

# Coping with COVID-19 Stress



Emily Seppelt  
Opinion Columnist

my responsibilities have come down on me in some massive, never-ending torrential down-pour. And it doesn't make it any easier to do work when you are nervous or scared. Many of my peers have expressed these overwhelming feelings as well. "[With the] sustained effort of adjustment comes increased feelings of stress and burnout as

*"But one odd thing that this pandemic has offered us is the almost universal guarantee that people are in a similar mental place that we are."*

Just about everyone these days has been feeling like they are wildly out of control of their lives. Now try being a college student. Our entire lives, including where we will be living and eating, what we will be doing and at times even our income seems to be in the hands of others. On top of that, we are trying to get the most out of our college education in a way that no college student ever has, all while worrying about national concerns (police brutality, wildfires, hurricanes, a presidential election - the list goes on and on). Especially now that school has started, I have felt like all

well as anxiety and depression," Alyssa Baker, a Mental Health Therapist in the Counseling Center, said. How does one even begin to handle this level of stress and worry? And how can it be addressed if it seems at times that all we receive in support is an email mentioning "these unprecedented times..."? In times of mental stress, it can seem like there is nowhere to turn and no one who is experiencing these same struggles. But one odd thing that this pandemic has offered us is the almost universal

guarantee that people are in a similar mental place that we are. "[With this onslaught of] uncomfortableness that comes with uncertainty and unexpected changes," Baker said. Baker also stressed the importance of self-compassion and checking in with yourself. "[Self-compassion is] recognizing that suffering, hardships, and pain are part of the human experience... Self-compassion helps you get to a place of understanding and acceptance and anchors your awareness in the present moment, the only moment you have control over," Baker said. Reverend Maggie Falenschek, Chaplain and Director of Campus Ministries also emphasized the importance of recognizing that we are all in this together. Falenschek said that "I think many of us are experiencing grief - grieving the way things were and lost opportunities in addition to the grief we experience by witnessing the murder of our black and brown neighbors in the media," Falenschek said. Falenschek said that the best thing that we can do is to recognize that grief is normal. "The best thing we can do is acknowledge it and allow ourselves to feel what we are feeling...we are typically not very successful when we try to handle everything on our own. I'd suggest that students lean on their support systems," Falenschek said. This point is one that I also encourage wholeheartedly. I have even gone so far as to verbally or

through writing establish with my friends, family or whoever it may be that they are part of my support system and talk about what that means. "Your support system can range from friends, family, a therapist, religious leader or chaplain, mentor, health professional-anyone that you have a level of trust and comfort with," Falenschek said. Oftentimes, we don't know where to turn for help unless it is put right in front of our faces. We need to dispel the myth that we all have to struggle silently, or that the college isn't doing much to help us (which I have sadly heard more of than I would like). While some of the things that the Gustavus community and administration do may seem small, cheesy, or insignificant, I feel like too many students miss opportunities to find support and compassion out of a superiority complex or a simple fear of joining up. Both Baker and Falenschek shared services that their respective offices offer to aid students in their journey at Gustavus. Checking in even if you think you might not need it can never hurt, and you may gain valuable relationships by reaching out to the people on campus that are there to help you and connect with you. "In a nutshell the Chaplain's Office offers opportunities for students to connect with others, receive care and support, and develop skills in spiritual well-being and leadership. Siri and I

*"We need to dispel the myth that we all have to struggle silently, or that the college isn't doing much to help us"*

(GAC Chaplains) are available to meet with students for a variety of reasons," Falenschek said. "The Counseling Center is offering individual counseling as well as support groups and workshops on various topics this year," Baker said. Utilizing our resources, support groups, and the Gustavus community as a whole will go a long way towards helping us get through this difficult time and have the best year that we can. You've got this Gusties.

## The Good, the Bad, and the Meh



The Weekly is BACK



It's the pandemic for me.



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## Opinionated? Ready to fight for it?



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# Life sucks, what can we do about it?

**Tori Smith**  
Opinion Columnist

The past six months have undoubtedly been difficult for everyone in the Gustavus community and beyond. Right now, the world is dealing with a global pandemic, racist injustice in our law enforcement and justice system, and an upcoming election where political tension is at an all-time high. To say that these are difficult times is an understatement, and that's why it's more important now than ever before to make mental health in our community a priority.

