

THE GUSTAVIAN WEEKLY

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ISSUE 11

Meet GUSTIE
of the WEEK:
JoNes VanHecke



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Good, the Bad, and
the Meh of Winter*



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WE DID IT, GUSTIES



Gustavus student embrace a semester filled with constant change.

Nate Habben, Luke Yang, Isaac Bui, and Cadence Paramore

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Campus Safety Report

Monday, November 16th

- Campus Safety was contacted by a Covid case manager to arrange transport for a student from SW Hostel to River's Edge.
- Campus Safety responded to a Medical Assist at Schaefer Fine Arts - Music.
- Campus Safety was contacted in regards to a poster being torn down by a student that was witnessed by a CF that had vulgarity behind regarding another CF that has had multiple reports as of late regarding harassments towards another student.
- Gustavus staff noticed an exit sign had been broken in Norelius residence hall.

Tuesday, November 17th

- A CF reported that a resident in Norelius Hall witnessed another resident and their friends doing suspicious circumstances.
- Two CFs reported that a resident in Norelius Hall had multiple individuals in a room violating the 'Lay Low' policy.

Wednesday, November 18th

- Campus Safety responded to a call for the odor of marijuana in Pittman Hall.
- Campus Safety responded to a alcohol violation in Sorensen Hall.

Thursday, November 19th

- Campus Safety responded to Arbor View Apartments for a

drug violation involving five students and violating the "lay low Policy."

Friday, November 20th

- Campus Safety responded to College View for a report of a party. CF report also submitted.
- A CF reported a lay low violation and underage alcohol use.
- Campus Safety discovered damage to Gustavus property in Pittman Hall.

Saturday, November 21st

- Campus Safety responded to Uhler Hall for a report of a party. CF report also submitted. Additional report submitted by CF for fridge check for one of the involved

parties.

- Campus Safety responded to a call that a glass door on a Fire Extinguisher case was found shattered in Sorensen Hall.
 - A CF responded to yelling in the hallway.
- ### Sunday, November 22nd
- Campus Safety was investigating a noise and lay-low policy violation in College View Apartments. Four students referred to the campus conduct system.
 - CF reported a lay low violation.

Monday, November 23rd

- A CF reported that a drink was splashed on a resident's door by other residents.
- A CF reported that a couple of

unsanitary objects were left on another CF's door.

Tuesday, November 24th

- No incidents reported

Wednesday, November 25th

- No incidents reported

Thursday, November 26th

- Campus Safety received a call about an Underage Consumption in Norelius Hall.

Friday, November 27th

- A CF from Norelius Hall reported that on Friday, November 20, 2020 at 0800 hours some residents woke him up to let them know that they had caught a hamster.

Saturday, November 28th

- No incidents reported

Sunday, November 29th

- No incidents reported

spread of COVID-19.

I like to think that despite the changes in place to stop the spread, we still have some things that are exactly the same as always. There's still mac and cheese Thursdays in the caf, we can still hammock in the arb, and there's still the Weekly—which I'm rather biased, but is an important part of the Gustavus experience.

It's quintessential Gustavus experiences like these (more or less the mac and cheese) that bring us together and provide a sense of normalcy. It is my hope that the Weekly can help serve this purpose.

Every week our staff comes together to write about what matters to us, and capture meaningful images of these shared experiences. In a way, the Weekly serves as a long history of the student experience, with each issue acting a new chapter in the collective history.

With COVID-19, we begin a new, rather unexpected chapter that presents challenges we never imagined we'd face. Who would've thought that layout night would be conducted (almost) completely remotely, leaving our usually noisy office silent on Wednesday nights?

Still, Ben and I are committed to bringing you the Weekly as it has always been, whether it is online or in print, so we can preserve the voices of students. Furthermore, we can capture a moment in time that will define our generation far into the future.

While we all can get tired of numerous photos of empty classrooms or the vacant football field, we have to remember that this is a mere moment in

time that future students will look back on. It is our responsibility as a newspaper to make students' voices heard in a time of social change as well as an enormous amount of uncertainty.

So as we end this semester, I want to say that I'm so thankful for our readers to allow the Weekly to continue despite all the obstacles COVID-19 presents. In return, the Weekly will continue to provide a space for our students' stories to be told and become a part of a hundred year tradition—yes the Weekly, (using the title the Gustavian Weekly), turned one hundred years old in 2020.

So as we close on the year, I wish for safety for the Gustavus community and despite the uncertainty of the future, I know there are still great things to come from us Gusties. And as always, the Weekly will be here to report on it.



Ben Wick
Assistant Editor-in-Chief



Corinne Stremmel
Editor-in-Chief

Last year at this time I didn't think I'd spend my senior year taking all online classes and seeing with my friends wearing masks from six feet apart. I think many seniors like myself probably feel that something has been lost this year. And we unfortunately can't go back and relive our senior year like we'd imagine it to be. Sometimes I imagine there's an alternate universe where everything is fine, and I can live my last year of college the way I thought I'd live it.

It becomes really easy to wallow in the "what ifs." Especially when those what ifs become so idealized in our minds. Instead I try to look at how far we've come as a community. I think it's amazing that we've gone this far into the year and have managed a positivity rate of only 1.5 percent. This gives me hope and fortifies my belief in the Gustavus community to take responsibility and stop the

COVID-19 Report

Gustavus On-Campus Update

As of November 16, 2020:

Total Positive Cases (since August 15): 190

Current Positive Student Cases: 5

Current Positive Employee Cases: 0

Total Students in Isolation/Quarantine: 16

Students in Isolation/Quarantine On Campus: 10

Employees in Isolation/Quarantine: 4

Gustavus Mass-Testing Update

Two more mass testing events will be held before the end of fall semester. These events, held on Thursday, December 3 and Thursday, December 10, will be open to remaining on-campus students, off-campus students residing in Saint Peter, and College employees. Students who are no longer on campus and employees who work 100-percent remotely should not travel to campus for mass testing. With COVID-19 cases in Minnesota still at a high level, these new testing events are to provide a convenient location for testing and to help support planning for students who will be leaving campus after the final exam period.

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.

Virtual festival of St. Lucia rings in the holiday season at Gustavus



Last year's St. Lucia court in Christ Chapel.

Submitted

Emily VanGorder
Staff Writer

The Festival of St. Lucia at Gustavus is an annual celebration of leadership, service, compassion and light. Gustavus began celebrating this tradition in 1941. It is typically celebrated in Sweden, where a family's oldest daughter serves coffee and baked goods to her family at sunrise on Dec. 13, the feast day of St. Lucia.

This year's Festival is being held virtually, and a video of the celebration will be available on the Gustavus website on Dec. 10.

The Chaplain's office and the Marketing and Communication office collaborate each year to plan the Festival. This year, both offices had to think creatively about what they could do to keep the tradition alive while ensuring the safety of everyone involved. Early on, the two offices decided that St. Lucia needed to happen in some form to keep the tradition alive during these difficult times.

"We had made a modified COVID-19 plan, and when the Lay Low order came out we had to modify that plan again. We decided that everything had to be virtual for COVID-19 safety," Senior Directors of Institutional Events in Marketing and Communication and Advisor to the Guild of St. Lucia Barb Larson Taylor said.

Sophomore Nick Hagen, a filmmaker, works in the Chaplain's office and was contacted

about filming the St. Lucia ceremony this year.

"We decided it wouldn't be very interesting for a video to recreate the service with no people in the Chapel, and so we kind of flipped it in the sense that we [highlighted] things that typically nobody else sees... Typically, the coronation ceremony is very private. It happens late on the night before the service in the Chapel, and it's only the Court, the Guild and the kids. It's a very intimate and private component of the festival. We decided to highlight that for the video," Chaplain of the College Siri Erickson said.

"These women are leaders, they are compassionate and smart and they lead with grace and are some of the brightest people you could know. I feel very lucky to be among them," Junior Kendra Held said.

Held was nominated for St. Lucia last year.

At last year's Festival, audience members were provided printed programs for the first time. These programs included a description of each member of the court, their leadership roles and their extracurricular activities. This year, the Festival recording will include interviews with each member of the court that provide the same information.

For the virtual ceremony, all the St. Lucia nominees dressed up in their traditional clothes and were filmed conducting the celebration. This year's Lucia was crowned and all were filmed performing the

ceremony. Additionally, the St. Lucia Singers were brought in and their singing was recorded.

