

Rousing a discussion around the rouser



Marie Osuna
Copy Editor

First, let’s focus on the imposter syndrome aspect. According to the American Psychological Association, imposter syndrome usually occurs among high achievers who are unable to internalize and accept their success. They will often feel that what they have achieved is due to luck rather than their own skills and that they will eventually be seen as a fraud. For college students, these doubts about their own abilities can make them feel like everyone else has everything together and they are the only ones falling apart. Because of their doubts, they keep these feelings bottled inside, which raises stress levels immensely.



The rouser is commonly heard by families going up the hill on move in day.

Office of Marketing and Communication

We’ve all been subjected to the Gustavus’ peppy, cheerful rouse, ending on the words “Beat ‘em bust ‘em that’s our custom, Gusties will shine.” While this song might be fun to sing at football games and other Gustavus events, it can have some potentially damaging effects. The phrase ‘Gusties will shine’ can set up an unhealthy campus culture resulting in students experiencing imposter syndrome and feeling like they are failing if they aren’t “shining”. Additionally, the phrase completely ignores the fact that college is hard and that having a range of emotions is healthy and completely okay.

“For college students, these doubts about their own abilities can make them feel like everyone else has everything together, and they are the only ones falling apart.”

This relates to the phrase ‘Gusties will shine’ because it sets the expectation that

students here are always doing great. Those who feel like they are falling behind or just struggling with an everyday issue might want to hide it because they don’t want to be seen as a failure. Furthermore, the phrase completely ignores just how

hard college is. The American Psychological Association and the National Alliance for Mental Illness cite mental health challenges as the greatest struggle for college students today. In addition to these serious health conditions, college students also face everyday challenges just from being away from home for the first time. For example, dealing with finances, trying to stay on top of homework and trying to avoid getting the cold or flu are all added stressors in a students’ life.

relationship—these are common experiences many Gusties have had that are generally a normal part of college. Of course, if you are really having trouble in college, please don’t feel bad about going to the counseling center or seeking help elsewhere. If you are truly struggling to the point where you can’t function in your everyday life, I urge you to reach out to a professional for help. However, for those of us struggling with less serious issues, I do think we need to acknowledge that having a range of emotions (which means we aren’t totally happy one hundred percent of the time) is normal and to expect otherwise is ridiculous. Obviously, this is all a bit over the top, and not many students are likely to read that closely into the lyrics of the Gustie rouser. However, the phrase is an overarching part of campus culture, and sometimes those not-so-obvious details have a big impact on our unconscious thoughts. As a college student, I think we all know it’s impossible to constantly being shining. While the phrase ‘Gusties have a healthy range of emotions and know it’s okay not to be okay’ might be a bit lengthy and not as fun to cheer at sporting events, it does have a better underlying message. Maybe it’s time the traditional ‘Gusties will shine’ phrase is re-evaluated.

“For example, dealing with finances, trying to stay on top of homework and trying to avoid getting the cold or flu are all added stressors in a students’ life.”

For many of us, college is a time to try new things, experiment with what we want to do, and (most importantly) make mistakes. I’m sure many of us can easily recall a college moment where we were definitely not shining. Crying in the library, doing poorly on a test, experiencing a lousy

The Good, the Bad, and the Meh



You just got paid, so Black Friday shopping is in your future.



There is no logical reason to have a hammock in the Arb anymore.



You are slipping on ice everywhere, but you also get to see everyone else slip, too.

Climbing the gender hurdle in higher education



Emily Seppelt
Opinion Columnist

Professors and faculty are some of the most influential people on the rate of success for a student and a positive college experience. If you think about it, professors are one of the strongest influences on a student's life and growth over their college years. Having a good relationship with your professors is vital towards learning the most that you can and getting a good grade.

But do students treat male and female professors differently? A multitude of studies say yes, and speaking as a student, it is in plain sight for all to see. According to a study that can be found in the academic journal "Sex Roles", students ask for more special favors and traditionally nurturing behaviors from their female professors than they would if she were to be male. Now of course, every professor should act as a mentor to students who need it, but those expectations are different.

I would like to make it clear that I am in no way speaking on behalf of female professors here at Gustavus, but simply as

a feminist and a student.

