

THE GUSTAVIAN WEEKLY

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ISSUE 12

Meet GUSTIE
of the WEEK:
Annalise Rivas



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The Monkey Speaks:
"What to do with your
wisdom teeth"



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A humble ode to
caf potstickers



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Challenge to Democracy

Dean of Students hosts forum after unrest at the U.S. Capitol



Protesters from November participate in a pro-Trump gathering

Nate Habben

Marie Osuna
Staff Writer

During times charged with political energy, it can be hard for college students to sort through the daily news to figure out what everything means. To help students comprehend what happened last week at the U.S. Capitol, Dean of Students JoNes VanHecke, along with several professors and administrators, hosted a Challenge to Democracy virtual panel and community forum.

The panel, which took place over Zoom on January 11, was in response to the storming of the U.S. Capitol building on January 6. Participants marched down Pennsylvania Avenue after attending a rally incited by current president Donald Trump and broke into the building while Congress was in a joint session to count electoral

college votes.

Throughout the day, rioters took over the building, vandalizing and looting as they went. Members of Congress were evacuated and the electoral college ballots were saved.

This event shocked people across the nation, but many college students were left wondering what the events in Washington, D.C. meant for them.

"A crucial purpose of colleges and universities, many of us believe, is to educate for informed and effective democratic citizenship through teaching and learning the unvarnished complexities of the past, the connections (both obvious and not) between past and present, the ability to evaluate information and come to an informed independent judgement based on sound reasoning and evidence, and the possibilities and responsibilities of constructive civic engagement. Such teach-

ing and learning is even more urgent and necessary in light of the assault on the Capitol and our democracy," History Professor Greg Kaster said.

Kaster was one of the panelists at the event, which he said was well attended.

"Students asked important and difficult questions about, among other issues, the role of fear in our politics and what to do about it, the sources of our current political polarization, and how to be hopeful and, for persons of color, safe amid the current hatred, demagoguery, and violence," Kaster said.

The forum, as VanHecke explained during the event, was not meant to be the last word about the events in D.C., but the beginning of thinking through what such events mean for the country at large.

The event also helped students to process the differences

in how those at the Capitol were treated differently than Black Lives Matter participants were this summer.

"Students asked thoughtful questions about the role fear plays in motivating people to political action, the complexity of engaging with people who seem to be living in an entirely different reality because of their news consumption, and the challenge of staying motivated in the face of this type of event. Presenters urged students to leverage their spheres of influence by using their voice to induce change, participate in politics through voting, and thinking critically about information they consume," Presenter and Political Science Professor Kate Knutson said.

The event proved now only to be informative to students, but also to the presenters themselves.

"My own key takeaways from the evening are that white supremacy has assaulted not just US democracy but specifically the still-young multiracial democracy birthed by the civil rights movement in the mid-1960s, that engaging with people and views different than oneself or one's own is necessary (though, as I argued, not always possible or productive, as in the case of conspiracy-besotted, violent white supremacist seditionists), and that, to quote Prof. Maddalena Marinari, "justice must come before unity," Kaster said.

In addition to Kaster and Knutson, Gustavus faculty and administrators on the panel included Pam Connors (Communication Studies), Andrew Coston (Career Development) and Maddalena Marinari (History).

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Campus Safety Report

Tuesday, December 1st

- Campus Safety did a report of a college vehicle that was damaged on November 30th.

Wednesday, December 2nd

- An AC reported that on November 25th, 2020 at approximately 11 am, two ACs were conducting an exterior inspection of Uhler Hall to ensure that all windows were closed before Thanksgiving break. They noticed that a pyramid of green alcohol containers was visible from the walkway to the south of Uhler.
- An AC reported that on November 25th, 2020 at approximately 11 am, two ACs were conducting an exterior inspection of Uhler Hall to ensure that all windows were

closed before Thanksgiving break. They noticed that five square alcohol bottles and two handle-style alcohol bottles were visible from the interior courtyard of Uhler.

Saturday, December 5th

- Campus Safety and the St. Peter Ambulance responded to Southwest Hall for a medical assist.
- Campus Safety received a call about a Welfare Check in Uhler Hall.

Wednesday, December 9th

- Campus Safety took a report of a theft from a motor vehicle in the Southwest hall parking lot. The SPPD also did a report.

Sunday, December 13th

- Campus Safety received a fire alarm prompt over radio from the Adolphson House. Alarm caused by burnt food.

Monday, December 14th

- Campus Safety responded to a fire alarm in North Hall.

Wednesday, December 16th

- Campus Safety was called to pick up items from a College View Apartment that were of concern to a roommate.

Friday, December 25th

- A GAC vehicle had the front driver side tire come off the vehicle while operating the motor vehicle. Damage to the front of the vehicle was caused due to the vehicle sliding on

the pavement.

Saturday, January 9th

- Campus Safety was contacted to enforce alcohol policy in Sorensen Hall.

Note: Case dispositions are available online by viewing the daily crime log on the Campus Safety web page: <https://gustavus.edu/safety/incidents/index.php>

Tip of the Week:

The snow and ice season is still here so remember winter safety tips! Wear proper footwear with good traction and always look ahead at the walking surface. Keep your eyes and ears alert to what's going on around you and put away the cell phone. Always look both ways in crosswalks and be aware that vehicles will have a harder

time stopping on slippery surfaces. When snow removal equipment is trying to clear the snow, stay away from roadways, lots, and sidewalks being worked on. Be aware that snow removal equipment can suddenly move backwards, forwards, and may turn sharply. Never walk directly in front of or directly behind snow removal equipment. Make sure drivers see you by making eye contact and wait for them to pass before crossing. Contact Facilities Management (507-933-7504) to report slippery areas. Contact Campus Safety (507-933-8888) immediately if you may have been involved in a slip and fall injury.


Under the Weather?
Urgent Care can help

See us for*:

Sore Throats | Ear Infection | Minor Cuts or Bruises
Minor Burns | Sprains | Insect Bites | Bladder Infections
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*list not all inclusive - all ages welcome - no appointment needed

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Closed Holidays
Use the Emergency Room Entrance

1900 North Sunrise Drive | St. Peter
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COVID-19 Report

Gustavus On-Campus Update

As of January 11, 2020:

Total Positive Cases (since August 15): 198
Current Positive Student Cases: 3
Current Positive Employee Cases: 0
Total Students in Isolation/Quarantine: 10
Students in Isolation/Quarantine On Campus: 9
Employees in Isolation/Quarantine: 0

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

Minnesota COVID-19 Update

As of January 13, 2020:

Total Positive Cases (since January 20, 2020): 440,354
Daily Newly Reported Cases: 1,504
Daily New Reported Nicollet County Cases: 11

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



Not much has changed since early this year. Gusties returning to campus for J-Term and Spring Semester are asked to continue to wear their face masks and social distance. Another "Lay Low" period will start at the beginning of the Spring Semester. More information about COVID-19 guidelines can be found on the COVID-19. Dashboard gustavus.edu/covid.

Nate Habben

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The College of
St. Scholastica

Annual Martin Luther King Jr. celebration embraces virtual format

REV. DR. MARTIN LUTHER KING JR. MEMORIAL LECTURE



Submitted

The annual Martin Luther King Jr. Day event will continue online

Georgia Zutz
Staff Writer

Gustavus will be holding the annual Martin Luther King Jr. Day event this coming Monday, January 18 at 10:00am. The event has a long history with Gustavus already, with the celebration of King first occurring in 1986, but this year holds even more importance in regards to events that took place both in the world and on the Gustavus campus.

