

THE GUSTAVIAN WEEKLY

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ISSUE 10

Tales from Peru:
Mayra Gurrola
Calderon



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Christmas music
yet?



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starts the season
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Charlottte Lim records *Safe Sexy Fun Time* in KGSM studio with co-host Solveig Stafford.

Nate Habben

Safe Sexy Fun Time Radio Hour premieres on KGSM

Student-ran radio show helps provide inclusive safe sex education

Emily VanGorder
Staff Writer

Sunday, Nov. 10th saw the first broadcast of the Safe Sexy Fun Time radio hour, hosted by Sophomore Solveig Stafford and Junior Charlotte Lim. This event is a collaboration between the KGSM student radio and the Center for Inclusive Excellence, which has hosted Safe Sexy Fun Time events in the past.

This year, Safe Sexy Fun Time wanted to make this information more accessible to the public.

"We decided to work with KGSM to host a radio show covering the material we would cover in our workshops," Lim said.

Safe Sexy Fun Time events in the past included a presentation covering topics of interest, but this year Safe Sexy Fun Time is

doing their radio hour instead of a public event.

"We're going to go through each of the topics one by one in episodic shows, and then answer questions at the end of the hour," Stafford said.

Lim works as a coordinator for the Safe Sexy Fun Time queer inclusive sex education. Safe Sexy Fun Time was created by Andie Kukacka last year out of the advocate training program through the CIE.

"[We taught] people more information about the LGBTQ+ community, how to be helpful, how to be a resource. [We taught] definitions and vocabulary, just to make sure [people] were doing their best to be inclusive and create a sense of belonging for all students," Assistant Director of the Center for Inclusive Excellence Janet Jennings said.

Kukacka, who graduated last year, worked as a supervisor at the Center for Inclusive

Excellence. "There are a lot of good resources on our campus, but they weren't necessarily inclusive of sex or sexual acts outside of sex involving a penis and a vagina, or P/V sex. We started last year with trainings, sessions outside the Courtyard Caf and talked about safe sex practices, broke down myths and [helped] people feel like they belonged and could also be safe," Jennings said.

"[Lim worked with Kukacka] and [with] a few others to bring queer inclusive sex education to the campus. Safe Sexy Fun Time events covers the importance of consent, communication, masturbation, birth control, materials, different kinds of lube, and we work to promote healthy relationships as well," Lim said.

"In the past, Safe Sexy Fun Time reached out to sponsor to give out free materials, such as dental dams, condoms, gloves and different kinds of lube. We

have worked with The Smitten Kitten in the past, which is a queer-owned sex shop in Minneapolis, and they have kindly donated some of the materials we have given out in the past," Lim said.

Safe Sexy Fun Time also did tabling at the Healthy Relationships fair that the PAs put on.

"[Tabling at the Healthy Relationships fair] brought light to different experiences people were having. When it comes to sex in general, not everybody needs a condom, some people may need to use gloves, some people are allergic to latex. [We also] really press on consent-consent is key" Jennings said.

Stafford works at KGSM as well as at the CIE.

"I have been forcing KGSM into every other aspect of my life because I think it's a really good platform that we should take advantage of. I brought it up to Charlotte because I'd already [told her] I wanted to be

a part of Safe Sexy Fun Time," Stafford said.

"During our work shifts we figured out what we wanted to discuss. Once we had figured out what we wanted to say it was just a matter of showing up to the studio. My good friend Alma Jorgenson, [who is] the Co-President of KGSM, produced the first show for us," Stafford said.

The switch from a public Safe Sexy Fun Time event to a radio hour was a definite change from past years.

"I believe it's easier for people to learn and talk about sex if they're not in the same physical space as others, especially when they're your peers because you don't want to be told about sex

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Real Big Taste

Purpose Pause allows Gustavus faculty to share their insights



Senior Mike O'Neil interviews Head Men's Tennis Coach Tommy Valentini.

