

Politics divide, love draws together



Alma Jorgenson
Opinion Editor

I spent my election night doing the most American thing that I could think of: working an extra hour on a family-run dairy farm. I spent the evening producing real food for real people. This is what the American Dream used to be. Get some land and figure out how to be independent, earn a living and care for a family. So much has changed, but there is something very special about rural America.

I have had exposure to a different kind of diversity through growing up in a rural area. Most of the people in my county are of European descent. But other than that, the people in Big Stone Country are all so different. Growing up in a town of 453 people you really get to know everyone. I worked at the grocery store for a few years which helped me get to know all the different characters in our county. While getting to know the individuals more and more in my community, I found it so hard not to love them—love them for who they are, and not what they believe. Looking into this election I see so much hate. This broken two-party system feeds into a polarized idea that one side is good and the other side is evil. Being surrounded by people on campus who have very similar beliefs from me really helps to enforce that too.

When COVID-19 hit and we all had to go home, I found myself shocked at all the Trump flags that lined the highways where I grew up. I was shocked at how many people I knew who were openly supporting Trump. Being at Gustavus really closed my eyes to political views that aren't always part of the liberal arts culture. Going home exposed me to political diversity that I just don't get when I'm on the Hill. I think this political diversity is so important. It's hard for me to feel hate toward people who have different political leanings because I know people who have very different political beliefs, and I love those people.

Globalization and the internet have made our world so much bigger; a consequence of a bigger world is that we are able to create little bubbles that we can live in -- Bubbles are often places where only people who share our beliefs can reside. It's only in limited situations that we have to interact with people who

have different beliefs. In order to fix the broken political system in America, we need to think small. We have to pop those bubbles and open our minds to the ideas of those around us—not necessarily taking on those ideas as our own, but instead working to understand and stop “othering” those with different political beliefs than us.

The past few weeks I've asked myself over and over, “Am I proud to be an American?” and honestly, I can't even find an answer to that. One thing I am certain of is that I am proud to be from Minnesota, and I'm proud to be from Big Stone County, even though it lit up red like a fire truck on Tuesday night.

“Red or blue does not equate to good or bad. Political beliefs aren't the defining feature of most people. I believe the most radical thing that we can do is love— regardless of political belief— and live and let live. ”

Red or blue does not equate to good or bad. Political beliefs aren't the defining feature of most people. I believe the most radical thing that we can do is love— regardless of political be-

lief— and live and let live. We all have a right to express our beliefs (something we should do), but with that right needs to come with a certain level of mutual respect. If we want our beliefs to be respected then we must find room to do the same. Get to know the actual person, not just the company line that they are

hiding behind. Pushing to have real conversations with people of varying backgrounds is how we are going to build this country back up. Real change starts at the local level, and it doesn't even have to be in the political sphere.

Talk to our neighbors; learn about their struggles and what's important to them. Both sides

think the other side is crazy; let's take the time to lose this idea. Through radical love, we can make a real change in the world. One thing that we do have control over is respecting and caring about others. Let's take that path.



The dramatic Big Stone County Sky

Submitted

The Good, the Bad, and the Meh



It's summer in November!



Let's be real, pretty much everything... including the gnats



Election watch: 24/7.

Implicit Bias Training in the Chemistry Department: Collaboration is the answer



A lab ready for well informed students

Nate Habben



Grace Worwa
Opinion Columnist

Gusties are passionate about racial justice. The past few weeks there has been a rumor going around about the chemistry department and implicit bias training. There is more to the story than what is being spread student to student. However, given the gravity of this topic and the urgent need expressed by students to address issues of inequity not just on-campus, this issue deserves a down-to-earth, informed discussion about what is possible and what should be done.

According to Special Assistant to the President for Diversity, Equity, and Inclusion and Chair of the PCDEI Siri Erickson, implicit bias training at Gustavus had its start in the Biology Department.