The past six months have undoubtedly been difficult for everyone in the Gustavus community and beyond. Right now, the world is dealing with a global pandemic, racist injustice in our law enforcement and justice system, and an upcoming election where political tension is at an all-time high. To say that these are difficult times is an understatement, and that's why it's more important now than ever before to make mental health in our community a priority.

While everyone's experi-

ences vary, many people are finding that their mental health has been more difficult to manage during these past few months. Whether it's stress, anxiety, sadness, loneliness, anger, frustration or all of the above, all reactions are valid. Personally, I have been struggling with a lot of newfound anger and loneliness. I have felt angry towards certain family members and friends and even my school for their decision to keep me away from campus. I have felt alone watching friends return to Gustavus knowing it will be at least three weeks before I can join them. Managing these emotions has been difficult, but I am certainly not alone in this experience. Everyone's way of life has been altered in some way. We all have our own pandemic stories that we will eventually tell to our grandkids, and many of those stories won't include particularly happy memories, but if we are able to come together as a community to support one another we might be able to change our stories.

So, how do we as a community help each other during these uncertain times if everyone is dealing with their own

personal struggles? Well, it can be as simple as reaching out to people we know who might enjoy a quick text or call. This is a perfect time to send a text to that one friend you haven't spoken to in awhile. Or that one person you used to talk to in that one class. Or that one person you've been crushing on for awhile now. Or that one person you've been wanting to get to know. Or that one person you've been meaning to call but haven't gotten around to yet. It could be as simple as commenting on someone's Instagram post, or it could be as big as setting up weekly virtual coffee dates over Zoom (highly recommend, I look forward to those all week long). Communication, even as small as texting, can have a great impact on someone else. Checking in on friends is important, and it could really help someone in ways you never expected. It's easy to get wrapped up in our own life, especially when life has changed so drastically, but it's also critical that we support one another as well.

If I've learned anything from my experience during this pandemic, it's that a lot of things in life are fickle. Things can

change in an instant, whether we're prepared for them or not. There are few things we can actually count on, but I believe our community at Gustavus can be one of them. When everything seems so uncertain,

we should be able to look to each other for help, guidance, and support. Let's help build our community back up one text message at a time.



Two friends send a text to check in on each other

Vin Branom



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# Senioritis: stuck at home



**Maddy Smerillo**  
Opinion Columnist

This week, I was tasked with writing an article about my experience with Gustavus' COVID-19 response, not only as a senior graduating in December, but as an all-online student this semester. When I received the assignment, I initially questioned why it would be worth it to write on the topic, as I assumed nobody cared about my experience. So many of us are dealing with remarkably different circumstances than we had anticipated for this fall, so how can we have time to focus on the situations of others?

I spoke with a fellow writer about this concern and he assured me that other Gustavus students doing online class this semester would be comforted to know they are not alone in their experience, as it is a challenging and disheartening one. I didn't really believe him when he said this, as I felt I couldn't really

relate to those other students because we are all so far apart. But then I realized this: the only thing separating me from other Gustavus students was my mindset and my behavior, not the distance.

While it is true that as I spoke with this friend about my article we were separated by more than 6000 miles, the bigger obstacle was the fact that I had put up a mental and emotional barrier between myself and the rest of the Gustavus community. In order to cope with the situation at hand, I had been placing myself in the mindset that my time at Gustavus had ended and that I needed to begin moving forward. However, this is a dangerous headspace to occupy and is one that doesn't actually help me or anyone else be successful or happy. The more I mentally separate myself from my time at Gustavus, the less meaningful the work I am doing this semester becomes.