"The Martin Luther King Jr. (MLK) celebration was started by the Peace Studies Department as a way to continue educating the campus about MLK and his nonviolent approach to social change and peacemaking," said Siri Erickson, Chaplain of the College and Chair of the President's Council on

"The Martin Luther King Jr. (MLK) celebration was started by the Peace Studies Department as a way to continue educating the campus about MLK and his nonviolent approach to social change and peacemaking"

Diversity, Equity, and Inclusion.

Overtime as the event grew, it became more important and integrated with Gustavus educational programming. With this growth and interest in the celebration, the Peace Studies

Department started a partnership with the Center For Inclusive Excellence, the President's Office and the Chaplains' Office in 2010.

"Those partners plan and fund the event now, and typically we would be celebrating in Christ Chapel," said Erickson. The Martin Luther King Jr. Celebration has always included featured speakers who lived during the Civil Rights Movement, Q&A sessions, and plenty of singing.

"Every year has been a little different. Of course, this year the event is online. We also decided that we wanted to use the day as a time to launch a deeper educational journey for the whole campus concerning issues such as race, identity, bias, microaggressions, antiracism, and so much more," said Erickson.

As included in Gustavus Adolphus College's Diversity, Equity and Inclusion initiatives, all individuals on campus will be taking part in antiracism education this coming spring semester. The two individuals who will be leading the spring educational opportunities are also this year's featured speakers at the Martin Luther King Jr. Celebration event.

Tyrai Bronson-Pruitt and Levi Weinhagen, this year's speakers, are educators with Team Dynamics, a Minneapolis-based team of experts dedicated to education and skill building revolving around antiracism.

"They approach Diversity, Equity and Inclusion training in a customizable way, working with various sectors of life. Both Gustavus and Team Dynamics want to show that the lessons we learn not only apply to a student's time in college, but to all aspects of life. [Team Dynamics] has a really incredible

philosophy. They start with self-discovery and reflection, leading towards skills and actions. It allows for truth telling, everything from history to personal experiences... They make it clear that they want to bring joy to this process. Yes, these conversations are hard, but Tyrai and Levi make the pro-

"Every year has been a little different. Of course, this year the event is online. We also decided that we wanted to use the day as a time to launch a deeper educational journey for the whole campus concerning issues such as race, identity, bias, microaggressions, antiracism, and so much more"

cess fun and meaningful as we engage with these topics rather than sitting on the sidelines," said Erickson.

The main difference for this year's Martin Luther King Jr. celebration is that Christ Chapel is not the location in which the event will take place, but despite this, all who attend will be able to engage with the event like they always have.

"This year more than any other, The MLK event is really well integrated into the college's Diversity, Equity and Inclusion efforts. I hope it feels like a continuation of the work

we've been doing rather than just an event. I also hope that we all remember that there is work that needs to continue after Monday. This is another opportunity for us to gather and learn together, which is so important," said Erickson.

This year's celebration is not only a chance for education regarding a critical part of the United States' history, but also serves as a glimpse into the programming that will take place this coming spring semester. Attendees will see how Tyrai and Levi work together, and although the Martin Luther King Jr. celebration will take place as a webinar, the spring antiracism education series will be a much more interactive experience.

"This is never a one time thing. [Antiracism awareness and involvement] is a lifelong educational process. The real power is that we should continue to talk with other people. The more we interact with these opportunities, the more shared experiences we create, and there is real power in that,"

Attendees will also have an opportunity to meet the Center for Inclusive Excellence's new

assistant director, Kareem Watts at the event.

Overall, the hope is that attendees of the Martin Luther King Jr. Celebration and Memorial Event will realize that Gustavus is moving along an educational journey.

"This is never a one time thing. [Antiracism awareness and involvement] is a lifelong educational process. The real power is that we should continue to talk with other people. The more we interact with these opportunities, the more shared experiences we create, and there is real power in that," said Erickson.

Students and other attendees are encouraged to make plans with others to attend the event and to discuss what they learned and experienced afterwards.

"It makes the event more fun and sociable, and creates more impactful conversation and action regarding diversity, equity and inclusion efforts on campus and in the world. We want everyone to take the next step, and to realize that we are all lifelong learners," said Erickson.

Gustavus Music Programs Get Creative over J-Term



GWO practices during J-term

Submitted

Emily VanGorder
Staff Writer

Gustavus music programs have been greatly impacted by COVID-19. However, these groups have pulled through and found ways to continue making music over J-Term.

This year, the Gustavus Wind Orchestra is preparing for a virtual J-Term program, called "Heroes: Facing Adversity and Destiny," that is focused on music from films.

"This year, he created a J-Term course that focuses on the music from five films which all feature a 'hero' character...their qualities, and how they face adversity."

Film scores are a special interest of James Patrick Miller, the Douglas Nimmo Professor of the Gustavus Wind Orchestra in Music and Music Ensembles. This year, he created a J-Term course that focuses on the music from five films which all feature a 'hero' character. Students watch the films and then learn the music, reflecting on the hero characters, their qualities, and how they face adversity. The scores come from the films *Silverado*, *Star Wars*, *Schindler's List*, *Princess Mononoke*, and

How to Train Your Dragon. "To me, 2020, and now 2021, have been very much about heroes and adversity in many ways. Although we are only one month into the course, I feel the students are enjoying the process... A concert program built around the more popular genre of film scores is a far departure for me and for the students in terms of what we normally perform, but I feel this program is helping sustain the vital sense of community and family in the band in so many ways," Miller said.

"To me, 2020, and now 2021, have been very much about heroes and adversity in many ways. Although we are only one month into the course, I feel the students are enjoying the process...I feel this program is helping sustain the vital sense of community and family in the band in so many ways,"

At the end of the month, the class will make a video of their performance, which will include interviews with the students and a look into the elements of teaching and

learning. This video will be shared with high school bands.

Students enrolled in this course closely followed COVID-19 guidelines. During class and rehearsals, students were seated six feet apart and had breaks during which the room was disinfected. Students wore special musician's masks and were broken down into smaller groups that rehearsed at different times.

Senior Ryan Weber sings tenor in both the Gustavus Choir and the Legacy Acapella group. While Legacy Acapella has decided not to meet over J-term due to COVID-19, the Gustavus Choir has been meeting for a few hours every day in person during J-term.

"We are working on a repertoire for a recorded concert that we are going to record at the end of February," Weber said. Some students have not been able to attend in-person rehearsals, but the majority of Gustavus Choir members are on campus and rehearse separately in small groups or all together in Beck or the Chapel. Everyone is spread out more than six feet from each other and have their spots marked with cones and tape on the floor. Students wear special singer's masks that were donated to the choir.

Over J-Term, the Gustavus Choir would typically be preparing for Touring Week by bonding and getting to know others in the choir.

"Obviously this year we don't have the ability to tour, but bonding is still really important because it will impact the overall sound of the group and quality of the music we're making. We're trying to find ways, like playing Kahoot or other online games, to make sure that we're still getting that time in that is less together than in previous years but still bonds [us] and creates those connections," Weber said.

"I am proud of our students for the incredible degree of focus they place on the safety protocols. We all realize now, after spring of 2020, just how rare and special the opportunity to make music together is," Miller said.



Seniors participate in Senior Safety Saturday

Submitted

GUSTIE of the WEEK

Annalise Rivas



Professor Annalise Rivas shares her excitement for teaching Russian

Submitted

Michaela Woodward
Staff Writer

While some students may have chosen to escape the frigid January weather, those in Professor Annalise Rivas' Russian and Eastern European Cinema class are embracing it with a glimpse into the culture and arts of another wintry region.

Rivas also has been adjusting to the Minnesotan cold. Originally from New Mexico and coming to Gustavus from the Air Force Academy in Colorado Springs, she had to embrace her field of study to commit to the move.

