

# THE GUSTAVIAN WEEKLY

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ISSUE 8

**MEET GUSTIE  
of the WEEK:**  
*Thomas Prahl*



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**Bringing both  
political parties  
together**



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**Adam Pierce  
wishes Gusties  
a happy stress  
week**



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## Gusties vote: 2020 Presidential Election edition

As the nation waits for election results, Gusties share the importance of political involvement



Saint Peter residents held a Trump parade on Nicollet Ave.

Nate Habben

**Emily VanGorder**  
Staff Writer

College students across the United States are typically an untapped resource when it comes to presidential elections. Many students don't vote because they aren't sure how to, because they distrust political parties and are suspicious about the legitimacy of election results, and because they experience numerous large life changes which can overshadow voting responsibilities. However, this year more efforts have been made this year to encourage students to vote and become more civically engaged.

"Honestly, we all have our different views but at the end of the day we are in a democracy and the only way to keep that going is by exercising our right to vote. Telling students to get out to vote, [regardless of] who they vote for, is the only way we protect our democracy," Junior

Regina Olono said.

Olono is the President of Ignite, and is involved in a number of other organizations on campus, including Student Senate, Model UN, Students for Reproductive Freedom, A Moment of Magic, and the Organization for Latin American and Spanish Cultures (OLAS). She is also currently assisting Democratic nominee Dan Feehan's campaign for Congress.

"As a queer Latina woman, I've experienced a lot of instances of homophobia, sexism, and racism. Getting a lot of hatred made me step up and advocate for those that are like me, because I know not a lot of people do that, especially when they feel so repressed and underrepresented... I also plan to run for public office one day. It fuels me to fight for the little guy... but it's rough out here," Olono said.

Senior Carter Grupp also worked on political campaigns back in 2018. He worked at the State Fair representing Repub-

lican candidate Jeff Johnson for Governor, as well as for the marketing campaign of Doug Warlow, who was the Republican nominee for attorney general.

"I think a lot of my involvement, especially on Doug's campaign, had to do with my interest in law," Grupp said.

Going forward, Grupp is interested in municipal government and the potential of attending law school.

"Last summer I secured an internship with the city of Minnetonka to do residential real estate appraisal. However, one of the first things to go when the pandemic came was internships. At this point I'm still looking for good opportunities in regards to a long term future in law and politics, but I'm open to all avenues the major entertains," Grupp said.

Ignite is a new campus organization, designed to bring more women-identifying people into politics. It is a nonpartisan group, which has made reaching out to encourage students

to vote somewhat difficult given the divisive nature of political elections. Other groups, such as the PAs and CAB have been active in encouraging students to vote on campus and across social media platforms.

"We've been working with the Voter Engagement team to get more information out on how to vote, [and] how to do absentee voting. We're trying to push more information and any opportunities that come forward, but we're sticking to that nonpartisanship," Olono said.

"For Ignite, we've had a lot of engagement with our posts, and more people joining our meetings.... Because it is so polarized and because this is such an important election, I feel like more Gusties are being encouraged to vote," Olono said.

"My interest in politics began at the end of high school... As a freshman, I was a part of the College Republicans and Turning Point USA. However those groups have fizzled out on campus, and their numbers

have dropped. I was dissatisfied with leadership. I don't want to blast my peers, but I was dissatisfied with members of the group, so I chose not to make that a big part of my life," Grupp said.

"I find that many on campus tend to hold more leftist ideologies than I do, and at times it's hard to find people who think similarly to me on campus, but they're not absent on campus... It's good to have political conversations on campus, it stimulates growth and it normalizes politics.... I think our professors do a good job in keeping a neutrality in regards to political positions, and I think that participation is not limited to any type of partisan affiliation on campus, which I really support," Grupp said.

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Campus Safety Report

**Monday, October 26th**

- Campus Safety responded to a suspicious incident in Sorenson Hall.
- A student reported damage to their vehicle that was parked in the Norelius parking lot sometime between Friday, October 23 at 1630 hours and Monday, October 26 at 1330 hours.
- A student reported that their car had been keyed while parked in Norelius parking lot.