This danger is why I am writing specifically to my fellow online students. We need to avoid falling into the trap of separating ourselves from other Gusties and, instead, encourage each other to stay as connected as possible, regardless of our learning circumstances. We must work together and stand up for each other during this difficult time. In order to better accomplish this, I have some advice:

Don't allow yourself to fall into the mindset that your work and contributions in class are purposeless. Instead, treat your professors and classmates with the same respect you would on campus. Just because they are only



*A seniors at home study space*

Katie Mattinen

visible to you virtually does not make them any less a part of your learning experience. They are just as valuable to your education, so continue to reach out to classmates to collaborate on assignments, as you might have in person. It may seem that as an online student, you are alone in your learning experience. This is not the case. Even though we are away from campus, our work still impacts others. Your engagement in class creates an environment that affects your professors and fellow classmates.

Outside of class, continue to involve yourself in the groups you care about. The circumstances may be such that participating in your normal activities is unrealistic or even

impossible; however, when you are able, it is important to continue your participation in organizations and groups that are important to you. Even if your involvement isn't as rigorous as it was when you were on campus, participating in the amount that you're comfortable with is valuable for our community.

Utilize the resources being made available to you. Each of us is operating under different and challenging circumstances during this time, but Gustavus is here as a resource to help meet our specific needs. Do your best to communicate with campus leaders about where you need more assistance and encourage others to do the same. It

is so important to take care of yourself while trying to get through anything, let alone a pandemic and being separated from your normal life.

Best of luck to each and every one of you. I look forward to growing alongside all of you, from just a little bit further away. Stay safe and be well.

## Social Regulation of Wearing a Mask

**Mustafa Abuhamdeh**  
Opinion Columnist

We've all had that boring, two hour long lecture class where you sit and stare at the clock, only half-comprehending the words coming out of the professor's mouth. Don't get me wrong, lectures have a role in getting information out in the open, but they certainly leave something to be desired when it comes to student engagement in the classroom.

As ordinary life collapsed under the weight of an invisible, yet dangerous menace, we were forced to abandon innumerable beloved habits in favor of sustaining our wellbeing and that of our dear families and friends. The world is indubitably colder with COVID-19, our laughs are quieter, ambitions slightly lower and our overall mode is a bit dimmer. The crisis has transformed the simplest of tasks into arduous commitments, forced us out of our jobs and schools and in some regions of the world, has caused an economic collapse

with unforgiving magnitudes.

Yet, with the farewells of our past lives, we welcomed new habits that would spare the world, like saying goodbye to another grandparent or friend at the hands of coronavirus. At the throne of such recent regulations is the debatable act of wearing a nonmedical mask.

Relying on scientific evidence, the mask has proven effective in limiting the spread of COVID-19 in public places and decreasing person-to-person transmission. Yet, despite their irrefutable benefits, some individuals rushed to negate the endeavor and proceeded to walk in groups, often in close proximity, trying to prove something to the world that alas only reflects their lack of compassion for the wellbeing of others.

Masks are admittedly restricting and as humans, we rely greatly on facial expressions to identify the emotional status of others. Face-to-face communication is also vital for the sustainability of our myriad relationships. However,



*Simi Kaur and Renee Troutman properly wearing masks.*

Grace Jackson

notwithstanding its social consequences, masks have proven to be an effective tool in the current war against COVID-19. So, one must only ponder what is worth more, the precision in our detection of someone's emotion, or saving the sacred life of someone we share a

house with?

Ultimately, our hopes are stirred that COVID-19 is but a temporary nightmare that will wash away as we regain our former lives. But, in order for that to be realized, it will demand the collective efforts and sacrifices of us all.

Word Search

Pandemic Nostalgia

S	P	A	R	E	S	T	A	U	R	A	N	T	S
H	S	T	U	C	R	I	A	H	G	L	A	B	G
R	A	H	S	E	C	L	A	R	I	T	Y	A	V
S	T	N	S	S	A	O	S	G	C	U	T	T	I
T	U	E	D	E	A	I	U	A	E	H	I	S	S
H	C	P	N	S	O	L	L	T	E	S	G	K	I
E	S	E	E	I	H	M	C	R	S	M	S	R	T
A	P	O	I	G	L	A	I	C	T	I	G	A	O
T	O	P	R	U	O	N	K	C	D	L	D	P	R
E	R	L	F	A	G	P	G	E	R	I	R	E	S
R	T	E	P	I	C	N	I	C	S	N	S	S	L
S	S	H	S	E	C	A	F	O	A	G	R	I	R
C	O	N	C	E	R	T	S	N	R	L	E	T	H
P	C	S	G	U	H	B	E	A	C	H	E	S	S