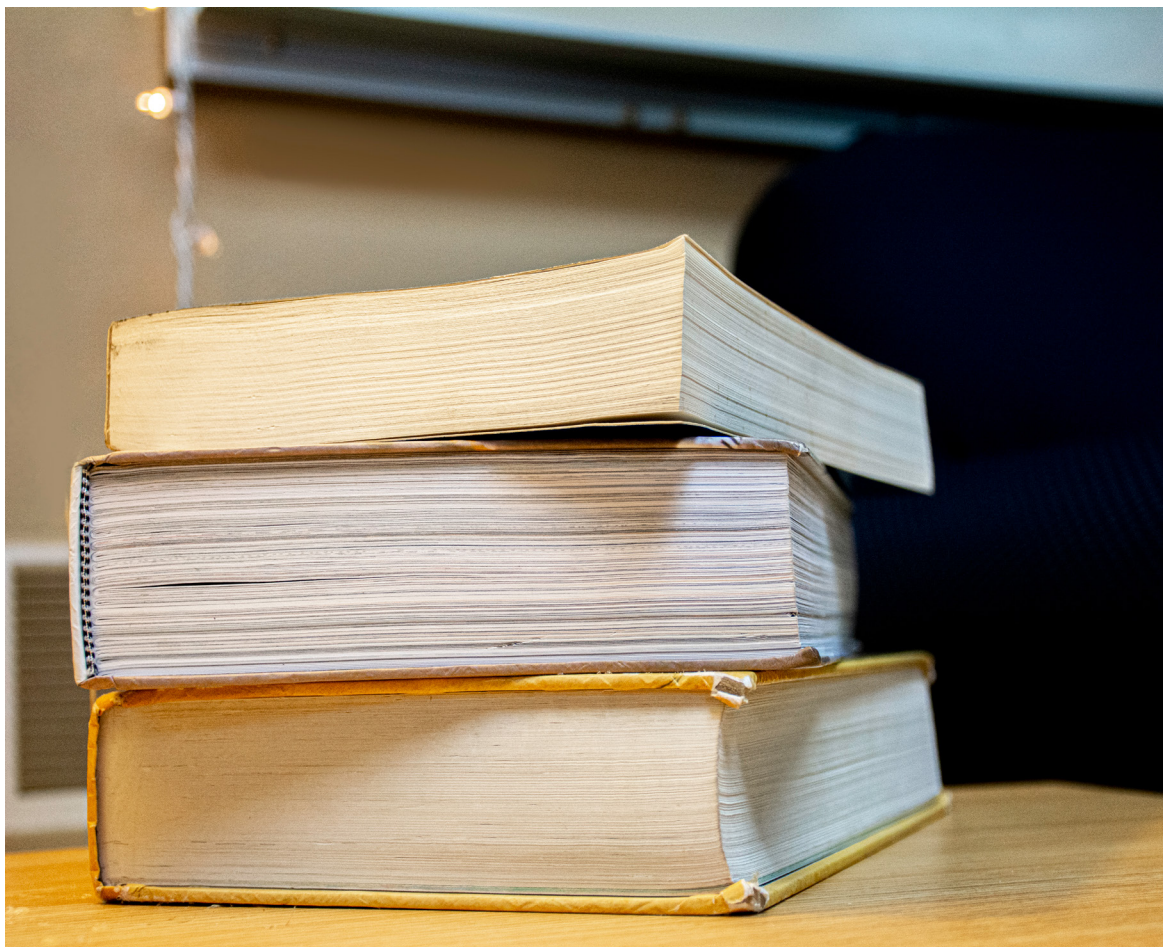
Students more often turn to female professors to vent about things and look to them to solve their issues in the class. This gives all the emotional labor onto the shoulders of the professor instead of it being shared equally. An unequal distribution of emotional labor is when most of the mental energy and mental stress of a situation or circumstance are put onto one person, and women are often the ones that get doled out insane amounts of emotional labor.

When female professors have to deal with all of this excess emotional labor, they have less energy to do all the other things they need to do—including being a fully present and engaged professor and academic scholar. Not only do female professors deal with more emotional labor, but according to Inside Higher Ed, they also shoulder more "service work" in comparison to their male counterparts.

And the inequalities don't end there. Fellow faculty, students and administration all bring the baggage of the stereotypes of sex roles and understanding of the patriarchy to campus with them. Female professors are more likely to be asked for special favors and exceptions. "Professor gender significantly predicted special favor requests, which significantly predicted other-directed emotional labor," a study published by Inside Higher Ed said.