When concerns were raised about microaggressions happening in peer-to-peer interactions, particularly in TA-to-student interactions, Biology collaborated with Assistant Director for the Center for Inclusive Excellence Janet Jennings to create a training program customized for the lab setting, which Jennings later modified for the Chemistry Department upon their request.

According to Chemistry Department Co-Chair Scott Bur, they completed one of the two training sessions originally planned for the Spring semester, but when COVID-19 hit, they delayed the second for this fall. The problem came, however, when Jennings left for a new post two weeks into the Fall semester, taking the training with her.

"We didn't have anybody to do the training, so we didn't actually cancel it. It's just we can't do it because we don't have anybody qualified to do it," Dr. Bur said.

It's not as if the training was canceled per se, it's just there's no one who can do it at this moment, and chemistry has explored several alternative solutions. One such alternative was to follow Biology's lead and refer to faculty within the department who happens to have the expertise required to lead an anti-bias program. Unlike in Biology, however, there are no chemistry staff members with these types of qualifications, and they can't just ask the qualified Biology faculty, Professors Ngawang Gon-sar and Margaret Bloch Qazi, to do it for them.

"They are not the campus representatives to go around doing this for every department. That's not part of their job description," Dr. Bur said.

Furthermore, chemistry faculty can't simply take Jennings' material and present it themselves. Not only do they lack the necessary qualifications but doing so would be academically unethical.

"We can't just use her intellectual property. We have to recognize that that was something she developed based on her expertise, so we're kind of starting from scratch," Rev. Dr. Erickson said.

According to Dr. Bur, the real issue is that there is no single po-

sition on-campus responsible for organizing and implementing anti-bias initiatives.

"One of the real problems that I think we have to address as an institution is we need someone whose job it is to do this kind of stuff, not just dump it on someone else from the [Center for Inclusive Excellence] because that's where it seems like it should go," Dr. Bur said.

According to Rev. Dr. Erickson, this problem is in fact being addressed by the President's Council for Diversity, Equity, and Inclusion as part of their commitment to involve all Gustavus students and staff in anti-bias training this year. A group led by Associate Provost and Dean of Sciences and Education Valerie Banschbach is specifically working to implement implicit bias training for all TAs, tutors, and student department leaders across campus.

"The goal is to make all students feel comfortable and welcome. Many students do, but not all," Provost Banschbach said.

The group unofficially named the Tutor and TA Bias Working Group is working hard to roll out a uniform, functional, campus-wide training program. While certainly promising, such an ambitious initiative has many moving parts and requires deep structural change, and that takes time.

"Think about this like a carnival cruise ship as opposed to a little fishing boat. It doesn't turn on a dime. It takes some time to get these things in place and make them sustainable," Dr. Bur said.

According to Rev. Dr. Erickson, the group hopes to have something ready by spring. However, that still leaves the Chemistry Department in limbo for the fall. On the one hand, chemistry faculty want to ensure that any training they implement

is purposeful and effective.

"The Chemistry Department wants to make sure that whatever we do is working, is functional, and does what we want it to do rather than just quickly put something out there just for show," Dr. Bur said.

On the other hand, while the technical challenges are great, the issue of implicit bias is very serious and time-sensitive, and it has gone unaddressed long enough, especially in the Chemistry Department.

"There was a concern that white students didn't understand all of the potential ways in which things they say or decisions they would make in a lab setting could be biased against students of color, or multilingual learners, or women, and so there were specific concerns that especially in that peer-to-peer, or TA-to-student group interaction, that there was bias happening," Rev. Dr. Erickson said.

In light of this, several students have approached chemistry faculty, including Dr. Bur, about the lack of training this fall.

"From students, I think the concern is that it doesn't get lost," Dr. Bur said.

Given everything that's been happening this year, this is a very real worry, and the Chemistry Department faculty doesn't disagree.

In the meantime, the department continues working on equity and inclusion efforts. They still hope to see their original training plan come to fruition, and they want to build a system in which students can report bias specific to the Chemistry Department without fear of repercussion. According to Dr. Bur, they are also working on a statement addressing concerns about bias within the department and efforts to address them. It will hopefully be out by Thanksgiving,

but the quality is the priority.