"I don't mind the cold – I'm a Russian professor so I'm not allowed to not like the cold,"

Rivas said.

By coming to Gustavus, Rivas also is returning to the liberal arts education she received

"...I was really excited to be getting back into that kind of environment and the residential college experience where it really is about building this sense of a shared mission or experience here on the campus,"

as an undergrad.

"I went to Colby College for my college experience and really valued that integration across the curriculum of being able to have students who were engaged in multiple different disciplines. Coming to Gustavus, I was really excited to be getting back into that kind of environment and the residential college experience where it really is about building this sense of a shared mission or experience here on the campus," Rivas said.

In her fourth semester this spring as a Visiting Assistant Professor in Russian, Rivas teaches both the first and second year of Russian classes. Being

able to see growth in students and their language abilities by following them all the way through their language studies is a highlight of her role.

"To start from zero, learn the alphabet, and get to where people are comfortable holding full conversations, reading literature in the language and having the opportunity to watch students grow in their abilities and their interest and love for the language is really a wonderful opportunity," Rivas said.

In addition to language courses, she also teaches culture courses in both English and Russian. Topics have included Slavic Vampire Mythology, 20th Century Literature, her current J-term course on Russian and Eastern European Film and 19th Century Literature this coming spring.

Rivas is also the faculty advisor for the Russian Club at Gustavus, which regularly hosts conversations, Russian tea and movie viewings and is open to all students regardless of language abilities.

Senior Alyssa Ford, and junior Riley Wentink, the Co-Presidents of Russian Club, have worked with Rivas in this capacity and as student.

"[Rivas] has been one of my favorite professors here at Gustavus. She's super creative, coming up with new and innovative ways to learn Russian," Ford said.

"[Rivas] has been such an inspiration for me, she's not only an amazing professor but an incredible mentor as well,"

"[Rivas] has been one of my favorite professors here at Gustavus. She's super creative, coming up with new and innovative ways to learn Russian," Ford said."

Wentink said.

Rivas' original interest in Russian came about in a very Russian way.

"[I study Russian because of] just one word: fate. I did not start out intending to study Russian. When I first had my choice of languages I was in love with all things French and I wanted to live in France and live that exotic lifestyle... A healthy sense of rebellion kept me from wanting to study Spanish at that point, because that just didn't seem quite different enough for

me from what I was growing up around," Rivas said.

"My very first year of studying Russian I had an absolutely amazing teacher who was very passionate about the language and the culture, and my high school had an exchange program so as a junior in high school I was able to travel to Moscow and live with a family for a month and have a Russian girl come and live with my family for a month. Pretty much once I got in the country I never

"Pretty much once I got in the country I never looked back,"

looked back," Rivas said.

Rivas hopes that her passion for the language and culture is shared with her students. Her pitch for 'Why study Russian?': "Once you start studying and getting interested in Russian, you will never be bored," Rivas

"My very first year of studying Russian I had an absolutely amazing teacher who was very passionate about the language and the culture..."

said.

When she is not teaching, she is often studying other languages, reading or enjoying nature. Through her travels and studies, she has developed a philosophy on engaging with the world that centers on openness and looking for the things that unite us rather than drive us apart.

"Approach every situation you're in with an open head and an open heart. Look for the connections, whether that be linguistic connections or personal connections or cultural connections. Finding the overlap of our humanity is what we should all be about," Rivas said.

Gustavus Open Mic Nights Go Virtual

Emma Lohman
Staff Writer

If you are missing live music like many of us, mark your calendar for the Gustavus Music Collective's virtual open mic night at 7 p.m. on Friday, January 29. Organized by senior Lydia Kalenze, this event aims to offer students the opportunity to perform music and/or poetry in front of a supportive audience in a format that is compliant with current COVID-19 guidelines. Students can record and submit a video of themselves to be featured in the open mic night. These individual submissions will be compiled into one video for the YouTube premiere. Audience members will be able to comment in real time during the YouTube premiere, mimicking the chatter that there would be during a typical open mic night in the Courtyard Café.

Gustavus has a long tradition of holding open mic nights for students. The Gustavus Music Collective was founded with its current name in 2016, but prior to that, a similar organization called the Musical B.A.R. existed on campus. An open mic night veteran, Kalenze is excited to share what she has been working on with the wider Gustavus community. Kalenze is planning to do a duet with one of her roommates, as well as a solo performance with her loop pedal and guitars. According to Kalenze, other members of the Gustavus Music Collective also have plans to submit video covers. Kalenze stresses that the virtual open mic night is intended to be a low-stakes performance, and she invites everyone to participate.

While the Gustavus Music Collective is looking forward to offering in-person open mic nights again in the future, Kalenze does see some advantages to the virtual format.

"There's no pressure to perform when it's virtual. You are still performing for people, but it's not synchronous, so you can get as many takes as you want to make sure that your performance is exactly how you want it before you submit it. I would have loved to have something like this when I was doing my first open mic,"

Kalenze said.

Furthermore, the audience is not restricted to just people on campus—anyone in the world can watch it.

"You can send [the link] to your family and have them watch it," Kalenze said.

SPONSORED BY THE
GUSTAVUS MUSIC COLLECTIVE

**J-TERM
VIRTUAL
OPEN MIC!**

Did you learn a new instrument
during quarantine? Do you miss
hearing live music?

Tune in to the Music Collective's
Virtual Open Mic Night! All genres
and performances are welcome!

Please email video performances
to lkalenze@gustavus.edu by
Wednesday, January 27.

**Friday, January 29
7:00 PM**

LIVESTREAM LINK CAN BE FOUND
[@GUSTAVUSMUSICCOLLECTIVE](https://www.instagram.com/gustavusmusiccollective)
ON INSTAGRAM

Open Mic Night continues online this year

Even so, Kalenze acknowledges that one of the unique aspects of open mic nights, being so inspired by a performance that you decide to spontaneously perform, is lost with the YouTube format.

Despite the challenges presented by COVID-19, the Gustavus Music Collective is determined to offer students

opportunities to share their talents. This spring their recording studio will be up and running again, and Kalenze encourages students to take advantage of it. Funded through a grant from the Student Senate, the recording studio was new last year but didn't see a lot of use before the pandemic. Beyond that, Kalenze is also hoping to do more inter-

active open mic events, perhaps through a synchronous platform like Zoom. The Gustavus Music Collective would also love to host a socially distanced outdoor open mic event if COVID-19 guidelines permit it.

The link to the virtual open mic night can be found on the Gustavus Music Collective Instagram [@gustavusmusic-](https://www.instagram.com/gustavusmusiccollective)

collective or on the Gustavus calendar. Students can email or share via Google Drive videos up to ten minutes (or approximately three songs) with lkalenze@gustavus.edu. Contact lkalenze@gustavus.edu with any questions about the event or to join the Gustavus Music Collective.

Submitted

The Climate and COVID-19:

How the Pandemic has Impacted Our Environment

Geena Zebrasky
Features Writer

A few months after the pandemic began in the spring of last year, some of our social media timelines were scattered with images of how the earth is ‘healing.’ Typically murky and clogged rivers began to clear, and animals were reported in areas they hadn’t been seen in years. Mountains usually shrouded in a haze of pollution were seen rising tall in the skyline—the Himalayas could be seen from the city of Punjab, India, a 100-mile distance usually obscured by air pollution. Levels of harmful air pollutants, such as nitrogen dioxide, sulfur dioxide, and particulate matter measurements dropped significantly, especially in Asian countries—in some places up to 30%.