The study went on to find that not only were students and faculty more willing to ask more requests of female professors, but that they more often than not were "irritated or disappointed if the professor denied the requests, and persist[ed] in asking for favors after being denied."

I have witnessed this phenomenon myself when



Women have historically been left out of the academic discussion, often noticeable in textbook authorship.

Katie Mattinen

observing how students talk about a female professor versus a male one. It seems to me that when denied special requests, students are more likely to dismiss a female professor as uncooperative or cruel than a male professor.

Not only does this behavior create a burden in the classroom and during the semester, but a female professor's success in their career and teaching can be influenced and affected by student evaluation. "When students rank their experiences in a classroom on a scale from 1 to 5, male professors receive ratings that are, on average, 0.4 points higher than female professors" an article in The

Boston Globe said.

While that may seem like a small difference, it's a lot bigger than you might think.

I am not trying to make the claim that all students have a known strong hatred or bias towards all women, but the evidence is there that students are unknowingly influenced by sexist and misogynistic stereotypes that negatively skew their perceptions of their female professors.

Therefore, it is our job as students to see and understand this bias in ourselves when we have female professors. The problem also lies in the hands of administrators that hold the fate of female professors'

careers in their hands. If they are not equipped to see sexism and misogyny when it stares them in the face in student evaluations, female professors will continue to be hold back. Not only should they search for obvious signs of bias but going in with the understanding that students are influenced by the patriarchy should be part of the job description.

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It's never too early for Christmas music



Maddy Smerillo
Opinion Columnist

arguments against listening to Christmas music beginning Nov. 1 can be easily refuted with a few main points.

"Common themes that could arise in Thanksgiving music include but are not limited to: the murder of turkeys, bothersome relatives who relentlessly ask their loved ones why they don't have a significant other yet and even worse, the genocide of the Native American people."

It's that time of year again, Gusties. The season has arrived when people begin to think about getting gifts for their loved ones, delicately placing snowmen and other winter-themed decor on their mantles and cozying up with a sweater and a good book for the winter. The temperatures are dropping and with them drop many peoples' opposition to Christmas and other holiday music. However, some individuals insist that Christmas music should be left until after Thanksgiving to be listened to. Personally, I can't help but disagree. The

The first thing I most commonly hear around this time of year is that if we start listening to Christmas music now, then we skip over Thanksgiving. If that is the case then I ask you: is there music that you listen



Fliers for a local Christmas concert.

Nate Habben

to you specifically during Thanksgiving?

As far as I know, there is no meritable Thanksgiving music to listen to. Even if there was, the topics would not be ones

worth listening to. Common themes that could arise in Thanksgiving music include but are not limited to: the murder of turkeys, bothersome relatives who relentlessly ask their loved ones why they don't have a significant other yet and even worse, the genocide of the Native American people.

Personally, I don't exactly picture myself tuning into those themes on a late November morning while the Macy's Thanksgiving day parade plays on my television screen and my mother boils potatoes.

Additionally, I would think that many of you don't spend your Thanksgiving day listening to music you hear all year round; I don't personally picture a situation where I play some Post Malone and Billie Eilish for my grandmother going particularly well. Who knows, maybe your relatives are cooler than mine. Instead, we listen to music that will put us in the holiday spirit. Then comes my next point: if the music you listen to on Thanksgiving is holiday music, then wouldn't said music technically be dually classified as Thanksgiving music?

Or would Thanksgiving then not count as a holiday, thereby making holiday music only the most appropriate music to which we could listen for the month of November?

The second argument I regularly hear against listening to Christmas music beginning Nov. 1 is that said music will get tiresome after listening to it for the whole month of November and December.

Let me tell you this: the time between November 29-December 25 is simply not enough time to listen to all the Christmas music that has ever been created. Of nearly

one million Christmas tracks that exist, you'd barely have enough time to listen to all of Bing Crosby, let alone do justice to Michael Buble, who deserves much more attention all year round.

Additionally, my argument here is not that one has to listen to holiday music beginning Nov. 1, but rather that those of us that wish to do so should be left in peace, so there is no guarantee that you would be made to hear it for that length of time anyway.

Finally, I argue that not all holiday music is directly related to holidays but rather to winter in general.