**Tuesday, October 27th**

- A student reported that another student had made a verbal comment towards them and spit at them.
- Campus Safety took a report of vehicle damage in

the Sohre parking lot.

- A CF reported two residences, in Pittman Hall, not following the quiet hours.

**Wednesday, October 28th**

- A resident from Norelius Hall reported being harassed on Monday, October 26, 2020 at 1730 hours.

**Thursday, October 29th**

- Two CFs were doing rounds when they found six residences in Norelius Hall not following the Covid policies (wearing masks and social distancing).

**Friday, October 30th**

- An AC reported a window screen had been removed from a room in North Hall.

- An AC received a report of an unauthorized off-campus guest in Southwest Hall.
- Campus Safety received a fire alarm prompt over radio from International Center. Alarm caused by burnt food.
- Campus Safety received a call from CF's in Pittman Hall, stating that a room was engaging in under age alcohol consumption. One student referred to the campus conduct system. AC on call was contacted per protocol.

**Saturday, October 31st**

- A parent contacted Campus Safety and asked for a welfare check of a student in

North Hall .

**Sunday, November 1st**

- A student in Southwest contacted Campus Safety to report tools that were stolen out of the truck earlier that day.
- Campus Safety received a call of a student entering the wrong room in North Hall.
- Campus Safety received a fire alarm prompt over radio from the Walker House. Alarm caused by burnt food.

**Tip of the Week:**  
**CITY NOTIFICATION SYSTEM** - Want to be informed when a snow emergency has been declared in the City of

Saint Peter? Then it's time to sign up for the City's community notification system.... Nixle! Nixle is a community oriented notification system that is used by the City to provide alerts, advisory notices and other community information. You must sign up at [www.nixle.to](http://www.nixle.to) to become part of the system, and you can choose to receive notices via text, e-mail, or both from the City of Saint Peter Administration, Police, Recreation and Leisure Services, and/or the Public Works Department. Make sure you are signed up in the Nixle system in order to receive information about City snow emergencies.

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**COVID-19 Report**  
Gustavus On-Campus Update

*As of November 2, 2020:*

Total Positive Cases (since August 15): 72  
Current Positive Student Cases: 28  
Current Positive Employee Cases: 2  
Total Students in Isolation/Quarantine: 72  
Students in Isolation/Quarantine On Campus: 19  
Employees in Isolation/Quarantine: 11

This data set is meant to encompass the on-campus impact of COVID-19 by counting cases where a person may have been on campus while infectious. For example, students who are living at home or employees who are working remotely and not visiting campus will not be counted in these on-campus numbers. This information is also available for viewing on the College's COVID-19 Dashboard.

**Minnesota COVID-19 Update**

*As of November 4, 2020:*

Total Positive Cases (since January 20): 160,923  
Daily Newly Reported Cases: 3,844  
Daily New Reported Nicollet County Cases: 19

This data comes from the Minnesota Department of Health's "Situation Update" website, which is updated every day at 11 a.m.

# Residential Life faces Area Coordinator staff changes mid-semester



Fairbrother served as Norelius Hall's Area Coordinator.

Gracie Jackson

**Marie Osuna**  
Staff Writer

In the middle of the fall semester, change is brewing within the Gustavus Residential Life office. Two area coordinators (ACs) Mandy Rae Fairbrother and Nicky Domenichini resigned from Gustavus this year. Fairbrother resigned prior to the start of the school year, while Domenichini announced his resignation last month. Gustavus typically employs two to three ACs at a time.

The changes have not affected much in the Residential Life office. According to Director of Residential Life Anthony Bettendorf, work was reallocated among the office staff to ensure that every building was covered during the transition period.

Domenichini's replacement, Kurt Schiep, will be starting on Monday, Nov. 9, and will be covering the same buildings that his predecessor did (Norelius, Arbor View, College View and Chapel View).

Currently, Abbey Lane serves as the AC for the other campus housing units (North, Gibbs, Sorenson, Prairie View and the Carlson International Center).

