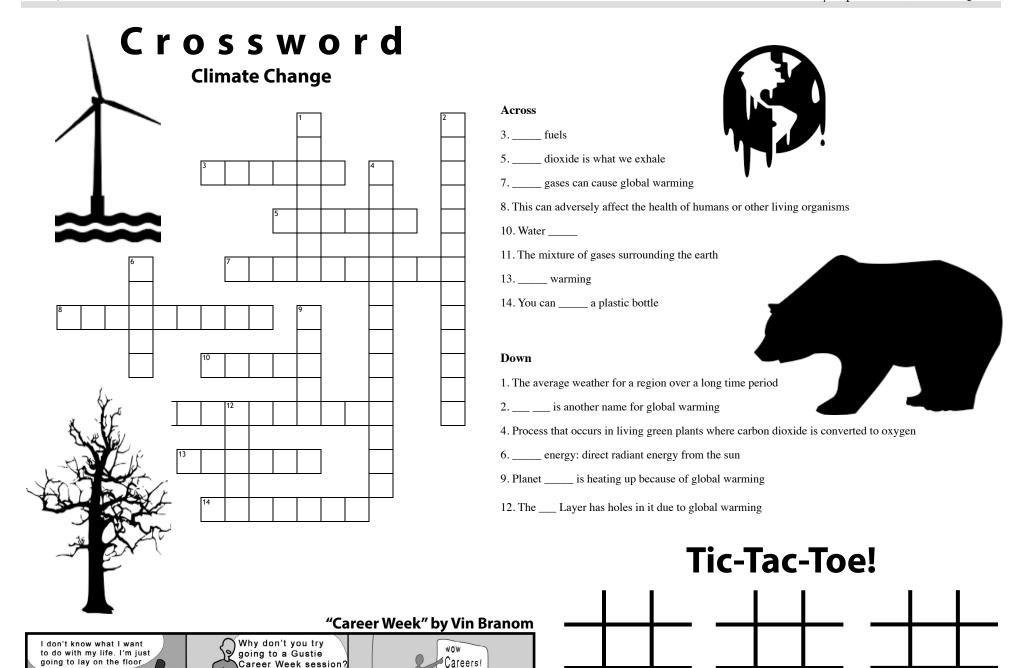
Then you would be a great fit in our Opinion Section!

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

Send us an email at weekly@gustavus.edu if this is right up your alley!



ENTERTAINMENT



Word Search

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Climate Change



Careers!

n science!

"Not Like They Used To" by Bryanna Filip



Why shouldn't you ever argue about climate change?

It always turns into a heated debate.

Why should you talk about climate change on the first date?

It's a good icebreaker.

Crossword Answers																
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Volleyball sweeps UM-Morris at home

Gusties improve record to 7-6 heading into MIAC play

Eli Dotson Staff Writer

¬he Gustavus women's volleyball team travelled to Eau Claire, Wisconsin this past weekend for the Sandy Schumacher Memorial Tournament.

The team came out strong on Friday, winning both of their matches in three straight

In the first set against the Linfield Wildcats Gustavus took an early lead and didn't trail once, pulling away late to take the set 25-17.

The second set saw the two teams in a stalemate at 7-7 until the Gusties found their groove and closed the set on an 18-5 run to take it 25-12.

Gustavus maintained their

Gustavus maintained their mojo in set three, never trailing and holding off a late rally to close out the match at 25-21.

Junior Kate Holton finished the match with a team high ten kills while First-years Rhyan Herrmann and Syndey Olson both racked in 7. Senior setter Mitava Johnson distributed 14 Mitaya Johnson distributed 14 assists, and First-year Kaylyn Johnston also had double digit assists with 12.

"It felt really good to be home tonight and I think the team was ready to play together in front of a great crowd."

-Coach Sherden

In the second match on Friday, the Gusties displayed their fortitude against the Lakeland Muskies with strong play in late game situations. In the

first set, Gustavus rallied from a 13-11 deficit and finished on an 11-3 run to take the set 25-20. The second set saw a comfortable Gustavus lead shrink to nil as the Muskies fought back and tied things at 25-all before the Gusties took the set two points later. In the third set the black and gold rallied back after an early 7-1 deficit to tie things at 22. Gustavus then closed the set with clutch play, getting kills on three of the last four points to secure the vic-

Holtan once again led the Gusties with 12 kills and also notched 15 digs. Kaylyn Johnston finished the match with 23 set assists, while Mitaya Johnson had 15.