"We want it to be useful to our students and to our department, so a lot of thought is being put into it," Dr. Bur said.

However, these plans are in the long-term, and students are facing the consequences of implicit bias in the department right now. To be frank, action is the only way to address this, and the consensus of urgency between students and faculty in the department can and should be used as an asset.

"I think maybe [the students] are in a better position to help us understand what those concerns are and how to address them," Dr. Bur said. "I think they are constructive partners in this, the students are."

Together students and faculty could produce a short-term method of filling in Jennings' role until PCDEI's program rolls out in the spring. According to Provost Banschbach, one place to start might be peer-to-peer training, which would utilize students who have already undergone anti-bias training. Another potential strategy is to reach out across all other departments and groups on-campus in search of people with the expertise and time to provide small favors, feedback and advice.

While the technical difficulties standing in the way are great, we have to find ways around them because implicit bias cannot continue unaddressed within the Chemistry Department this fall. Although there is no Jennings to expertly develop and implement a training program, measures can be taken through student-faculty collaboration in order to circumvent this problem in the short-term, just until the campus-wide program comes in the spring.

Art Building: Overdue for a renovation?



Tori Smith
Opinion Columnist

Now that the \$70 million Nobel project is finished and Lund's renovation is in the works, many students are wondering what's next. According to the Gustavus website, the next project includes improving accessibility, meeting spaces and the overall structure of Christ Chapel. After that, the Schaefer Fine Arts music building will be getting a much-needed renovation for performance space, practice rooms, teaching studios and rehearsal spaces.

Although many of the buildings on campus are in need of renovations, it still surprises me that the Schaefer Fine Arts art building, constructed in 1971, has yet to see much improvement. If any student has taken a drawing or painting class on a rainy day, they'd know that the building could use some TLC.

"We definitely have a leaky roof and our students know when it rains because we'll have buckets located in the painting and drawing studio," Associate Professor and Chair in Art and Art History Betsy Byers said.

Despite the leaky roof, the biggest problem Byers sees with the art building is accessibility.

"We do not have a handicap-accessible door or bathroom," Byers said.

The heavy wooden doors at the entrance do not have an automated handicap button, which is a big problem. Additionally, the bathrooms are incredibly small and narrow with no wheelchair accessibility whatsoever. The closest bathroom with accessibility is in Björling recital hall in a completely different building.

In addition to updating their bathrooms and doors to be handicap accessible, Byers also says they want to include a gender-neutral bathroom for non-binary students, visitors and staff.

"Accessibility in terms of equity is hands down [the



The outdated art building raises questions about its accessibility

Luke Yang

most important issue] for us," Byers said.

"Accessibility in terms of equity is hands down [the most important issue] for us."

-Betsy Byers

Another problem of the building is its windows. During the infamous 1998 tornado that devastated much of the St. Peter community, dirt and dust collected between the two panes of glass in the windows of the building. This dirt is still trapped in the glass which has affected visibility, lighting, and appearance inside the studios. According to Byers, replacing the glass has been a 20-year request ever since the tornado occurred.

"It is quite problematic for the aesthetic of the building," Byers said.

This has created problems

"Replacing the glass has been a 20-year request ever since the tornado occurred."

for prospective art students when they come to tour the building. The interior hallway is already very dark, so stepping into a studio with bright floor-to-ceiling windows should act as a wow-factor, but instead, they appear dirty and cloudy.

The Art and Art History faculty have been trying to address these issues for years now but have been met with little luck, and it's even more unlikely now with COVID-19 disrupting everything.

"I think with the reality of the world that we're living in right now we will likely not see [a renovation], so we kind of have to call on our creative abilities and our creative ideas to continue to figure out ways to be innovative," Byers said.

According to Byers, the Art

and Art History department has to come up with some extremely creative and unusual ideas to create more space for art students.

"We think it would be fantastic to have something like a shipping container on campus that can become an exhibition space or a studio workspace," Byers said.