While changes for Residential Life staff may be smooth, things are not as easy for Collegiate Fellows (CFs), especially in the time of COVID.

"I think it's very difficult to try and become acquainted with a new AC when everything is

online and we are trying to comply with COVID policy. This last year Melissa Sugarman resigned and took a new position, and we got a new [Assistant Director] of Res Life and his name is Chris (Mueller) but I've never met him personally. It's hard to create those personal relationships now," College View CF Brenda De Rosas Lazaro said.

While both ACs left on good terms, it was still difficult for students who had developed a relationship with Fairbrother and Domenichini.

"[Fairbrother] was my AC last year (for Sohre) and [Domenichini] was my AC this year for College View (or 'the Views'). I was super close to [Fairbrother] since I had her as my AC for a whole year, so it was kind of devastating to hear that she was leaving but obviously I understand that she wanted to grow in her career," De Rosas Lazaro said.

ACs at Gustavus are full-time staff members who live on campus and play many roles.

"The Area Coordinators supervise the Collegiate Fellows, oversee our Residential Curriculum (programming and activities tied to the College's core values), meet with students who violate any residence hall policies, advise hall councils, attend events the CFs are doing, help with opening and closing of buildings, training for our CF staff, serve in our on-call duty rotation and some other administrative responsibilities," Bettendorf said.

As a four-year residential

college, it's critical to have measures in place to ensure students living on the Hill are doing well and getting the most out of their college education.

"The staff is committed to fostering a community in which students respect and affirm the dignity of all persons and develop the responsibility and values that will allow them to assume roles of leadership and service in society," the mission of Residential Life reads.

Despite Fairbrother leaving Gustavus, students who were close to her have been able to maintain a relationship.

"We still keep in contact with her, either emailing back and forth or setting up phone calls, which is nice," De Rosas Lazaro said.

This kind of support can be extremely helpful for CFs who are struggling to do their jobs effectively while complying with COVID regulations.

"It's very difficult to be a CF during COVID time, and in general being in an apartment. Now you don't get to see people as often and get acquainted with them to build those relationships. Social events are more difficult because you have to plan for COVID as well. It doesn't allow for that community aspect necessarily. It's actually so sad," De Rosas Lazaro said.

Despite these challenges, Residential Life Staff, CFs and the new ACs will keep moving forward to provide the highest quality services they can to students living on campus.



Fairbrother also served as Uhler Hall's Area Coordinator.

Gracie Jackson

# Campus Safety makes changes to accomodate COVID-19 concerns



Campus Safety also provides parking passes which are available to purchase throughout the semester.

Isaac Bui

**Carter Brown**  
Staff Writer

Due to COVID-19, many aspects of campus life at Gustavus have been changed in order to accommodate the students and faculty on campus safely.

On Tuesday, Nov. 3, Assistant Vice President of Student Life Megan Ruble provided information regarding Campus Safety services. Ruble stated that Gustavus has been unable to do any major updates, but still finds ways to make these services as safe as possible for

students.

"We could not find a way to offer Safe Rides with necessary COVID precautions," Ruble said.

The popularity of such services has also been impacted greatly due to COVID-19.

"Campus Safety took 9,194 calls last year. Safe Rides, medical escorts, motorist assists, and lost and found are some of the most often used services," Ruble said.

"Not surprisingly, the request for Safe [Walks] is way down. Students appreciated the warmth and convenience of [Safe Rides] in addition to

the extra safety they provide," Ruble said.

Safe Walks, which has widely replaced Safe Rides due to COVID-19, has not seen as much popularity either.

"Safe Walks is very safe, considering the service we provide. We make sure to report specific times and places, as well as the number of people going to ensure that everyone who uses it is safe and makes it to where they need to go," First-year Quinn Aliabouni, a Safe Walks employee, said.

"It's the easiest way for us to still provide this service without violating COVID restrictions...

So far, I haven't done any Safe Walks. Most people who call want the rides instead, so the service isn't very prevalent. Campus safety is doing the best they can with the pandemic and with trying to provide safety services. Although Safe Walks isn't preferred, it is the best option we have," Aliabouni said.