Katie Mattinen

Jack Weissenberger Staff Writer

The Chaplains' Office is constantly looking to create deep and meaningful connections throughout the Gustavus campus, and the best time for this is during the Daily Sabbath. A new feature of Daily Sabbath this year was the addition of a Purpose Pause. This weekly event has taken place in Christ Chapel almost every Tuesday since the beginning of the school year.

"Be inspired for the journey of purposeful living as students interview Gustavus employees about their experiences discovering their talents, living out their values, and making a difference in the world," the Gustavus website for Purpose Pause reads.

During Purpose Pause, students have gotten the opportunity to hear from their faculty leaders and learn from their values and experiences. This is all part of a larger plan from the Chaplains' Office.

"Purpose Pause is part of a larger purposeful living initiative to equip students to lead

purposeful lives and to act on the great challenges of our time," Chaplain Siri Erickson said.

To accomplish this, Gustavus employees from many different departments on campus have been brought in during Sabbath to talk about their values, and experiences in making a difference in the world, which talks are conducted through interviews with chosen student representatives.

"My Purpose Pause talk was about Jodi Maas and the journey that led her to Gustavus and what she feels she has been called to do. My personal goal as the interviewer was to ask questions that would help [Maas] reveal her amazing self to the student body that doesn't have the pleasure of interacting with her every day," Junior Isabel St. Dennis said.

St. Dennis' interview was the first of the month—it took place on Nov. 5. This opportunity allowed Maas, the Assistant Director in Church Relations and the Chaplain's office, to talk about her experiences and to connect with students.

"I think Purpose Pause is a really cool way to get faculty

and students interacting on a more personal level. I also like it as a chapel event because I feel like it allows the speaker to be more comfortable with talking about the religious aspects of their vocation," St. Dennis said.

Typically, staff members do not get the opportunity to discuss their personal beliefs in class. This event offers them the opportunity to share their experiences and hopefully encourage the conversation to continue.

"Through these interviews, we hope to spark many more conversations, formal and informal, about people's diverse experiences of seeking to live a purposeful life. We hope people across campus will join the conversation," Erickson said.

So far, the talks have been well received. The feedback received from students has been positive and the conversations brought up during Sabbath have continued outside the chapel.

"The Purpose Pause interviews have been going really well. I think students enjoy hearing from faculty and staff about how their lives have taken shape in meaningful ways.

We've heard about important mentors, turning points, life lessons, values, and stories that have shaped people's lives and career paths. It is inspirational to hear how much Gustavus employees love working with students through their chosen professions and how they balance that with family and community roles and responsibilities," Erickson said.

The feedback has been encouraging for the Chaplains' Office and the Chaplains have been happy to hear all the positivity resulting from these interviews.

"We plan to continue this program for the rest of the year and possibly for the next several years. I would love to see more students of all backgrounds coming out to hear these different purposeful living stories from Gustavus faculty and staff. Purpose Pause is not a religious worship service; it is simply a twenty-minute interview intended to inspire people to lives of meaning and purpose. I hope that all students know they are welcome to come to the chapel for these student-led Purpose Pause interviews," Erickson said.

While the interviews take place in the chapel, they are not directed towards one religious group or another. Everyone is being welcomed to these informational interviews.

"I would definitely like to see Purpose Pause continue in the future so I can get to know other staff. I think it is beneficial to those who attend because it's a moment during the day where you can relax and learn something new about someone," St. Dennis said.

This new Sabbath event has offered students the opportunity to learn more about some important people on campus. The next Purpose Pause interview will take place on Tuesday, Nov. 19 when Senior Anna Duong-Topp will interview Associate Professor in Religions and Japanese Studies John Chai. The Chaplains' Office wants all students to feel welcome to partake in the Sabbath.

“Advisor Appreciation” week encourages students to give thanks to their professors



Senior Jacqui Miller meets with Assistant Professor Kayla DeLorme.