Being a studio art minor myself, I would love to see this happen.

Despite the many problems that need to be addressed with the building, it is still loved by many.

"The view that you get walking from the Chapel towards the building at night when the Schaefer Gallery is lit up is one of the greatest views on campus," Byers said.

I have to agree. The architecture of the building is definitely a unique staple of Gustavus, and there's always something new to discover when you walk through those terribly heavy wooden doors.

Because I love the building with all its quirks and charm, I want everyone to be able to en-

joy it just as much. Providing accessibility to all students, faculty and visitors regardless of identity or ability is an absolute must. As much as I love New Nobel and am excited about a Lund renovation, a revamp of the Schaefer Fine Arts art wing is far overdue. Gustavus prides itself on being inclusive and accessible to all walks of life, so that should remain true for its buildings as well.

"The architecture of the building is definitely a unique staple of Gustavus, and there's always something new to discover when you walk through those terribly heavy wooden doors... I want everyone to be able to enjoy it just as much."

Word Search

The Election

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

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|-----------|-------------------|---------------|-------------|
| absentee | Donald Trump | mail-in | Republicans |
| ballot | election | old white men | Senate |
| congress | electoral college | popular vote | state |
| Democrats | House | projection | stressful |
| district | Joe Biden | registration | voting |

Happy Stress Week



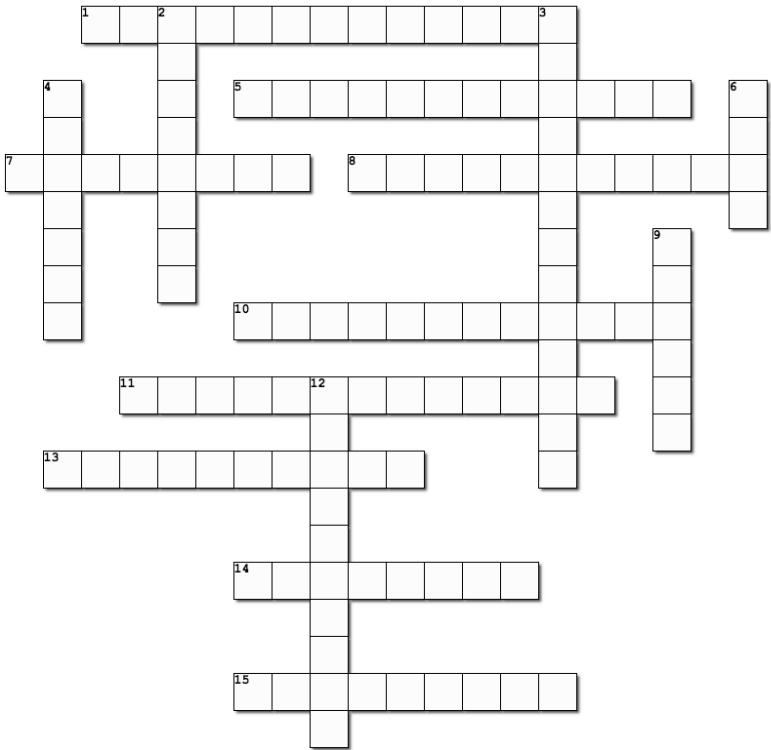
Adam Pierce
Staff Spicy Boi

What's up gamers, it's me, ya boi, coming at you with another piece of satire that the WEEKLY shouldn't let see the light of day. They left my trap door unlocked the last time they fed me and I put in this article before they could catch me. It's Election Day, the magical time when every day feels like a week, classes with kind professors get cancelled, and it's acceptable to skip work, but for whatever reason, it isn't a national holiday. We're all staying up too late every night making poor choices. Happy stress week, everybody. Yeehaw, am I right?