An article published in Nature by Elizabeth Gibney described how researchers have even reported a reduction in ‘seismic noise,’ or vibrations caused by moving vehicles and industrial machinery. In their study “Temporary Reduction in Daily Global CO2 Emission,” Quéré and their colleagues estimated that there has been a 17% daily reduction in daily CO2 emissions, with the associated annual decrease estimated to be from 4% to 7%. This comes in sharp contrast to the average 1% increase we had been experiencing in the pre-pandemic world.

Clearly, the reduction in travel, industrial production (at least in the beginning), and altered habits have made an impact on our emissions and the environment. For some, the pandemic helped reveal how much we disregard our environment, as we watched in both awe and horror as air pollution decreased and thousands of gallons of milk and millions of pounds of produce were destroyed (Bellany and Corkery for the NYTimes). Indeed, the pandemic has helped reveal not only our ecological disconnection, but also some troubling aspects of the systems in place that influence our lives nationally and globally.

The global reductions in CO2 emissions are a wake

up call for another reason: these daily reductions only amount to the emission levels of 2006 (Quéré et al.). Furthermore, an annual decrease of 4% is unprecedented, but this is the amount of reductions we must witness every year if we are to follow the trajectory to stay beneath the standard 2°C temperature rise. Scientists even argue that 5% isn’t enough, and that wealthy countries should be reducing their emissions by 8% to 10% a year.

To put this in perspective, Naomi Klein in her book This Changes Everything explores how this happened for a single year after the 2008 economic crisis, but the last time we saw consecutive yearly levels of reduction anywhere near what is needed was in the aftermath of the stock market crash of 1929. This demonstrates just how drastically we have to alter our current systems in order to truly attain our climate goals.

COVID-19 also demonstrated one of the profound ways in which climate change impacts us all: by increasing the spread of pathogens. COVID-19 is an interesting case, one that involves multiple factors of our current way of organizing the world. Early on, the virus was linked to one found in bats that are hunted to be eaten by humans. Rather than criticize food practices, the virus urges us to question why it emerged now and not earlier.

Zoonotic diseases, like coronavirus, are on the rise: 73% of emerging viruses are zoonotic. When we think about industrial practices, especially industrial agriculture, we don’t think about just how greatly the altered landscape affects us. The fascinating study done by Bryony A. Jones and colleagues titled “Zoonosis Emergence Linked to Agricultural Intensification and Environmental Change,” allows us to see how our altered climate can be used as a way to understand the novel emergence of COVID-19. As we deforest vast swaths of habitat, replacing

them with monocultures and pushing people and animals alike into crowded conditions encroaching on previously solitary ecosystems, we greatly increase the risk of pathogen spillover. As we expand into other ecological systems and increase the interactions between us and our modified organisms of industrial scale, we come in contact with previously unknown pathogens.

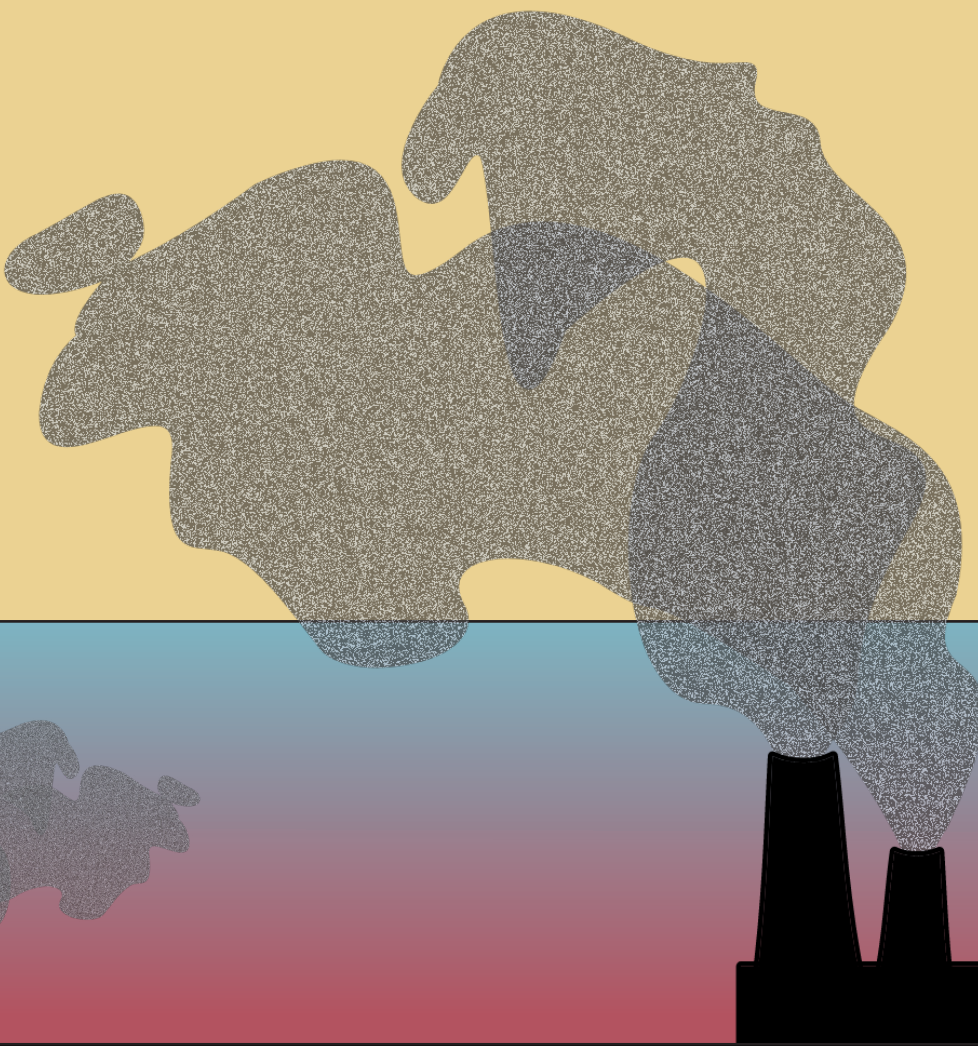
This is troubling, because much of our production is organized around practices that make us much more susceptible to pathogenic outbreaks; monocultures, controlled reproduction of farmed animals, and other practices greatly decrease genetic diversity, which leads to a much easier spread. Practices such as water management and the use of fertilizer enable some pathogens to proliferate quicker than usual, and the fragmentation of habitat and populations again causes loss of diversity—and the list goes on. COVID-19 is not the only bat-transferred pathogen in recent years either: Dr. Daszak and colleagues found in a study published in Disease Ecology that the Nipah and Hendra viruses both originated in bats but became an issue due to the intensification of pig farming, and the transmission that occurred is a result of this.

From the very emergence of the virus itself, to the drawdown in emissions, the pandemic has made visible the expansive ways that climate change affects us. However, with governments locally and globally pushing to re-open and resume “business as usual,” these drawdown trends are likely to be short-lived.

Recently, we’ve seen Enbridge has begun construction on the Line 3 pipeline, as Minnesota invests in years of the particularly harmful tar sands from Canada. Bidding on leases to drill for oil in a portion of the Arctic National Wildlife Refuge is currently taking place. This refuge is 1.1 million acres of land important to people and animals

alike. Beyond major investments in carbon-emitting industries, we’ve watched as deregulation has been a key part of the past few years of policy making—from rolling back Obama-era pollution standards for industry to expediting the approval of DAPL to reallowing certain harmful pesticides to be used (“Tracking Deregulation in the Trump Era, Brookings Institution). This doesn’t mean that this has all occurred silently. These have all been met with resistance. For some, the pandemic has shown that we have power to question the decision making process.

