

# THE GUSTAVIAN WEEKLY

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ISSUE 13

Exploring Spain  
J-Term



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Caf Credit



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Women's Hockey  
improves 15-3-2



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Just as Gustie Alumni come together at Surly Brewing Co. in the Twin Cities, President Bergman sought to gather with alumni on her "Presidential Rollout Tour." Office of Marketing and Communication

## President Bergman takes Gustavus on tour

"Presidential Rollout Tour" reaches out to Gustie Alumni

**Parker Lindberg**  
Staff Writer

How the World, Gustavus' comprehensive campaign to showcase the achievements of the college and to encourage the momentum of student-centered achievements, is now in its fourth year; This year its public phase began. As part of this phase, President Bergman has recently begun a "Presidential Rollout Tour" in which she will travel to cities across the country to talk to Gusties about what's new on campus. THE GUSTAVIAN WEEKLY sat down with the President to discuss the promotional excursion.

The comprehensive campaign began around the fall of 2015. Since then, the college has gained momentum with efforts including expanding the Center

for Career Development and the massive \$70 million Nobel Hall expansion. This year, the campaign has begun its "public" phase, launched during the 2019 Homecoming celebration, with the goal of shedding light on the college's historic and recent achievements to increase the momentum even further.

Key campaign priorities include growing the college's endowment to increase funds for programs like scholarships, student research opportunities and signature Gustavus events like the Nobel Conference and Christmas in Christ Chapel. Another priority is the improvement and expansion of campus facilities, notably Nobel Hall of Science and Lund Athletic Center. The campaign aims to raise \$225 million for the college, which will be dispersed between the endowment, campus facilities, day-to-day operations,

as well as other areas.

Going into the public phase of the campaign, \$160 million has already been raised toward the \$225 million goal. "[We are] excited about the tremendous momentum we have going into the public phase. We are well on our way to our campaign goal," President Bergman said.

President Bergman also emphasizes the student-focused nature of the campaign.

"It is critically important to maintain our alignment and focus on the commitment to our students and increase the quality of their experience. That is really the goal of the campaign," President Bergman says.

Bergman also highlighted Gustavus's goal of achieving environmental sustainability on campus, which has become a big interest for students in recent years. Each newly expanded or renovated facility will take into

account its energy footprint and make an effort to be as sustainable as possible.

President Bergman recently began a nation-wide tour to reach out to Gustie Alumni and talk with them about what's current at Gustavus, her first comprehensive tour since the beginning of her time as President of the college. She began in late January with a trip to Seattle and Portland and will continue to travel through the late spring to visit cities like Denver, Miami, New York, Boston, and Chicago, and more.

While visiting these cities, Bergman has the chance to sit down with alumni, have a meal with them, and talk about Gustavus and ways that they can be involved in the campaign, as well as hear their thoughts and answer questions. She has engaged with a wide range of graduates, both contemporary

and mature. "It's really inspiring and fun to talk with a wide range of alumni. I also love hearing their anecdotes about their time on campus," President Bergman said.

Throughout February, March and April, President Bergman will continue her tour. Meanwhile, the campaign continues at home, with the Nobel Hall renovations continuing steadily and plans for the Lund renovation moving forward. Much work on the campaign has been done, but there is still more planned to be done in the near future to attract potential students and provide a high quality experience for current students.



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## Campus Safety Report

- Sunday, February 1st**
- Campus Safety responded to a dog barking in Uhler Hall.
  - Campus Safety responded to a medical in Southwest Hall. Victim was transported by ambulance to Rivers Edge.
- Monday, February 2nd**
- Campus Safety discovered obscene graffiti in Uhler Hall.
- Sunday, February 9th**
- Campus Safety investigated a report of marijuana odor in Pittman Hall.
  - A student was transported by ambulance to the hospital and referred to the campus conduct system

- for underage consumption in Sohre Hall.
- Monday, February 10th**
- Campus Safety detected an odor of marijuana in Sohre Hall.
  - Campus Safety responded to a plumbing problem at the International Center.
  - Campus Safety responded to a medical assist at Beck Hall.
- Tuesday, February 11th**
- Campus Safety responded to the Health Service Office to transport a student to urgent care.
  - Campus Safety responded to a fire alarm at Uhler hall.

