

# Apply yourself for internships early



**Lauren Casey**  
Opinion Columnist

It is common to think that when looking for jobs and internships, they are strictly for juniors and seniors and only available once the spring rolls around. Believe it or not, those who wait this long are the ones seen around campus on the verge of a nervous breakdown because so many classmates have something lined up for after they graduate.

It may seem crazy to apply for a summer job or internship in September or go after an internship as a sophomore, but really that is the key to success. When it comes to career development, there is no such thing as too early.

It isn't out of the ordinary to apply for a job or internship nine months early because companies are doing the exact same thing.

It is actually pretty common for well known companies such as U.S. Bank, Ameriprise, Boom Lab and Optum to start their interviews in the fall for both full-time positions and their internship programs.

You need to shoot your shot now, because the companies that have top notch programs will be done with their hiring season by the time spring rolls around. While it is still possible to land a job or internship in the spring, it most likely will not be with these giant companies that are known to show some love for us liberal arts folks.

"It's never too early to plan for the future, and in return you will enjoy the fruits of your labor from doing so," Sophomore Dina Tolen said.

In addition, these companies have well-structured job rotation programs and internship programs that are very competitive. These companies know that those who apply to their programs early are the ones who are ambitious and actively seeking to develop their careers.

We all like to be first in line when it comes to anything in life; first in line at the Gustie Grill in the Caf, first in line at Disney World and first in line at Starbucks. Why wouldn't we want to be first in line to apply for a position that we really want? Being first allows you to get on their radar early. Lastly,

applying early means landing a job or internship earlier.

Landing something in November and not having to worry about it all year would be a dream come true.

It also isn't too early to try to get an internship after sophomore year.

"The opportunities that come up in college are too good to pass up on, but also remember to not feel the pressure if you don't get an internship," Sophomore Maddie Sweeney said.

There is a reason that sophomores are eligible to join Career Development's Mentor Program, and that is because it is a great connection to find an internship or connection that could help down the road.

Sophomores, don't let the common thought that only juniors and seniors look for career opportunities, or pure procrastination, stop you from jumping on this amazing opportunity.

Yes, it may be harder to find one in the area you are interested in because sophomores may not have all the qualifications yet, but any internship experience is a great resume builder. It is about who you know, not what you know at this stage.

After my sophomore year, I interned at a debt collection company as a compliance intern. I got the gig because my mom's friend at the gym said her husband could use an intern at his company.

Was I planning to have a career in compliance? No. Did I fall in love with compliance and sitting at a desk all day? Absolutely not. But I gained so many skills, as well as learned what I want for myself regarding company culture, my interests and what I excel at.

Having internship experience that early helped me land my internship after junior year, which I suspect my summer job at the Outlet Mall wouldn't have had that same wow factor.'

*"Having internship experience that early helped me land my internship after junior year, which I suspect my summer job at the Outlet Mall wouldn't have had that same wow factor.'*

have had that same wow factor.

Start to network as soon as possible, because opportunities will present themselves in some wacky ways.

Lastly, first-years can and should get going on their careers, too. It may seem weird to start thinking about life after college before some even know



Senior Kailey Maroney (right) at her summer internship with Wells Fargo.

Submitted

their major, but doing some things at this stage will help your future self.

"It's a good idea to start learning your strengths and weaknesses early," First Year Ben Schumacher said.

I got the advice of setting up an appointment with Career Development my first year to go over my resume and communicate my goals. This is something I highly recommend, because it is good practice to think about your resume early and start networking.

The Career Development office may seem like a scary place to go into because the thought of full-time adulating seems terrifying, but starting early helps to ease stress.

Joining LinkedIn and Handshake are great first steps to get to know Gustavus alum and students in the same area of interest. They are great tools to use for networking and finding

opportunities.

Attending career panels and events put on by Career Development or Gustavus Women in Leadership are prime opportunities to network, and get a feel of what you will be doing in a couple short years.

peers and learn from them," Schumacher said.

There is nothing to lose by starting this process early except missed opportunities by not getting the career ball rolling.