"I'd rate the service as adequate. Personally, I used it more at the beginning of the semester compared to now and in my experience, Safe Walks didn't use social distancing but did have masks. I think it becomes more irrelevant as the semester goes on and as you start to make

friends," Aliabouni said.

Like other offices at Gustavus, Campus Safety has changed policies in order to comply with COVID guidelines.

"When officers respond to calls and if they do a medical or hospital transport, they must evaluate what kind—if any—of PPE they need to do to be safe. Their vehicles are being disinfected after every shift. These are just a couple of things," Ruble said.

"Campus Safety is working with so many other offices to keep students safe and healthy. It really is a collaborative effort and Campus Safety plays just one role," Ruble said.

## Continued from page 1

While tabling for the Gustavus Democrats, Olono has noticed an increased student presence and interest in participating in this year's election. However, there are increased worries about the presence of fraud within the election and the state of the American democracy.

"A lot of people are worried that our election won't be free and fair, which is a pillar of our democracy. Personally, I'm not worried, because I know that we have a lot of institutions in place and a lot of people advocating for us, but I do understand why [others] are anxious" Olono said.

"I've seen that a lot of young people, especially generation Z, are very passionate about this election" Grupp said.

"This [year] was my first

time voting and I thought it was very important to go out and do my civic duty of electing a president who acts in the best interest of the people" Junior Habeke Bekele said.

The days before an election are always filled with anxieties felt by voters on both sides of the political aisle.

"I think the people in office right now should really be doing more to assure us that there won't be any fraud within the election. I think they haven't been calming people's anxieties, and the media has been making that worse. I definitely think St. Peter needs to step up in that area, informing [their] voters, letting them know that it will be okay" Olono said.

"People are on edge. The amount of conversations that have either directly or subtly led to the election and the results all have come up one way or another. Just last night I returned back to my apartment after dinner to find the TV turned on to the

polling results, similar to when COVID-19 was just emerging and so much information was being released. Every tweet, Facebook post and news release created an abundant amount of information that can be very detrimental to consume all at once," Bekele said.

According past election results, The St. Peter area displays a varied spread of political affiliations. St. Peter and the surrounding Nicollet, Mankato, and North Mankato areas have historically been split about 50/50 regarding political affiliation, though according to The Associated Press voters from Minnesota as a whole are leaning more liberal this election season.

"In St. Peter, neighbor to neighbor you'd see Democrat lawn signs next to Republican lawn signs... even in the same neighborhood, each neighbor has a different affiliation... it's not just one way or the other" Olono said.

Cities across the United States have been preparing for potential violence and riots after the results of the election are announced.

"I know in the cities businesses are boarding up their places just in case riots happen. People are very nervous" Olono said.

This can be seen especially along Lake Street in Minneapolis, which was one of the most damaged by riots after the murder of George Floyd in May. Commissioner of the Minnesota Department of Public Safety John Harrington has stated that the department is accelerating plans for taking care of potential unrest and violence after the election.

"I was scrolling through my Instagram feed and noticed a page I follow posted a video. It showed downtown DC having to board up the windows of all downtown buildings in preparation for rioting. To me, that's very saddening. Yes, preventing

damage and vandalism is smart but the extent in which the government and private entities go to predict such violence is quite frankly scary," Bekele said.

Going forwards, Grupp hopes to see more students and young voters realize that their votes matter.

"If you look at anything in regards to this election, I think we're finding that your vote does count. Even today, they're still counting ballots in [states] where it's come down to a few thousand votes. The notion that your vote doesn't matter needs to be dispelled. There may be instances where you feel like your vote means significantly less, for instance, my vote in the state of Minnesota, which has hardly ever voted red, but with enough mobilization efforts, you can make your voice heard almost anywhere in the United States," Grupp said..

# Gustavus Jazz Club to host jam session

Tori Smith  
Staff Writer

At a time where tensions are high and the future is uncertain, Gustavus students are looking for anything to distract themselves. For Junior Anya Menk, jazz is the best way to do just that.