With hopes that we may be coming to the “end” of the pandemic at the beginning of the fall of 2021, we have the opportunity to continue to question and resist. As Congress pushes for the ‘reopening of the economy,’ we should continue to push for policy and decisions that work to promote the beneficial types of environmental trends we have experienced rather than returning to the gradual uptick of emissions. The pandemic has made many speak up to say that we do not want to return to normal—because normal was harmful to not only the environment, but to so many people as well.



Do the next right thing: Coming together as one



Emily Seppelt
Opinion Columnist

This is America. On January 6, 2021, there was an attempted violent coup of the U.S. Capitol building at the hand of Trump supporters. Even writing that sentence out feels unreal. Seeing images of people scaling the walls and tear gas being thrown at the doorsteps of the capitol all day on CNN was one of the most disheartening experiences of my life. As the days have passed since that day, it has sunk in more and more what I actually witnessed and how terrible it was.

But this day and the days that have followed have also been some of the most hopeful. While I do not know how we will heal this deep divide in our nation, I know that there are millions of people and leaders across the country who know the depth of seriousness that this event warrants and will do whatever it takes to make this country everything that it was meant to be.

I could never have imagined that something like this would happen in the country I call home in my lifetime. Even in my wildest nightmares since Trump's election in 2016, I did not imagine that our country would fall apart to such a degree that this could happen. Something disappointing and interesting to me is the people that I see on social media that scorn the messages from leaders that express that "this is not what America is". I can understand the critics, but I disagree with their sentiment.

I agree that America has a lot of work to fulfill and live our values. And as a political science major and former avid social studies student, I understand better than most that at no point in American history has the nation lived up to its promises. We need to make that clear, that we are not, and have never been, a perfect nation. We have done terrible things. But that doesn't mean that I want to just throw this American identity to the wayside or criticize people who are trying to make the world a better place. When leaders and even everyday citizens say that "this is not who America is", they often intend their message to be "we can do better", not that this is unexpected or that it doesn't represent the deeply planted seed of racism and populism at the heart of this country.

Will everything we do be per-



Some Saint Peter residents participated in a Trump rally pre-election season. Nate Habben

fect? No. Will we make mistakes and decisions that may harm people? Yes. Do we have countless issues to tackle and take accountability for? That would be an understatement. But we will cross those paths when we get to them. What we have now before us is an opportunity to take a step forward. Radicalizing everyone and reshaping the entire government is not an option. Our only option is just "do the next right thing". When looking back on my life, I don't want to see that I saw all these problems and did nothing to help solve them. I would rather have tried to help in the best ways that I can with the paths I have in front of me rather than throw them all away in the name of perfectionism and superiority and do nothing.

As President Bergman shared in her email reflecting on the day's events, "How can we, perched on our quiet hill above the Minnesota River Valley, make a difference?"

Gusties, my answer is this: we push one another to be better. We sharpen our minds and hone our voices so we can more effectively lead lives of leadership and service in society.

So, rather than feeling hate and dread, I am going to feel hope instead. Hope for the next four years and beyond and hope that we can come together as a country to save this great American experiment into something

that we can be proud of. Hope that Gustavus can come together, like we have already shown it can, to better not only our campus but everywhere we go. I have already seen examples of

this in Gusties, especially in the Democracy Forum hosted by various Gustavus faculty and administrators on January 11. Continuing conversations like these is a vital part of moving

forward and making progress.

The Good, the Bad, and the Meh



Potstickers every day!!



Breakdown of American democracy



Unseasonable humidity

Potstickers: A new hope



Avery Cameron-Laffey
Guest Writer

Things are difficult. I guess for all of us though, my mental state is the farthest from being unique. I don't wish to overstate my emotions, I'm not sure if I can articulate a single feeling. Maybe that I'm kinda tired. The biggest hurdles for all of us would relate to the lack of routine, and the lack of recognition that anything is still wrong. Go to bed at 2, wake up at 10, leave the room at 10:20, 224 steps to Confer, sit in class at 10:30. Stare at the board, stare at my hands, get stared at by the nice girl adjacent to me, stare at the board again. Pick at that piece of skin, tear it down my left-hand index finger. Sometimes there's blood, sometimes there's not. Thankfully, the air is crisp and dank enough this week, as the hoarfrost coating the maple and ash trees has evaporated into humidity which makes my hair wave again. Ice shelves have formed a half-inch above the pavement, small muddy arroyos



Potstickers can be found in the Wok section of the Caf.

Cadence Paramore

run down the slopes in the parking lot. CRUNCH. Cool, I'm glad I feel something today.

34 stairs, five landings. 39 stairs if you count the step up to the landing. I seem to keep count every day, hoping the number will change somehow. Get the wallet, get the car keys, get the roommate. Time to eat, I think. 12:33, the radiator air and mask chap stings my face. 34 stairs down. As we're funneled through the airport ropes in the caf, eye contact with those eat-

ing on the east side of the long tables is inevitable. So thankful I didn't recognize anyone today. The polyspot arrow leading us to southmost doors peels up and sticks on my boot. Lemon pepper tilapia, S.O.S from the rotisserie, prepackaged celery cups. Nothing appeals, nothing is routine. Gyro day is Friday, I think today is Monday.

I've always found solace in the wok department, mostly because that's where the sriracha lives. Thank God, thank myself

for all the times I've held open doors for old people. Thank the good actions and constant positivity from my friends, this isn't just a weekend last-ditch occurrence. Chicken or pork potstickers, or gyoza if you prefer. Exactly three, or six if I can sense if I'll sleep through supper again. They're crunchy, the middle is meat, there's green stuff I can sense. They're fried, but the oil doesn't stick to my teeth, no cheese to make my stomach defenestrate. They're reliable,

they're an ally. They're routine. They were here yesterday, they'll be here tomorrow, just as the sun set a minute after five today, and will set a minute later at 5:02 tomorrow.

156 steps back to Uhler. 34 stairs, six or seven steps for each landing. Six potstickers in hand. My best friend is three steps away, and my other closest friends are 8 steps away. They're the only faces I can recognize anymore, and I'm thankful. Some kind of routine is coming

J-Term: The struggle to stay entertained



Ben Wick
Assistant Editor-in-Chief

Gusties, we are halfway through January "J-Term" classes. Now, I'm not taking one because I am finally a senior and I have better things to do, like help run a newspaper and binge-watch *Schitt's Creek* in its entirety again.

For those of you who are enrolled in a course this month, this means a good chunk of your time will be spent on homework

and other class-related tasks. If you're anything like me, you will probably be looking for any other activity to distract you from your responsibilities.

This is where J-Term gets difficult. Aside from the obvious distractions of Jesus' transubstantiated blood, it becomes extra challenging to come up with new things to do throughout the month of January. I tend to fall into the same routine over and over: napping, watching TV, snacking and that's about it. After enough time without any other activities, that's when the boredom really sets in.

Once I've moaned and groaned enough about how there's nothing exciting to do on campus, I typically put in just enough brainpower to conjure some vague semblance of a real activity that doesn't involve me being on my couch. This year, COVID-19 restrictions make finding fun things to do this month that much more difficult. Like the good samaritan I am, I have thought of a few things you might consider to save you from having to think of them yourself.

#1: Focus on a hobby

J-Term is a great time to focus on a hobby that you've been wanting to devote more time to. For me, something I love to do is baking for my friends and roommates. I usually don't have much time to do this during a normal semester of school, but J-Term is the perfect time for me to try out new recipes and (safely) distribute them to friends and neighbors. Obviously, baking won't be for everyone, but I find it to be calming and cathartic. Maybe try cooking, photography, woodcarving, pottery-making, or something else that you don't usually have much time for.

