

Battle of the Zoom fatigue



Emily Seppelt
Opinion Columnist

Having made it halfway through the semester, I am sure that most of us are ready to either throw our laptops into the snow or personally confront the CEO of Zoom. Now that we are over seven months into Zoom University, Zoom fatigue has reached an all-time max. Unfortunately, according to National Geographic, communicating over video call “requires sustained and intense attention.”

Unlike when we are attending in-person lectures or events, we can’t use visual and body language clues to glean someone’s message and intent. Like most Gustavus students, I am sure the majority of our readers have quite a few classes this semester that are fully online over Zoom. So, while we are technically attending the same number of classes that we may have in any other normal semester, the energy and effort we need to put into them is doubled.

And yet, we are still assigned the same amount of work, and in some cases, even more. I wonder how that is supposed to work? Not to mention that this system also forces professors to put in double the amount of work. By this point in this semester, every single student that I know is near total burnout.

“By this point in this semester, every single student that I know is near total burnout.”

This is why I advocate that we as a society let go of the pipe dream that everyone will have their video on when attending a Zoom call. While I very much understand how much it helps professors and leaders to engage with their audience, in the end it only further exhausts students who are just barely holding on. While video participation should be encouraged, making it a requirement or shaming students who keep their video off doesn’t help student engagements or outcomes.

For some students, keeping their video on may actually hinder them from paying attention in class because so much of their



We are all Zooming from our campus homes, leaving the majority of classrooms empty.

Nate Habben

where all classes will once again be online, Zoom fatigue is only going to worsen. I would argue that in some cases, a student will learn better and feel more comfortable to come forward and participate in class if their learning environment is not one of animosity and forced participation.

“For the first time in our lives, many young adults have had to face the fact that they are not invincible.”

I would also encourage more use of the chat feature in Zoom. While online classes are nowhere near the same as in-person ones, there are certainly benefits to using an online platform for class. Paying attention to the chat and allowing students to participate in that way is a new way to engage with a student or participant who may not have shared verbally otherwise.

Instead of pushing for our online classes to be as close as possible to in-person classes, we need to adapt to this new form of learning and we will see better outcomes for both students and professors as well as just fostering a more inclusive environment in the classroom.

attention is unwittingly poured into how they appear on camera or making sure that their internet can sustain video. Expecting full output from every student at all times is unreasonable even in pre-COVID times.

While I understand that there is a concern about academic honesty and participation, at this point, if a student has had their camera off every day of class since September, it is ultimately their responsibility and loss. But I know personally that there have been days that I was simply unable to turn on my camera in class and was called out specifically when all other days I had participated.

This shaming has been proven to be ineffective and only goes to create a wall between the student and the professor rather than building a bridge. With not much time left in the semester, burnout rates will only be increasing. On top of putting in 200 percent more work this semester than we normally would, there are many outside pressures and stresses also affecting students.

For the first time in our lives, many young adults have had to face the fact that they are not invincible, and constantly worrying about our own safety as well as the safety of our friends and family only makes that worse.

In reality, it does very little to help the students and times only inhibits their learning and progress. Considering that we are now fast approaching the period

The Good, the Bad, and the Meh



Masks keep you safe.



You can smell your own breath when your mask is on.



You are used to pairing outfits with your mask.

Reasons to live in Minnesota



Maddy Smerillo
Opinion Columnist

On snowy October days, I often find myself wondering why, of all places in the United States, I continue to live here in Minnesota. Oct. 20 seems a bit early to be experiencing snow accumulation, let alone four to seven inches of it. Maybe the occurrence of such a weather event is in part due to climate change, which can make the weather more variable (thanks, Professor La Frenierre). However, maybe such an event is actually just due to Minnesota being a secret tundra with a seemingly endless winter that starts before Halloween and endures through Easter. Either way, I have been feeling frustrated with the early onset of cold weather this year. If you are in need of some cathartic reasoning about why you should continue to live in this frozen wonderland, read on.

To begin, if you like to dress in layers, Minnesota is the place

to be. Year round, the weather is such that you can wear shorts in the same week that you wear a winter coat and hat. Layering up is a great way to be prepared for any scenario that you might face from Mother Nature.

“Such an event is actually just due to Minnesota being a secret tundra with a seemingly endless winter that starts before Halloween.”