Songs such as "Walking in a Winter Wonderland," "Jingle Bells," and many other holiday classics mention nothing about Christmas or the holidays whatsoever. Many years in Minnesota we get snow before Halloween; in most years, snow is almost guaranteed before Thanksgiving.

What is the harm in listening to weather-appropriate music? We do this in the summer time, when many of us listen to music that encourages us to roll down our windows and go for a ride on a warm sunny day or sit on the beach sipping a cold beverage. The same should apply for cold months; I must protest this double standard.

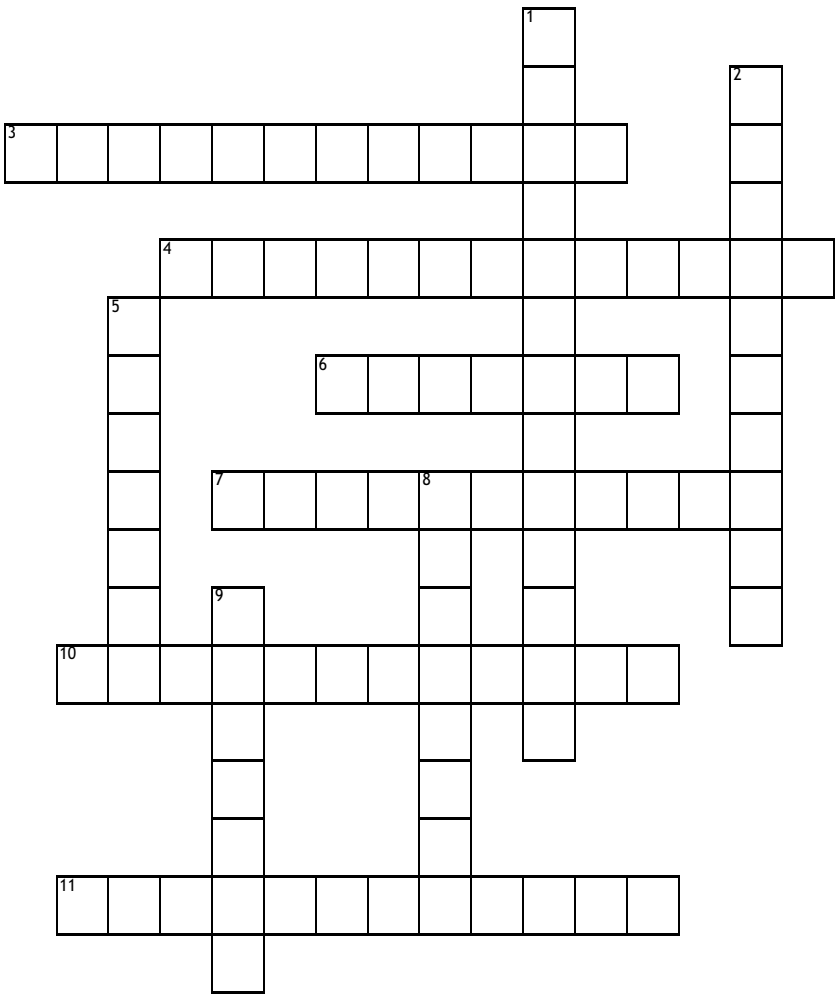
So, for all you Christmas music-delayers out there, I ask you this: what harm truly comes from allowing the people who can't get enough of the best time of the year to listen to the best kind of music beginning Nov. 1? I'd encourage you all to be less of a Scrooge this season, and to let those of us who just can't wait for Santa to listen to our seasonal music without being disturbed.



The Gustavian Weekly office is ready for the holidays.