"We've held up what we think are some of the big themes that come out of the St. Lucia story, and I think those transcend cultures and normal times. There's always a lesson that can be drawn upon. Now more than ever we need those messages of hope," Larson Taylor said.

"It's been a very challenging year for many people. There's always been injustice in the world, but this year it's become more visible to some, and injustices have been exacerbated. What St. Lucia means this year is that we need to put forth positive, constructive, inclusive leadership... This year is about resilience, it's about learning and adapting and trying again," Junior Kendra Held said.

Each year, six sophomore women are nominated for the position. Last year's St. Lucia was Junior Hanaa Alhosawi, who was chosen by a campus-wide vote after being nominated.

"It was very exciting... I remember the moment I got crowned, and I was surprised, because I didn't think I'd ever be crowned St. Lucia... I was super excited and honored that people voted for me. It was a very overwhelmingly nice feeling and I felt very warm with love," Alhosawi said.

Women who have been nominated for St. Lucia typically don't know until they are approached by a member of

the St. Lucia Guild and given a rose and a letter explaining their nomination. The Guild of St. Lucia is an honors group of senior women responsible for planning the details of the festival each year.

"I didn't even know what St. Lucia was... from nowhere, this beautiful person came up to me and gave me a rose with a card. She explained people had voted for me and I had been nominated for St. Lucia. I had to Google it later... That made my day," Alhosawi said.

Held and her roommate were both nominated for St. Lucia last year.

"I was waiting in the car while she was in the Caf getting food and a couple of our upperclassmen friends stormed the car and they gave us our roses... it was a really sweet way to do it. It was such a humbling surprise and joy to receive our roses from people we looked up to," Held said.

In past years, on the day of the Festival all the nominated women wake up early and sing Christmas carols in different residence halls before going to a St. Lucia breakfast held by Larson Taylor. There, they meet and mingle with past St. Lucias. After the ceremony, there is a Scandinavian lunch sponsored by the Gustavus Library Associates open to the public.

"I didn't know any [Christmas carols], so I hummed through them. My stomach was hurting and I wasn't feeling great, so I couldn't do all the buildings. I was feeling bet-

ter later, so we went to Barb's house... everyone was great. The ceremony was a little intimidating, but very fun. The kids were super cute, one of them kept staring at the candles on top of my head and was just so fascinated through the whole ceremony," Alhosawi said.

"It was one of the most beautiful days that I've ever experienced. It was such a whimsical experience, with a group of such graceful, intelligent young women. It was magical. It was a very humbling experience... and a very joyful day," Held said.

In her recorded speech for this year's Festival, Alhosawi spoke about the story of St. Lucia and reflected on what being nominated for St. Lucia meant to her.

"I talked about how it's important to acknowledge and be grateful for the people who are lights in your life, and important in hard times to be lights for other people, but you should also be a light for yourself," Alhosawi said.

"Over the last five years we've had Lucias from many different ethnic and cultural backgrounds. I think it's cool to show how a tradition very specific to Sweden also has a more human and universal message, how each of us is called to be a light in the world and has the capacity to lead and serve and show compassion when people are struggling and in times of need. These qualities are needed now as much as they ever have been," Erickson said.

Winter break COVID-19 guidelines shift as the end of fall semester nears



Students continue to listen to COVID-19 guidelines by wearing masks.

Nate Habben

Freya Nelson
Staff Writer

The pandemic continues to present a rapidly evolving challenge to our state, according to MN Governor Tim Walz. In preparation for these challenges, the Gustavus community has adapted its COVID-19 winter break guidelines. With some students returning home and others staying on campus for the remainder of the semester, daily student life looks a bit differently for everyone.

"All students have the choice to live on campus and make use of the Dining Service, wireless network, and academic spaces for the remainder of the semester. That being said, in accordance with MDH guidance, students are asked to either stay on campus for the rest of the semester including Thanksgiving break, or leave and remain away from campus for the rest of the semester," President Rebecca Bergman said in an email to the college.

The closures of all in-person Lund Center Operations, Fine Arts, Labs and some in-person Student Employment are the most significant new changes that are likely to affect any students who are remaining on campus, according to President Bergman's most recent statement. Academic halls, dining hall and Jackson Campus Center are to remain open to both on-campus and off-campus residential students, with adjusted daily hours.

In order to ease the transition back to campus for the January Interim Experience and spring term, students and staff are advised to be responsible and mindful during their time off, especially during the holiday

season. JoNes VanHecke advises students on the single, most important tip for staying safe during this time.

"The single most helpful thing you can do is to limit your close contacts. Close contacts are defined as anyone with whom you spend a cumulated total 15 minutes in any day less than six feet apart. It is imperative that all of us work hard to reduce the number of people we have as close contacts," VanHecke said.

The College is also offering two more mass testing events, free of cost and open to all members of the Gustavus Community, to carry the community out until the end of the fall semester.

"These [mass testing] events, held on Thursday, December 3 and Thursday, December 10, will be open to remaining on-campus students, off-campus students residing in Saint Peter and college employees. Students who are no longer on campus and employees who work 100-percent remotely should not travel to campus for mass testing. These new testing events are to provide a convenient location for testing and to help support planning for students who will be leaving campus after the final exam period," according to an email from the Gustavus COVID-19 Leadership Team.

The college also recognizes and sympathizes with the individual burdens of COVID-19 on individuals within the Gustavus community, listing resources for staff and students who are struggling.

"I especially want to acknowledge those of you who have been directly impacted by COVID-19. Whether you have been sick, spent time in quarantine, or were impacted by the illness or loss of a loved one, please know that my thoughts are with you," shares President Bergman in her most recent COVID update.

Gusties learn to shine online during finals

Carter Brown
Staff Writer

As we approach the end of the semester, finals week begins to rear its heads as both students and professors – whether on or off campus – prepare. Final exams begin on Dec. 11 and last through Dec. 15 this year, with the last day of class being on Dec. 9.

Professor in Political Science and program director of Gender, Women and Sexuality Studies Jillian Locke discussed how she has seen changes to her classes and how moving into online learning has affected her teaching. "[There's been] less lecturing and more just... trying to get all the students to have an opportunity to participate. Every day I have been trying to do that with chat and

breakout rooms...In some ways it is easier to do that, that's one positive [of online learning]," Locke said.

Locke also reflects on her home life now that she teaches from home.

"The upside of being at home is that I get to see my kids more than I normally would, my dog is also happy. My carbon footprint has gone way down, gas expenses have been down. There is a kind of convenience that was initially quite pleasant...But now, I am ready to be back in person. I miss moving my body, lingering after class, hearing student conversations," Locke said.

And the feeling is mutual amongst some students, such as Leif Hammar, a junior here at Gustavus.

"I was happy to stay on campus for a bit. I had about a month to myself which was

really nice, and even though I couldn't hang out with friends in ways I wanted to, just being able to see them on campus was a huge emotional boost that was missing in virtual classes," Hammar said.

Virtual classes, which have become an integral part of Gustavus' learning environment, have had varying effects on everyone. "I would say that online learning is more difficult than in person...I have been leaning heavily on scheduling and setting personal deadlines for myself, [and while] I am not perfect at it, but it is better than nothing" Hammar said.

Yet not everyone has an easy time with virtual learning. While it is a struggle for most students, those with learning disabilities such as dyslexia must deal with a new format and their own disability. Freshman Jake O'Neal has dyslexia

and shared some insight on what it is like for him.

"Honestly, I'm not confident about how I will do on my finals in an online format. I would like to think that I will do well on my finals, but I know I am not as prepared as I should be. Overall, I certainly prefer an in person learning environment. The main reason being that I find it harder to stay engaged in an online zoom class and often find myself getting distracted. Dyslexia has only made online learning marginally harder because it is harder for me to read off a computer screen than a sheet of paper or a book" O'Neal said.

The same can be said for many other students, which is why many professors such as Professor Locke have opted to give students more time to focus on finals.

"I didn't have to change anything from in person to on-

line, but I have made significant adjustments to my papers just to give them more time. Due to covid, there has been incidents that require moving or perhaps just a bit more time...Students do not need the extra stressors. This is not the time to be super rigid. It is sad, I feel for the seniors and freshman. This was not the year they probably wanted to come into or leaving college...But [we] try to do the best we can with covid," Locke said.