#2: Immerse yourself in nature

My roommate, Senior Britta Lundgren, and I have spent a good amount of time in the Arb by going on morning walks. And even though it is definitely still winter, being in nature is a great way to find something to do. Even just on campus, the Arboretum is a great place to go when you're bored—just make sure you've dressed appropriately for the weather. Plus, the Arb is bigger than you might think! Towards the far north side is the

Lorelei Olson-Steuer Wetlands Preserve, which has probably frozen over but that's usually where I find the most wildlife. Try to find the witches hut, the climbing tree, the bison in the prairie, or take a brain break in the Meditation Area. You could even make your own scavenger hunt of things you can find in the woods. There are so many things you could do there it's ridiculous that more students don't visit it, in my opinion.

#3: Grow a plant family!

Try your hand at gardening! Even though the outside is cold and awful for plants, you can still grow a plant family in your dorm room or apartment! Pop into Home Depot for some succulents, air plants, or some other easy-to-maintain chlorophyll-filled companions. They can be expensive but fear not—you can propagate your succulents to make more! It's kind of like when a starfish loses an arm or a gecko loses its tail. If it's cut off, it can regrow! Just look up a tutorial on Wiki-How and you'll be good to go to grow your own little plant oasis in your dorm.

#4: Raise some butterflies

I've been thinking quite a lot about this one. Maybe it's nostalgia from growing Monarch Butterflies in kindergarten, or maybe butterflies and moths are just my current hyper-fixations. You can pretty much buy any kind of butterfly or moth growing kit off the internet, usually for educational purposes but you know what? I'm going to raise some cute little baby Luna Moths and single handedly increase the pretty moth population of Saint Peter, Minnesota by a few and prove to the world that not all moths are ugly. I think this is quite a noble cause.

#5: Games

Play some board games! I haven't thought about board games since I was like eleven. Why not dust off some of your games from home, maybe good old Sorry! or "CandyLand"? What about Uno, or you could even try and find some new ones. I have recently been introduced to the game Boggle, which is super fun. You should try it. Okay, bye. Have a good rest of J-Term, y'all.

Take a stand against environmental devastation

Terminate the Line 3 Pipeline

**Abigayle Paulson,
Alexander Terpkosh,
& Juliet White**
Guest Writers

Currently, in Northern Minnesota, the Enbridge Line 3 oil Pipeline is polluting clean water, displacing habitats, violating Indigenous sovereignty, and creating a problem permeating to all states along the Mississippi River. This is not the first time that a oil pipeline has created environmental and social problems in the Midwest, we say this at the Standing Rock Sioux reservation in 2016 and 2017.

The existing Line 3 is a vessel for transporting Tar Sands crude oil from Alberta, Canada to Superior, Wisconsin. Enbridge is a privatized Canadian corporation that earns billions by shipping privately-owned oil for privatized companies and will personally profit off of U.S. land if Line 3 is expanded.

This isn't the first time oil has devastated ecosystems and it will not be the last if we continue to allow corporations to monopolize Minnesota's natural landscape. Previous examples of devastation include 2010's BP oil spill, 2016's Keystone Pipeline leak, and 2017's Dakota Access Pipeline. Remember the irreparable environmental impacts precipitating from these events. It has happened before and it is happening now.

Tar Sands crude oil is no longer economically viable in a dying industry where tar sands extraction is far more expensive than conventional oil. Economics aside, when a spill happens, there is no method for clean-up and containment.

"This isn't the first time oil has devastated ecosystems and it will not be the last if we continue to allow corporations to monopolize Minnesota's natural landscape."

Now, at 7.5 billion dollars, the proposed new Line 3 abandons the old line - still intact - and Enbridge abandons their liability. This would be Enbridge's largest project in history, but after the inadequate supervision of the original Line 3, it is safe to expect Enbridge will mismanage and abandon this line if expanded.

The pollution caused by the corrosion of the original pipeline that traverses both headwaters and rivers of Minnesota and beyond is astronomical. In the second decade of the original Line 3, the largest inland

oil spill occurred, spilling 1.7 million gallons into the Prairie River of Northern Minnesota due to Enbridge's delayed response. This was followed by the second largest inland oil spill in the U.S., again from Line 3 under Enbridge's supervision, which saw 1.2 million gallons of oil flow into the Kalamazoo River in Michigan.

Enbridge claims the replacement of Line 3 is a safety and maintenance driven project. However, when the original Line 3 was new, the two largest inland oil spills occurred. How will revamping Line 3 promote safety when Enbridge causes the spills? The current Line 3 is still operating presently at half pressure because of the pipe's substantial damage. This reiterates Enbridge's complete lack of responsibility regarding environmental and human safety, accountability for fixing the pipeline, and Enbridge's financial interests valuing profit over life.

Additionally, instead of fixing the original Line 3, En-

bridge is adding a new route that will intersect Indigenous

"Enbridge claims the replacement of Line 3 is a safety and maintenance driven project. However, when the original Line 3 was new, the two largest inland oil spills occurred."

lands, violate treaty rights, and cause environmental hazards. The creation of Line 3 violates the Anishinaabeg treaty of the Ojibwe and Chippewa people, threatening the culture, way of life, and physical survival of these Indigenous groups.

Enbridge does not have the consent of either impacted tribe along the routes and does not have jurisdiction over tribal land. Even on ceded ter-

ritory (off-reservation), the Supreme Court allocates property rights to the Ojibwe tribal members that allow them to "make a modest living from the land." Not only does this pipeline directly interfere with Supreme court ruling, but it is also opposed by recommendations from the Department of Commerce, Minnesota Pollution Control Agency (MPCA), and Department of Natural Resources.

The Public Utility Commission approved Line 3 against the recommendation of the Department of Commerce, which found a lack of economic need for the project. Furthermore, the Minnesota Pollution Control Agency directly acknowledged that the permits for Enbridge were issued illegally because Enbridge's environmental review was incomplete.

This affects you and your safety, and here is how you can help. Call your legislators, specifically Governor Tim Walz (651-201-3400) and Lieutenant Governor Peggy Flannagan

(Toll-Free: 800-657-3717), asking that they repeal their decision agreeing with MPCA's permit. Visit the Stop Line 3 website, stopline3.org, to educate yourself and find ways to take action. Donate to the Honor the Earth organization to support Indigenous-led advocacy, education, and litigation to Stop Line 3 or visit their website, honortheearth.org, to learn more. Distribute literature or organize an event. But most importantly, stay involved and stay persistent, because change happens with you.



Gustavus construction can be annoying, but the Line 3 Pipeline is gonna be even worse.