*"It may seem weird to start thinking about life after college before some even know their major, but doing some things at this stage will help your future self."*

"As a first-year you have the opportunity to talk to older

# Sophomores left behind



Emily Seppelt  
Opinion Columnist

For some of us sophomores on campus, this school year has been a bit of a smack in the face. But why? Sophomores now have a year of experience under their belt. They know their way around campus. They understand how a college class works and not to grab a tray at the Caf.

Everyone, including sophomores themselves, thinks that they've got this year down, no problem, but that is often not the case. This false sense of confidence is often the culprit.

After their first year, sophomores come back to campus expecting the year to be pretty much the same as the last, minus the first-year jitters. But now that they've made it past their first year, no one is going easy on them anymore. No one is asking how they are doing or if they need help. No longer



Senior Amanda Jensen's (back row, third to left) Gustie Greeter group is one of the many examples of first-year-oriented support systems.

Submitted

are CF's trying to connect with you or create a community on your floor. Suddenly, class is so much more difficult and the class load in general feels like a mountain standing squarely in front of them. The organizations they joined last year are making demands of them.

People don't seem to realize that often times, one year is really not enough to fully adjust to college. By junior year, stu-

dents seem to have their system down. And of course, plenty of attention is rained down upon seniors. Students are more likely to drop out of college during their sophomore year. Sophomores end up being the invisible middle, forgotten by students, faculty and administrators alike.

What makes it worse is that not even sophomores themselves realize this. They ask

themselves why they are struggling so much, why they are so overwhelmed and busy. Many end up blaming themselves and feel like they are just no longer up to par with other students or that they don't deserve to be on campus. As if no one else their age is struggling with the same issues or are having the same kinds of feelings.

Running at breakneck speed without a pause for a breath, sophomores now stare down the face of declaring their major and considering what direction they want to take themselves in for the rest of their college career and possibly their life. The emphasis on involvement at Gustavus means that they have a thousand obligations and responsibilities on top of their schoolwork and personal stress.

Perhaps organizations could put on more sophomore-orientated events surrounding mental health, or just any events for sophomores to let them know that they are being thought about. An effort could be made to look into sophomore dropout statistics or cases of mental health issues on this campus specifically.

Without the support that first-year students are offered, many sophomores find themselves floundering.

Now, I am not arguing the sophomores deserve or need the same level of attention that first-years receive; what I am making the argument for is just a bit more thought and consideration.

Often times, the people who seem most happy and independent are the ones that struggle behind the façade. People who seem the most successful and

busy are the ones wishing that people will ask how they are really doing.

*"Without the support that first-year students are offered, many sophomores find themselves floundering."*

The first year was not easy for everyone. Lots of people had the same types of problems that I describe here and more, but find this year much easier.

I just ask that we consider that people who didn't struggle last year may be struggling this year. Or they may have struggled last year and continue to struggle this year.

Having a hard time in college is not exclusive to first-years. Basically, anyone could be struggling at any point in their college career, and we need to keep that at the forefront of our minds.

So, go ask your friends how they are really doing. You may be surprised by their answer, and it while may lead to some difficult conversations and trying times, it will be worth it in the end. Suffering alone or feeling like you are the only one is the worst feeling. Minding our mental health and caring for ourselves in absolutely vital.

## The Good, the Bad, and the Meh



Happy 90th Birthday week Uhler! :)



It has the potential to snow this weekend, so be careful when walking down The Hill.



You can finally wear sweaters to cover up the freshman fifteen.

# Liberal arts without the arts



**Lizzy Woerpel**  
Opinion Columnist

Two weeks ago, on Sept. 27, Gustavus announced its new financing campaign “Show the World”. The three points of the campaign are to equip, energize and elevate.

This is a campaign to raise \$225 million for the college which will go into four different categories. These together will pay for more scholarships, professors, individual department needs, day to day expenses on campus, the renovation and addition to Nobel Hall. as well as the renovation of the Lund Center.

*“The Lund renovation and the distribution of funds that is causing debate amongst the student body.”*

The Lund renovation and the distribution of funds that is causing debate among the stu-

dent body.

During an interview with Thomas Young, Vice President for Advancement at Gustavus, he spoke on how the renovations included in the Show the World campaign are a part of a much longer-term timeline of renovations.

He also stated that though they are aware there are several buildings needing repairs on campus that the board of trustees decided to prioritize the Lund Center.