The consensus between students is that professors have been understanding of any extenuating circumstances that may come up. During finals week, if there are any concerns about time constraints or a need for an extension, approach your professors and discuss with them something that works for you.

President's Art Award: Hannah Calkins makes it to the dining room



Hannah Calkins next to her award-winning art hung in the President's Dining Room Submitted



Alaskan Blue 01

Submitted



Buskala View

Submitted

Tori Smith
Staff Writer

Art is an important element of any college campus, and Gustavus isn't an exception. From the infamous BC/AD (1973) sculpture outside of Folke Bernadotte Memorial Library to the large "tornado" statue outside Christ Chapel, Gustavus proudly displays hundreds of art pieces.

Senior Hannah Calkins is one of the many prominent artists who have their work installed on campus. Last spring, she received the 20/21 President's Art Award for her outstanding work in photography. Her photographs are currently displayed in the dining room of the President's House and will remain there for the rest of the academic year for visitors to enjoy.

"I felt very honored to have received this award," Calkins said.

This merit-based award is juried by the Art and Art History Department faculty and is presented to a junior studio arts major after the Junior Art Major Exhibition.

"We look for work that is

evocative and engaging," Professor Priscilla Briggs said.

The four winning photographs are part of a series Calkins shot in Alaska.

"I felt very honored to have received this award,"

"It was impossible to capture the beauty of the landscape in a single photograph," Calkins said in her artist statement.

Her main focus with this project was light and how it can be used.

"I aim to create and capture beauty, and one of the ways I do that is by responding to lighting," Calkins said.

In one of her pieces, entitled "Buskala View," Calkins plays with this element quite a bit. In the scene, sunlight bounces off the water and casts beautiful shadows along the ground.

"It represents the feeling of waking up to the brilliant summer light of northern Minnesota bouncing off the water and peeking through the fir trees," Calkins said.

Although she has always enjoyed making art, she didn't always know she wanted to pursue it as a major field of study. It was Professor Briggs' digital photography course that ultimately sealed the deal for her. "This class made me realize I was meant to be an artist,"

Calkins said.

"It represents the feeling of waking up to the brilliant summer light of northern Minnesota bouncing off the water and peeking through the fir trees,"

Displaying art on campus, especially student work, is an ongoing effort at Gustavus. The President's Art Award started only four years ago when Art and Art History faculty were asked to create a piece for the President's dining room. In-

stead, they proposed the creation of an award to recognize students and their artwork.

"We're trying to make art more visible on campus," Briggs said.

To contribute to this goal, Briggs also displays her students' photography in the hallway between Jackson Campus Center and Folke Bernadotte Memorial Library.

Art is meant to be seen, so it is important that art becomes more visible on campus. However, it takes two to tango. As

"I am currently working on a narrative series where I photograph my life and my experiences with the people and places around me."

important as it is to make art on campus more accessible to the public, it's equally important that the public actually takes

the time to stop and view the work. "Part of it is on us to get it out there for people to see.

The other part is for people to actually go and look at it and comment on it," Briggs said. Although Calkins' work isn't installed in the most visible place on campus, it is still being recognized and displayed in a significant way. The President's dining room has been used to host many alumni and fundraising events, although this year might have pulled in less visitors due to the pandemic.

Fortunately, this didn't stop Calkins from enjoying and improving her craft, as she already has plans for future projects.

"Being awarded the President's Art Award made me feel very confident as an artist," Calkins said.

"I am currently working on a narrative series where I photograph my life and my experiences with the people and places around me."

The 21/22 recipient of the President's Art Award will be decided at the end of this academic year, but until then, Calkins' beautiful Alaskan landscape will adorn the President's dining room.

GUSTIE of the WEEK

JoNes VanHecke



Gustie of the Week JoNes VanHecke

Submitted

Michaela Woodward
Staff Writer

JoNes VanHecke has worn many hats at Gustavus: student, Collegiate Fellow, class of 1988 alum, Director of Student Activities, Assistant Dean of Students and now her role as Vice President of Student Life and Dean of Students. The journey to her current position was practically prophesied, even though she initially intended to go down a completely different path.

"I came to college thinking I was going to be a veterinarian and I hung onto that for a really long time, even though math and chemistry just kicked me up and down the halls of Nobel. When I finally shifted gears, I had a conversation with the acting Dean of Students, Ruth Johnson, and I said, 'How could I have your job?' And she said 'Well, you need to get a Masters'

Degree in Student Personnel. You should do that at Indiana University, work somewhere else for a while, and then you can come back to Gustavus.' Weirdly, that is what I did," VanHecke said.

"The journey to her current position was practically prophesied, even though she initially intended to go down a completely different path."

Originally from Walnut Grove, VanHecke finds herself returning to Minnesota and Gustavus no matter where she goes, drawn back to the community she has found here.

"There's also something about Gusties in general that I just really like working with. I think they're students who are bright and articulate and are figuring out who they are and what they want," VanHecke said. She added that she finds Gusties to be relational, connected, and involved students that want to do well academically. She added, "They also are well rounded and really embrace all the opportunities the college gives to them. And I really like that about the work that I do and I think that's what keeps me coming back to Gustavus. Not just because this is a place that I have sweet memories of as an undergraduate myself, but really respond to professionally in the kind of work I want to do: small, liberal arts colleges, with the kind of students that Gusties tend to be."

Her core values, as well as the experience she shares with students, allows her to connect more deeply with them.

Junior Emily Falk chimed in

"There's also something about Gusties in general that I just really like working with. I think they're students who are bright and articulate and are figuring out who they are and what they want"

about VanHecke's character.

"Fun Fact: [VanHecke] was one of my mom's camp counselors at horse camp growing up (Circle R Ranch), so my connection to [Gustavus] and to her extends to way before I existed. Working in the Deans' office as a student employee with [VanHecke] has been wonderful. I remember my first-year meeting with her to get to know one another, and how much in common we have. We are both from small rural communities and learned the value of hard work and community from those experiences. I have seen and experienced [VanHecke] advocate on behalf of the student community and stand up for our values. She truly loves Gustavus and is one of the most down-to-earth and compassionate people I have ever met," Junior Emily Falk said.

"I love the moment where you can help a student who just can't see through the end of whatever is challenging in their life. There are so many things when you're 18-22 that can get in the way of you being your very best self."

Outside of Gustavus, VanHecke is an avid equestrian and finds the little acreage she lives on—with four horses, barn cats and a big yellow lab—to be calming.

"It's that endless land and sky that just is my happy place," VanHecke said.

As Dean of Students, the most rewarding work she does is one-on-one with students,

and she always is looking for how to best help them succeed.

"I love the moment where you can help a student who just can't see through the end of whatever is challenging in their life. There are so many things when you're 18-22 that can get in the way of you being your very best self. I really do appreciate when those students show up at my door and meet with me and we can figure out how to help them get back on track and move forward. Those are moments that are really rich and really valuable to me. That's the reason that I do this work; because every day I get to see students learning and growing and figuring out how to be their very best selves," VanHecke said.

"Fun Fact: [VanHecke] was one of my mom's camp counselors at horse camp growing up (Circle R Ranch), so my connection to [Gustavus] and to her extends to way before I existed"

With this goal in mind, she guides students with the idea of cherishing small moments and prioritizing happiness.

"Find things that you're excited about and commit to doing them, make time and space for them. It will help you be a happier, more resilient person. The world is complex. Growing up, moving from childhood to adulthood is tough. Spend time being intentional about the things that make you happy. Read books for the fun of it. Take time to walk in the Arb or just admire nature in all its splendor. Those are moments that are so small and yet so huge and important in everyone's world," VanHecke said.

Features From the Online Theatre Gallery



Students rehearsing theater

Submitted

Mula Lay
Staff Writer

This year, Gustavus' theatre gallery has morphed into an online short film screening. Typically a stage performance, students from the "Special Topic: Devising Performance" class have adapted this tradition to accommodate COVID-19 restrictions, resulting in the 2020 online theatre gallery.

It features six short films written and directed by students, including senior Miranda Johnsen, an English and Scandinavian studies double major, and sophomore Sam Peters, an English and Theater double major. Within the six short films, each student had one special project that they wrote by themselves and directed using student actors.