Luke Yang

Word Search

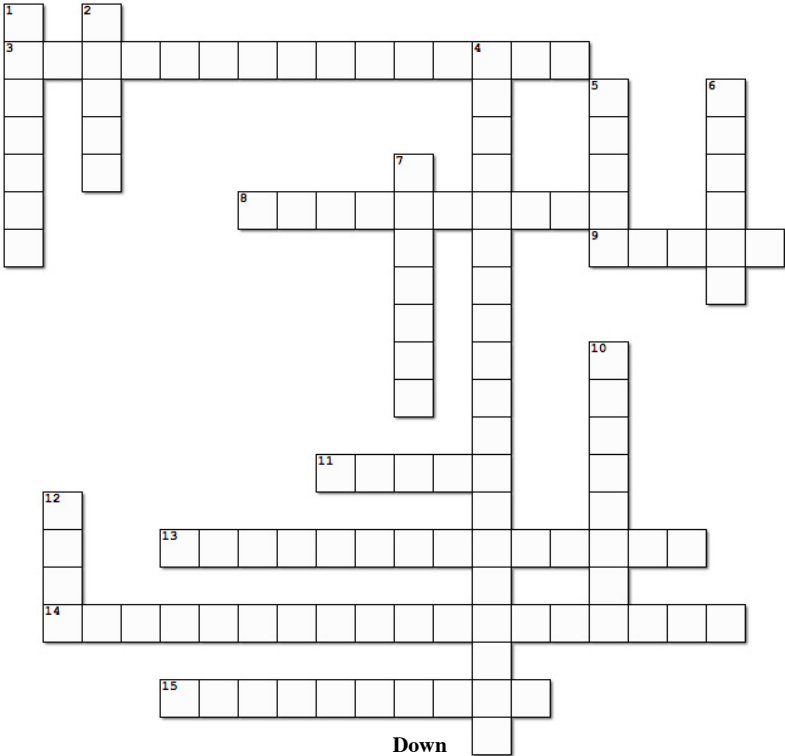
J-Term Classes

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

- Analyzing Japan
Animal Cognition
Badminton
Climate Justice
Costume Construc-
tion
- Creative Research
Digital Worlds
Food Fight
Girls on Film
Global Wellness
Gustavus Choir
- Horror Films
Intensive Perfor-
mance
Making Dances
Pilaets
Rhetoric of SciFi-
- Film
Scandanavia
Thermodynamics
U.S. Pop Music
Weight Training

Crossword

J-Term Activities



Across

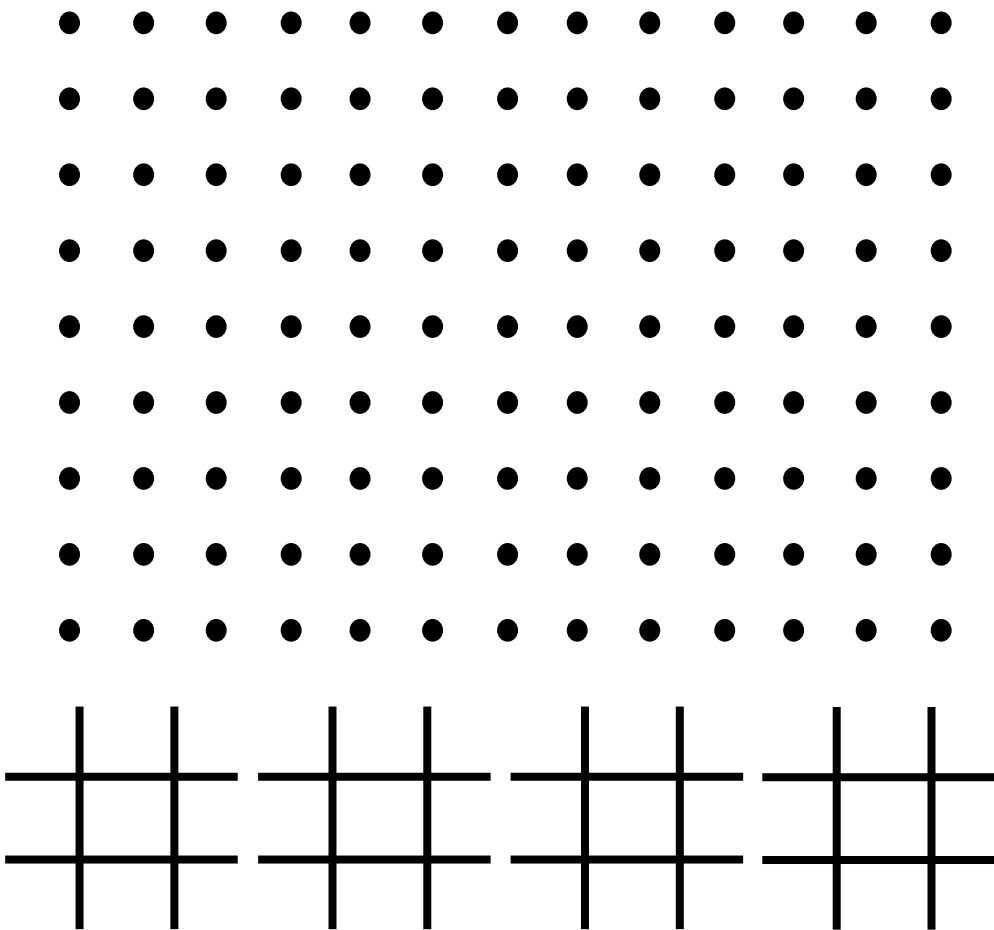
3. You're stuck in a 10x10 room with them. You might as well try to like it (two words).
8. The constant pass time of this editor. Lots of time spent staring at a screen (two words).
9. Worst comes to worst, just choose unconsciousness.
11. If you sing, your time will be taken up by this class.
13. If you are sad because of SAD, J-Term is the perfect time to ____ (two words).
14. Click clack math dice roll just fine in online sessions of this TTRPG.
15. Any musician will tell you not to do this, too much drama, but it's a good way to pass the time if you are musically inclined (three words).

Down

1. If we get our annual January Snow Storm, you can go ____.
2. Trying new things is fun, especially when you're bored. It's the perfect time to start a new ____.
4. For the second year running, the national pass time of J-Term is to try to ____ (three words).
5. If you're like me and really cool and also working several jobs, you don't have to take one of these.
6. If you are really really bored you could start going to this instead of sleeping in and getting coffee.
7. I'm doing this, just constantly. All the time. Like, three jobs.
10. When you imbibe fluids you are _____. Things like water. And juice. Only those
12. If you plan an instrument, your time will be taken up by this class.

Dots & Boxes

Take turns drawing one line. If that line completes a square, write your initial in the box and draw another line. Continue until all dots have been connected. The player with the most boxes wins!



The Monkey Speaks on Teeth



The Monkey Man
Eldritch Being

If you're like me, you probably have teeth. Maybe not as many, or ones as sharp, but teeth. And if you are like the majority of the human population, you also have wisdom teeth. Wisdom teeth were very useful back in the day, when diets consisted of harder materials, like raw meat and fibrous plants. But now, in the modern day we have grown soft and our jaws are smaller, rendering wisdom teeth "unnecessary". Of course, wisdom is stored in these teeth, so why would we get rid of them? Here are some handy tips to avoid the theft of your wisdom and teeth.