"But hey," you say. "It's only Election Day, why is it stress week?" Here's the thing, during my tenure on this earth there is one certainty that I have learned: our government sucks at doing anything on time. Try to change your name some time and you'll understand. I'm strung out on my last brain cell over here trying to figure out if I need to apply for Canadian citizenship or not and Nevada is having a nightcap on the Strip. I'm only a little upset. Also, assignments are still a thing? Please, tell me why, when the country is in chaos, human rights may or may not exist anymore, Kanye West is still on the ballot, but sure, I can turn in an annotated bibliography about drug use in Gothic Fiction by 11:59 Friday night, it's fine. My current coping mechanism is consuming a large bottle of spicy grape juice and an entire family sized pizza all by myself, and that was just for Tuesday. I'll let you know where I'm at next Friday, assuming I'm still alive. Here's to hoping that asteroid that's passing by actually hits us before the results are announced, so at least it'll be quick.

Crossword

Things That Stress Me Out



- | | |
|--|---|
| Across | Down |
| 1. Someday, I will go here and they will tell me I'm going to die, and I'm not ready for that (two words). | 2. Chemically, this stresses me out a lot. |
| 5. I fear the sewer crocodile that might eat my butt when I use one of these (two words). | 3. I continuously eat like I am going to die tomorrow, and the opposite scares me (two words). |
| 7. You should get these, but needles are scary. | 4. Bumper to bumper. |
| 8. It's like Purgatory, but worse (two words). | 6. The 7:55 alarm will not save you. Just skip it (class time). |
| 10. Just text me. Please (two words). | 9. As an English Major, let me tell you, these are a big part of my major, and I hate them. Every. Single. One. |
| 11. I never trust my peers. Never. They have let me down on this too many times (two words). | 12. Whenever anyone looks over my work I get stressed, but a fellow student? No thank you (two words). |
| 13. If you have ever changed lanes in a roundabout, do not speak to me (two words). | |
| 14. This event earlier this week destroyed my liver. | |
| 15. I've never missed a period, as I am a male, but that is a sign of this. | |

The Monkey Speaks



The Monkey Man
Eldritch Being

Back in May, in the turmoil of the dorms being evacuated due to COVID, our beloved campus cat, Nemo, disappeared. We here at the WEEKLY only learned this on Sunday when we wanted to feature Nemo as Gustie of the Week. In lieu of this, we have beseeched the Monkey Man to entreat us a piece of it's infinite wisdom to comfort us in these trying times. In response, we recieved this poem, "Ode to the Campus Cat." Nemo, please come home.

Ode to the Campus Cat
(Nemo Come Home)

Oh to be a campus cat!
To take naps in the sun all day,
to lay
whenever your little heart
tires,
wherever, knowing you are
welcome anywhere.

Your stubby tail may not keep
your balance,
but know that your presence
on campus keeps ours
You are soft of heart and of
tummy,
A true prince of cats.

Though you may strike terror
into the hearts of squirrels on
campus,
We are only filled with joy,
That you are our handsome
boy.

Our Campus Cat!

Running Club Begins 100 Mile Challenge

Jack Wiessenberger
Staff Writer

For many, the COVID-19 pandemic has made exercising a more difficult task than ever before. With gyms now having limited capacities and workout groups being disbanded, access to fitness is at rock bottom. Yet, staying fit and healthy is still important, especially in the midst of the pandemic.

The Gustavus Running Club has been encouraging Gusties to take care of themselves both mentally and physically by issuing the 100 Mile Challenge. The challenge, which began on September 25, calls for participants to run 100 miles in two months.

"To complete the 100 mile challenge, a runner must log 100 miles between September 25 and November 25. If a participant runs approximately two miles per day, they will be on track to complete the challenge. Some of our runners have already exceeded the goal while many are still working at it. The best part about the running club is that we are open and accessible to a variety of skill levels," Gustavus Running Club Treasurer Carly Turnquist said.

With a few weeks remaining in the challenge, participants are nearing the finish line. A few of the fifty runners have already logged the one hundred miles needed to complete the challenge. With a lack of organized races this fall as a result of the pandemic, some alternative programming was needed to keep members running.