# URGENT CARE

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# Psychology workshop helps student athletes

Sport and Performance Psychology Workshops provide mental health tips to athletes



Gustavus student athletes can utilize the tools highlighted in the clinic throughout the competitive season.

Gustavus Sports Information

**Jack Wiessenberger**  
Staff Writer

Athletics are an integral part of the Gustavus population. Many Gusties are involved in sports and spend countless hours training their bodies to be the best they can be. A growing trend in the world of sports is the idea of mental training in addition to physical training. Last month, Assistant Professor of Health and Exercise Science Hayley Russell hosted a workshop tailored for student athletes. The event, titled 'Sports and Performance Psychology,' was aimed at mentally preparing athletes to succeed in their sports.

"I have been doing sport psychology workshops for the past two years. I collaborate on these workshops with assistant athletic director Kari Eckheart, Senior Exercise Physiology major Maggie Leininger, and other students who are interested in sport psychology," Russell said.

The effort to make these workshops as helpful as possible to athletes has taken a lot of work from different people. Students, professors, and other faculty have come together to make this happen.

"This is the third year that Sport and Performance Psychology Workshops have been offered. I have been involved in planning, researching, and promoting all of the workshops. We have offered many different workshops all focusing on different topics within sport psychology like confidence, motivation, preventing burnout, and visualization," Leininger said.

Each of the last two workshops Russell has offered have been aimed at the same general goal of helping athletes with performance anxiety issues. Russell also led a reading group over the course of last month. The workshop was a part of this larger program.

"Throughout J-Term I led a reading group of the book 'Strong' by Kara Goucher which focuses on sport-confidence. Then I did one longer evening workshop focusing on performance anxiety management in sport," Russell said.

The event was attended by dozens of athletes from many different sports. Many individuals who attended the workshop were not part of the separate reading group but were interested in what was being offered regardless.

"The workshop was really informative and gave me some tools that I have been able to put to immediate use," Senior track and field athlete Conrad Oddoye said.

Russell's teaching methods made the workshop informative and engaging. She began by having each participant fill out a survey that would help them see what areas of performance anxiety they could use the most growth. At multiple points in the workshop, Russell called for a break. During this break, she would instruct the athletes to participate in structured breathing. The breathing exercise was meant to give a sense of calm and recentering.

"I've been using the rhythmic breathing exercise we learned in the workshop at every track meet and musical performance since the workshop. It's a really helpful way to force your body to relax and distract your mind from anxiety," Oddoye said.

Something so simple as breathing can be beneficial to overcoming performance anxiety. The tools learned could be useful for students who aren't involved in sports but still face performance anxiety. The

breathing exercise seemed to resonate with the athletes who attended the workshop.

"Something that really stuck with me is the breathing technique we learned for calming nerves. I've used this ever since, and [it] has become a huge help to me," swim Senior Zachariah Dawson said.

For some athletes, this was not the first workshop of Russell's they had attended. Last year, the focus was on positive self-talk. Each workshop has offered valuable sports psychology tips.

"I went to the workshop last year about positive self-talk and I learned a lot from it as well. I think that mental training is huge for athletics. Even if you have the physical capacity to do something well, you won't get anywhere without a healthy mindset," Dawson said.

The mental toughness required for competitive sports is just as important as the physical training aspect. It is hard to be successful when an athlete has only one or the other.

"I think mental skills training can be really helpful to athletes. Just like athletes need to practice physical skills to improve in their sport, it's help-

ful to practice mental skills to manage their thoughts, feelings and behaviors effectively when playing their sport," Russell said.

Many athletes and faculty in the athletic department are realizing the importance of mental training and are making the push for more workshops such as this one.

"I really appreciate the partnership with the Gustavus Athletics Department in promoting mental skills training for athletes. I would love to continue doing this in the future," Russell said.

Mental training is a growing trend for athletes. Professor Hayley Russell has taken an important first step by offering events like this workshop. Athletes are finding that mental training is a beneficial aspect to finding success in their sports.