The first special piece is called "Andromeda," and is written and directed by Johnsen. In essence, it is about a person falling in love with someone who ends up dying in a black hole.

"It is a story about a news-caster who is stuck in this sort

"The film that I have made is quite abstract I would say and has a lot of [...] thoughts about anxieties I have not just about space, which is terrifying, but like time and relationships and grief"

of time loop as she reports the news and is actively trying to stop it from happening, and that news is about this group of astronomers who traveled to the black hole at the center of the Milky Way to conduct scientific research," Johnsen said.

She had been thinking about the piece for about a year and showed excitement talking about it. Her inspiration for the film is based on anxieties she has about space, time and relationships.

"The film that I have made is quite abstract I would say and has a lot of [...] thoughts about anxieties I have not just about space, which is terrifying, but like time and relationships, and grief," Johnsen said.

Among other things, the film experiments with lighting.

"I love playing with lighting. I wrote a whole academic paper that is in the process of getting published about how characters internalize their trauma, and it gets reflected in the lighting and how changes in lighting from color tone to intensity reflect inner turmoil, and I had a lot of fun playing with that," Johnsen said.

She says she has been influenced by Martin Scorsese's "Shutter Island," Robert Zemeckis' "Contact" and Lilly and Lana Wachowski's "Speed Racer."

The second special piece is called "In Bloom," written and directed by Peters. It is a story about an artist and how he struggles with his anxieties.

"Basically it follows a young man named Ezra. He is a graduate student in art history, he's an artist, a visual artist, and a painter. [...] So it takes place during the pandemic, which is kind of the theme throughout. Ezra is kind of this isolated recluse who lives in a small apartment. [...] He develops this kind of friendship with a little plant [...] and during his interactions with the plant, we get to see kind of the very intimate side of his inner thoughts and feelings that he doesn't express in the outside world," Peters said.

Peters took a lot of inspiration from not only current times with COVID-19 and the call for isolation, but also the fears of being judged by society and suffering from mental isolation and loneliness. The film calls atten-

tion to a person's anxieties and how they might cope with it.

"Going into the project was this idea of isolation that I think has been exacerbated by the pandemic [...] something [isolation] that is very much present in the modern world that [...] has been certainly brought out by the pandemic. [...] This idea of this character who shows his true self to the audience, but not to others in his life. [...] So I had this idea that he had this really close relationship with an inanimate object that he could tell his dreams and aspirations to and not feel like he is being judged by society or judged by others," Peters said.

Being fairly new to filmmaking, directing the film was a very

"I had this idea that he had this really close relationship with an inanimate object that he could tell his dreams and aspirations to and not feel like he is being judged by society or judged by others,"

different experience, especially given COVID-19 guidelines. However, even with all these constraints, Peters found the experience to be fun, experimenting with lighting and dealing with the transition from stage plays to films.

Peters found his film to take bits and pieces of various elements of different kinds of movies and describes his film as "realistic drama."

The online theatre gallery will be streamed online at 8 p.m. Friday, Dec. 4 and at 2 p.m. Sunday, Dec. 6.

Christmas in Christ Chapel

Livestream Online Dec. 19.

In light of the current COVID-19 Pandemic, Gustavus's Christmas in Christ Chapel concert will not take place in person and will instead be broadcast online on Saturday, December 19 at 7:30 p.m. CST and archived on the following website.

<https://gustavus.edu/events/ccc/>

Only one ticket is necessary per household viewing. No ticket is required to view the livestream.

If you do order a ticket before December 8, you will receive a Christmas in Christ Chapel program in the mail prior to the December 19 livestream.



Do you have a suggestion for a Gustavus student, professor, or staff member who could be our next Gustie of the Week?

If so, send their name, position on campus, and a short description of why you think they should be recognized to weekly@gustavus.edu for a chance to be featured!

A representative from the Gustavian Weekly will be in contact with you via email if your suggestion is chosen to be featured in an issue of the paper.

Geena Zebrasky
Features Writer

Native American Heritage Day: Significance & Symbolism



Photo by Luke Yang.

Above: A member of the local Native American community participates in last year's International Cultures Club festival at Gustavus. This event brings together various cultures from around the world and allows students to learn more about cultural diversity on and off campus.

Right: Native American Heritage Day and Month tend to be overshadowed by Thanksgiving and Black Friday, but this does not begin to describe the denegrative and lasting effects of colonialism. Another insult to Indigenous Peoples was the creation of Mount Rushmore, which desecrated sacred Sioux land. The monument itself also celebrates European settlers who appropriated Native lands and obliterated many Native American tribes with the diseases they brought to the Americas. To counter this issue, a statue of the great Sioux chief Crazy Horse is currently under construction, but this monument is also being carved out of a sacred mountain on Sioux land.

To begin this article, it is important to acknowledge, as we should always do whether written or not, that Gustavus lies on the land of the Očhéthi Šakówiŋ people.

Last Thursday was Thanksgiving, and despite COVID, for many of us this meant a celebration of some sorts. We understand it to be a day to spend time with others and eat good food. However, for many, Thanksgiving is not a holiday but rather a reminder of ongoing settler colonialism within a country whose roots are violent. In his article "Thanksgiving: The National Day of Mourning," Allen Salway, organizer from the Navajo Nation, describes Thanksgiving as "a reminder of our resistance as Indigenous People navigating this settler society that continuously tries to erase and destroy us, yet we are still here." He reminds us that Thanksgiving was declared a holiday first to celebrate a massacre of the Pequot people, and then again declared as a general celebration of the erasure of the Indigenous population.

Thanksgiving often overshadows the following Friday, designated Native American Heritage Day by Obama in 2009. Meant to "appreciate the contributions that First Americans have made and will continue to make to our Nation," this designation carries a mixed message: while meant to pay respect to Indigenous communities, the choice to designate the day after Thanksgiving creates the feeling of an afterthought. On top of this, it also falls on Black Friday, a day of hyperconsumerism that tends to disregard the human element of much of our social web. This choice was especially troubling because the entirety of November is Native American Heritage Month, and as stated well by Brian Perry of the organization Native Hope, "there are 28 other days to select from with of



Photo by Laura Schwichtenberg.

course Thanksgiving having its long established day to itself. Why must we take a backseat to Thanksgiving? Why not the day before Thanksgiving?"

It's still incredibly important to learn about the history, heritage, and ongoing work and resistance of Indigenous peoples. And this process of learning is definitely not a one day practice; it's not even a one month or one year practice. There are a myriad of resources available online, and there are ways to learn locally as well as nationally (and globally!). Here at Gustavus, a Reconciliation Circle with Cânté Sütá-Francis Bettelyoun is hosted every two weeks in order to facilitate conversation devoted to building relationships and reconciliation between Minnesota's Native and immigrant peoples. Beyond this, there are many different organizations in Minnesota as well as nationally that you can support and use to find resources.

How to Get Involved

In Minnesota, there are several organizations that you can support:

- Honor the Earth (Winona LaDuke has great educational pieces and videos)
- Giniw Collective
- North American Traditional Indigenous Food Systems (NāTIFS) (based in Minneapolis which is cool—they're starting a Food Lab you should support!)

National organizations:

- Indigenous Rising
- The Red Nation
- Allen Salway's Instagram is a great resource for finding ways to learn: @lilnativeboy

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The College of
St. Scholastica

Let's give thanks for creative outlets



Grace Worwa
Opinion Columnist

As the research papers and exams keep piling up this holiday season, I find myself increasingly thankful for my creative outlets. If I couldn't sit down for 30 minutes each day to practice guitar or work on a short story, the stress of finals surely would have eaten me alive by now.

And that stress is no joke, as I'm sure all you students out there are well aware. According to the American Institute of Stress, eight in ten college students "experience frequent stress." With everything from classwork, to internships, to extracurriculars, to attempting to have a social life, it's really incredible that we manage to juggle so much.

On the other hand, it's also concerning because all that stress can have serious consequences. In 2018, a study at Harvard Medical School showed that "stress exposure was strongly associated with mental health diagnoses, self-harm and in some extreme cases suicidality."