"The 100 Mile Challenge was an idea we came up with as we knew we would not participate in as many races this year, but still wanted to encourage everyone to stay motivated and engaged. Running is a great alternative to going to a gym, which can be tricky during this pandemic. Running allows all of us to stay active and get outside for a little bit each day," Gustavus Run Club President Kylie Arvidson said.

The pandemic has made access to exercise limited for many people, yet staying healthy has become an increased priority. The Gustavus Run Club issued the 100 Mile Challenge in an effort to make up for the lack of other fitness-related events that would have normally been offered this fall.

"The 100 Mile Challenge was born out of necessity as many of the core elements of running club are not possible this fall. We still wanted to do some sort of programming, but traveling to the cities for races and gathering in a large group is no longer safe. The purpose of the challenge is to motivate members of our community to run consistently, connect with others, and challenge themselves. We wanted our runners to feel a part of something dur-



Running club members pose for photo from 2018

Submitted

ing a time when gathering is difficult," Turnquist said.

A typical year for the Running Club includes participation in multiple races in the Twin Cities as well as regular group runs around the Gustavus campus.

"Our club typically consists of weekly group runs, as well as participation in various 5ks, 10ks, and a half-marathon in the spring. When it comes to races, we try to do about three in the fall, and three in the spring. We take a break from races in the winter, but still offer group runs throughout the whole year. This year has obviously been different, but we are doing our best to still par-

ticipate safely in anything we can," Arvidson said.

While the larger races the club typically participates in are not happening this season, the annual Autumn Woods Classic race was still able to be held in a different fashion.

"This year we have had to get creative as to how to keep everyone involved and engaged with the club. Road races have gone virtual. This means you register for the race and then run it on your own. The Running Club has participated in one virtual race so far this year, which was called the Autumn Woods Classic. This race is one of our favorites as the course is beautiful, but we

still had a great time running at Gustavus," Arvidson said.

The Autumn Woods Classic is typically held in Maple Grove, Minn. on the Elm Creek Park Reserve, but this year runners had to make their own courses closer to home. The Running Club gathered in small groups and kept socially distanced while running the race on the Gustavus campus earlier this semester.

"We are lucky to be a club that can exist almost exclusively outside. Obviously we have had to eliminate events that require us to get in cars together, but we are still able to get outside and run socially distanced. Our core values of

self-improvement, inclusivity, and community have remained despite the pandemic," Turnquist said.

The Gustavus Running Club's 100 Mile Challenge and alternative races have been encouraging members to stay healthy and active during the pandemic. While gyms and other opportunities to exercise have been limited by COVID-19, running outside remains available for anyone to enjoy.

Senior Spotlight

Mouaad Alhouni



Mo prepares a merciless forehand strike to the ball

Submitted

Autumn Zierman Staff Writer

The spotlight this week travels to Senior Mouaad Alhouni who represents the Gustavus spirit and campus like quite no other on the Tennis Court! To get the inside scoop on life as a Gustavus tennis player, specifically a senior, I got the chance to interview Mouaad and learn some of the highlights.

While Gustavus, and surely the Tennis team, will mourn the loss of a brilliant player and student as he graduates this year, after speaking with Mouaad, it is clear he looks back on his past years in Tennis at Gustavus with nothing nostalgia and pride. His favorite part of being a part of the tennis team is, "traveling with the guys and spending time together in the house and on the court," a highlight to be sure, yet especially special to Mouaad as he follows up, "Those memories will stay with me for life."

While many of us have fallen to the woes that this year brings with its many changes to campuses (especially athletics) Mouaad faces the realities of sports during COVID with an upbeat attitude! When asked about the challenges and changes facing the team this year, Mouaad responded that, "Not having the ITA [Intercol-

legiate Tennis Association] this year is for sure a big change but it's outside of our control. "Despite the disappointment and frustration it must cause to have things integral to your passions beyond your control, Mouaad shows off the Gustavus spirit with grace and acceptance. Certainly, accepting what lies beyond our control is a lesson most of us (or at least assuredly myself) could stand to learn, despite how much we would not like to admit it! Athletics undoubtedly looks different this year, with so many emails on the cancelled competitions, it's hard not to lose heart or grow resentful, yet Mouaad seems to demonstrate what all of us strive to do; make the most of what we have.