Katie Mattinen

Crossword
Interior Design



Across

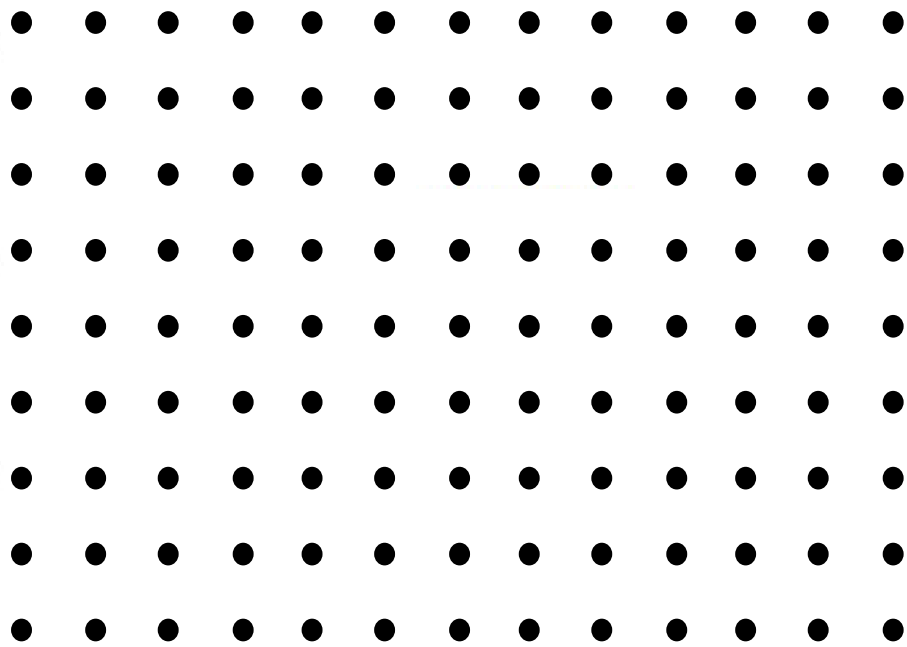
- 3. The name given to the furniture designed by American architect, Frank Lloyd Wright
- 4. Copies of antique originals
- 6. An ornamental detail used on furniture made by rotating wood to create a spiral effect
- 7. A twenty-first century furniture style that emphasizes comfort and informality
- 10. Highly valued furnishings that are less than 100 years old but no longer made
- 11. A 21st century furniture style that traces its origins to the lifestyles of rural areas

Down

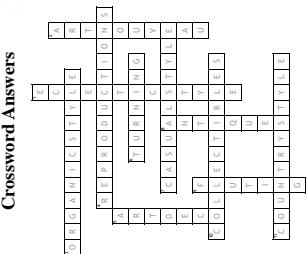
- 1. A modern furniture style in which furniture and fabrics cross over styles and periods
- 2. The style that began as a revolt against historical revival styles
- 5. The most popular international decorative style in the 1920s and 1930s
- 8. Furniture made over one hundred years ago in the style popular at the time
- 9. An ornamental detail made by carving parallel grooves into the wood

Dots & Boxes

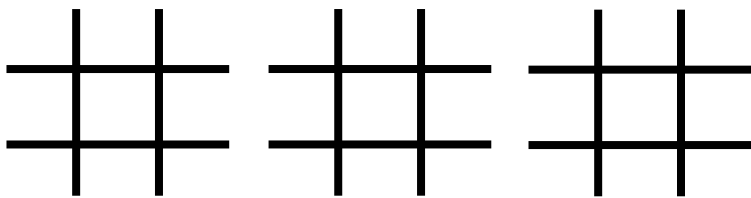
Take turns drawing one line. If that line completes a square, write your initial in the box and draw another line. Continue until all dots have been connected. The player with the most boxes wins!



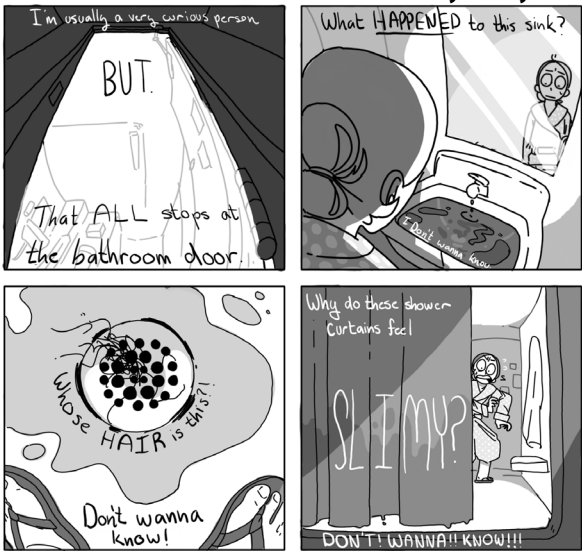
Happy Birthday Luke!



Crossword Answers



"Public Bathrooms" by Bailey Hoff



"Christmas Before Thanksgiving" by Bryanna Filip



What kind of show does a chair put on?
A sit-com.