beaches  
calm  
clarity  
class  
concerts

faces  
friends  
gathering  
haircuts  
handshakes

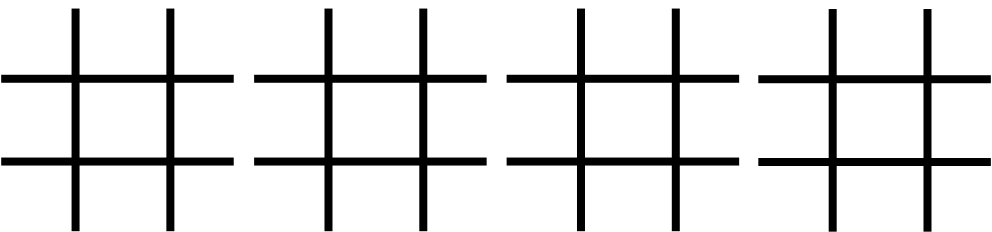
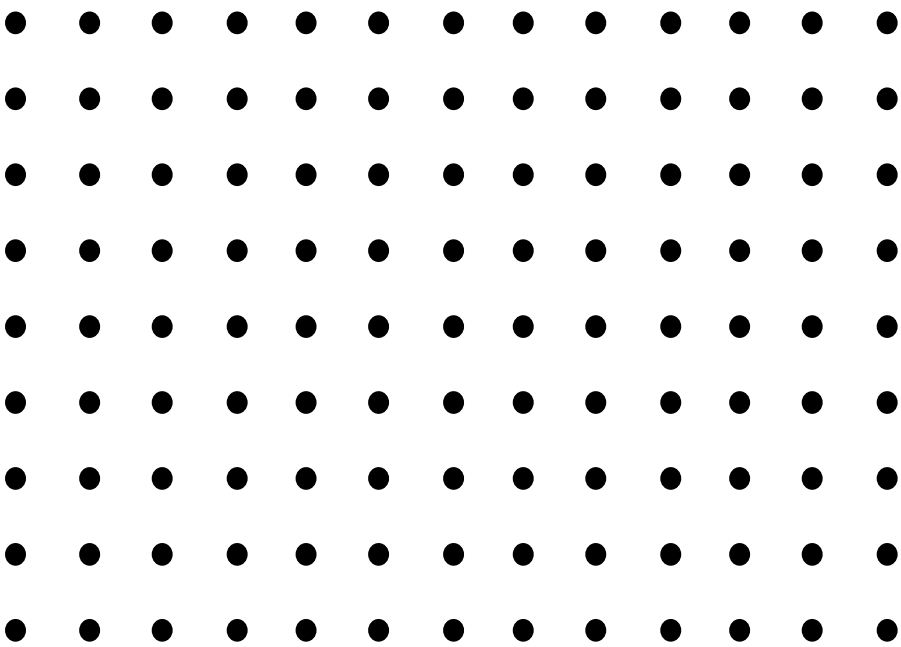
hugs  
outside  
parks  
people  
picnics