Gustavus has indeed outgrown the Lund center, but the art department and music departments have also outgrown their highly dated spaces.

For example, Björling Concert Hall, which is where the majority of the instrumental concerts are hosted on campus, seats 475 people. In comparison, the balcony in Christ Chapel alone holds 300 seats. Lund is also a full decade newer than Schaefer Fine Arts Center.

“The water, while deemed clean by the school, I have had teachers tell me not to drink the due to the rust in the pipes” and that “it would be great if art was more accessible and present on campus” Sophomore Sonja Quimby said.

In addition, some departments have needs not immediately thought of by the rest of campus. “People often assume the English department doesn’t need supplies like the other departments,” Senior English major Emily Pratt said. Though the English and Languages departments don’t need heavy equipment like athletics and the sciences, they still need a nice space and enough space to have class.

I am well versed with the needs of Confer-Vickner hall, being an English Major. This hall is newer in years than Lund, but is lacking in upkeep the way Lund has been over the years.

One well known problem to



President Rebecca M. Bergman and Vice President for Advancement Thomas W. Young '88 pose in the Chapel.

Gustavus Office of Marketing and Communication

both the professors and the students in the building is that the windows don’t always open or close properly and often leak

profusely when it’s raining outside.

A large motivation for the Board of Trustees to choose Lund over other buildings on campus is for recruitment purposes. They hope that by renovating Lund Center they will be able to increase applicant numbers at Gustavus. But that same concept could be applied to other departments on campus.

If we improve the art building, we could increase the amount of art major amenities; if we improve the music buildings, we could increase the number of musicians, both music majors and non-majors that we admit to Gustavus.

And with increased resources and space, the art and music departments could become a more excisable and welcoming space for students from all backgrounds to come together and experiment with new skills and divergent ways of thinking.

According to statistics provided by Gustavus Quick Facts page, currently 40% of students participate in the arts, but with proper facilities and resources that number could be a lot higher.

Despite a high number of participations in The Arts pro-

grams on campus only around 7% of the money from the campaign is going into any of the arts and this 7% is not dedicated solely to the arts.

As found in the Show the World campaign pamphlet, this small amount is dedicated to the music and arts but also the library, the arboretum, all the academic departments and the athletic teams once again.

The Show the World campaign is an extraordinary campaign that will help propel Gustavus onto a larger, more national platform and we are forever indebted to all the alumni, family and friends that help support us students here at Gustavus.

Young said it well when he described it as a “humbling and profound story” but part of that is also staying true to ourselves as a college.

The important question is how we expect to be known as a liberal arts college if we don’t support and promote our art programs. We have hundreds of extremely talented students and very knowledgeable and experienced faculty members here at Gustavus that given the right environment could blossom into something much bigger.