So how do we combat this? I mean, other than the laughable notion of just being "less involved?" The answer, my friends, is creativity. While stress may lead to dark and gloomy thoughts, creativity does just the opposite. In fact, it replaces those negative emotions with positive ones, and can even lead to a longer lifespan, according to a study in the Journal of Aging and Health. For this reason, we should not only appreciate our creative outlets but purposefully set aside time for them.

But don't just take a random scientist's word for it. Take the word of Junior Arianna Fredrickson, who likes to play trombone in her spare moments.

"Music allows me to let go of my stress and just live in the moment while doing something I enjoy," Fredrickson said.

Creativity offers us a precious moment of relaxation in a storm of assignments and responsibilities, but that's not all. It also allows you to get to know yourself and the world around you a little better.

When you create, you are in control. Instead of collecting ideas from everyone else and compiling them into a research paper, you become the world builder, the creator. As a result, whatever creative piece emerg-



A student's art corner

Cadence Paramore

es, whether that be art, music, writing or something else, is completely and utterly you. In this way, creativity allows you to reflect on yourself and how you view your surroundings. It is truly a moment just for yourself.

According to Junior Kendall Harvey, this is exactly why she uses her freetime to draw or knit.

"It is relaxing to take some time for myself," Harvey said.

Furthermore, by requiring you to express yourself in such a thoughtful and complete way that exposes you to the world, creativity can generate self-confidence. In your vulnerability, you become powerful.

As such, creativity offers countless benefits to the creator, but it can also serve outside purposes, too. For example, a song or a drawing created for someone special makes them feel loved and valued, plus they get to know you a little better through your art. There's just something irreplaceable about putting a piece of yourself into a gift for someone else.

Creativity can also serve the purposes of groups and organizations. As a social media intern for CICE and the publicity coordinator and co-President for American Cancer Society at Gustavus, Harvey is proud of how her creativity aids those organizations.

"These roles allow me to be creative in my social media posts in order to help these organizations to gain awareness," Harvey said.

Creativity is healthy for you and for the world around you, and there are plenty of ways to do it. If you don't already have your preferred creative outlets, or even if you do, try something new. Buy a small, blank canvas and some paints on Amazon,

and try your hand at painting. Or maybe take up a new instrument, or write your first short story. The possibilities are endless.

Creativity offers us a priceless moment of pause, a moment to breath freely without the bur-

den of countless responsibilities weighing on our shoulders. That is a gift, and it's right at your fingertips. You just have to make time for it.

The Good, the Bad, and the Meh





The holidays are just around the corner!
Fa la la la, baby!

Finals are looming over us all, and you haven't done any homework this entire semester

Masky makey your facey itchy

Why 2020 should be a year of handmade gifts



Marie Osuna
Opinion Columnist

Just like so many of you, I am gearing up for the holiday season and looking forward to the end of the semester. This year has truly been something else, so I am looking forward to using the holiday season (for me it's Christmas) as a way to put aside some of my worries and focus on giving back joy.

While Christmas this year will likely be much smaller than I'm used to, I still look forward to giving gifts to those that I love. This year, though, I am prioritizing giving simple, handmade gifts. Not only is this approach cheaper (a perk for the broke college student), but it also is more meaningful.

I find that using my talents to create gifts for my loved ones, rather than just picking out an uninspired gift set from a big box store, is better received. The person knows that you put your heart (as well as a lot of time) into creating the gift, and that means a lot more to them. Most of us fall into the category of having all our basic needs met, so we don't really need more junk. Getting a handmade, meaningful gift is the perfect way to offset our consumerism culture.

If you are crafty, there are tons of gift ideas out there for you to



It's hard to be knit-picky with a homemade gift from the heart

Marie Osuna

make. In the past, I have given my friends and family mittens made from old sweaters, knitted hats and scarves, decorated photo frames, hand-poured candles, and painted signs.

"I find that using my talents to create gifts for my loved ones, rather than just picking out an uninspired gift set from a big box store, is better received."

But if you are not crafty, have no fear: there are still ways for you to create touching holiday gifts. If you enjoy writing, you could compile some of your stories or poems into a book for someone. If you are great at photography, consider getting one of your prints matted or create a unique photo gift for someone using your art. And if neither of those is your thing, consider baking a batch of someone's favorite cookies or try your hand at candy making.

If absolutely none of these work for you and you want to purchase your holiday gifts, consider shopping small. Local businesses can be harder to access this year due to COVID, but they

need our help now more than ever. If you can't find what you want locally, consider supporting artists on sites like Etsy rather than shopping on Amazon.

Another option is the gift of charitable giving. This can be great for the person who already has everything. Telling someone that in lieu of a gift, you chose to donate to a charity you know they care about in their honor can be incredibly meaningful, and I know I would appreciate the thought that goes into a gift like that.

In a non-COVID year, I would prioritize giving people experiences instead of things, but of course that's much more difficult now. However, if you

know someone would still enjoy getting takeout from their favorite local restaurant or safely supporting a paint-it-yourself studio, give them that. I'll always agree with saying no to buying more things, and instead giving someone a memory that will last.

Overall, what's important this year is prioritizing the people we love. Physical gifts don't matter nearly as much as (safely) being with those we love, even if that means having a virtual Christmas. But when we do choose to exchange gifts, don't put too much pressure on yourself. 2020 has been a crazy year, and we should just be celebrating getting through it.

Thoughts on thankfulness



Alma Jorgenson
Opinion Editor

my best to find hope, but when hope fails, I turn to gratitude and I urge you to do the same.

I was taught about gratitude by my mom who is a intense "Thank You" note writer. When she's stressed, she writes to let people know the ways that they have made her life better. As someone who has received quite a few of these notes, I can say that they give the receiver quite a boost of serotonin. So let's all take some time to think about the little things that we have to be thankful for.

Thanksgiving was one like no other, with so many people who were unable to be with their family. It was so it ended up being my first Thanksgiving away from home. That was pretty hard. Even so, I was able to find a lot to be grateful for. I am extremely blessed.

2020 has taught me to be grateful for the little things. At

no point in my life have I been homeless. I've always had a bed to sleep on. I'm lucky enough to have been born in a time with electricity. It would absolutely suck if I had to go outside for that 2 a.m. bathroom break. I have an abundance of water that comes right into my house. When I turn the water on to get a drink, I never have to worry about it making me sick. If I do get sick I can go to the doctor and be well taken care of. These everyday things don't exist for everyone; it's easy for me to lose sight of what a blessing they are.

We should all be really grateful for the opportunity to get an education. We all know how easy it is to complain about Gustavus, it really isn't that bad. We are given the opportunity to travel, read a lot of really interesting books, and make some really great friends. Oh, my friends. I'm so beyond grateful

for them. I miss them every day we're apart. Friends can really serve as a firm foundation during this unsettling year. I want to be a better friend to them all. It's too easy not to call them. The time we shared in our quaint dorm room was the highpoint of my year, and I hope to be back there later this spring.

As our Spotify Wrapped comes out I realize how grateful I am for music, as by my Instagram feed suggests that it's very meaningful to a lot of others as well. I really miss live music, but I appreciate the creative ways the musicians are using to connect with fans on an intimate level. But you can bet that as soon as it's safe, I'm going to go to as many live shows as possible. Watch out Wookiefoot (my favorite band), you have a new groupie on her way.

It's about to get darker and colder Gusties, and times might

be getting harder. Pause to remind yourself of all the little things that you're grateful for. Let the people who have made an impact in your life know that (aka call your grandma). Turn on some good tunes and make a playlist for your best friend. Look your cat deep into her eyes and tell her how much you love her. Take your dog out for a walk and then give him a treat when you get back. There are a lot of little things that we can be appreciative of. Make it a habit to thank your bathroom sink when hot water comes out from it. Despite everything, we have a lot to be thankful for every single day. Turn gratitude into daily practice, and watch how it makes your life a little better.

2020 has been one for the books, and not in a good way. If anyone had told me that this year would turn out this way, there is no way I would have believed them. It feels like we're living in a psychological horror movie some days. I do

Be nice to the darn barista



Ben Wick

Assistant Editor-in-Chief

Hot take: I genuinely enjoy customer service. I love connecting and forming relationships with regulars, and being able to serve up their coffee with a smile.

Throughout my years as part of the American workforce, I have worked several different jobs that all required me to provide quality customer service.