# Gusties spend J-Term in warmer weather

Students visit Japan and Australia on Olympic Quest J-Term



Students spend January 2020 in Australia and Japan.



Submitted

**Elsa Beise**  
Staff Writer

One of the largest January term trips this year was the Olympic Quest to both Japan and Australia. Forty Gusties and two Gustavus faculty members traveled to these countries over the month to learn more about the topic. "[The purpose of our course] was to learn about the Olympics and sports within the countries that we traveled to. We toured different sporting facilities, Olympic stadiums, and sports museums," senior Heidi Oare said.

Students had many expectations and moments they were looking forward to prior to embarking. "I was super excited to travel to two new places that I never thought I would have the opportunity to go to. I was excited to experience two very different cultures," Oare said. Other students were eager to build community while traveling. "I was most excited about getting to experience different cultures and being able to meet new people while experiencing new things together," sophomore Sydney Douglas said.

Douglas was excited about many different aspects of the course, especially the opportunity to attend the Australian Open, a sport that Douglas plays for Gustavus. "My favorite part of the trip was going to the Australian Open, mostly because I'm a tennis player and I got to see a lot of players who I have looked up to for a long time. Another highlight was getting to go skiing in Nagano and Bungee Jumping in Cairns," Douglas said.

The class stayed in Japan from January 6-14 and Australia from January 14-29. "In Japan we stayed in two different hotels, one in Tokyo and one in Nagano. In Australia we stayed in hostels in Cairns and Melbourne and a hotel in Sydney. Our group was always on the same floor and area so it was easy to find friends and meet up with people," Oare said.

Challenges accompanied the trip, like most traveling endeavors, but it did not greatly impact the Gusties' experiences. "Missing home [was difficult]. It was hard to be away from my family and friends for so long but their support was amazing," Oare said. Douglas commented on a stomach bug that followed the group. "The biggest challenge that we faced during the trip was the never-ending stomach bug. Once we arrived in Australia, we started staying in hostels instead of hotels, so there were a lot more people sharing bathrooms. After the first case of the stomach bug, there was always at least one new person coming down with it every other day. By the end, almost half of the people on the trip had been affected. This caused a lot of stress and panic because it's obviously no fun to be sick, especially in a foreign place and a shared bathroom," Douglas said.

Douglas was also grateful for everything she has learned while on this specific study abroad opportunity. "I learned many things while abroad, but I think the thing that has stuck with me the most is the Japanese culture and the level of respect that they all have for each other and their country. I also learned many things about the Olympics and how sport plays into

the cultures of both Japan and Australia," Douglas said.

Those who attended the trip recommend the future Olympic Quest courses. "If you're at all interested in sports/the Olympics, it's definitely the right J-Term study abroad for you," Oare said. Douglas echoed with similar thoughts. "I believe that students should attend this J-Term for many different reasons. One main reason is that it pushes you out of your comfort zone whether it's trying new foods, experiencing new religions, or doing something adventurous. Along with this, you get to make lifelong friends and travel to places that are unbelievably beautiful," Douglas said.



Gusties pose for a photo in Nagano, Japan.

Submitted



Gusties spend time in Japan on the Olympic Quest J-Term.

Submitted



# J-Term Journeys: Gusties in Spain

Michaela Woodward  
Staff Writer

J-term is a great opportunity for Gustavus students to take interesting classes, spend time with friends, and for those who were in the Placing Valencia class, escape from the snowy Minnesota weather.

For this course, a small group of students spent January not only bettering their Spanish language skills, but also exploring Spain and the city of Valencia through guided tours, independent exploring and community service.

While a significant component of the class focused on practicing Spanish in both spontaneous situations and the classroom setting, the students' reasons for going on the trip were varied. For Sophomore Joesy Shea, this trip was a long time coming.

"I wanted to go to Spain for years and years," Shea said.

Shea also describes her purpose and goals going in.

"I really wanted to be able to speak a lot better in Spanish and have actual meaningful conversations with people, not just, 'Hi! What's your name? How are you?'" Shea said.

For her, it "absolutely" paid off.

"My Spanish got so much better. I was impressed with how much I remembered."

For others, this experience was the decisive step towards a particular route of studies.