**Opinionated?**  
**Ready to fight for it?**

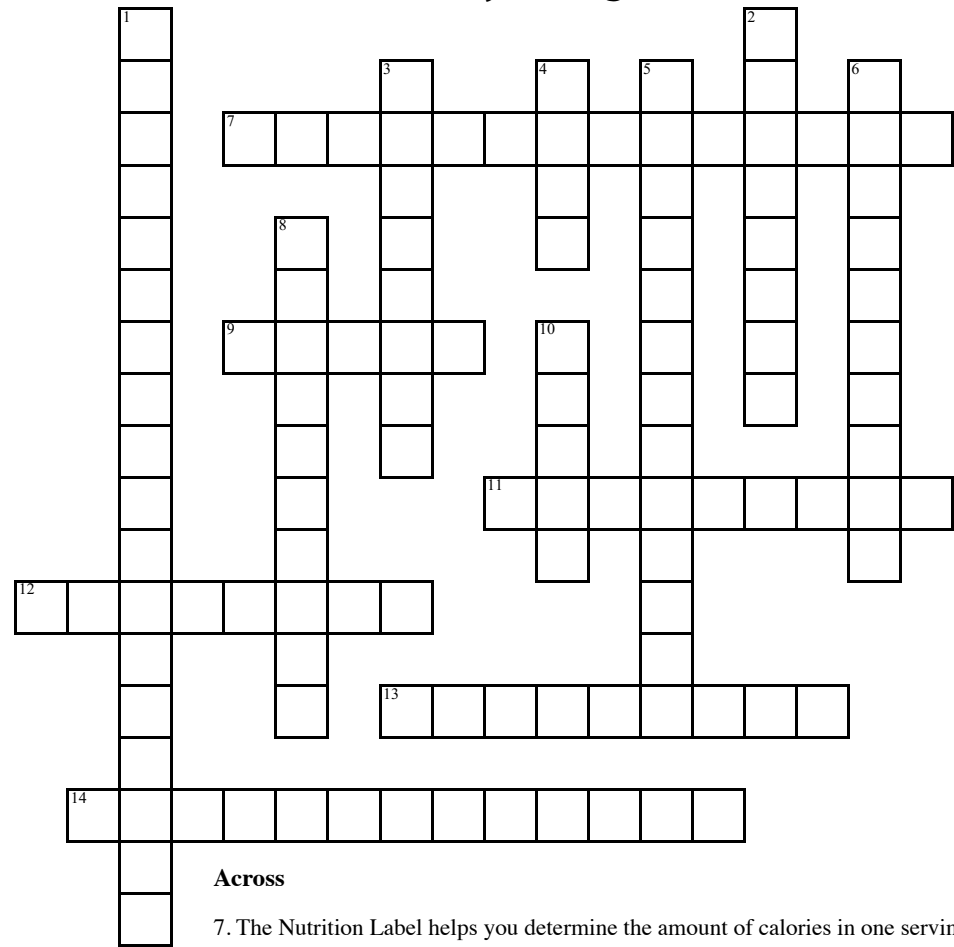
**Then you would be a great fit in our Opinion Section!**