My very first job was at an old-fashioned Dairy Queen knock-off (the kind where you walk up to a window and order) called The Dairy Delite, which was owned by former Viking player Paul Krause.

I stayed there until my third summer when I quit because the new owners were a mess. I learned my customer service skills there, and I loved working with the other high schoolers whose first job it also was. I even got a few of my friends hired during my second summer there and we made some great memories together as self-proclaimed “professional ice cream artists.”

Since my first job at The Dairy, I have gone on to work part-time at other retailers like Hy-Vee, Hollister, ALDI, Columbia Sportswear, and as a barista at Diamond Dust Bakery & Coffee Shop which is located just off-campus here in St. Peter.

All of the good experiences in customer service positions, however, are always balanced out by not-so-good experiences. I don't know what it is about working in customer service but for some reason, it seems to attract customers who can really only be described as the absolute scourge of humanity. Some adults have never even experienced dealing with awful customers and sometimes it really shows.

All employees are taught special etiquette to follow when dealing with customers, but no one teaches the customers how to act when with an employee. I find this problematic, therefore I have produced the following list of DOs and DON'Ts for you to double-check you aren't terrorizing your local baristas. There is no arguing with this list, as I am an omniscient God with divine wisdom.



One of the on-campus work study options is to barista at the Courtyard Café or the STEAMery.

Luke Yang

DO NOT: Catch an attitude with the barista

You know that old training line, “The customer is always right”?

Yeah, well, customers are definitely more often wrong than right. It's especially frustrating when a customer decides to take a power trip and snarkily point out something they think you did wrong. All that does is make me feel criticized and not want to help you. Why not just ask nicely? I would be glad to accommodate the issue if you're not a complete tool about it.

Once, a woman around her 60s came into Diamond Dust and ordered a small latte. She specified that she wanted it extra hot. We steam our milk at 160°F, so I set it to steam at the next highest temperature. When it was done, I handed it to her and reminded her to be careful with the cup as it was very hot. She proceeded to pick it up without a paper collar, screamed, and dropped it all over the floor. Then followed a good five-minute-long yell/rant about how the cup burned her hand. It was a lot. I think I'm still processing it all.

DO: Ask questions! Interact with us!

I get it, coffee is a confusing subject. Bean water is delicious, yet its various forms can be very confusing to a novice connoisseur. Trust the barista to take care of you—it's our job! We have the answers to your questions whether it be coffee-related, pastry-related, et cetera.

Plus, I just like to talk! Of course, all baristas are different, but this one is a Chatty Cathy. If your barista is I'll give you recommendations up the wazoo and can pretty much strike up a conversation about anything.

If you strike up a conversation with your local barista, you might be pleasantly surprised with the results. I've found customers feel much more appreciated when they feel listened to, and it feels really nice that I can give that feeling to someone just by chatting with them.

DO NOT: Be impatient

Most people visit the coffee shop in the morning—the busiest time of day for a barista. Rushes are stressful. I get it. You want to get to work. Hur-

rying us won't make us any faster; If anything, it'll honestly probably make me mess up your order.

Working a shift during rush hours makes me want to hide in the walk-in fridge and cry. They're hectic for everyone. It's easiest and least painful for everyone if you just wait the five or ten minutes it takes for us to get to your order. And for the love of God, be compassionate when all the baristas are busy.

DO: Tip! (If you can)

Like most baristas, I am a broke college student. I have felt the emotional mutilation that accompanies an overdraft fee, the frustration when I have a single dollar in my checking out and can't buy myself some darn McNuggets. I rely on these tips to make my life slightly less sucky and to get through my schoolwork.

So, when I ring someone up for a \$25 order and they give nothing for a tip, it's pretty disheartening. I know that it's my job, but I work hard to try to make all the customers come in feel taken care of and heard and I think that's worth at least a quarter or two. Not all baristas see that as part of the job.

All in all, I like being a barista. Even if customers are rude or the shift is brutal, I know that by serving the customers I have accomplished something and that is meaningful to me.

At the risk of sounding self-centered and overly dramatic, I have a philosophy of barista-ing. If a customer is rude or crabby, I find that giving them the benefit of the doubt makes them a lot more human and a lot easier to serve. They might have had a bad morning, or they might be going through a difficult time in their life. Heck, their dog might have died.

The most difficult customers are the ones you want to deal with the least, but also the ones that you could benefit the most. Sometimes people just need a little taste of kindness and that can make their demeanor switch up completely. It makes me feel a little better about myself to know that I've done what I can to make their day a little brighter than it was before they walked in. I can go home after a shift knowing that even if nothing good happened to them that day, at least I know that I tried to be a smiling face.

Word Search

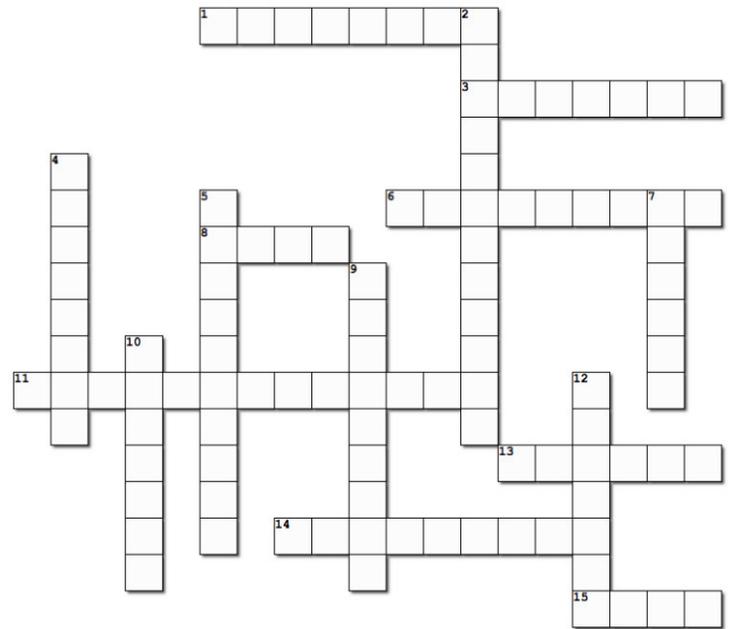
The Bad of Winter

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| cabin fever | dry air | overcoats | soveling |
| car brush | flu season | overeating | snowed in |
| chapped lips | hypothermia | polar vortex | snowstorm |
| cold | icy | runny nose | wet |
| dark | junk food | SAD | windy |

Crossword

The Good of Winter



Across

1. Instead of one day of presents, we've got eight crazy nights! -Adam Sandler.
3. The time-honored Gustavus winter tradition. Don't tell the Caf.
6. Corinne, our wonderful editor-in-chief, has requested a pair of this footwear for Christmas.
8. Socks, candles, blankets, warm definitely nonalcoholic beverage, the best kind of _____ night.
11. It's all fun and games until you hit your sister in the face and she tells mom and you lose your Xbox for the rest of break (two words).
13. Like sledding, but standing with a sled on each foot.
14. As cold, wet and icy as it is, winter sure is _____.
15. We're in Minnesota. It's December. It's missing.

Down

2. Hot hot, ooh we got it (two words).
4. I may be 22 years old. And it may throw out my back. And walking up the hill may tire my calves out. And I may get extremely wet. But I'm still going to do it.
5. I hope you live near a lake since ice arenas will be closed for this activity during the Plague Times.
7. This godly nectar is made by mixing together cream, sugar, raw egg, vanilla, and nutmeg or cloves.
9. This holiday brought to you by a paid sponsorship from Black Friday.
10. A week long celebration whose name is Swahili for "first fruits of the harvest."
12. As afraid that they will fall and pin my head to the sidewalk, these are very pretty.

The Good, the Bad and the Meh of Winter



Adam Pierce
Staff Pretty Best Friend

In the happiest news we've received all year, time is, in fact, still progressing. The only proof that I have of this is that three of my professors have finally attached our deadline to their final projects. One of whom said it was due yesterday, while the other two say it will be due "when the moon rises and sets in the north." The fourth professor has not been seen since one of my classmates asked her about the strange distortion in the top right corner of her video feed on the

third day of class, but I expect that we'll be hearing from the distortion soon about when our report on "TV Static in the American Renaissance" is due.