On Saturday the Gusties faced stiffer competition and ended up dropping both matches 3-0. In the first match against No. 19 ranked Carthage, the Gusties got off to a slow start, falling behind 14-7 and eventually succumbing

The next two sets went much the same as Carthage jumped out to early leads and coasted to victory, 25-11 and 25-21. Holtan had eight kills, while Johnston had 15 assists and Johnson chipped in 12 as-

In the final match of the tournament, the Gusties squared off against the #9 ranked Blugolds of Eau Claire. The first match started off even until a little spurt pushed the Blugolds ahead 13-7. The Gusties fought back to within two but Eau Claire pulled away late to take the first set 25-18. Set two was dominated by the Blugolds, who jumped out to a 10-1 lead that blossomed into a 25-16 victory. Gustavus pushed hard in the third set, riding a 7-1 run



Junior Hailey Embacher prepares to serve for the Gusties. After weekend after weekend of non-conference tournaments, the team enters MIAC play on Friday with a record of 7-6.

to pull within one point of the Blugolds late, but it was not enough and Eau Claire closed the match out at 25-23.

The Gusties emerged from this busy weekend with a record of 6-6.

Starting the season out with three tournaments where you play four matches back-toback is long. Everybody is doing it, but it gets long to always

be on the road," Head Coach Rachelle Sherden said.

After a couple of days off, Gustavus hosted Minnesota Morris on Tuesday in the home opener. Playing with the extra motivation and momentum provided by a home crowd and a lively student section, the Gusties took the match in three straight sets. Gustavus played their best all-around match of the season, hitting .398 as a

The first two sets saw the Gusties establish nice leads towards the middle of the sets, and solid execution down the stretch turned into 25-14 and 25-17 victories. Set three was the most competitive, with Morris pushing to a 17-16 advantage before Gustavus got hot with seven straight points. The seventh Gustie service ace of the contest ended the match

"I thought that we served really aggressive and made it tough on them because they're a good offensive team and it got them out of their system," Sherden said. "It felt really good to be home tonight and I think the team was ready to play together at home and in front of a great crowd."

The Gusties are back in action on Friday when they travel to Augsburg.



Gustavus Sports Information

Junior Kate Holtan celebrates with her teammates after winning a point during a match against UM-Morris.

Women's Golf places fourth at DIII Classic

Ericson earns MIAC Athlete of the Week Honors



Sophomore Erin Ericson was named the MIAC Athlete of the Week after recording her first career medalist honor this past weekend.

Michael O'Neil Staff Writer

The Gustavus Women's Golf Team earned a fourth-place finish last weekend at the DIII Classic in Hastings, MN after finishing 11th at the Wartburg Fall Invitational in Waverly, IA the week before.

The DIII Classic was highlighted by strong play from Sophomore Erin Ericson, who carded the lowest individual score at the tournament and earned her first career medalist honor.

On the first day of the Wartburg Fall Invite, the Gusties were led by a trio of sophomores. Sophomore Emily Kratz went lowest with a four-over 76 and was tied for 20th while Erin Ericson scored a five-over 77 and sat in 26th place. Sydney Regalado was tied for 24th with a 78.

First-years Laurel Ward, Hannah Hubbart, and Kristin Martens all carded an 84.

"Our ball striking off the tee, approach shots, and short shots around the green were good but our putting was not good enough to really score well. Shooting around 315 is exciting and there are a good number in front of us very close that we hope to pass tomorrow," Assistant Coach Randy Stuckey said after day one.

As a team, the Gusties sat in tenth place after the first round.

On the second day of the tournament, increased wind brought challenges for the Gusties. Sophomore Sydney Regalado led the Gusties with a 73 that was good for a 12th place finish overall. Erin Ericson tied for 30th with a score of 79 on the second day. Martens and Ward both carded two day totals of 167 to round out the team score.

"Again today, they battled and learned a lot from different situations. It is a process to get better and they are all committed to working on the game that needs improvement. We always emphasize finishing and told them that they did just that "Struckey said

that," Stuckey said. The Gusties score of 315-318-633 was good for 11th place overall, while St. Catherine won the event with a 297-305-602.

This past weekend, Gusties looked to build on their performance in Iowa at the Division III classic, hosted by Emerald Greens Golf Course.

On the first day of the tournament, Ericson posted a three-over 75 that featured three birdies. Ericson's score put her in second place overall after the round one.

Regalado also had a number of birdies and scored a 78 that slotted her in a tie for ninth place overall, while Kratz was one stroke behind with a 79. Fellow Sophomore Ward rounded out the Gusties team score with an 85.

The Gusties' total of 317 put them in third place as a team after the first round of the tour-

"[Ericson] had a great round, had it to two under at one point and 75 was solid. [Regalado] and [Kratz] posted good scores as well. Looking for everyone to finally put it all together tomorrow. I think we left a few shots out there, but not too many today. Another not too many today. Another event with a very strong field," Head Coach Scott Moe said.