restaurants  
smiling  
sports  
theaters  
visitors



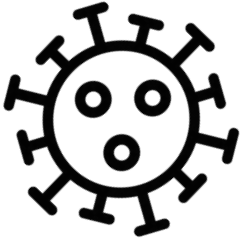
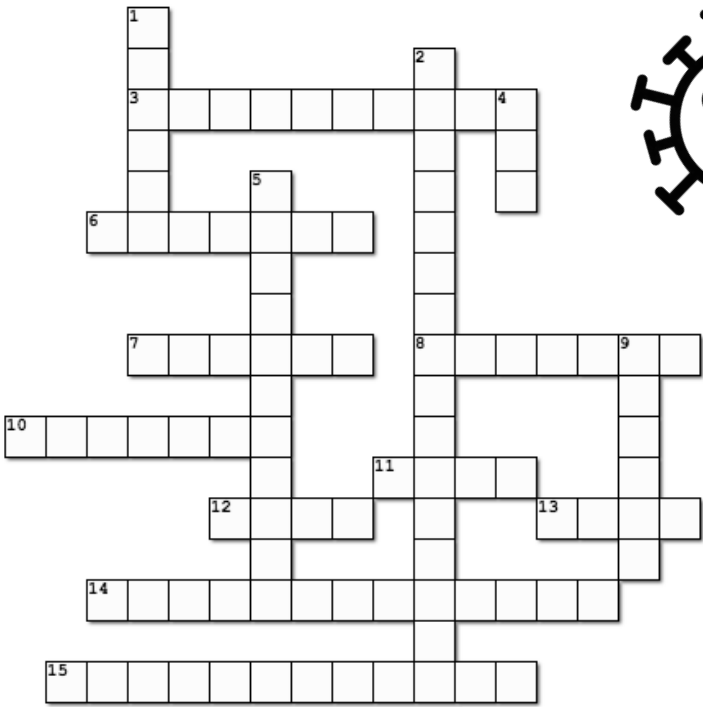
Dots & Boxes

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!



Crossword

Quarantine Events and Trends



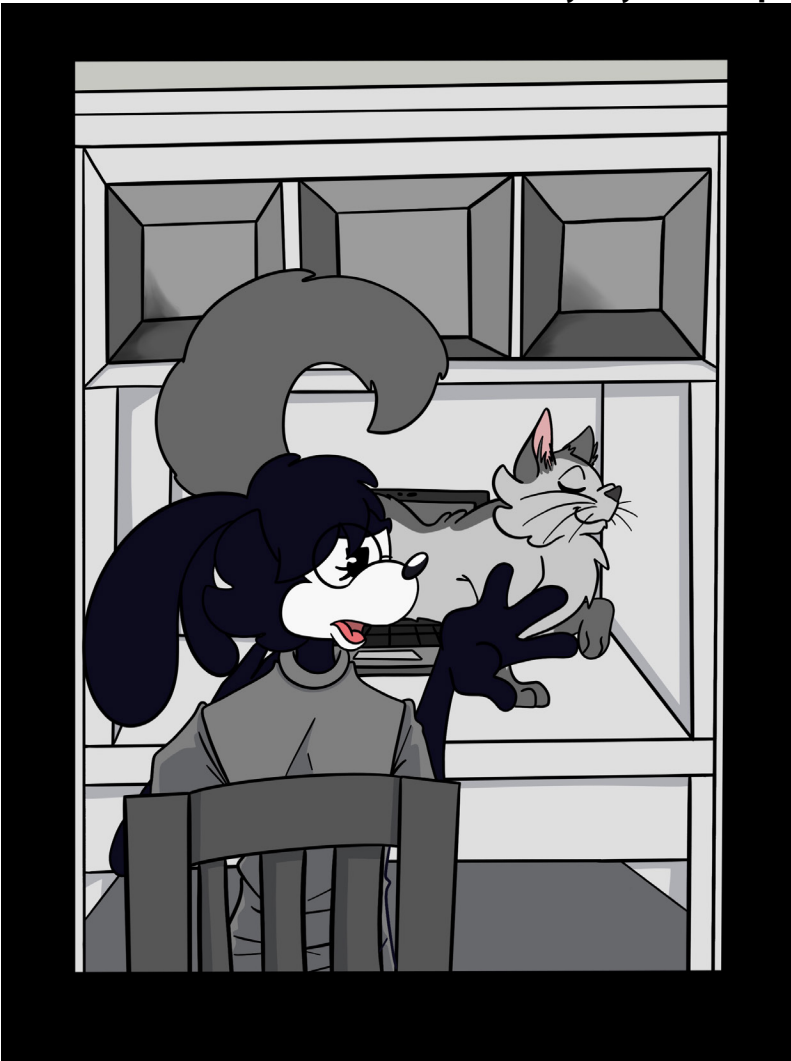
Across

3. In August, this group of individuals was allowed to move back and we're only a little upset (two words).  
6. We will be allowed to stay on campus for this long before being kicked off again.  
7. In March, this threw the rest of our year into shambles.  
8. In May, this Biblical Plague raged across Africa.  
10. What is the only logical end for 2020?  
12. What is the thing you are going to do in November?  
13. In April, the US Government released footage of these.  
14. In February, these showed up on the West Coast (two words).  
15. In September, this set California on fire again (two words).