With the end of the semester definitively approaching, there are finally some things we can look forward to this coming winter. They're finally releasing us. No more professors giving us an amount of homework they'd never give us in person, no more listening to your fifth roommate's haggard breathing from the closet, no more inbox full of invites to virtual events that you know you will not go to but one of your friends is in CAB so you have to pretend like you're interested in it. We get a break.

With this break, many of us will be moving back home for a time, which means we're being sent back to the gulag of our youth. That means no sleeping past ten in the morning, any shovelling that needs to happen is on us, and you best be hoping the warden doesn't catch you slacking after dinner. There are dishes that need washing. But hey, at least you'll be safe from the amorphous figures in the Arb for a while.

Have a safe break, everyone!

"Me, emerging from my room to see that there is still no snow,"
by the Monkey Man



What Gusties Are Thankful For

Autumn Zierman
Staff Writer

Even as Thanksgiving melds into the final weeks of the fall semester, the reminder to stay grateful for what one has should not fade with it. As Gustavus President Rebecca Bergman reminds all Gusties, "Expressions of gratitude bring out feelings of abundance, appreciation for the blessings and simple pleasures in life, and the beauty of everyday moments". Expressions like these may be as simple as articulation — speaking aloud the things which make life that much more worth living. Speaking with groups of students, even as they traveled cross country to arrive home, these were the most popular things Gustavus students were thankful for.

"I'm grateful that despite the fact that COVID has upended everything, all of my profs have been flexible and understanding in assigning assignments and exams"

Family: assuredly the most widely echoed sentiment, many Gusties expressed their fervent appreciation for family, blood and beyond. "I'm grateful for my family and all their support and for all of the great people I've met at Gustavus so far." Sophomore Tanner Hanson said.

Professors: an integral part of the soul of Gustavus, the heart that teachers share for their students does not go unnoticed or unappreciated. "I'm grateful that despite the fact that COVID has upended everything, all of my profs have been flexible and understanding in assigning assignments and exams" said Junior Alexia "Lexi" Vonruden.

Home: as a large population travels, or has travelled home, the warmth that accompanies it seems all the more welcome by exhausted Gusties. "The ability to have my own space and resources for continuing school at home with all of my needs being taken care of. That's something many people may not have right now and I don't want to take it for granted" said Junior Grace Worwa.

Distraction: Escaping the chaos of completing the semester in a socially responsible way has left a lot of Gusties reminded how valuable the simplest things in life can be. "I am grateful for my friends, my family, and every video

streaming service that I own that has brought me entertainment during COVID", said Hailey Magnison.

Education: As college students approach finals, it may be difficult to remember why to continue the struggle. Yet, education reigned popular as an item of gratitude as, "I'm very grateful to have the opportunity to get an education! It's a privilege many don't have, and it's important not to take it for granted", said Junior Ben Menke.

"I am grateful for my friends, my family, and every video streaming service that I own that has brought me entertainment during COVID"

Hope: this year may have been trying, dark even, at times, but it is in the dark that one most plainly sees the light. A gratitude felt by many across campus, "I am grateful that throughout all the chaos of this year, there have been kind and loving people that have helped each other out with no reward in mind, and that gives me hope for a better tomorrow" said Junior Christopher Ortiz.

While the list could continue on with Gustie-gratitudes, health, friends, video games, Wifi hotspots, not yet having to trudge through a thick blanket of snow, and so on, these were the top hits. Having hopefully enjoyed the turkey and stuffing, Gusties exit Thanksgiving weekend with an abundance of gratitude towards each other and what they have. Entering the time after break, all Gusties have been reminded by President Bergman to keep these things in mind. Popular recommendations of new ways to practice gratitude could be practicing kindness in everyday life, avoiding negative content— especially on the internet, and simply writing down little things that you are grateful for! One niche way to practice gratitude as President Bergman said in her email, "Make a promise to yourself to avoid complaining or criticizing others. If you slip up, catch yourself, rally your willpower and start again". Moving into December, the month of presents, focusing on spreading joy to the people around you might be the best way to project gratefulness. As the new year is ushered in, Gusties will continue to honor in a spirit of gratitude the things, and people, that have brought them this far.



Alexia Vonruden expresses her gratitude for her professors

Submitted



Hailey Magnison shares what she is thankful for

Submitted

Take a Break from Finals

How Gusties can work some stress off during finals week.

Jack Wiessenberger
Staff Writer

The end of the semester is always a time of anxiety and exhaustion for students. Oftentimes, as courses wrap up the work only gets more intense. One way many Gusties blow off steam and focus on something other than finals is by exercising. Working out is a common method of relieving stress, but this year has seen access to fitness become a serious challenge. Nonetheless, keeping a healthy body and healthy mind during finals is as important as ever.

"During finals week, I feel incredibly stressed which I'm sure many other students can relate to. With the semester wrapping up, all of the big projects, papers, and exams are happening at the same time and there is a lot to try and tackle. I always find myself prepping for long nights spent typing away on my laptop and downing too many cups of coffee to try and finish everything up," Junior Peer Assistant Shae Archambault said.

With the seemingly endless hours of hard work students endure it's no wonder stress is often at record-high levels during finals. There are resources available however. The Peer Assistants are just one campus organization aimed at helping students through stress.

"Students are normally per stressed when it comes to finals times. This is typically a time where students are just generally overwhelmed with everything that needs to be accomplished. The Peer Assistants traditionally host different events aimed at stress-relief and mental health during this time of the semester. Obviously with COVID, this looks a little different but PAs are all still available through online office hours and appointments if a student wants to chat," Archambault said.

COVID has made events such as the Peer Assistants' Pause for Paws and De-Stress Fest impossible to host. With the Lund Center closing due to spiking cases in Minnesota, students lost access to a place many used to relieve stress. Despite gyms being closed, physical activity is still possible.

"While it's always important to take care of yourself physically and mentally, during times of stress it becomes even more critical. Because we know that finals week is often a high-stress time for many, it is essential for Gusties to actively engage in productive methods for managing stress," Vice President for Student Life and Dean of Students JoNes VanHecke said.

Gustavus Administration acknowledged the importance of students remaining active despite gyms being closed



Students find ways to de-stress during finals

Nate Habben

state-wide. In order to offer students encouragement to stay fit, staff worked together to plan virtual workouts.

"I certainly understand the importance of complying with Governor Walz's executive order, but it was tough to think about having to close Lund during our last weeks of the semester. That led me to engage with the President's Cabinet in a discussion about alternatives, which in turn, led the President to consult with Athletic Director Tom Brown. Tom asked members of the Athletic Training Department to put together some great options for students in place of workouts in Lund," VanHecke said.

Due to dramatically increasing cases of COVID-19 in Minnesota, Governor Tim Walz announced the temporary closure of establishments such as bars, restaurants, and gyms. This included the Gustavus Campus' own Lund Center. After Lund closed down for the remainder of the semester on November

20, Gusties had to start thinking about alternative workouts.

"Gustavus Athletics Departments already use the app TrainHeroic to plan and implement team workouts, so over Thanksgiving weekend, a body-weight workout plan was created for all Gusties to access between now and the start of January Term," VanHecke said.

In addition to these workouts, students can also access instructional yoga videos made by Gustavus athletic trainers Troy Banse and Lexie Eggert. By offering these workouts, Gustavus administrators are hoping to help keep students mentally and physically healthy.

"Keeping our mental health in check is very important, because stress is one of the most common underlying factors that can intensify symptoms of mental health issues. Additionally, a lot of factors that cause stress are largely out of our

control with things like a global pandemic or what exams or projects are assigned to us during finals week. What is in our control, though, is how we engage in self-care to enhance our resiliency towards stress," Gustavus Counseling Center Therapist Aaron Geringer said. Self-care and mindfulness are important aspects of maintaining a good mental state through even the toughest of stressors. Finals week may be one of the most stressful times in a young student's life.

"I often recommend physical activity, particularly to help students manage stress, anxiety, and depression. Yoga is an excellent form of exercise that also doubles as a meditative activity. A lot of our stress can come from being disconnected with the present moment. We are stuck dwelling in the past or worrying about the future and are not connected with positive experiences which are only possible in the here and now. Yoga is a great way to con-

nect ourselves with the present moment and take a break from stress," Geringer said.