**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](mailto:weekly@gustavus.edu) if this is right up your alley!**

Crossword

Healthy Eating



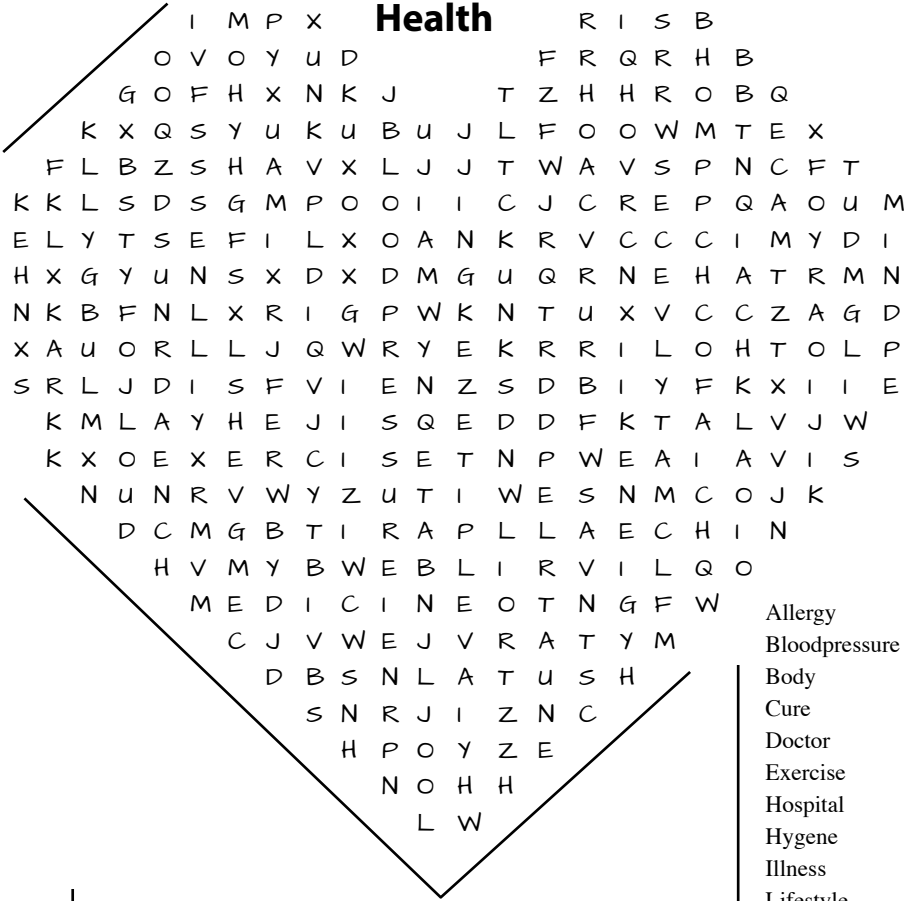
Across

- 7. The Nutrition Label helps you determine the amount of calories in one serving of food.
- 9. A fatty substance that does not dissolve in water.
- 11. The fibers on the walls of plant cells which are made of sugar molecules linked together.
- 12. Units of heat that measure the energy used by the body.
- 13. Substances in food that your body needs to supply you with energy.
- 14. The starches and sugars in foods which are made up of carbon, oxygen, and hydrogen.

Down

- 1. The amount of energy required by the body to maintain minimum essential life functions.
- 2. Special carbohydrates that are found in foods like rice, wheat, corn, potatoes, and peas.
- 3. Nutrients that help maintain body cells and tissues which are made of amino acids.
- 4. The kinds and amounts of food and drinks a person usually consumes (eats & drinks).
- 5. When the amount of calories you consume is equal to the amount of calories after activity.
- 6. All the chemical reactions an organism needs to survive.
- 8. Specific chemical compounds which are the building blocks of proteins.
- 10. An indigestible complex carbohydrate found in parts of vegetables, fruits, and grains.

Word Search



I just found out I'm colorblind. The diagnosis came completely out of the purple.

Cryptogram

Solve the puzzle to reveal the secret phrase!

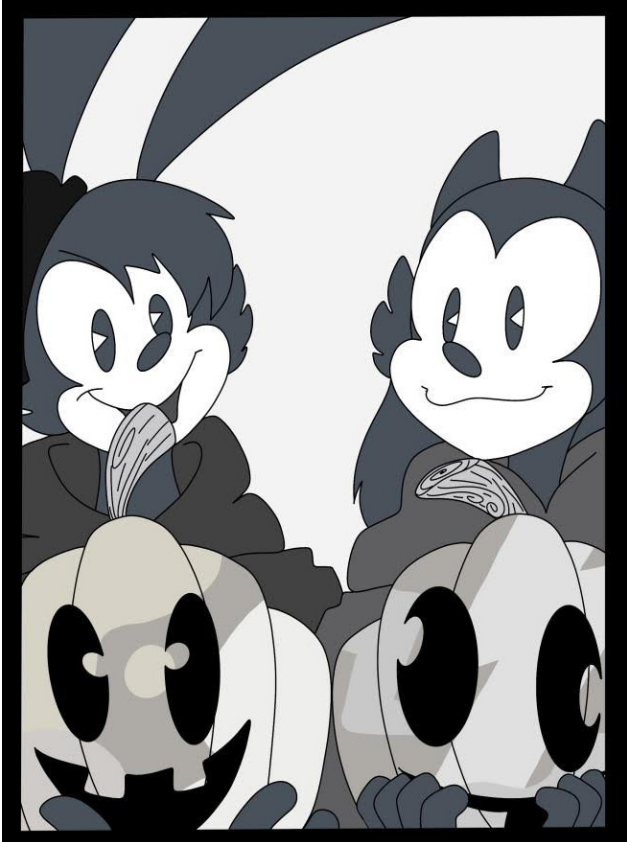
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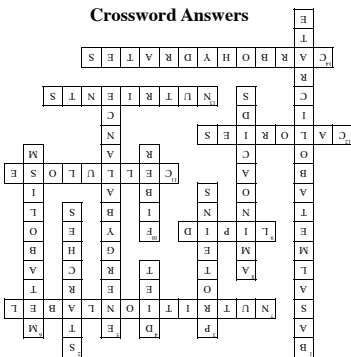
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"Painted Pumpkins" by Bryanna Filip



Crossword Answers



# Cross Country competes at Wartburg

## Men's and women's team both place fifth overall



Sophomore Matthew Payne tries to keep his pace as he treks through deep puddles that formed all over the course at the Dan Huston Invitational in Waverly, Iowa.