Swimming and Diving defeats St. Olaf

Both men's and women's team have strong starts to season

Michael O'Neil
Staff Writer

The Gustavus Men's and Women's Swim and Dive season is underway, as they hosted their home opener on Nov. 2 and their first MIAC dual meet on Nov. 9.

On Nov. 2, the Gustie men welcomed UW-Stevens Point while the women hosted UW-Stevens Point and Minnesota State-Mankato. Both teams produced strong results in a number of events.

The women had numerous top three finishers and were headlined by First Year Ellen Hofstede, who took first place in the 50 yard freestyle and the 100 yard freestyle and second place in the 200 yard freestyle.

Junior Haley Auran also had a strong meet, with second place finishes in the 100 and 200 yard breaststroke.

Junior Katherine Brostrom also had a top three finish in the 1000 yard freestyle.

On the diving board, Junior Sophia Steinberg led the Gusties with a second place finish in three meter diving and a third place finish in one meter diving.

In the relays, Hofstede paired up with Junior Amelia Bjorklund, First-year Annika Johns, and Senior Alyssa Lokensgard to take second place in the 400 yard freestyle relay.

The Gustavus team of Seniors Maddie Westendorp and Alyssa Kohorst along with First-year Abby Yartz and Sophomore Lillie Ortloff took third place in the 200 medley relay.

As a team the Gusties finished ahead of UW-Stevens Point but fell to Minnesota State-Mankato.

"The women performed great. They swam better than where I thought they would be at this point in the season,"



The Men's and Women's Swimming and Diving teams have had a solid start to their seasons, defeating St. Olaf by scores of 200-90 and 164-136, respectively.

Gustavus Sports Information

Head Coach Jon Carlson said.

On the men's side the Black and Gold had nine first place finishes, led by Junior Nolan Larson who was involved in four of the nine.

Larson took first place in the 100 and 200 yard butterfly as well as the 200 individual medley, before anchoring the 400 yard freestyle relay. He teamed up with First-years Dane Hudson and Matt Becker, as well as Junior Matt Allison.

"A lot of guys stepped up big today but Nolan Larson had to swim the last three events in a row and won them

all. He was really the key to putting us over the top," Coach Carlson said.

Hudson and Becker also won events individually, producing the fastest times in the 100 yard backstroke and 50 yard freestyle, respectively.

The Gusties found success in the longer events as well, with Senior Zach Dawson finishing first in the 1000 yard freestyle and First-year Callen Zemek finishing first in the 500 yard freestyle.

On the diving board, Senior Logan Bican took first place in the one meter event.

"I was really pleased with how the team swam. I was shocked because that's the first time the men have beaten Stevens Point in a while," Carlson said.

The following weekend, the Gusties continued to produce strong times as they hosted MIAC rival St. Olaf at the Vic Gustafson Pool.

The Gustie women took home first place in eight events en route to a 164-136 victory over the Oles.

Auran picked up where she left off one week earlier by claiming first place in both the 100 and 200 yard breaststroke.

Lokensgard and Hofstede also claimed the top spots in the 50 and 100 yard freestyle events, respectively.

The Gusties finished first in the 400 freestyle relay once again. This time, Yartz stepped in for Johns to pair with Lokensgard, Bjorklund and Hofstede for the victory.

Yartz and Hofstede also took part in the 200 medley relay, and finished first along with Westendorp and Kohorst.

Steinberg was solid on the 1-meter diving board once again, while Junior Emily An earned the top score on the 3-meter board.

"The divers were the key to us coming out on top. I'm very proud of how everyone swam. There were a lot of times that I didn't expect to see because they were so fast. A huge credit to the women coming together and taking down a tough and talented St. Olaf team," Carlson said.

On the men's side, the

Gusties produced a dominant performance, and came away with 12 first place finishes and a 200-90 victory.

Larson highlighted the meet once again, this time with a time of 1:43.60 in the 200 yard freestyle which is the fastest ever in the Vic Gustafson Pool. Larson also took first place in the 100 yard butterfly.

The Gusties won the freestyle event at lengths of 50, 100, and 400 yards as well with Allison winning the 50 and 100 and Zemek taking the 400 yard event.

Sophomore Farque Hussein and Dawson finished first in the 100 and 200 breaststroke respectively.

The final individual victories in swimming events came from Junior Josh Muntifer in the 200 yard butterfly and Hudson in the 200 yard backstroke.