Much of a student's stress during finals week comes from dreading an upcoming exam, or worrying about the outcome of a previous one. Keeping our minds in the present by practicing yoga or working out is important to balancing the stress of finals.

Focusing on self-care is more important than ever during finals week. Despite the closure of gyms state-wide, working out is still an option for students looking to blow off steam. Gustavus and its administrators are encouraging students to stay active during these trying times. Campus resources such as the Peer Assistants and Counseling Center are available to help those looking to manage their stress at the end of the semester.

Senior Spotlight

Touching Base with Softball Player Ashley Neuenfeldt

Eamonn McCullough
Staff Writer

The Gustie student-athlete up to bat in this week's feature is senior Ashley Neuenfeldt. A pitcher and outfielder for the Gustavus Softball team, Neuenfeldt hails from Bloomington, Minnesota. At a time when many of Gusties have left campus, Neuenfeldt's reminiscence of her best memories with the team remind us of the value of connection, however we must do it while apart. Neuenfeldt has made quite the name for herself on the Softball field throughout her four years at Gustavus, with standout achievements including 2019 MIAC Academic all-conference honors, all-conference honorable mentions, and team-leading stats including a .353 batting average, 27 runs scored, and just eight strike-outs in 119 at-bats in the 2019 season. Despite this athletic prowess, Neuenfeldt reminds us that there's so much more to the game of Softball than winning and losing.

"The most meaningful thing about Gustie Athletics for me has been the connections I've made with my teammates. They've definitely become some of my closest friends, and it was amazing to have kind of an immediate family as soon as I came onto campus... I've kinda continued to feel that as I've become an older student, fulfilling that role for some of the first years and teammates in classes below me." Neuenfeldt said.

Even as she sees herself stepping into a leadership role as a veteran of the team, Neuenfeldt mentioned the influence her own role models had on her throughout college so far.

"I look up to all the members [of the team], the class ahead of me especially. Many of them were starters from their freshman year and that was really a role I also stepped into. Having their experience on the field with me and their excellence in the classroom was very inspiring." Neuenfeldt said.

Most Gustie student-athletes will tell you that their sport and experience is defined by their teammates, with Neuenfeldt being no exception as she continued to discuss her favorite memories of Gustavus Softball.

"[My teammates] made the journey everything I wanted it to be and more. It's one of those things where they kinda defined the experiences for me. It's not about the wins, it's not about the losses, but the things I remember are us playing hacky sack in between games, or our little bonding moments on our plane trip to South Africa... You're just hanging out with people and enjoying those in-between moments. It's been more special to me than the wins on the field, the time I've shared with other

people." Neuenfeldt said.

It's no wonder why COVID has been so devastating for Gusties when teammate bonding plays such a powerful role in their college experience. Neuenfeldt discussed some of the biggest challenges she and her team have faced this fall.

"The biggest challenge has definitely been staying connected and staying motivated. I really thrive in the environment of being around my teammates, and it's a lot easier to grind through a workout when you've got other people right beside you. I think holding myself accountable and keeping in mind what my goals are... I wanna be better for my teammates. We were able to get some lifting workouts this fall, and a couple of practices." Neuenfeldt said, continuing with, "We've been staying connected over Zoom the last couple of weeks, and we're going to continue to do that until we can get back onto the field together. [We've been] bringing in some professional athletes that we can all learn from, and all of our Softball idols, we're getting to meet some of them, which has been exciting!"

COVID isn't the only thing that's been a force of change in the Gustavus Softball program.

"We're really trying to meet those incoming freshmen, and we also have a brand new coach this year, Coley Ries, and it's been really exciting to get to know her and learn from her because she definitely brings a unique perspective, having played professionally." Neuenfeldt said.

Regardless of the disappointments she's faced thus far in her senior year, Neuenfeldt looked to the positives and her hopes for the spring semester.

"We have February 1st in our sights to start practice, and we're kinda grinding it out until then! Some positives [amid Covid] were that we did a lot of small group things, and so it was really a great opportunity to get to know teammates better. You're in a group with maybe two or three of you, and you're really getting to know them. Especially with a brand new coach -- getting to know Coley on that level was great, 'cuz sometimes when you're there with the whole team you don't get that specialized attention." Neuenfeldt said.

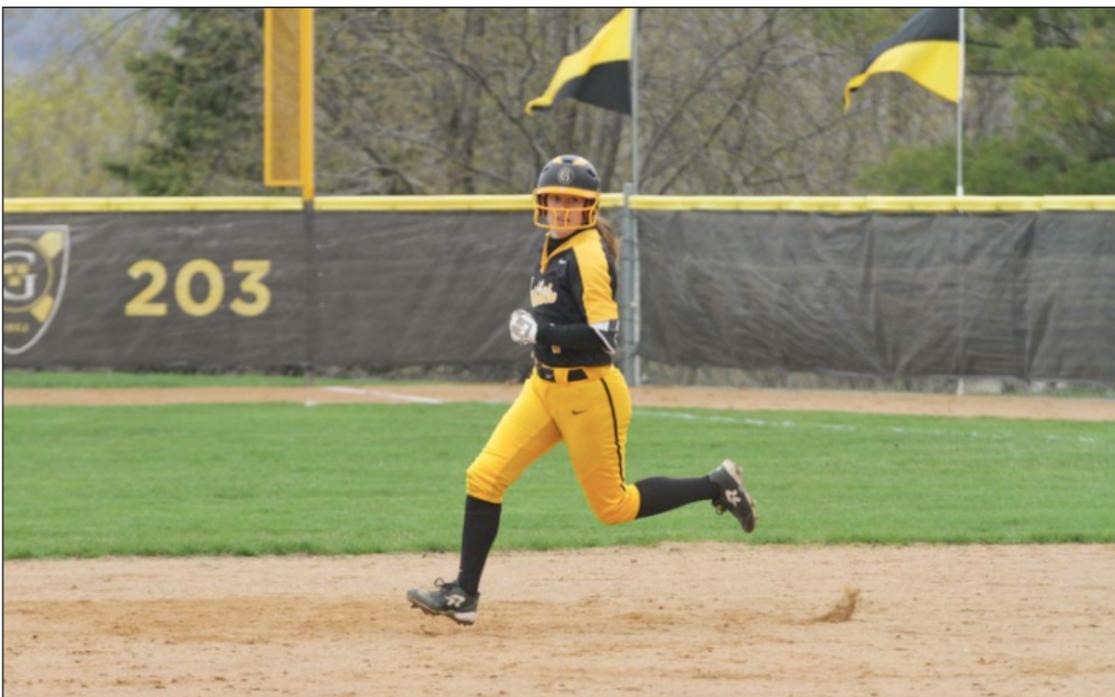
The prospect of a chance to compete again this spring has been a major motivator for Neuenfeldt.

"My biggest hope is that we can be as normal as possible, but being able to play even a couple of games, I think, would be kinda perfect for me. I'm just really excited to get back out on the field! I've been coaching all summer, and watching those athletes play has just



Neuenfeldt gets ready to swing (pre COVID-19)

Submitted



Neuenfeldt rounds the bases (pre COVID-19)

Submitted

made me want to get out there and compete more and more. Neuenfeldt said.

Neuenfeldt has a job already lined up for after graduation, but she certainly won't be forsaking the sport of Softball anytime soon.

"Control the controllables... Covid has added a whole other element there"

"I'll be working in the Actuarial Development Program at Traveler's in St. Paul. I interned with them this summer, and

I'm definitely excited to pursue that! I've been coaching with a club team in my hometown Bloomington, Minnesota, and I will be an assistant coach for that team again." Neuenfeldt said, before expanding on the life lessons she will carry over from Gustie Softball into the next stage of her life.

"Control the controllables. In Minnesota we deal with a lot of weather, in any sport you're dealing with officials and different things you can't control, Covid has added a whole other element there... There's so many things that you can't control, so stay on top of what you can and make the best of every situation." Neuenfeldt said.

She wrapped up with one

last piece of advice for Gusties, especially those of us who may be a little too wrapped up in perfectionism as finals approach.

"It's ok to fail. A batting average of 300 is pretty good. failing seven out of ten times might happen, but keeping your head on straight, looking forward, and seeing what you can do better... If you've put in all the preparation work, that's really all you can do. Going into it knowing I've done everything in my power is really the mindset I want to keep going forward" Neuenfeldt said.