Katie Mattinen

Parker Lindberg Staff Writer

Spring course registration opened this week, which can be a stressful time for many students. However, having an academic advisor can make the process easier. Students looking to show their appreciation for their academic advisor will have the opportunity later in November, thanks to the Academic Support Center.

The Academic Support Center, located in Anderson Hall, is a resource for students that supports their academic success and provides accommodations for students while at Gustavus. One of the ways in which they do this is by supporting the academic advising program, where each student must choose a faculty member in their department to advise and support them in their academic career. Advisors provide academic support and knowledge for

their advisees and help students plan for their future.

Later this month, the Academic Support Center will be coordinating an effort called “Advisor Appreciation” week. On Nov. 19, 20, and 21, members of the ASC will be tabling outside of the Evelyn Young Dining Hall, where students can stop by from 10:00 a.m. to 1:30 p.m. to write a personalized note to a faculty member that has been influential to them. The note will then be sent to their P.O.

box. Though termed “Advisor Appreciation,” letters can be sent to any Gustavus faculty or staff member that has been a good resource for them during their time at Gustavus.

The event is coordinated by Faith Emovon David, a student employee in the Academic Support Center, and Tom McHugh, director of the Academic Support Center.

“[The effort is a] really simple way to show your gratitude for someone,” David said.

The process is easy and non-time consuming for students. Though it did not happen last year, the event is meant to be an annual occurrence.

“We know that excellent advising can have a very positive impact on a student’s Gustavus experience,” McHugh said.

“We also know that advising, while fulfilling and rewarding work, is not always recognized as much as it should be. We’re intentionally holding this event in November while students are registering for January and Spring Semester in order to recognize the time and effort that faculty members are investing in advising this time of year.”

Whether or not students celebrate Thanksgiving, it is good to show your appreciation for someone and a letter is a thoughtful way to do that. In this way, David says the effort is inclusive of all individuals.

“My advisor has been one of my biggest supporters throughout college,” Senior Hannah Deyo said.

“She’s done everything from helping me figure out courses for upcoming semesters to supporting me in academic petitions and helping me with internships and future plans. I honestly don’t know how I’d survive without Patty English,” Deyo said.

All students are encouraged to stop by a tabling session and write a note to a faculty member of their choice. More information on Advisor Appreciation can be found through the Academic Support Center.



Sophomore Solveig Stafford records Safe Sexy Fun Time with co-host Junior Charlotte Lim.

Nate Habben

Continued from page 1

by people your age, it just feels weird. It’s nice to have a barrier between that so [no one] is afraid to ask questions that may make them uncomfortable” Stafford said.

“The content covered includes topics which could be considered taboo or bad, and using the radio as a platform makes that a lot easier,” Stafford said.

“[Using the radio] we might reach different people that maybe don’t come to the campus center as often as they could. All students now are Gen Z, so using the resources that you guys use we can get more people to interact with health conversations around sex,” Jennings said.

The goal of the Safe Sexy Fun Time radio hour is to educate listeners about safe sex, pleasure based sex, and queer inclusive sex.

“[We want to] get as many people listening as possible. I want people to know where

resources are. What websites, books, or actual people they can go to if they have questions or concerns beyond what we can do, and also to let people know where they can access the things we’re talking about. I just want people to know that nothing is off the table, nothing is embarrassing. They don’t have to worry that people are going to know they’re the ones asking a question,” Stafford said.

“Solveig and Charlotte are thinking about different and innovative ways to get students to talk about sex and talk about questions they have,” Jennings said.

Questions for the Safe Sexy Fun Time radio hour can be submitted through DMs to the KGSM or CIE Instagram pages, or through a physical Question Box which can be found in the CIE. The show runs from 11 a.m. to 12 p.m. on Sundays.

Tales from Abroad: Mayra Gurrola-Calderon

Anh Tran
Staff Writer

Senior Theater and Latin American, Latinx, and Caribbean Studies Major Mayra Gurrola-Calderon is spending her Fall semester of 2019 in the Republic of Peru—the South American home of the Amazon rainforest, Machu Picchu, and the ancient Inca empire.