Freshman Sage Kiefer found her J-term experience to be affirmative for her future plans.

"It's been a dream of mine to study abroad for a longer time, a semester or a year, to experience cultural immersion. But I was terrified of that because I'd never been outside of my house for more than a week, so I really wanted that opportunity to see if I could do it. After [the J-term], I'm so excited for the rest of my life and knowing what I can do in a foreign country. I'm certainly majoring in Spanish, and this was the step I needed to be sure of that," Kiefer said.

Spending a month enjoying the sunny streets and impressive monuments of Valencia may seem like paradise, but the trip provided some challenges and fears going in.

For Sophomore Olivia Kunshier, uncertainty in her language skills caused hesitation at first.

"I didn't think that my level would be high enough to communicate in daily life," Kunshier said.

However, she quickly found that these fears were not relevant.

"I realized it wasn't as difficult as I thought it would be. Everyone was patient with us."

Being in a foreign country can be a challenge, but Shea found strategies to embrace the difficulties.

"You have to have thick skin and roll with the punches. One thing I learned was to chill out a little bit and not to care as much," Shea said.

While a significant part of the trip was dedicated to learning more about Spain and the



Submitted



Submitted

Top: A view of the Valencia skyline. Bottom: Participants in the Placing Valencia J-term course pose on a beach.

history of various cities such as Madrid, Toledo, Barcelona, and of course Valencia, students also gave back to the community through volunteer organizations and internships, tailored to each student's interests. Among other opportunities, some students worked at a cultural center that developed and performed children's theater, and others worked with Actiyam, a non-governmental organization that provides support to members of the community from all backgrounds.

Kunshier found her work with Actiyam especially impactful.

"The internship was super helpful for me. Volunteering with people in the community, I mainly spoke Spanish there. It's really cool to speak with people who speak other languages and have different cultures," Kunshier said.

Other highlights of the trip including staying with host families, indulging in Spanish cuisine and learning to cook traditional dishes, and for many members of the group, a weekend excursion to Spain's second largest city, Barcelona.

Sophomore Tarin Michaelis

not only enjoyed the atmosphere in Barcelona, but she also gained some insight into her nursing major through some less than ideal circumstances.

"Especially since I was sick, I talked about the healthcare system with some people, and it is very different than the system here. It's definitely something I'll take into future classes," Michaelis said.

Though each student had their own experience, the group as a whole bonded and got to know each other closely over the month. In fact, the tightness was a highlight,

"I liked how small our group was. We were actually able to talk to each other," Michaelis said.

"We loved our trip advisors," Kiefer said.

Overall, the general consensus is a glowing recommendation to anyone considering studying abroad.

"Go for it. Do it. Even if you Spanish is Level 100. Don't be afraid," Shea said.

"I would completely recommend to anyone who is even remotely questioning study abroad to just do it, because it opens up your entire world," Kiefer said.



# Olympic Quest 2020: Australia and Japan



Left: Tokyo locals participate in a Shinto purification ritual at the Meiji Temple. Right: Students soak up the sun in front of the Sydney Opera House.

Submitted

**Monali Bhakta**  
Staff Writer

This past J-Term, a group of Gusties had the privilege of going on the Australasia Olympic Quest to Japan and Australia, led by Professors Bonnie Reimann and Aaron Banks.

After traveling halfway across the world with more than 20+ hours of non-stop flying, the group arrived in Tokyo, Japan on January 7, 2020.

Although it was mentally and physically exhausting, students shared that it was exciting to be immersed in this new culture.

The tour guide, Kei-San, introduced them to Japanese cuisine with a traditional Izakaya dinner.

The meal was properly placed on the table with the colorful plates of food, filled with fruit and seafood.

The class visited the busiest crosswalk in the world, called Shibuya.

What students found interesting was how Tokyo was so clean because the people hold themselves accountable to not litter and make a mess with their garbage.

The city was so clean that sometimes it was hard to find a trash can.

That was eye-opening, and a lesson that students hope to carry with them here in the U.S.

All around them were vibrant signs written in Japanese; while they did not understand the language, it was easy to find their way around the city.