For nine months out of the year, you don’t have to worry about getting a sunburn. During the winter months, it is much too cold to go outside with any skin exposed. This means you probably only need to buy one bottle of sunscreen for every trip around the sun; just make sure it isn’t expired.

You don’t have to choose between buying a car that saves gas and one that holds all your friends. There isn’t really a choice, because chances are the one that saves gas will be slipping and sliding on the winter roads to the point where you can’t actually get anywhere and will have to carpool with someone else anyway.

When you have people over, you can put the drinks for the party outdoors instead of taking up room in the fridge. The chilly air blowing around in your backyard is plenty cold enough to get those beverages to a desirable



A squirrel very happy to live in Minnesota

Cadence Paramore

drinking temperature.

In survival situations, many Minnesota residents can survive by catching fish. I don’t know if you have checked the dating apps in the area, but most of the eligible bachelors are pictured with large fish of all sorts. You could probably eat those if it comes down to it, assuming that there are no ingredients left to make up some hot dish.

Finally, you never have to worry about what the actual temperature is. Don’t bother looking at what your weather app says the highs and lows are—all that matters is how badly the wind burns when it smacks you across the face. It’s just another reason to wear your mask, I suppose.

In short, yes, if the United States was a kitchen we would

live in the freezer, but is it really so bad? Even if it is, at least you have neighbors that are friendly enough to commiserate with you as you both shovel the driveway for the second time in 24 hours. Bundle up, Gusties; at least we’re in this together.



Minnesota’s beauty

Cadence Paramore



A snowy squirrel enjoying the 8 month long Minnesota winter

Cadence Paramore

Gusties need dogs



Tori Smith
Opinion Columnist

I think it's safe to say that Gusties love their dogs. If you've ever gone to a Pause for Paws event, you'd know what I'm talking about. The Dive is almost always packed with excited students hoping to get a slobbery kiss from a fluffy Samoyed to help them forget about the midterms they haven't yet started studying for. Well, maybe that was just me.

Now that Pause for Paws is on pause this semester due to COVID-19, Gusties are yearning for any canine affection they can get. Some students have resorted to begging other students with Emotional Support Animals to pet, play or cuddle with their animals. Others, like myself, have spent many hours in the car driving back home just to see the family dog or beg their parents to bring Buddy down to campus for a visit. We all cope differently.

“Now that Pause for Paws is on pause this semester due to COVID-19, Gusties are yearning for any canine affection they can get. Some students have resorted.”

Unfortunately for us, Gustavus doesn't make it very easy for our furry friends to make a visit. According to the school's Pet Policy, “it is prohibited to bring dogs, cats, or other pets inside any College-controlled buildings” and “while on College-controlled properties, pets



Signs in the Arb prohibit the presence of canines.

Nate Habben

must be maintained on a leash of six feet or shorter, on a restraining harness, or in a caged enclosure.” Okay, that doesn't sound too bad. It's not like I'm trying to bring my dog into the Caf for a quick bite to eat, although I do think she'd be a fan of the mozzarella sticks.

But wait, what's this? “Pets are not allowed in the arboretum...” You mean to tell me the 125 acres of outdoor space filled with walking trails and foliage has a ban on dogs? Where else are we supposed to take Buddy for a walk?

According to Linnaeus Arboretum Director Scott Moeller, the reason for prohibiting dogs in the Arb comes down to irresponsible owners leaving solid waste behind or not using a leash, fear/anxiety from people/children who are afraid of dogs and liquid waste altering patterns of animals (fox, squirrels, deer, etc.).

The issue of irresponsible owners is a large one, I'll admit that. There is nothing worse than finding an abandoned pile of dog droppings in the middle of a walking path (even if it's off the path, just pick it up please).

Owners who choose not

to pick up after their dogs are truly the worst, and in this instance, ruin it for the rest of us.

Although I understand the frustration of irresponsible owners letting their dogs run and poop anywhere they want, I don't believe a full-out ban on all dogs is going to solve the issue. Let's face it, people still bring their dogs into the Arb. I'm sure many people have seen a dog or two (maybe even the occasional cat) out walking with their owners on the walking trails.

One time, a Golden Retriever came running up to my hammock unleashed and ready to play. Luckily, that was the best surprise I could have ever dreamed of. If it was anyone else, that story might have been a little different. It could have been frightening to see a large dog come running at you full speed.