Menk, a music education major with an instrumental focus, created a new club this year with Senior Co-President Matt Guilette.

The Gustavus Jazz Club is an organization made up of students and staff who share a common passion for all things jazz.

*"Our goal is to celebrate jazz and study it in a way that complements the current curriculum here at Gustavus."*

*-Junior Anya Menk*

This semester, participants will be taking a closer look at the life and music of jazz musician Miles Davis. Already, the club has put on a listening party event where they were able to listen to Davis' music and have a discussion in a Zoom meeting.

"Our next event of the semester is going to be the jam session where we'll get to play the tunes by Miles Davis," Menk said.

This jam session will take place from 8-10 p.m. on Tuesday, Nov. 23 in Björling recital hall. In order to observe COVID-19 safety measures, there will be two sessions with a maximum capacity of twenty people per session. All participants will be required to wear a face mask, provide their own microphone, and be spaced at least ten feet apart.

According to Menk, these jam sessions are "open to everyone and anyone" regardless of their musical ability.

The Gustavus Jazz Club isn't picky on instruments, either.

"We're trying to expand outside of the general constraints of what instrumentation would be for a jazz setting," Menk said.

What this means for interested students and staff members is that they are free to come to sessions and play their primary instrument of choice.

In addition to events like listening parties and jam sessions, Menk is also planning a reading in common activity this coming J-term on a biography about Miles Davis to learn more about his life as a musician and his music.

In a hopefully COVID-free future, the Gustavus Jazz Club wants to visit local live jazz events. One place in particular that Menk wants to visit is Jazz Central Studios in Minneapolis. This is where visitors can listen to local jazz artists

**JAZZ JAM SESSION**

Tuesday November 23rd, 8-10pm

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**GUSTAVUS JAZZ CLUB**

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@gacjclub

The Gustavus Jazz Club

Graphic Submitted

or join talented musicians in various jam sessions. Menk believes this would be a great opportunity for the Jazz Club.

"Everyone has their own style, so it's fun to watch different players," Menk said.

The Gustavus Jazz Club is meant to inspire and educate as well as provide a space for members of the community to come together to create music.

To participate in the club, students and staff can email Menk or Guilette to be added to the email alias to be notified of events. Time-commitment for the club is minimal.

"It's whatever people want to commit to. We hold meetings regularly, but no one is required to come to them," Menk said.

*"We created [the club] because there are a lot of people in the jazz program here who are super passionate about jazz...[The] club that [reflects] and [celebrates] that."*

*-Menk*

For Menk, the best part

about this club is being able to play with other people again. After the pandemic struck, many musicians were unable to play with others. Now, students and staff are able to play all together again and Menk couldn't be more excited.

"Being able to sing and play with people again is something I'm trying not to take for granted," Menk said.



# GUSTIE of the WEEK: Thomas Prahl

Michaela Woodward  
Staff Writer

This week's Gustie of the Week is known to many as a prolific French horn player, a talented artist, a loving dog owner, a great friend, a plant aficionado and a dedicated future educator.

Senior Instrumental Music Education major Thomas Prahl is busy on and off-campus. While at Gustavus he's been in all three bands, horn choir, jazz band, choir, orchestra and chamber ensembles. For all four years he has spent on campus, Prahl has worked in the admissions office and he also currently works as a mental healthcare provider and is an artist-in-residence at the Arts Center of St. Peter.

His future career path and teaching philosophy lie in the intersection of mental wellbeing, the arts, and accessibility. Prahl found his way to Gustavus as he was looking for an institution that could best serve these values.

"I went to a small, small rural high school. I graduated with 56 people. My current passions in life are mental health care and advocating for accessibility of education for underserved students. That was largely informed by how underfunded my education experience was growing up. There was just a lot that wasn't offered. I was looking for an institution that valued

education as a means to change societal roles. In addition to that, what really struck me about the Gustavus community is how we value people. We take a very individual humanistic approach

campus, Prahl has demonstrated that he is committed to the individual, and this is recognized by his peers.