This is because the train system was efficient because it runs on time, and takes you to popular shopping districts like Shinjuku and Harajuku Station.

The students remember seeing shops with creative souvenirs, and exploring the cuisine at authentic Japanese restaurants.

One moment that stood out with many of the students was the simmering bowl of vegetable ramen they ate on their free day in Tokyo. It was one of their favorite meals they had on the trip.

After exploring the big city, the group took a three hour bus ride to a smaller city, Nagano, famous for hosting the 1998 Winter Olympics.

One of their activities was hiking up a mountain to the "Jigokudani Monkey Park." This allowed them to see the habitat of snow monkeys, and be able to interact with them. Students reported that "it was amazing to observe the scenery leading up to this moment, taking pictures of the snow-capped hills and crystal clear river, that

one didn't even notice the monkeys crawling past their legs."

Students were taken aback in shock as they crawled past them, not expecting them to come so close to humans.

Students saw baby monkeys hopping on their mother's backs and watched them bathing in the hot springs. The monkeys crawled so freely as they stared with their eyes and blank facial expressions.

It was an exciting experience because many students were not used to wild animals wandering around them.

Students reported that "this experience taught them to respect their environment, and have a greater appreciation for wildlife. While it was okay to be amused, they, as visitors, needed to be conscientious about not invading the monkey's space."

On January 15, the class traveled to Australia.

Their first stop was in the tropical city of Cairns, located in Northern Queensland.

A notable memory was taking the two-hour Ocean Cruise to tour the Great Barrier Reef.

Students reported that it felt unreal that they set foot on Michaelmas Cay, a small sand cay covered by low-lying vegetation, inhabited by thousands of ground-nesting seabirds.

Students were dropped off there for approximately an hour to snorkel in the Reef.

The group also took an underwater submarine tour to see the beautiful coral and fish that call the incredible natural wonder their home.

On one of their free days in Cairns, the group also went to the Cairns Art Gallery, featuring pieces created by local Aboriginal artists.

Students reporting "seeing beautiful, colorful creations resonating with the Native culture of Australia."

They noticed similar designs on art pieces throughout different places in the country.

This included the gift shops at the Daintree Rainforest after tour with Aboriginal guides, and street markets where vendors were selling boomerangs, a weapon used in Aboriginal culture.

The artists had such recognizable talent that students in the class bought some of their work back to Gustavus.

A personal favorite moment for one student was visiting the famous Cricket Stadium in Melbourne, Australia.

Students were happy to tour the the iconic Melbourne Cricket Stadium, amazed by how Australia takes cricket so seri-

ously into its lifestyle.

Many students did not have much knowledge about the prestigious Melbourne Cricket Club, so they said that it was interesting to hear the inner workings of how the sports teams are funded by the members.

The final city the class visited was Sydney, Australia.

The group climbed the Harbor Bridge to view the harbor with blue water glistening in the bay with cruise ships and party boats sailing on the surface, and the tall skyline in the background.

Even though the weather was scorching hot, students stayed in the same spot to witness this incredible view for at least a half an hour.

The group then viewed the Sydney Opera House. One student reported that their favorite memory in Sydney was impulsively deciding to see an opera called La Boheme, at the Opera House.

The show was on the day the group landed after their group dinner, and a few students decided to go check out the opera house.

Overall, the whole class agreed that the trip was a once in a lifetime experience that they will cherish forever.



# Gustavus students embark on Icelandic adventure

**Elsa Beise**  
Staff Writer

One of the courses offered to students this past January term was “GEG-152/SCA-152: Glaciers, Volcanos, Sagas and Songs: Interweaving Culture and Landscape in Iceland”, where students traveled to Iceland and learned about both the physical and humanities aspects of the country throughout the month.

Learning about both of these features of the country allowed for students to really immerse themselves in where they were travelling to throughout the course.

Professors Kjerstin Moody and Jeff La Frenierre led twenty students to the country and designed the course, taking place from January 6-10, where students participated in on-campus orientation, and ending with the journey to the country, returning on February 2.

Moody was excited for the outcomes students gained from the course.

“Students studied the landscape, culture, and history of Iceland, focusing in particular on the topics of community and isolation as well as adaptability,” Moody said.