Obviously, the ban doesn't work. There are still dogs in the Arb, but because dogs are completely prohibited (which is largely ignored), there are no signs requiring owners to leash their pets or pick up after them. Since people are going to ignore this unfavorable rule, they don't feel the need to fol-

low any others.

If, for instance, the ban was lifted and dogs were welcome in the Arb with the exceptions of picking up after them and having leashed at all times, I believe instances like these would decrease. Rules that demand for owners to be responsible are much more reasonable than prohibiting dogs entirely, so it's more likely owners will follow them.

“Since people are going to ignore this unfavorable rule, they don't feel the need to follow any others.”

As for the assertion that dog urine is responsible for altered patterns in wildlife, it's not abundantly clear why this is such a problem. Obviously, wildlife is an important part of the Arb and any natural park, however, if the Arb was that concerned about its squirrels, foxes, and deer, shouldn't they prohibit humans, too? After all, we are arguably the most disruptive and invasive species in the world.

Additionally, the majority of the studies concluding that dog activity disrupts wildlife patterns are conducted in parks with over 3,000 acres. One can't compare the activities of animals living in forests to the wildlife in the 125 acres of the Arb, located in the middle of St. Peter. We all know the squirrels at Gustavus are a different breed. You can run at them full speed and they won't blink an eye.

In conclusion, Gusties need their dogs. It's been proven again and again how beneficial dogs are for stress relief, and it's clear that everyone on campus could use more ways to de-stress. Hopefully, Gustavus will reconsider their pet policy and the dog ban in the arboretum, but for now, does anyone have a fluffy animal I can snuggle before midterms hit?

Word Search

Snow

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

- angel
ball
blower
cone
drift
- early
fall
fort
hare
ice skate
- igloo
man
melt
MinneSnowta
mobile
- North
plow
shoe
ski
wind

Crossword

Fall

- Across
- Down
4. Most of these have returned to the Ninth Layer of Hell where they belong.
5. The snow has ruined this playfully named season for us (two words).
6. A pie of the same flavor of the best fall drink (two words).
7. Goodbye, _____. See you in the spring.
9. Spicy apple juice (two words).
11. Contrary to most, I like that this came early.
12. Because the holiday is essentially cancelled, we can look forward to discounted (two words).
13. Affectionate name and title of a song referring to this climate (two words).
15. All of these have lost their crunch due to snow.
1. All this snow does make me want this winter drink (two words).
2. Without the snow, this time of day would be perfect for picture taking this time of year (two words).
3. This is the single greatest fall drink of all time and I will accept no criticism on the subject (three words).
8. Even with its masks, we cannot participate in this holiday.
10. A terrifying grain-based labyrinth that I have never once gotten lost in ever (two words).
14. This is a spooky phenomenon this time of year, especially on the Hill and in the Arb at night.