Gustavus Sports Information

**Eli Dotson**  
Staff Writer

The Gustavus cross country teams travelled south of the border this past weekend to Wartburg College in Waverly, Iowa for the Dan Huston Invitational.

The men entered the meet ranked number seven in the Central Region, and the women's strong start to the season has earned them the number five ranking in the Central Region.

Both squads took fifth place, the men in a field of 17 teams and the women in a field of 13 teams.

*"I think we took another step forward today and gained confidence for the next step. I am really happy with our efforts."*

—Coach Huber

Sophomore Andrew Stumbo lead the way for the men, taking 23rd place with a time of 26:59:7. Garett Grant crossed the finish line shortly after in 34th place with a time of 27:22:2.

Jeremy Gilbertson, Ben Wicklund and Nick Kerbeshian finished in quick succession and rounded out the top five for the Gusties, finishing in 44th, 45th and 51st, respectively, with times of 27:37.7, 27:38.3

and 27:41.3.

The men ran eighth kilometers during their race, and at the Gustie pace in this last meet each runner knocked out almost five miles at a blazing pace of around 5:30 per mile.

For the women, Senior Tierney Winter lead the way and continued her strong season with a 12th place finish in a time of 24:01:1.

Junior Kourtney Kulseth ran well for the Gusties, finishing in 32nd place with a time of 24:33:4. A trio of strong sophomores rounded out the scoring for Gustavus, as Illiana Ramon, Mackinzie Miest and Lily Engebretson finished in 41st, 55th and 58th, respectively, with times of 24:50:8, 25:13:6 and 25:20:7.

The women run 6 kilometers during their race, and the Gustie pace for this meet saw each runner churning through over 3.5 miles at an impressive pace of about 6:30 per mile.

However, the times for each runner in this meet were at least 20-30 seconds slower than the last meet due to the course conditions.

Wartburg is a perennial power in cross country and finished first overall in the men's race and second overall in the women's race.

Reflecting this success, the course that this race is run on is elite, being specifically designed for cross country races, and it is the site of the NCAA Central Region Meet later this November.

This past Saturday, inclement weather wreaked havoc on the usually well-manicured greens and trails.

"A lightning delay pushed the start times back, mud covered stretches on the course, and it was cold, windy, and rainy throughout both races," Head Coach Brenden Huber said. "That being said, I thought we competed great. Times were slow, which we knew would happen, but we talked prior to the race about competing our best."

Senior runner Samuel Abeggan echoed the sentiments of his coach.

"Our team had a great effort this past Saturday, but our times didn't reflect this due to the poor conditions. It's hard to maintain a good, steady pace when there's a foot of water in some places and mud all over. Despite that, it was kind of fun to run in that gritty environment," Abeggan said.

"Everyone stepped up to the challenge and didn't let the conditions influence their efforts. We had Gusties executing wonderfully on both sides against a really deep field. I think we took another step forward today and gained confidence for the next step. I am really happy with our efforts," Huber said.

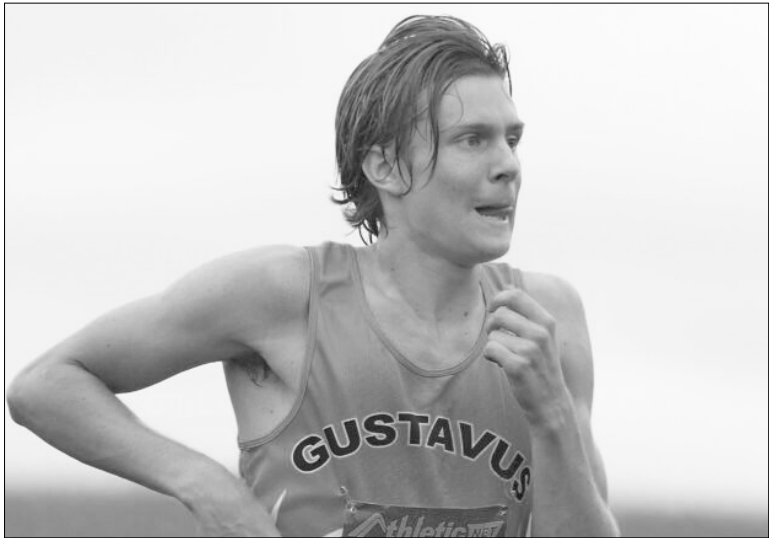
The Gusties will run again on October 19 when they head to UW-La Crosse.