The course syllabus laid out the objectives as stated: “This course weaves together the

humanities and physical geosciences to explore the concept of place. Iceland, with its unique island culture rooted in literature, art, and song and its geographically dynamic and visually stunning landscape is an ideal laboratory for immersing ourselves into this way of thinking about the world.

In this course we will explore contemporary and historical literature, art, and music, investigate how humans adapt to and thrive in harsh, remote environments, and experience both glacial and volcanic processes and the Icelanders’ ongoing interactions with these.”

With such detailed objectives in mind, Moody and La Frenierre carefully planned activities and journeys that would help students to reach them.

The course was packed with opportunities for personal growth and being able to take in every aspect of Iceland.

“We started out in Reykjavik to gain a strong overview of Iceland’s culture and history including visits to museums of history and art as well as the Arni Magnusson Institute. We studied volcanoes and natural hazards on the Westman Islands, studied glaciers in the field and classroom near Höfn, considered history, isolation, independence and community while based on a farmstead in Egilstadir. We considered boom

and bust and new economies in Siglufjörður, and visited a non-traditional college preparatory school in Olofsfjörður. We had generous hosts and lecturers at all of the sites we visited, hiked much and soaked in a number of hot springs and pools, cooked food together, ended each day with rich classroom discussions that centered on the day’s readings, lectures, and visits,” Moody said.

Junior Isabel St. Dennis appreciated both the group and individual time in the country, where she was able to truly appreciate all that the course had to offer.

“One day when we were in a small southern town called Vik, we had a catch-up day where we stayed at our hostel all day and had work time to finish writing our essays and read the rest of one of our books. After finishing my assignments I went for a walk by myself into the mountains that were in our backyard. Once hiking to the top of one of the smaller ones, I laid in the moss and looked over the town and out at the Atlantic ocean. It was the first time I had alone time in about 2 weeks, so it was so nice to just lay by myself and reflect/admire how unbelievably beautiful Iceland is,” St. Dennis said.

Students had many different favorite moments, St. Dennis appreciated a specific place she

and her peers went to.

*“After finishing my assignments I went for a walk by myself into the mountains that were in our backyard. Once hiking to the top of one of the smaller ones, I laid in the moss and looked over the town and out at the Atlantic ocean. It was the first time I had alone time in about two weeks, so it was so nice to just lay by myself and reflect/admire how unbelievably beautiful Iceland is.”*

-Junior Isabel St. Dennis

“My favorite part of the trip was when we stayed in this place called the Wilderness Center, it was a couple hours off the ring road and it was a farm owned by a couple who revamped the farm to mimic what

living as Viking settlers would have been like. We stayed there for a couple of days and got to do a lot of reflection on how we were feeling about the trip so far and how we felt about ourselves. The couple made us all home-cooked meals for every meal and we went for walks exploring their land everyday. I got to meet their horses and ride in a wooden box/cable system across the river. We [went in a sauna] and hot-tubbed every night and it was one of the coolest places I have ever been,” St. Dennis said.

St. Dennis highly recommends this course, or ones similar to it, for future students. “I would one hundred percent recommend this trip to future Gusties because I had so much fun and learned so much. Jeff La Frenierre and Kjerstin Moody did a wonderful job at both teaching the important topics of the course but also showing their love and interest in what they were teaching us, which made it that much more fun to learn,” St. Dennis said.

Moody is a supporter of the idea of the college offering more courses that involve multiple areas of education. “I believe Gustavus should offer more courses where professors are able to team teach across disciplines, which allowed for particularly rich educational experiences for all involved,” Moody said.



Submitted



Submitted

Left: Junior Tori Franciosi interacts with a local pony. Right: Students hike through snow-capped rock formations.



MEET THE WEEKLY!

Kyara Craven  
Staff Writer



Ben Wick, '21  
Managing Editor

**Major:** Communication and Literature Teaching  
**Over J-term...** I went to the Union Rooftop in the cities for Drag Brunch!  
**Fun fact:** I have no first cousins or aunts! Instead, I have two bachelor uncles.