The team of Hudson, Larson, Allison, and First Year Taylor Vander Jeugd also finished first in the 200 medley relay.

On the diving board, Bican won the 3-meter event, and qualified for NCAAAs with his winning score in the 1-meter event.

"It was an unreal day for the men. We are off to a good start and have a lot of work to do. This is as talented a group of swimmers that I've had in a long time and I'm very excited for them. They are constantly pushing to get better and better," Carlson said.

The Gusties are back in action this Saturday with split squad events at Macalester, St. Mary's, and Hamline.



Gustavus Sports Information

Junior Nolan Larson kicked off the season with back to back MIAC Athlete of the Week Honors.

Football falls to St. Thomas

Gusties prepare for their last game of the season



Senior Brayton Finch carries the ball for the Gusties during a game earlier this season. The team holds a record of 6-3 going into its last game of the season against St. Olaf.

Gustavus Sports Information

Eli Dotson
Staff Writer

The Gustavus football team succumbed to rival, St. Thomas, this past weekend after a valiant effort in what was potentially the last Gustie-Tommie matchup.

With the loss, Gustavus moves to 4-3 in the MIAC, tied for fourth place, and the 19th ranked Tommies move to 6-1, tied for second place.

The first quarter saw both teams trading punches in a back-and-forth battle.

The Tommies struck first with a short run to the endzone, a refrain that would become far too familiar for the Gusties by the end of the game.

Gustavus answered back with a drive ending in a 2-yard pass from Michael Veldman to tight end Brayton Finch to the first quarter ended in a stalemate.

"We're proud of the effort we put forth, and we're going to carry that throughout the rest of the season."

—Brayton Finch

The second quarter began much the same way as the first as the momentum hung tenuously between both teams.

The Tommies struck again, scoring on a 44-yard pass, but Gustavus put together a convincing 12 play, 78-yard drive

capped off by a Brice Panning touchdown catch to answer back.

This was Panning's NCAA-leading 16th receiving touchdown of the season.

Aided by an interception, St. Thomas began flexing their offensive muscle and closed out the first half with two touchdowns to take a 29-14 lead.

After halftime the Tommies continued to build their lead, outscoring the Gusties 14-8 and taking a 43-22 advantage into the fourth quarter.

With their heads on the chopping block in front of a hostile crowd, the Gusties mounted a furious comeback.

Another massive 13 play, 77-yard drive garnered a short touchdown pass for Ethan Sindelir, and a fumble by the Tommies gave Gustavus great field position.

The Gusties capitalized, and Sindelir notched another score on a six-yard strike from Veldman to bring Gustavus within one possession, score 43-36.

With the pressure mounting, St. Thomas remained cool and put together the timely 60-yard drive they desperately needed to stop the bleeding, capped off by a run into the endzone.

On the next Gustavus drive a Veldman pass was picked off, and the Tommies closed out the game with a pair of unanswered touchdowns for a final score of 57-36.

Reflecting on the tough loss, senior stalwart Brayton Finch said he was impressed with his squad's resiliency and effort.

"We came out ready to

play and were very motivated throughout the entire season to face St. Thomas. We thought we had the best game plan possible, but they proved to be the more physical team by the end of the game. We're proud of the effort we put forth, and we're going to carry that throughout the rest of the season," Finch said.

Panning had a stellar outing for Gustavus with 10 catches for 169 yards and a touchdown.

Veldman completed 29-45 passes for 365 yards and four scores, but also had two interceptions and a fumble. He faced constant pressure throughout the game, which resulted in 8 St. Thomas sacks.

The losses on these plays drove the run game down to a total of -5 yards, as the Gusties were largely one-dimensional throughout the contest.

Running backs David Peal and Dalton Thelen combined had 14 carries for 45 yards.

The Gustie defense was led by Defensive back Kaleb Scott and free safety Austin Fest with eight tackles apiece.

St. Thomas senior running back Josh Sparks had a phenomenal outing, racking up 246 all-purpose yards and scoring five times.

"We have a saying on the team that the season is one big play and I think that it truly sticks with everyone that every play and every game has just as much meaning as the last," Finch said.

Gustavus wraps up its season next week at 1 p.m. Nov. 16 at home against the Oles of St. Olaf.



Senior Michael Veldman and Sophomore David Peal prepare to snap the ball.