After that, the focus shifts to the MIAC Championships Nov.2.



Gustavus Sports Information

Senior Tierney Winter led the Gusties with a 12th place finish.



Gustavus Sports Information

First-year Tucker Wallin competes for the Gusties Oct. 5.

# Women's Soccer falls to St. Olaf

## Gusties fall to 2-8 overall and 1-4 in conference play



Gustavus Sports Information

Junior Taylor Hemme takes the ball up the field for the Gusties during a match against St. Mary's earlier this season. Most recently, the Gusties took on St. Olaf and dropped the game 2-1.

**Gabe Schneider**  
Staff Writer

The Gustie Women's Soccer team lost a close game this past weekend by a score of 2-1.

On Sunday, the Gusties traveled to Northfield to take on St. Olaf.

The Oles are off to a good start this season, as their record improved to 7-3-1 overall and 4-1 in the conference.

This marks the Gusties' third loss in a row, after winning two straight against Northwestern - St. Paul and Saint Mary's.

With the loss, the Gusties

fall to 2-8 overall and 1-4 in the conference.

However, the Gusties have kept the games close as they have only lost the last three games by one goal in each, one of which went into overtime.

There were plenty of scoring opportunities in the game, as each team had more than 15 shots total and seven shots on goal.

Therefore, both goalkeepers had busy days as they both had to make at least six saves.

Senior Ashley Becker had eight saves on the day for Gustavus.

There was no scoring in the first half, as the first goal came about five minutes after half-

time from Junior Katie Ashpole, assisted by Junior Taylor Hemme.

This was Ashpole's fourth goal of the season, padding her lead atop the team for goals this season.

Hemme's assist was her third of the year, which also leads the team.

About ten minutes later, the Oles found the back of the net, tying the score at 1-1.

It looked as if the game was going to overtime, when St. Olaf scored in the 88th minute to take the lead.

The Gusties were unable to score in the remaining time, and the game ended in a 2-1 victory for the Oles.

Head Coach Laura Burnett-Kurie says that her team is still trying to find its identity, and that they need to work on being more consistent in the future.

"We have high expectations for ourselves and are still trying to decide who we want to be as a team this year," Burnett-Kurie said. "We have some outstanding moments where we are able to show our true potential, other times we struggle. It's about finding consistency moving forward."

Despite the loss, Burnett-Kurie had a couple positive takeaways from the game on Sunday.

"We scored a great goal today, had other dangerous opportunities and defensively we have some strong moments. A



Gustavus Sports Information

Senior Abby Mullenbach controls the ball in the midfield for the Gusties.

few times we moved the ball better than we have all year. We are going to take those moments and move forward. When we play for each other and with the Gustie tempo, it's fun to play and watch," Burnett-Kurie said.

After a couple of tough losses, the Gusties have learned from the games and are looking to stay aggressive offensively.

"I think we have learned that we can't become complacent, especially going up early. Once we score, we need to be willing to keep going at them, not sit back and defend the rest of the game. We need to take pride in our hard work, and use that to motivate us to be consistent throughout the

whole game," Ashpole said.

The Gusties' season has been a series of ups and downs, as they have experienced both winning streaks and losing streaks. One thing they are looking to improve upon in the next couple games is consistency.

"I think we need to find our consistency and be able to ride the highs and lows of the game. We need to let these past few games motivate us and then use that momentum to finish the season with hard work ethic and a drive to win," Ashpole said.

The Gusties travel to Wisconsin to take on a tough UW-La Crosse team on Wednesday at 6 p.m.



Gustavus Sports Information

Junior Katie Ashpole takes on a St. Mary's defender Sept. 21.

# Men's Golf places second in the MIAC

## Pedersen and Ullan earn All-Tournament Team honors

Michael O'Neil  
Staff Writer

The Gustavus Men's Golf Team, ranked No. 25 in the latest polls, capped off a phenomenal fall season with a second place finish at the MIAC Championships on Monday.

The Gusties were coming off a victory at the Twin Cities Classic, hosted by the Minnesota Valley Country Club on September 28-30.