"With this opportunity, I believe that in the long-term, this has given me the ability to learn and expand my knowledge in global terms and enabled me to understand the importance of history and education."

Gurrola-Calderon chose to study in Peru because the country's Latinx heritage closely and deeply relates to her field of study and her own identity as a Latin American.

"I wanted to study abroad in a Latin American country because of the complex and intensive history it holds, and, as a Latin American myself, I wanted to know more. I wanted to step out of the United States bubble of labeling every Latin American as a Mexican, and actually learn about other cultures. So I picked Peru because of its history," Gurrola-Calderon said.

What motivated Gurrola-Calderon to study away included not only the historical and cultural heritage that stimulates her intellectual curiosity but also her willingness to challenge her own limits and put herself out into the global context.

"I knew I wanted to study abroad when I arrived in college because I felt I didn't have a comprehensive knowledge of the global world. With this in mind, I knew I needed to venture outside of the four walls I had become accustomed to in Minnesota and learn more about the different cultures and people who have preceded me," Gurrola-Calderon said.

Moreover, studying abroad means even more to the senior who is also a first-generation college student.

"As a first-generation student in my family, I wanted to make it possible to acquire knowledge through travel. I have continually entered rooms not meant for me and experienced situations my family members were not afforded the opportunity to, and if I can be able to continue to do so, I will," Gurrola-Calderon said.

Stepping out of her comfort zone, Gurrola-Calderon certainly experiences multiple



Submitted



Submitted

Top: Gurrola-Calderon (fourth from left) completes community service with Cusco's Protección de Los Animales.
Bottom: Gurrola-Calderon poses in Machu Picchu.

challenges on top of the opportunities that the trip offers.

"I had a flight cancellation that made me arrive a day later, so I was exhausted, excited, and overwhelmed all at the same time," Gurrola-Calderon said.

In recounting the favorite activities in Peru, the senior finds something she loves in every single one of them.

"Ever since I've been in Cusco, I have had the opportunity to do life changing things. I have visited Sacred Valley, Machu Picchu, and Lake Humantay. But beyond traveling, I've been able to participate in different restoration projects that one of my professors has been in charge of and also community

service in surrounding communities around the provinces of Cusco," Gurrola-Calderon said.

Besides trouble with flights and airports, the most difficult aspects for Gurrola-Calderon are the moments of homesickness, during which she wishes she had had her parents by her side.

Something that Gurrola-Calderon wished she would have packed more of would be sweaters and pants.

"Here in Cusco, it can be very sunny outside but our classrooms don't have heating so it can get really extremely cold inside," Gurrola Caulderon said.

What the senior misses most about campus is the Arboretum, her friends and the orga-

nizations she is involved in.

Before going home, Gurrola-Calderon has exciting travel plans after her coursework is over.

"Before I get home, I am visiting my family for the first time in Mexico and I am so excited for the food, hot peppers, and my family," Gurrola-Calderon said.

Gurrola-Calderon considers studying abroad a grand step out of her own comfort zone and encourages other Gusties to look for resources to make this experience accessible to themselves.

"Never be afraid to ask for help in any of your concerns or questions. If you are on the fence, go to the study abroad office and bring them your questions because something I learned from

own process was that asking for help was incredibly liberating," Gurrola-Calderon said.

Gurrola-Calderon appreciates this journey as a whole for allowing her to gain a global perspective on issues that humanity deals with every day.

"With this opportunity, I believe that, in the long-term, this has given me the ability to learn and expand my knowledge in global terms and enabled me to understand the importance of history and education. In general, studying abroad has also affected the idea of stories and the way people hold on to them to survive or live," Gurrola-Calderon said.

GUSTIES *of*

Chris Gilbert

Monali Bhakta
Staff Writer

Professor of Political Science Chris Gilbert comes from a liberal arts education background as he attended Moravian College in Bethlehem, Pennsylvania during his undergraduate years.