Gustavus Sports Information



Senior John Krohn prepares to rush the quarterback during a game earlier this season.

Gustavus Sports Information

Women's Hockey starts the season 3-0

Gusties open MIAC play against St. Catherine this weekend

Gabe Schneider
Staff Writer

The Gustavus Women's Hockey team won both of their games this weekend as a result of explosive offense and stingy defense.

On Friday, the Gusties hosted Concordia-Wisconsin for their first home game of the season. As a result of a fantastic offensive showing, they beat the Falcons by a score of 5-0.

This marked the Gusties' second win of the season, while the Falcons fell to 0-3.

It was a slow start to the game, as both teams had opportunities to score but could not find the back of the net.

First-year Francesca Gerardi held strong in the net in the first period, saving six shots. The Gusties had 10 shots on net, but were unable to capitalize.

It seemed as if there would be another scoreless period until Concordia committed a five-minute penalty.

Gustavus was able to seize the opportunity, as Senior Kristen Cash was able to score a power play goal, assisted by Sophomore Lilia Scheid.

This gave the Gusties a 1-0 lead going into the third period. This initiated a huge momentum swing and the Gusties eventually found their rhythm in the third.

After about 11 minutes of play into the third period, the Gusties found the back of the net again. Sophomore Jordyn Peterson scored off of an assist from Sophomore Grace Schulte to increase the lead to 2-0.

About two minutes later, Sophomore Stephanie Anderson scored her first goal of the season, assisted by First-year Heather Olinger.

The Gustavus scoring attack was now in full swing. Just a couple minutes later, Sophomore Jamie Byrne also scored her first goal of the season, as-



First-year Molly McHugh battles in front of the Concordia-Wisconsin net during a game Nov. 8. The team has had a perfect 3-0 start to its season.

Gustavus Sports Information

sisted by First-years Emily Olson and Lindsey Bjerke.

The wave of scoring continued, as Peterson scored another late goal assisted by Anderson. This extended the lead to 5-0, which would be the final score.

Gerardi finished with 12 saves, and was awarded the win in net.

"I think the main contributor to our success this weekend was persistence," Sophomore Madigan Goldsworthy said. "We struggled in the beginning on Friday, but didn't give up and scored four goals in the third period."

Head Coach Mike Carroll was upset with his team's play

through the first two periods but was happy with how they played in the third.

"We just didn't play well our first two periods," Carroll said. "As well as we played last Friday on the road, we thought we would be able to make another step in the right direction but for whatever reason we didn't to start the game. In the third period being 1-0, anything can happen, and we handled that adversity pretty good and got some goals, stuck with it, and played our best at the end which was nice to see."

The Gusties played the next day, as they hosted No. 7 UW-Eau Claire for a 2 p.m. match-up.

They completed another shutout and won by a score of 1-0. With the win, the Gusties improve to 3-0. This was the Blugolds first loss of the season, as they fall to 2-1.

First-year Hailey Holland scored her first collegiate goal around the 13-minute mark of the first period, which turned out to be the only goal of the game.

The Gusties were able to outshoot the Blugolds 23-19, and had three power plays to the Blugolds two.

"On Saturday, we battled the whole game," Goldsworthy said. When we got stuck in our defensive zone, we didn't give up, and when we were winning by one, we didn't give up the lead."

After making 19 saves in



Sophomore Grace Schulte controls the puck and looks to pick out a pass.

Gustavus Sports Information

net, First-year Katie McCoy was awarded the shutout victory. She was later named MIAC Women's Hockey Athlete of the Week.

This performance in goal drew the attention of coach Carroll.

"Our goalie played really well," Carroll said. "Cool, calm, and collected back there when she had to be and made some big saves. There were times where we lost our composure in the D zone but the one good thing about it was we kept them on the perimeter and found a way to get it out."

The Gusties will look to

stay undefeated and carry the momentum into their next few games.

"It's the start of conference play, and we want to win and be on top of the MIAC again," Goldsworthy said. "We need to emphasize playing a full 60 minutes because every team is hard competition in this conference, and anything can happen in any game."

The Gusties travel to St. Paul on Saturday to take on St. Catherine at 7 p.m. On Sunday they travel back to St. Peter to host St. Catherine in their second matchup of the weekend at 2 p.m.



First-year Clara Billings competes for the Gusties during a match against Concordia-Wisconsin.

Gustavus Sports Information