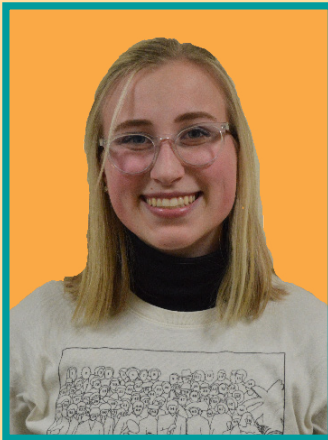
Sofia Boda, '20  
Variety Editor

**Major:** Communication Studies  
**Over J-term...** I snorkeled with a massive sea turtle in the Great Barrier Reef by the Australian coast.  
**Fun fact:** I can pick up and hold a pencil with my foot and write my name!



Jake Krull, '20  
Advertisement and Marketing Manager

**Major:** Management  
**Over J-term...** I went on a trip to Japan and Australia with a bunch of my buddies. We saw a Sumo wrestling tournament in Japan and I went scuba diving in the Great Barrier Reef.  
**Fun fact:** I am an Eagle Scout.



Anna Lundeen, '23  
Entertainment Editor

**Major:** Biology (Pre-Vet)  
**Over J-term...** I toured the Midwest with G-Choir.  
**Fun fact:** I can't swim!



Anna Edblad, '22  
News Editor

**Major:** English and Psychological Science  
**Over J-term...** I got to spend a lot of time with my family and my dogs!  
**Fun fact:** I know all the words to every Taylor Swift song.



Cole Trebelhorn, '20  
Editor-in-Chief

**Major:** Communication Studies  
**Over J-term...** I enjoyed the wonderful snow bestowed upon campus! The outdoors are bountiful, even through the long Minnesota winter.  
**Fun fact:** I am an incredibly passionate competitive cyclist. Racing mountain bikes for the last four years has brought me across the United States to places I would otherwise likely never see. Alongside cycling, I dabble in most every outdoor activity under the sun and that's what keeps me sane. "I'm probably the most outdoorsy person on campus."



Leah Lind, '20  
Web Editor

**Major:** Computer Science and Spanish  
**Over J-term...** I was in Valencia, Spain!  
**Fun fact:** I am allergic to the cough suppressant in Nyquil.



Laura Schwichtenberg, '21  
Graphics Editor

**Major:** Psychological Science and Art History  
**Over J-term...** I became BLS/CPR certified!  
**Fun fact:** I love plants!



Joe Brandel, '20  
Sports Editor

**Major:** Biology  
**Over J-term...** This J-term was filled with a lot of sleeping, work, and spending time with family. A cabin trip with a bunch of my friends was probably the most interesting thing I did over my otherwise unproductive break.  
**Fun fact:** Soccer is my passion and I have played since I was four years old.



Cadence Paramore, '23  
Photography Editor

**Major:** English  
**Over J-term...** I was home (in St. Paul) and I got to spend time with my friends.  
**Fun fact:** I know how to fence because that was the only sport that interested me as a kid.



Patrick Meadows, '20  
Opinion Editor

**Major:** Political Science  
**Over J-term...** My friends and I made a Thanksgiving meal after being inspired by the amazing YouTube channel that is Bon Appétit.  
**Fun fact:** One time at an antique store, Taylor Swift literally bumped into me and apologized.



Marie Osuna, '21  
Copy Editor

**Major:** English and Psychological Science  
**Over J-term...** I went to Arizona to visit my grandparents!  
**Fun fact:** I have five jobs, including running my own Etsy business.



Corinne Stremmel, '21  
Copy Editor

**Major:** English and Communication Studies  
**Over J-term...** I hiked to a hot river in Iceland.  
**Fun fact:** I have all my internal organs.



Emily Seppelt, '22  
Copy Editor and Opinion Writer

**Major:** Political Science and Gender, Women, and Sexuality Studies  
**Over J-term...** One interesting thing I did was watch horror movies with my brother, such as The Lighthouse and Eraserhead.  
**Fun fact:** My favorite food is cheesecake!



Gabriela Passmore, '20  
Copy Editor

**Major:** English  
**Over J-term...** I didn't do very much besides re-read Harry Potter.  
**Fun fact:** I put sriracha on everything.