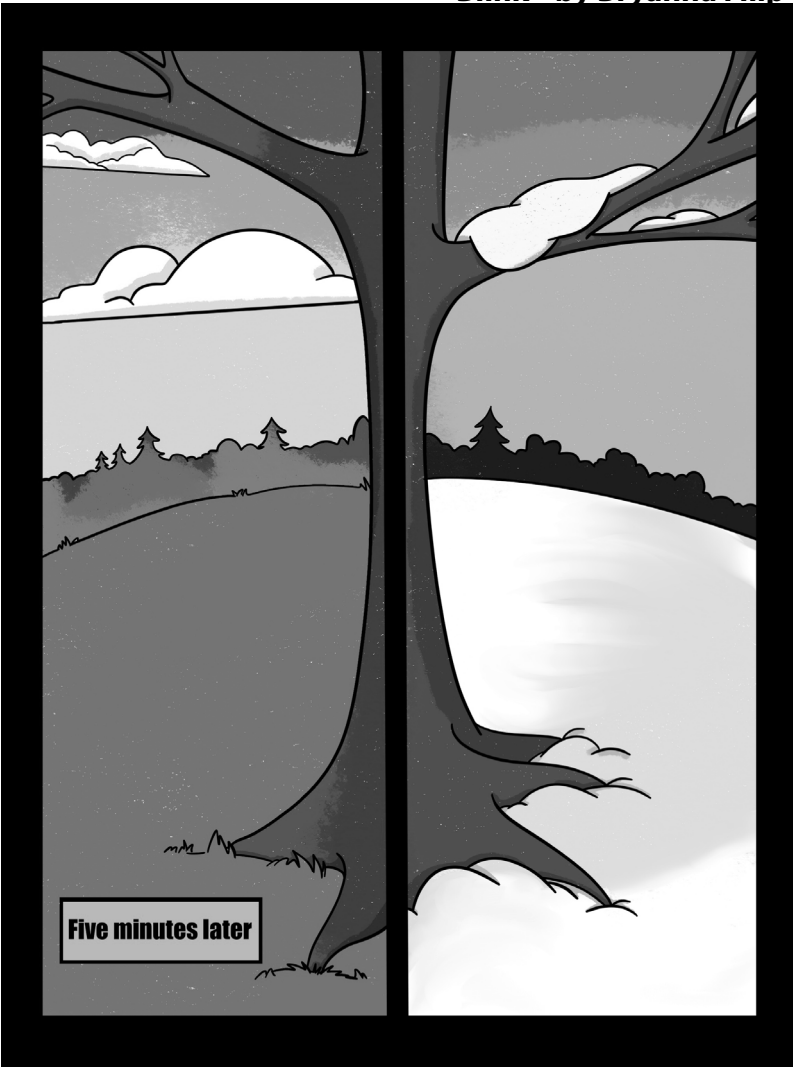
Dots & Boxes

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!

A 10x10 grid of dots for the Dots & Boxes game.

Three 3x3 grids for the Dots & Boxes game.

"Blink" by Bryanna Filip



Crossword Answers: Across: 4. bugs, 5. Spooky Season, 6. pumpkin pie, 7. sun, 9. apple cider, 11. snow, 12. Halloween, 13. sweater weather, 14. corn maze, 15. wind

Senior Spotlight

John Campisi - Men's Baseball

Riley Bowman
Staff Writer

Stepping into this week's senior spotlight, out of Thornton, Colorado, standing six feet tall, and a chiseled 185lbs, Gustavus's most eligible bachelor, John Campisi. Campisi has been a member of the Gustavus Men's Baseball team for the past three years. I sat down with Campisi to see what life has been like over the past few months and how he is adapting to COVID college life. In our interview, Campisi was quick to express his appreciation for his current place in life.

"It is exciting to know the next chapter of my life is only a year away. The last four have flown by, and it is even crazy to think I am almost done with my educational and baseball careers," Campisi said.

For many, senior year provides the last kick at the can for athletes to achieve their goals and win championships. It also represents the last time most athletes will ever play on an organized sports team for the rest of their life.

Campisi has embraced the impact of COVID-19 on his baseball season with optimism and positivity. Amongst all the chaos occurring in our country between a presidential election with no clear frontrunner, and a global pandemic with no clear end in sight, Campisi has found light in baseball this fall.

"Getting the chance to play fall ball was a pleasant surprise given COVID and the unpredictable weather. Some of my fondest memories come from fall ball. There is nothing better than competing against your friends. Even if you give up a home run, it is great to see your buddies running around the bases with smiles on their faces," Campisi said.

"It was a blessing to be able to go home for another two months. Those are two months I get to spend with my family, and I don't know how much time I will get with them in the next few years, so I am very grateful for that,"

In such unpredictable times, people must search for the good, and Campisi speaks directly to that. After having their season canceling last spring, fall ball has instilled hope within the team for the coming spring.



Group of Gustie baseball players before COVID-19

Submitted

Turning back to quarantine, the period of isolation allowed for Campisi to spend some quality time with his family.

"It was a blessing to be able to go home for another two months. Those are two months I get to spend with my family, and I don't know how much time I will get with them in the next few years, so I am very grateful for that," Campisi said.

Campisi stays on the positivity train and recalls how he cherishes the time he was able to spend with family. A lot of people were forced to spend time with their siblings and parents, which would have not been realistic without a global pandemic. With busy lives, quality family time can be hard to find, and Campisi did not hesitate to take advantage of that.

Along with taking advantage of much needed family time, Campisi sought out more time with some of his favorite activities outside of baseball. While he is not putting smiles on his teammate's faces at the ballpark, Campisi loves to go hunting and fishing. Shortly before arriving back on campus, he set out on a two-week elk hunting trip. While he was not successful in his hunting endeavors, the experience itself was very valuable. Upon completion of his degree here at Gustavus Adolphus College, Campisi intends to enlist into the United States Naval Forces. His hunting trip served as a great challenge to test certain

qualities that he will undoubtedly need to make it as a Seal. While hunting for elk, Campisi camped in the mountains and learned to navigate unknown territory. Although far from the baseball diamond, Campisi continues to push his boundaries and take on new challenges.