"Being in horn choir, largely under [Prahl's] direction last se-

lent example of the Gustie Horn community, and I can't wait to see the amazing things he does in the future," Sophomore Ingrid Welna said.

"He has always shown an amazing commitment to the larger Gustavus community through his work and activism on campus, but he also builds community on an individual basis with his peers. I have watched Thomas mature a great deal over the past four years, facing and overcoming personal challenges with resilience, perseverance, and a positive attitude," Adjunct Instructor of Horn Melissa Morey said.

Prahl's leadership and teaching revolves around making an impact and providing more opportunities.

"It's about being an advocate for developing people. For me, education is about being a resource to help people go on to lead complete and productive lives. I find it's really easy to help people grow and develop as individuals with a medium like music, with art involved. I'm really interested in how we can impact people's mental well-being through art," Prahl said.

Through his future in teaching, he wants to share the liberal arts philosophy with others.

"I really believe that I would do well in underserved or rural communities. I want to make Gustavus-caliber opportunities accessible to students who don't have the resources that would

traditionally allow that," Prahl said.

While he is certain of the impact he wants to make in the future, other plans are up in the air due to COVID-19. Prahl had originally planned to perform a Junior Recital last year, and now that recital has been put on hold until this winter. He says the frustration of rescheduling has not been for nothing.

"The unexpected advantage of preparing two recitals and then not giving them is that I got all the growth and practice and experience and I had all the motivation to practice and perform at a really high caliber, and then I had none of the performance anxiety involved in actually giving the performance. As a musician and as a student, it's been really great as an exercise in how to learn. And getting to prepare a whole program and consider the whole program, an hour of music, as a continuous work of art, to consider the arc of a storyline, that's been a lot of fun. It feels like a very applicable product of my degree," Prahl said.

In the meantime, Gusties can catch Prahl's installation in the front window of the Arts Center of St. Peter during the month of November.

"If Gusties are looking for a good socially distanced activity they should go to the Arts Center. There's a new show every month. They should wear a mask. Go look at art, it's good for the soul," Prahl said.



Senior Thomas Prahl and his canine companion, Zarf— a very good girl.

Submitted

to education, and I really like that. I really like that we focus on people and individuals," Prahl said.

Through his leadership on

mester, changed my life for the better. His enthusiasm both for music and for life is infectious, and his kindness is incredibly inspiring. Thomas is an excel-

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# Haunted Arb Trail spreads spooky spirit to campus

**Emily VanGorder**  
Staff Writer

With Halloween falling during a period of increasing COVID-19 cases, students on campus were forced to get creative with their Halloween holiday plans. Co-Presidents of the Epsilon Pi Alpha ("Eppies") fraternity, Seniors Joe Lackner and Connor Cress, came up with the idea of hosting a haunted Arb trail based on a similar event they attended during their first year on campus back in 2017.

"We brought up the idea of asking the Deltas [Phi Omega] to join since there's not much going on this year and it would be a good way for us to get both of our chapters involved. With new member education and recruitment for fraternities and sororities wrapping up, [it was] a good way for our new members to get involved and see what we really do on campus," Lackner said.

*"With new member education and recruitment for fraternities and sororities wrapping up, [it was] a good way for our new members to get involved and see what we really do on campus."*

*-Joe Lackner*

"It was really fun. We like each other and we like to do stuff with each other, so we were more than happy to help each other out with that," Delta Phi Omega sorority member Senior Hana Pokornowski said.

Planning for this event began with Cress and Lackner meeting with Assistant Director of Campus Activities Julianne Watterson to present their idea.

"She liked it, and told us we had to expand a little more and reach out and make sure we arranged everything properly, in order to make sure we organized everything correctly so we could guarantee it would be a COVID-19-safe event,"

Lackner said.

Planning also required a lot of coordination with Arb staff and Campus Safety. The Eppies and Deltas worked with their active members to get people to participate in the event by dressing up, working the sign-in table, and bringing props for the trail.