Down

1. What I've been running on since March.  
2. In June, NASA discovered evidence of this and no one is talking about it. We should be (two words).  
4. It's hard to make a Pandemic crossword without it being \_\_\_\_\_.  
5. In July, this volcanic national park experienced a larger than normal earthquake.  
9. An app which has seen its popularity rise exponentially since the start of quarantine.

"Class Time Troubles" by Bryanna Filip



Crossword Answers: Across: 3. First Years, 6. Weekend, 7. Corona, 8. Locusts, 10. Zombies, 12. Vote, 13. UFOs, 14. Murder Hornets, 15. Gender Reveal. Down: 1. Coffee, 2. Parallel Universe, 4. Sad, 5. Yellowstone, 9. TikTok.



# Gustie eSports program to begin this fall

## Anonymous grant funds the widely anticipated program



Three Gusties play Mario Kart on the big screen in the Lund Center Forum.

Luke Yang

**Eamonn McCullough**  
Staff Writer

During the fall of 2019, Campus Activities conducted a campus-wide survey in order to determine interest in a Gustie eSports program. The results of the survey came back overwhelmingly positive, with 86 percent of the self-selected respondents expressed experience in the concept and an interest in meeting people with similar interests. Following the results, the College received an anonymous grant to make the prospective program a reality.

"The first question was, is there even interest here? So that's why that initial survey went out last summer... and we had about 400 people respond to that survey, I had some people come into my office and just be really enthusiastic and excited about it," Assistant Director of Campus Activities Julianne Watterson said.

Watterson was asked by another administrator in the summer of 2019 to begin the process of discerning interest in an official campus eSports organization. She has taken the lead on this project since the funds from the grant became available.

At a time when the fate of on-campus and in-person sporting events is uncertain, this new program has the po-

tential to highlight the gaming community and foster the sense of community that Gustavus athletics are known for.

"Working in the Campus Activities office, one of the things that we are trying to combat all the time is getting students out of their rooms and coming to events... but we also know that there are students who maybe aren't as likely to come out of their rooms and come to a big event and talk to people they've never met before. And we say to students constantly in orientation, 'get involved, get involved, get involved'... well, what if that is scary for someone? If you are a student who maybe has some fear with that, or if you're a student who really likes sports or eSports or you really like these certain video games, that's an amazing opportunity to connect with people," Watterson said.

"There's no better time than right now for a student who needs to stay in their room.... To hop on their computer and engage with other students who also like these games. If there's an interest you have, there is a group here who mimics that interest, who can share that interest with you. I think eSports could be a really big example of that," Watterson said.

Currently, the College is in the process of buying the necessary equipment for this endeavor, as well as retrofitting a community space and determining the desired expe-

riences of students who have expressed interest.

"Student input is gonna be super important here... So what happens next is that I need to have a good idea of who's out there and how they want to be involved," Watterson said.

In an email to the student body sent on Sep. 1, an additional survey was included where students could select a desired "result" of the program from options such as "more engagement with peers who share my gaming interests", "learning more about online/video games in general", and "a chance to compete with neighboring schools." This survey also provided students with the opportunity to identify their games of choice as well as sign up to be a part of a corresponding committee, which would be responsible for event planning and student coaching.

A functional space for the eSports program has already been selected for retrofitting, and the features to turn it into a functional gaming space are well on their way.

"We wanted a space that would allow for us to create a community. So, right now, the Gibbs [Hall] computer lab is where we are going to have our 'lab'... I am in the process of ordering some PCs, and Gustavus Technology Services (GTS) is going to help with the wiring, and I think once we have student involvement, which

we should gather pretty soon here, we'll be able to make it more of a homey space," Watterson said.

With the barriers of interest and finance effectively overcome, the only question that remains is one of interscholastic competition, a question that holds special significance in light of the MIAC's decision to postpone all competition in physical athletics until Jan. 2021.