As for the future of the baseball team in the coming spring, only time will tell. With high hopes, Campisi looks to finish out his time here at Gustavus with his best friends on the baseball field.

"Some of my favorite memories at Gustavus come from our Arizona trip and winning the MIAC Championship. I cannot wait to see all the hard work put in by my teammates finally pay off," Campisi said.

Spoken like a true teammate, Campisi cannot wait to succeed with his team come springtime. He even went as far as to provide some statistical estimates on their chances of winning this year's MIAC Championship.

"Our chances of winning the MIAC Championship are exactly 100 percent. Let us just say no one wants to travel to St. Peter to play the Gusties this spring," Campisi said.

With confidence and positivity, Senior John Campisi looks to take on the coming baseball season with his teammates.



Gustavus' most eligible bachelor enjoys his last year at GAC

Submitted

Making the Most of It

Gustie Football Begins Practice with Helmets

Eamonn McCullough
Staff Writer

When the Gustavus Football team began practices this fall with just their first-year members on campus, they were able to hold onto the hope of eventually donning helmets and full pads for full-contact practices. Sadly, as reality unfolded, the dream of full-contact and equipment was postponed. As of last week, however, Gustie football players were able to gain an extra measure of both safety and normality with the addition of helmets to their daily practice kit. Despite the extra headgear, the Gusties of the gridiron are slated to remain socially distanced through the month of October, and, helmet or not, the team will still be unable to practice in a way that calls for close contact.

"We really haven't done anything different from the very beginning, we really haven't had closer contact practices... We added helmets last week, but that didn't change anything that we've done in terms of structure. We've been in pods of 11, social distancing at six feet... The helmets did nothing to change our practice, essentially," commented Gustavus Head Football Coach Peter Haugen.

Gusties watching practice as they pass Hollingsworth field have certainly noticed the black-and-gold helmets glinting in the midafternoon sun, leading to a generally heightened sense of anticipation for football, especially in light of the ongoing Division I season. Haugen, however, reminds fans that there's still a bit of a ways to go.

"Nothing's changed with our helmets. It looks like something might be different



Gusties during a game pre-COVID19

Submitted

because we're wearing helmets, but absolutely nothing's changed. The guys... they're not able to wear mouthguards, we have the same restrictions in terms of how far we need to be away from one another... There's absolutely no contact, and that's been from the very beginning, and that continues through now... There's this perception that 'oh, you guys must be doing something,' but

we're not. The hope was that we were gonna get equipment on, and by wearing helmets... Usually, when you get ready to play, you need to have a couple days in helmets, then you get shoulder pads on... That kinda got us going down that road, but subsequently we found out we're not going to be having padded practices."

Haugen also mentioned that the decision to begin prac-

tice with helmets came from the Athletic Administrators.

Despite the anticlimactic sound of this development, Haugen mentioned the numerous benefits that come with practicing in helmets, regardless of the maintained social distance in practice structure, and remains optimistic.

"It [wearing helmets] was great, 'cuz our guys got to wear one, and practice with helmets on, and there's something about having a helmet on that's nice, but... there have not been any new provisions put in place because of the helmets."

Above all, one thing has remained constant: the Football team's sense of determination, grit, drive, and desire to return to the game stronger than ever this spring.

"You know, I'm just proud of our guys. We've been doing Zoom sessions since March, and there's been a lot of preparation behind the scenes on Zoom calls preparing our athletes as best we can. Our focus as coaches has been on our athletes and how we can get them best prepared, given the restrictions that are in place."

Despite Covid, the team is still focused on building their program, buoyed by the large first-year class of this fall and the strong leadership demonstrated by upper-classmen.

"We're really trying to stay focused on our players, and navigate how we can grow our program in the midst of a dif-

ficult situation. Our players, and our leadership group with our captains, seniors, and staff have done just a tremendous job of staying focused and mentoring our younger guys. We have a very big first year class of football players, and so that's been important. The work that they've done with mentoring has been really important in getting those younger guys acclimated to our program and our culture."

As the team continues to prepare, and anticipation for the coming spring season builds, practice in helmets marks an important step towards recovery as Gusties continue to adjust to life in a pandemic.



Gustavus football pre COVID-19

Submitted

Gusties in Action

Photos from prior competition of senior athletes