After the first round of the tournament the Gusties sat in second place behind strong play from Sophomore Jacob Pedersen and First-year Khrystjan Petersen, who shot 71 and 72, respectively. Pedersen sat atop the leaderboard as an individual after the first round, while the first year was in fifth.

The Gusties posted a six-over 294 as a team, one behind the leaders from UW-Eau Claire.

"Conditions were not that easy, but we got out of the gates well. It's a very strong field, so to have two guys, JP and Khrystjan, in the top five is great," Assistant Coach Randy Stuckey said.

For the second round, the Gusties traveled to Elk River Country Club. Despite difficult conditions, the Black and Gold shot 291 and moved into first place.

On day two, Pedersen and Junior Max Ullan led the way with matching scores of 71 (-1). Pedersen maintained a two-stroke lead over Cole Jahnke of UW-Eau Claire as the top scoring individual. Ullan's two day total of 147 slotted him in a tie for eighth place.

Senior Ben Hauge carded an eagle on the par-four 13th hole and moved up to 13th place overall with a 73.

"When you miss any shots out there it takes great scrambling skills to save par, and we were able to manage that very well today. Under par out there today was a great score," Head



Gustavus Sports Information

Sophomore Jacob Pedersen posted the best score for the Gusties at the MIAC Championships and earned All-Tournament honors along with Junior Max Ullan.

Coach Scott Moe said.

For the third and final round, the Gusties were back at Minnesota Valley, and picked up right where they left off from day two.

Hauge and Jacob Pedersen highlighted day three of the tournament with scores of 71 and 73, respectively.

With their scores, Pedersen secured a tie for first place and Hauge jumped ten spots on the leaderboard to finish third overall.

Ullan finished with a 76 while Junior Carter Czichotzki shot a 72 to round out the Gusties top scorers.

With their final round 292, the Gusties held on to first place and finished 18 strokes ahead of

the second-place Tommies.

"This weekend the guys played three exceptional rounds to put together a big win. It has been a while since we had such a strong three days of golf, starting out good and finishing each round, particularly today's round," Coach Stuckey said.

For his win, Jacob Pedersen was named MIAC Men's Golfer of the Week.

The Gusties looked to continue this strong momentum moving into the Conference Championships this past weekend with play beginning on Sunday, October 6th after a rain delay on Saturday.

The first day of the tournament featured 18 holes at the Ridges at Sand Creek in Jordan,

MN. The Gusties came out hot and held a four-stroke lead after shooting 301 in the first round of play.

This time, Junior Max Ullan led the Gusties and was tied for the overall lead after scoring a one-over 73.

Jacob Pedersen was tied for third and just one stroke back with a 74, while Hauge and Czichotzki each posted scores of 77 to be tied for 11th.

"It was a good start for the guys today. A lot of golf left to be played. Great competition, five teams within five shots of the lead. A couple of holes we need to execute a little bit better tomorrow, but I think we have a great game plan in place for tomorrow. I was very pleased

with how we battled throughout the round and the guys kept great composure for the entire day," Coach Moe said.

The second and third rounds of the tournament were both played on Monday, and despite posting strong scores, the Gusties finished in second place overall.

Pedersen and Ullan both posted strong scores in the final two rounds and finished in second and fifth place overall, respectively.

Pedersen birdied four of his last eight holes and scored 75-69 in his final two rounds while Ullan posted a 78-70.

Senior Ben Hauge finished in 14th place in his final conference tournament with scores of 75-76 on the final day.

Czichotzki rounded out the scorecard for the Gusties with 77-75 over the final two rounds to finish in 15th place.

"We played a great final round, shot two-over and lost six shots. I told our guys we left it all out there and played as hard as we could. I'm so proud of them and I would go to battle with our guys any day of the week. We have proven we are one of the better teams in the country. We had a great fall season and never finished worse than second place," Moe said.

For their efforts, both Pedersen and Ullan earned All-Tournament honors.

The Gusties now transition to the offseason and will begin play again when the snow melts in the spring.



Gustavus Sports Information

Junior Max Ullan shoots for the green at the MIAC Championships.



Gustavus Sports Information

Senior Ben Hauge tees off during a match last season.