"We're gonna want to offer competitions if students want to do it. Bethany Lutheran... has an outstanding program, and I know they would love to do competitions with us. I also think it's really important to provide the space of students just to show up and play for fun," Watterson said.

There is no official regulatory body for eSports (in the sense that the NCAA is the regulatory body for most athletics at Gustavus), which means there's no concrete structure in place for how schools compete against one another. Additionally, competition can take place in an entirely virtual format, which is especially important as colleges and universities across the country reckon with the COVID-19 pandemic.

The eSports program will provide students with an additional connection to their peers in the absence of in-person campus events, and Watterson hopes for the program to facilitate community inclusion as a future student organization.

"Right now, it's just a thing that our office... is putting on, and eventually in the next year or couple of years, we would like [it] to eventually be a student org," Watterson said.

Though no prospective student leaders have been able to comment at the time of this issue's publication, the potential of an eSports organization holds great promise to allow Gusties to "fight on" virtually, even in the face of social distancing guidelines.

# Five ways to stay active outside of the gym

**Weston Lombard**  
Sports & Fitness Editor

It is important now more than ever to find ways to promote a healthy lifestyle, yet current CDC (Center for Disease Control) guidelines along with general risks of going to the gym have made it difficult for many to go workout. That doesn't mean that you can't get creative and find other ways to stay active, though. Here are five ways that you can stay in shape without going to the gym.

## 1. Group Zoom Yoga Sessions

With Zoom becoming a cornerstone for our daily lives, why not use it for something fun? Yoga is a great way to get your body moving and can be adaptable to fit your goals. Yoga can range from meditation-based practices that focus on mental health and putting your mind at ease through simple and stress relieving movements, to a grueling endurance workout that will leave you sore in all the right places for the next day (or two). So throw your friends a Zoom invite, and get your bodies moving with a group yoga session. If you would like to be led by an instructor, there are some great free guided sessions on YouTube. "Yoga With Adriene" has something for just about everyone.

## 2. A quick stretch between classes

There is nothing worse than that tight feeling your entire body gets after sitting all day at a computer. One way to avoid this is to use the ten minutes in between your virtual classes to stand up and do some stretches. Just ten minutes a couple times a day can go a long way, not only in keeping your body from feeling tight and getting your body to move throughout the day, but it also could lead to overall increased flexibility and mobility for your body. Who doesn't like to move better and feel better when you move?

Here's a quick ten-minute sample stretch you can do in between your classes:

- Good Morning Stretch
- Try to touch your toes (hold at bottom for 15 seconds)
- Pidgewon (one minute each leg)
- Down Dog into Up Dog x3

## 3. Tabata

Tabata workouts?" Yep, you heard that correctly, and yes, it is a real word believe it or not. Tabata workouts, otherwise known as high intensity interval training, is a series of workouts that are done for 20 seconds, with ten seconds rest, for eight rounds totaling a quick four-minute workout.

A sample Tabata exercise would be pairing burpees and jump squats: 20 seconds of burpees, ten seconds rest, 20 seconds jump squats, ten seconds rest. Don't let the short amount of time fool you, this will whip you into shape quickly. If you're feeling bold, repeat the four minutes again. This, too,

can be done in between your classes, but you may have to explain to your professor why you're short of breath and sweating so much, so be ready for that conversation.

## 4.

### Commercial core

## 5. Bodyweight CrossFit Workouts (advanced)

This is for those that are up for a real challenge. There are an abundance of CrossFit workouts that require no equipment that you can challenge yourself with to complete in as short of time as possible. Here's an example called "The Hotel Room WOD." Have fun with this one, it requires no equipment, but it requires some endurance and mental toughness:

20 Rounds for Time:  
5 Push-ups  
5 Air Squats  
5 Sit-ups

Who says watching TV has to be bad for you? Take a chance on this one. When you're watching TV, every time there is a commercial do a plank for as long as possible. Repeat for as long as you can take it. By the time you finish watching the big game or your favorite show you'll be on your way to abs of steel.

While these may not be the first things you think of when thinking about how to stay fit during these strange times, these are ways that you can get your body moving and take a break from the couch and the computer screen. Try to pick one of these and do one every week, as you get comfortable with it, add another day. Eventually you will be doing something every day to keep your body feeling and moving right and supporting a healthy lifestyle. Good luck!