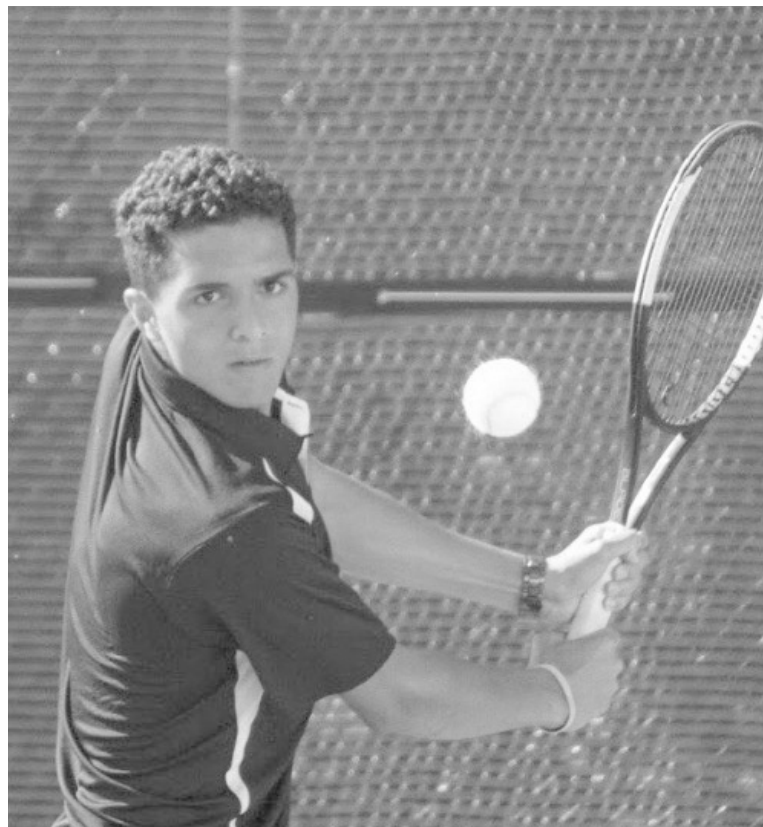
Like most students participating in athletics or working out to some capacity, the obstacle masks presents is noticeable to the Tennis team but Mouaad continues, "having to practice with a mask was a challenge to all of us but all the guys did a pretty good job of handling it and adjusting to the new normal and using the opportunity to get better." Looking back at how the team has handled it this season, Mouaad was able to proudly track the progression of his team's adaptability, saying, "Having all these new changes to our team culture still is getting better everyday."

Looking back now, as a senior moving forward, Mouaad finds that what he is most

proud of throughout his college career is, "all the relationships made here at Gustavus, whether through tennis or GAC friends." In a rather heartfelt way he is reminding us of what is perhaps the most important thing in athletics, or on teams, as he continues, "Having those relationships helped me grow as a person." Time on Gustavus sports has broadened his personal horizons, but more importantly, exposed him to new friends throughout his college career.

To the underclassman (and upperclassmen looking for advice) Mouaad doles out some senior status knowledge! When asked for advice for the underclassmen, Mouaad responds, "enjoy every moment in college, because it really goes fast!" In times such as these, and all other times, it is a nice reminder to slow down and appreciate the best parts of life, like competing in something you love or spending time with your friends. To support his advice, Mouaad provides a little insight into himself beyond the tennis court by letting us know something that most people don't know about him- he can beatbox!