"We made a committee with a couple people from both the fraternity and the sorority to be the middleman and relay the information to the groups. There were lots of little extra steps, like waivers, safety plans, scanning IDs [at the event], and [making sure] people weren't touching the same pens," Pokornowski said.

The organizations ran into some issues while planning the event, namely with coordinating the different schedules of their members and prioritizing different commitments.

"Making sure that people

signed up, knew what they were doing, what they were wearing, had all their things, and keeping everyone else in the loop was very important. We struggled at times, but we got there," Pokornowski said.

The trail began at the Arb's Melva Lind Interpretive Center, where there was a check-in table for people to scan their IDs and enter their names in a prize drawing. Greek life members were scattered along the trail guiding participants towards other members dressed up as witches, clowns and even cult members waiting to scare groups of students. The meditation area of the Arb was also set up with a generator that powered strobe lights, fog, and other special effects. The trail ended by Southwest, and took about ten minutes to walk through.

Extensive planning had to be done to accommodate social distancing and pandemic safety requirements. Student participants and members of Greek life were required to wear masks. To maintain social distancing, groups of students were let in about once every minute, as soon as the prior group had crossed a monitored spot on the trail.

"About halfway through, when the bulk of people started showing up, Andrea Junso, who was our supervisor for the event, helped monitor that and make sure people were spaced out. We limited it to [about] four people per group... It was a combination of us members and students as well as our supervisors controlling that and making sure everyone was

safe," Lackner said.

Over 450 students participated in the haunted trail, taking into account those who didn't scan their IDs and those who did the trail multiple times.

"We've also gotten a lot of emails from Admin, we got one from [Junso], the Arb staff, our Greek advisor Julianne [Watterson]... we've gotten a lot of compliments," Lackner said.

*"Three days afterwards, I'm still getting compliments from people around campus saying 'the haunted trail was so much fun,' 'you guys did an awesome job.'"*

*-Hana Pokornowski*

Lackner and Pokornowski hope those planning similar events in the future allow more time for set-up before the event, as set-up took longer than expected.

"Maybe we could make everyone come a little earlier than we actually need them to. We were setting up one of the main portions of the trail right when it was starting, which was stressful. We got it set up pretty quickly, which was good," Lackner said.

The Inter-Greek Council gave the two chapters a large amount of money to purchase

props and equipment for the haunted trail, which can be reused for future events.

"We figured that if we wanted to make this something that happened again, this year would be the year to request a lot of that money to buy those props so we can reuse them and in the future, when there are more events on campus, we can keep expanding our inventory... we will be handing those down hopefully for the next couple years so they [Greek Life] can do this again," Lackner and Pokornowski both said.

*"We didn't know what to expect, but we were really truly amazed by how many people showed up and really thankful that they did show up to support us, and that they had a great time."*

*-Pokornowski*

"We're very thankful for the help that we've had, from all the administration, individuals who have worked with us, all of our active members in both the fraternity and sorority, the campus activities office staff, arboretum staff, and student workers who were very helpful," Pokornowski said.



Deltas and Eppies pose for photos in their Haunted Trail garb.

Submitted

Geena Zebrasky  
Staff Writer

## Self-care Spotlight

We're over halfway into the semester, and following Tuesday's elections, I'm sure we're all in need of some personal time. Whatever you're feeling, it's important and valuable. Not everyone is affected the same either; be conscious of the spaces you are creating, and make sure that the people around you feel safe and cared for.

Mental health and self-care is incredibly important any time and is a crucial practice to engage in not only for affirming yourself, but for creating powerful relationships with others. Self-care isn't face masks and bath bombs; it's a practice of engaging in self reflection, self interrogation, and listening that allows us to find our internal power and create intentions that can allow us to generate strong relationships and be advocates for ourselves and others.

Scholars like Audre Lorde and Bell Hooks write about self-care as a revolutionary practice—when we care for ourselves, we can share this with others. Others can, and should, play a key role: care is not meant to be the job of just the individual self. It isn't solely your responsibility to look after your wellbeing. Reach out to people, and allow them to reach out to you! Collective care is self-care. Assuming full responsibility for ourselves and our mental health can be isolating and can lead to self-blame rather than acknowledgment. Allow yourself to be vulnerable and listen to yourself.