# Fall collegiate sport seasons postponed

## MIAC announces fall seasons will be delayed until spring



Hollingsworth Field is one of several athletic facilities that will not see action until at least spring of 2021.

Gracie Jackson

**Jack Wiessenberger**  
Staff Writer

The Minnesota Intercollegiate Athletic Conference (MIAC) announced the postponement of all medium and high-risk fall sport seasons on July 28, 2020. Cross country, football, soccer and volleyball have all had their seasons delayed until the spring of 2021. The only sports that were left out of this initial postponement were golf and tennis, which had been deemed low-risk by the MIAC. However, on Aug. 31, these sports were also told their fall seasons would be pushed back.

"Though both the MIAC Athletic Directors' and Presidents' Councils felt that MIAC institutions have made every reasonable effort to return to competition as safely as possible, the latest NCAA Administrative Committee recommendation led the conference to reach the difficult decision to postpone competition through the fall term," the MIAC website stated in its Aug. 31 update.

Sports typically beginning in the winter have received a tentative go-ahead to begin their seasons as soon as Jan. 2021. This includes swimming and diving, indoor track and field, basketball and hockey. The constantly evolving pandemic has made planning for the future very difficult and uncertain.

"Our staff has been working on COVID-19 plans all summer and are continuing to modify these plans as new information becomes available. As a result, we are just as busy as we were before—our work just looks different. Instead of setting up

for games and managing a busy practice and competition schedule, we are reimagining how this will look in the spring. We are keeping up with new NCAA legislation and figuring out all of the pieces of the puzzle with new COVID policies in place," Director of Athletics Tom Brown said.

The National Collegiate Athletic Association (NCAA) has attempted to keep up with the pandemic by creating new guidelines for colleges to follow. Many of these rules have led to the postponement or cancellation of sports seasons. While the news is certainly disappointing to athletes and fans alike, plans are being set to make the most of the situation at hand.

"Although coaches and athletes understand why these difficult decisions are being made, it has been hard. As soon as we thought we had a plan in place, things had to be changed based on new information that was given to us and that has been difficult for everyone," Brown said.

Despite the ever-changing plans, Gustavus athletes are keeping their hopes up that they will be able to compete in 2021.

"Of course I was heartbroken when the MIAC decided to push back the season to January. I understand why they made the decision they did, but every athlete looks forward to their senior season and it hurts having my last season affected this way. I think my coaches, teammates and I all have a similar mindset—the way this season could potentially look is not ideal, but we're hopeful that we're going to be able to have a season at all," Senior Women's Hockey defense Sydney Henrichs said.

Plans for how a postponed hockey season may look are still being made, but athletes are looking forward to whatever sort of season they may get. For now, Gustavus athletes' main goals are to stay in shape and prepare for the season as they normally would.

"As athletes, we are just doing our best to keep training on our own and stay in shape. I have been able to train in pods with our first-years and another teammate on campus. Things look a lot different as far as working out in Lund Center goes, but we have been able to work with our strength and conditioning coach to help prepare us for our hopeful return to regular practice," Henrichs said.

Everyone is trying to adapt

to the way of life that has become the new normal due to COVID-19. For many Gustavus athletes, the pandemic has offered a new source of motivation.

"Adapt and overcome' is the new way of operating. We can't always know what is ahead of us, so we have to train as hard as we can and be ready to take every opportunity presented to us. I plan on training as much as I can so I can be ready for whatever chance I get this season, big or small," Senior swimmer Mack Christianson said.

During this time when we are meant to stay socially distanced, Gustavus athletes, coaches and the Athletics Department are all coming together in spirit to take this challenge head-on.

"We have put a lot of restrictions on our coaches and athletes and these new policies have challenged all of us. However, everyone is coming together and making the most of the situation during these difficult times. The hard work and passion for Gustavus athletics is noticed and that has been really rewarding to see. Through all of this, Gustavus will shine," Brown said.



Football games and practices typically take place on Hollingsworth Field in the fall.

Gracie Jackson