One of the reasons why he chose to teach at Gustavus was that he valued the small, close-knit community of compassionate and caring people he encountered everywhere he went.

When he finished graduate school at Washington University in St. Louis, he found a job opportunity that best fit him at Gustavus.

Since being here, he has appreciated forming meaningful relationships with students.

"Anybody who takes a course in our political science department is going to have an excellent professor, and will learn something about the current world and how it came to be. They will be encouraged—but not pushed—to think about any particular political direction considering their own orientation toward what kind of active and engaged citizens they want to be," Gilbert said.

He also admires how our school takes religion's role in the world seriously since religion and politics is his area of expertise. Therefore, he has met many colleagues who were interested and supportive of the work he did which focused on this topic.

His interest in religion and politics began at Moravian, where the curriculum had a two-course religion require-

ment; He took a course focused on history that was interwoven with politics. After taking these course, he immediately realized this was his passion.

"I like the way he teaches, he is really passionate about what he teaches and that makes it easier to understand which encourages students to learn about the subject matter more in-depth," Junior Ingrid Kubisa said.

In terms of engagement, he praises how Gustavus students are very politically aware and interested in learning about the political system.

Many prominent issues have persisted in American society for countless generations, and will possibly continue long into our lifetimes, such as climate change.

He believes that young people have the power to organize and push our country out of a toxic, corrupt political system.

"It seems to be that the set of students who are just learning about it are the ones pushing back against the idea that 'this is the way it has to be, I can't do anything.' Younger generations are in a better position to understand that social change needs to happen," Gilbert said.

This compels him to advocate for students' wellbeing so they can be successful, well-rounded leaders after college.

Since his father was a professor, he heard the stories of hardships and struggles they faced due to external factors.

This developed Gilbert's educational philosophy that student performance in the classroom depends on what they are personally dealing with, and they

should not be penalized if they experience hardships in their lives they cannot control.

"[Gilbert] works really hard to be conscience about making classes accessible and accommodating for all students. He's just a really funny guy. In certain topics that might not be interesting, he finds a way to teach it in a way that is easier to comprehend," Junior Chelsea Boyden said.

Because his father always approached each student with compassion and empathy, he decided to adopt this teaching style as well.

Treating every student fairly does not mean holding them to an arbitrary standard, but being open and willing to work with them. He knows that there are sometimes competing interests we cannot control.

"I had been a student athlete in college, and I'm impressed with how Gustavus has helped student athletes manage those competing demands. Students should also know there are a lot of us willing to be available or direct them to the resources they should seek," Gilbert said.

He finds it enjoyable to balance work life with being the parent of young boys and broadening his mind about the kinds of struggles young people face.

"Although you are bombarded in the first year with information about the many ways Gustavus can assist you—and while you shouldn't expect to remember all of it—remember that somebody always has the answer, and one of those ways is to point you in the direction that is best for you," Gilbert said.



Katie Mattinen

Gilbert's educational philosophy is centered around mutual respect.

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

If so, send their name, position on campus, and a short description of why you think they should be recognized to
weekly@gustavus.edu
for a chance to be featured!

A representative from the Gustavian Weekly will be in contact with you via email if your suggestion is chosen to be featured in an issue of the paper.



Katie Mattinen

Gilbert's interest in politics began during his undergraduate years at Moravian College.

the WEEK

& Quincy Yangh

Elsa Beise
Staff Writer

Junior Quincy Yangh, a travel aficionado from Saint Paul, Minnesota, has been excited to attend college since he was young and was excited to choose Gustavus.

"Ever since a young child, my parents impressed upon me the need for higher education. Therefore, I was very critical in selecting an institution that will academically challenge me and help me become the scholar I have always envisioned. I selected Gustavus because I believe it will help me achieve and surpass the goals I have laid out for myself. So far, my education at Gustavus has proved me right," Yangh said.