Whether tearing it up on the court or the social game, Mouaad's future ahead looks incredibly bright. After Gustavus he hopes to keep up with what he loves- tennis! Past Gustavus he hopes to either be teaching or coaching. Be-



Mo crushes a serve

Submitted

yond the court, Mouaad is considering pursuing a masters degree in management after graduating Gustavus. Speaking with Mouaad was a burst of sunlight on a colder day, his optimism embodies what we should all strive to do daily; be thankful for what we get and make the most of what we have. Beyond these buildings,

whichever path he decides to pursue, Mouaad may go forward knowing all of Gustavus is cheering him on from behind!

The Life of an Online Canoe Student

Logan Ries paddles through one stroke at a time



Gusties canoe, can you? Students adapt to online ACT classes

Submitted

Eamonn McCullough
Staff Writer

For many Gusties, classes have looked a little different ever since Gustavus adopted an online learning model this past spring. However, regardless of the many ways students creatively break the monotony of college-under-quarantine, one thing remains consistent across most online classes: the content is adaptable to a remote format. In discussion-based classes, the biggest challenge is making sure one's microphone is muted when not speaking. Even in classes and majors based around hands-on learning (like Athletic Training, Nursing and lab sciences), Gustavus faculty have been able to adapt their curriculum using virtual teaching tools and videos. Some classes, however, face quite the conundrum when adapting to a remote format. For example, how do you go canoeing over Zoom?

"At the beginning of the year, when we were all online, it was rough," Senior Logan Ries said.

Ries is currently enrolled in the class HES-110, canoeing/kayaking, taught by Dr. Mark Hansen of the Health & Exercise Science department. The course is divided into two half-semester sections, where students explore canoeing to start the year before transitioning to kayaks after midterm. There are, of course, challenges that come with taking an equipment-intensive ACT credit in an online format.

"We were watching videos on canoeing, just making jokes... A little bit later on, we got to do some canoeing in person, which was a little better, but that was still rough. There were times when we thought we would have to cancel class if a student were to get COVID," Ries said.

The major turning point for the class came in late September, when many Gustie students chose to return to campus to participate in hybrid classes. HES-110 was one class where a heavy emphasis was placed on in-person learning as much as possible.

"There's a pond behind the new St. Peter Hyvee, and we canoed there. It was a pretty weird experience getting up at 8 a.m. to go canoe behind a Hyvee," Ries said.

As with all in-person classes, special precautions had to be taken so that students would be able to follow prescribed COVID regulations.

"We had to have our masks on at all times. [It] did not matter if we were in the water or not. Part of canoeing is that you have two people in the canoe, but we were already eight feet apart so we were safe there. When we were canoeing with other groups, we were supposed to stay far apart from them, which we had pretty great success with, as long as we could turn in time. We didn't have too many problems with that," Ries said.

Despite the improvements that come with in-person learning, Ries still points out that the online format leaves a lot to be desired.

"The first month was rough. It kinda felt like a joke that we

were even doing a class. If we stayed online, I don't know how we would have fulfilled the ACT requirement. In person, it was definitely much better. I wish I could do more canoeing. Since we missed a month of it, it was fun when we finally got to go on the water," Ries said.

As challenging as the online format was, however, Ries could only imagine how daunting the class must have seemed from Dr. Hansen's perspective. He acknowledged that changing a historically fun, hands-on class to the austere ordeal necessitated by COVID must have hurt the instructor more than the students.

"Man, it's gotta be hard. When you sign up for these classes, especially one that's so early, you really just want to go and do the activity. When you see you now have to do everything online, and you're gonna see students online who are less motivated, it was very sad. I think [Dr. Hansen] would want us canoeing more. He even scheduled alternate times for us to go canoeing," Ries said.

Despite these challenges, Ries still had plenty of positive things to say about the class.

"As a class, on the whole I would very much recommend taking it. If COVID were not a thing, it's a lot of fun, [Dr. Hansen] is very funny, and it's a great way to work on teamwork. You have to work with the person in your canoe, which can be frustrating, but it's a very good experience overall," Ries said.

With registration for the Spring 2021 semester fast approaching, Gusties can rest comfortably knowing that however different their FIT and ACT credit classes may look, they will still be in for a wholesome and unique education experience.