St. Catherine sat in first place once again with a score of 311, while Bethel sat one stroke ahead of the Gusties at 316.

Day two was highlighted by a strong performance from Ericson, who carded an even-par 72 to take first place overall in a tournament field of 90 golfers.

Kratz recorded her third career top-ten finish with a score of 75 that tied her for eighth. Regalado tied for 17th with a second round score of 80 while Ward finished with an 83 that slotted her into 48th place overall

The second round team score of 310 is tied for the tenth-best team score in program history, and Ericson is the first Gustie to earn medalist honors since Morgan Bleyhl and McKenzie Swenson shared first place at the Georgianni Blugold Invite in 2017.

The Gusties finished in fourth place as a team.

"Overall, very pleased with our effort and the results. This



Gustavus Sports Information

Sophomore Emily Kratz shoots for the green during a match earlier this year.

was a great field, and will give you an idea of the level of competition as our conference prepares the host our championship in two weeks," Coach Moe said.

For her efforts, Ericson was awarded the MIAC Women's Golfer of the Week Honors.

"It was a very happy experience and my team was very supportive. The girls I was playing with were as well," Ericson said.

The Gusties will be back in action next Saturday and Sunday at the St. Kate's Invitational in Prior Lake, MN.

Football defeats UW-Stout 41-31

Gusties enter conference play 2-0 on the season



Senior Michael Veldman runs the ball into the end zone during a game against UW-Stout. The team is off to a hot 2-0 start to the season but face a big test this Saturday against No. 3 ranked St. John's.

Gustavus Sports Information



Senior Josh Kirk recorded eight catches for 114 yards against Stout.



Gustavus Sports Information

Sophomore Andrew Bradley and Senior Jake Boykin organize the defense.

Joe Brandel Sports & Fitness Editor

fter opening up the season with a strong 50-19 victory over Martin Luther Sept. 7, the Gustavus Football team kept things rolling, defeating UW-Stout 41-31 the following weekend.

Head Coach Peter Haugen was impressed with the effort he saw from the team and coaching staff on the team's first win of the season.

"Our coaches did a nice job getting these guys ready to go and I can't give our players enough credit for their efforts," Haugen said. "I'm thankful for the win and proud of our guys. There are certainly plenty of things we'll have to get better with but that's how it is every week"

Heading into its next game with ample amounts of confidence, the team geared up for another battle against UW-Stout Sept. 14.

The strong connection between Senior quarterback Michael Veldman and Senior wide receiver Josh Kirk was once again on full display.

After the defense forced a three and out on the first possession of the game, the duo made quick work of the Stout defense.

The Gusties marched down the field on three connections between Veldman and Kirk, the third ultimately finding the end zone.

Veldman then ran the ball in for a two-point conversion to

take an early 8-0 lead.

However, Stout rebounded from this early blow and scored in their next possession on an 18-yard run and followed it up with a successful two-point conversion of their own.

As the second quarter began, a Gustie error led to a fumble recovery for Stout. On the first play of the drive, the Blue Devils quarterback launched the ball downfield and connected for a touchdown.

After a successful extra point the Gusties found themselves trailing 15-8 in the second quarter

Despite this push by Stout, the Gusties were determined to even things out before half and the back-and-forth nature of the game continued.

After an 11 play, 51-yard drive, Veldman found the end zone once again on a rush to bring the score to 15-14 and proceeded to complete another two-point conversion to go up 17-14.

"We played with great energy and had great support from our fans."

-Coach Haugen

On the following Blue Devil drive, Senior Avery Bachman recorded his first interception of the year to give the offense

another shot.

Veldman kept firing and connected with Senior Brice Panning for 36 yards and then

again for a 17-yard touchdown. The Gusties kept the pressure on to finish out the half and after another forced three and out Sophomore David Peal was able to run the ball in to extend the team's lead to 28-17 going into half.

In the second half of the game, Veldman was able to connect with Kirk again for a touchdown.

After an unsuccessful change in possession for Stout, Veldman was able to complete another drive down the field and capped it off with another touchdown run to put Gustavus up 41-17.

The rest of the game was comprised of Stout attempting to make a comeback, notching two touchdowns late in the game to bring the score to 41-31.

The Gusties ultimately ran out the clock and took home the road victory.

"It was a strong overall effort for the team today," Haugen said. "Key turnovers by our defense and our offense made some big plays and sustained a key six to seven minute drive in the fourth quarter. We played with great energy and had great support from our fans."

After a strong 2-0 start to the season the team is looking promising heading into MIAC play, however, it has a tough road ahead.

The Gusties play this Saturday at 1 p.m. Sept. 21 against No. 3 ranked St. John's in what is sure to be a hard-fought game.