Yangh is a geography major and enjoys everything he is involved in on campus, including being a leader for many different student organizations.

"On campus, I have had the honor and privilege of serving as Co-Chair of the Diversity Leadership Council, Co-President of the Hmong American Cultural Outreach, member of the President's Council for Diversity, Equity, and Inclusion, Collegiate Fellow, and employee at the Center for Inclusive Excellence," Yangh said.

Although he is currently abroad this semester, he still is an active member of the President's Council for Diversity,

Equity, and Inclusion and plans to be a part of the Indigenous Reconciliation Committee and Building Bridges.

Former Area Coordinator Lindsay Henderson was able to work with Yangh when he was a collegiate fellow.

"[Yangh] is one of the most self-motivated, intelligent, mature and kind students I have met at Gustavus. He often takes on more than his fair share of the work and plans campus-wide programs with ease that are extremely successful. [Yangh] achieves so much more in 24 hours than any normal human being—I am not sure how he manages to fit all of his clubs, student employment, and classes into one day while maintaining high standards at each of these tasks," Henderson said.

Professors enjoy having Yangh in class and admire the goals he has set for himself.

"I met [Yangh] in the geography department. Particularly, he signed up for my Research Methods course. I had heard of [Yangh] before through other professors who had him in class, but having him the class was a tremendous experience. [Yangh] is full of energy, passion, and creativity. Not only is he fully invested in his education, I love how high [Yangh] is aiming. He really wants the best possible experience and education out of Gustavus," Associate Professor of Geography Joaquín Villanueva said.

Villanueva has admired how helpful Yangh has been in promoting the geography department.

"Having such an ambassador has been great for geography. I've had countless students taking my courses over the past two years that tell me that they are there because [Yangh] recommended geography. Other times, when I tell people across campus that I am in the geography program their first question is: do you know Quincy? I guess, this has become the Quincy program," Villanueva said.

Echoing this idea was Assistant Visiting Professor of Geography Jesse McClelland.

"I've met many students who thought to take their first Geography class, or even major in it, after a conversation with [Yangh]. This owes partly to Geography being a great major and I'm proud to say that! But also it has a lot to do with his wanting to share his passion with others," McClelland said.

Yangh loves being a Gustie and believes that Gustavus has opened many doors for him to explore.

"My favorite thing about being a Gustie is having access to the resources, opportunities, and mentors I need to achieve my aspirations," Yangh said.

He enjoys relaxing on campus and supporting the events held.



Submitted

Yangh is currently interning for a non-profit in New Delhi.

"My favorite things to do at Gustavus are hammocking in the arb, playing volleyball and badminton with my friends, and attending all the cool events that the Gustavus community puts on," Yangh said.

Yangh has been given two extremely prestigious scholarships to study abroad.

One is the Benjamin A. Gilman International Scholarship with only about 25 percent of applicants awarded and the other is the Fund for Education Abroad Scholar with 2.3 percent of applicants being awarded.

"Both scholarships share a common goal—to serve first-generation, historically under-represented, and low-income college students by assisting in making their study abroad endeavors possible. Together, these two scholarships not only made study abroad a reality for me but also provides me with a network of professionals, fellowships, and scholarships that can further support my passion for transnational work in environmental and social justice," Yangh said.

Yangh has traveled to many different locations around the world with these scholarships.

"For the past two months, I was in Nepal where I studied the geopolitics of the region,

Buddhism, the Tibetan language, and Tibetan and Himalayan peoples. I have also been very fortunate to have had the pleasure of conducting fieldwork on Tibetan refugees, and the effects of climate change in the Tsum Valley, a region in the Himalayas," Yangh said.

Currently, Yangh is interning for an international non-profit in New Delhi called iProbono.

"The mission of iProbono is to secure equal access to justice and opportunity to the most vulnerable and disenfranchised communities...My journey thus far abroad has broadened my perspective on the complexities of our world. Additionally, I have deeply enjoyed the new sceneries, new relationships, and all that I am learning," Yangh said.