Photo by Cadence Paramore



Photo by Cadence Paramore

**I know I said self-care isn't a list, but in the interest of visuals, I'm going to make one.**

- We often internally tell ourselves no; this can be good, in some cases, but we have to also allow ourselves to say yes. How do you speak to yourself?
- We often deny ourselves the time to reflect on our practices and relationships because we are under pressure to constantly remain "productive." Caring for ourselves and others is productive—and even helps your studies.
- Rest is important—don't be afraid to ask for an extension and to prioritize your physical health.
- Be willing to ask for help!
- Allow yourself a break from the news. Similarly, take a break from social media. It's important to stay informed, but it's also important to not overwhelm yourself.
- We all process things differently; give yourself space to acknowledge this.
- Envision for yourself what you want to be surrounded by; what would a good environment look like?
- Surround yourself with people that create a community that reflects back to you a better version of yourself. The wellbeing of our environment influences our own capacity to practice self-care. By caring for others, you care for yourself, and vice versa.
- Support organizations and individuals who reflect your values. Help protect others' wellbeing.
- Practices that may help you destress:
  - Journaling
  - Going for a walk
  - Reading
  - Cooking—make sure to remember to eat!
  - Drinking water!
  - Watching or listening to something funny
  - Anything else that brings you joy!

**Gustavus also has several mental health resources for students:**

- Several different group options, like BIPOC Minds Matter and Queer & Questioning
- Workshops, such as ACTing Through COVID and Seeking Serenity
- Individual counseling appointments through the Counseling Center
- Let's Talk, a drop in service that runs every weekday from 1:30-2:30pm to help provide support and suggestions on a daily basis
- Comprehensive resource lists for many different groups and needs (these can be found on the Counseling Center's Gustavus webpage)

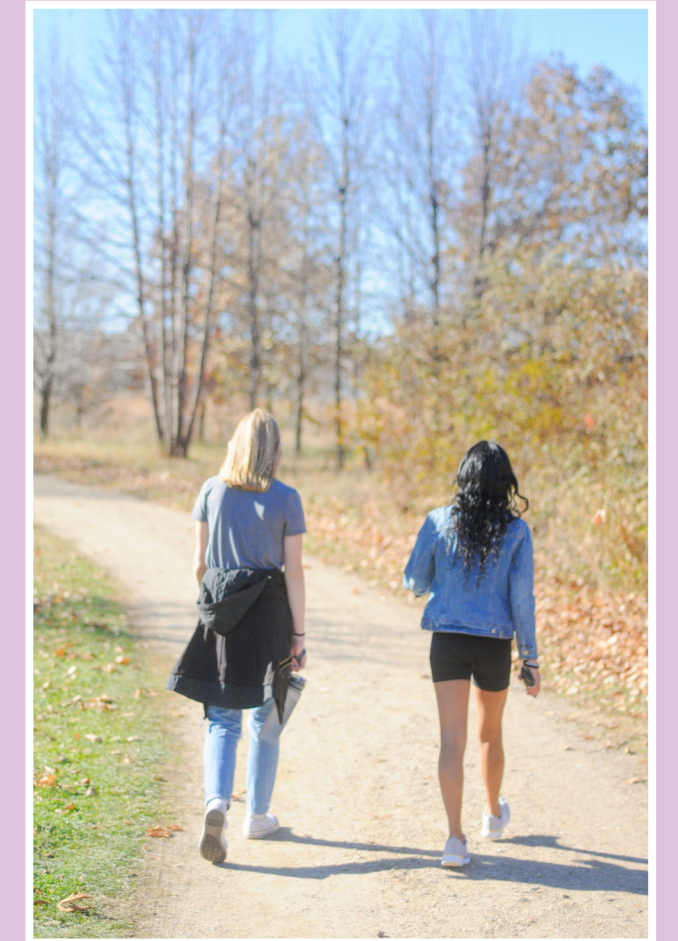


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