As for after graduation, Yangh has ambitious goals to further his education and continue pursuing his passions.

"After graduation, I hope to further fuel my passion for environmental and social justice on a transnational scale by immersing myself in communities outside the United States. In particular, I hope to become a Fulbright recipient. In addition, I hope to further my education by obtaining a Ph.D. someday," Yangh said.



Submitted

Yangh (bottom left) has held multiple leadership roles on campus, including serving as a Collegiate Fellow.



Kyara Craven
Staff Writer

MONEY-\$AVING TIP\$ FOR THE COLLEGE \$TUDENT

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Many of us are familiar with the trope of the broke college student: the fear of checking your bank account, eating ramen for weeks on end and wondering how you're going to survive until your next source of income shows up. If you find yourself falling into this category, here are some tips and opportunities to save some money.

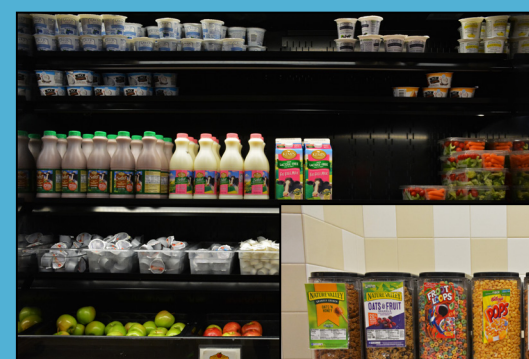
The Peer Assistants have two different opportunities for student discounts at Gustavus and in St. Peter:

- If you are a first year student, you can stop by the the GustieWELL for the opportunity to get a \$5 giftcard to The Bookmark. This is also a chance for first year students to check in and destress with some upperclassmen who are familiar with some of the situations that you may be going through.
- The Peer Assistants also have a project for students who are turning 21. Students should go to the GustieWELL a week before their 21st birthday to learn how to safely enjoy their birthday celebrations. After your meeting, you will be able to get a booklet full of discounts for businesses in Saint Peter like Dominos, Patrick's, and Diamond Dust. There are also coupons for the Courtyard Cafe and The Bookmark, as well as a few businesses in Mankato.

Quick Tips for the Caf:

It's easy to lose track of how much money you spend in the Caf, and nothing is worse than having to eat peanut butter and jelly sandwiches for an entire week because you already have a negative balance in your account. Here are some cost-effective tips for purchases in the Caf:

- Take advantage of **GustieWare**! This is a free to-go option, while normal to-go boxes cost 50 cents.
- Buy food items that will last you longer (i.e. opt for a box of cereal and a gallon of milk rather than buying individual bowls of cereal each day).
- Go for meals rather than snacks (i.e. at checkout, they bundle most side and main course dishes from the United Nations station in the Caf, whereas the Gustie Grill station charges main courses and sides separately).
- Bring your own mug for coffee or tea to get the **green** discount from both the Evelyn Young Dining Room and the Courtyard Café.



Gustavus Residential Life also has coupon books featuring discounts from local businesses. While not everyone on campus has a car, there are plenty of ways (via shuttle or carpool) to get to Mankato and surrounding cities. Here are some of the businesses that have student discounts and coupons:

Food:

- Buffalo Wild Wings and Rings
- Cold Stone Creamery
- Dairy Queen (St. Peter and Mankato)
- Frozen Yogurt Creations

Transportation:

- Midas
- Nick's Car Care
- Jiffy Lube

Activities:

- Maverick Bullpen
- Kato Escape Room
- All Seasons Arena

Also, Venmo and Cash App are two popular apps used by college students. These are essentially a bank in your pocket, and these apps are a lifesaver for when you forget your wallet and your friends decide to go out to eat. Did you know that when you use your Venmo or Cash App card or app, you can get a discount at certain businesses like Chick-fil-A, Starbucks, DoorDash, and AMC?