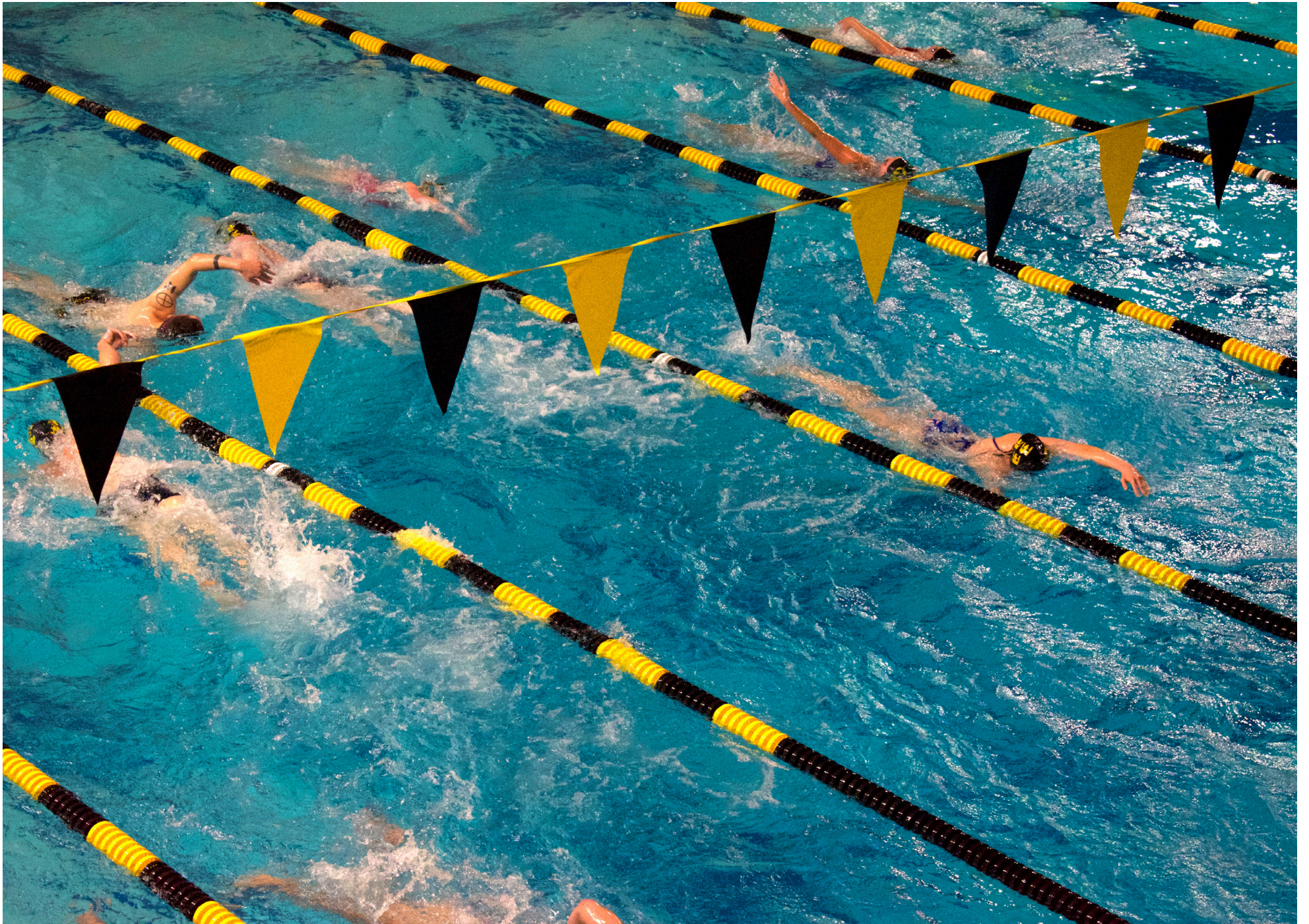
In most cases you can ask

your dentist to give your teeth back. However, there are some wisdom-hoarding dentists that may cite silly reasons for keeping your teeth like, "oh no, it's hazardous waste," or "Sorry, it's against OSHA/CDC regulations." If you experience these, I suggest finding a dentist who doesn't try to steal your teeth.

So what do you do once you have your wisdom teeth? Since you obviously can't just stick them back in your mouth, the best and quickest way to get your wisdom back is just to swallow them. Take it like a pill and your wisdom will be returned to you before you know it!

Now, if you're reading this and your wisdom teeth are long gone or perhaps you were born without, you still have options. You can live the rest of your life coming to terms with your lack of wisdom or you can become a dentist and steal someone else's wisdom teeth, thereby gaining their wisdom. It may not be optimal, but it is probably the most legal way to gain new wisdom, though there are also rumors of wisdom returning in one's old age so if you can't restore your wisdom, just wait and see!

MIAC announces limited competitive season



Sports like swimming are approved for limited competition

Isaac Bui

Autumn Zierman Staff Writer

Beginning the new year concurrently means the return of winter sports, which are even beginning to make their hesitant reappearance onto the competitive stage. The viability of not only practicing winter sports, but also playing them competitively becomes more a reality each week. Under new guidelines set by the Minnesota Intercollegiate Athletic Conference (MIAC), winter athletics are set to return to a limited competitive season on February 6. The winter sports that are set to return are as follows: men's and women's basketball, men's and women's hockey, swim and dive, track and field and gymnastics.

In general, news of this return has incurred hesitantly optimistic feelings among the teams getting ready for competition. Talking with coaches for this year's season lends more insight into how the teams are feeling with this return.

"We are gearing up for a unique competition season. Monday was our first day over practice in over fifty days, an eternity in gymnastics. The athletes came back not knowing the outlook for the season and have approached it with excitement mixed with a little bit of cautious optimism," Head Gymnastics Coach Aryn DeGrood said.

"Our whole team is super excited and thankful to have the chance of some competition! On behalf of the team and coaching staff, we are very appreciative of the administration and all who have worked so hard to tackle this option. One of the byproducts of this experience, it is clear no one is taking the opportunity to be on a team for granted," Head Coach for Women's Hockey Mike Carroll said.

This mixed sentiment of cautious optimism and gratefulness is echoed by the competitors themselves. "The team is just really grateful to be together— be on the court together. We are all really close. Before we were in pods, in Oc-

tober, and had to keep 6ft apart. It's nice now to be with everyone and practice defense," Junior Megan Mettler, from the Gustavus Women's basketball team, said.

CJ Siewert, Gustavus' Sports Information Director, described the process the MIAC underwent to develop this limited competitive calendar and green-light the decision to compete. The decision, which was made by the MIAC President's Council, will allow for a return to competition in a round-robin style which means that, to limit COVID-19 exposure, each team in their respective sports will only play every other conference team once. This also means that teams that may normally see upwards of 25 competitions are only set to get around 7 or 8.

Despite this reduced schedule, spirits on teams remain high.

"The limited number of competitions is not something we are thinking about, we are simply excited to have the opportunity to compete. We are choosing to focus on and cele-

brate what we get to do instead of what we are missing out on in what would be a "normal" competition season," Coach DeGrood said.

The last blow to the schedule that would normally take place is the absence of conference championships as the MIAC has decided not to host winter sport playoffs or post conference championship meets.

"Of course, I am deeply disappointed that my swimmers and divers won't be able to participate in a conference championship this season. Competing as a team for a conference championship is the top goal of our program," Head Swim and Dive Coach Jon Carlson said.

There is, however, a silver lining to this news—the MIAC has elected to allow NCAA championship competition for qualifying teams and competitors.

"I am happy that our elite swimmers will have the chance to compete at the NCAA Championships," Coach Carlson said.

Even with these unfortu-

nate competitive circumstances, gratitude and optimism remain the overwhelming emotion in Gustavus Sports.

"We have to recognize how fortunate we are to have the chance to compete as a team. There are many, many schools across the nation, including our own conference, who do not have that opportunity. For me, I'm just happy that I get to continue to work with my swimmers and divers. Practice is my favorite part of the day. Being able to prepare them for outside competition brings the team element into place," Coach Carlson said.

With the upcoming competitive schedule, the indubitably unbreakable Gustavus spirit remains high and hopeful.

Listen up, GAC, Lund is back

Lund opens for student and faculty use

Jack Wiessenberger
Staff Writer

Last week, Lund Center opened its doors to the campus community after being shut down late in the fall semester. During the roughly one and a half month period of dormancy, Lund Center saw no visitors walk through its doors. With the beginning of J-Term, however, the facility was reopened. During the break, some adjustments were made to the way Lund operates.

Following the guidance of the Minnesota Department of Health (MDH), Governor Tim Walz announced the closure of public facilities, including gyms, on November 17. A few days later, on November 20, this executive action went into effect. Roughly one month later, on December 19, gyms were allowed to reopen with some expanded restrictions.

Lund Center reopened following the return of students from winter break, on January 4. The executive action from Governor Walz required that a few changes be made to increase the level of safety within gyms and fitness centers. A few of the notable changes were that masks must now be worn at all times (including while on cardio machines), gym-goers must keep twelve feet of distance between themselves, and that only 25% of the gym's maximum capacity could be inside at one time. These changes have been implemented in Lund Center and the differences are noticeable.

"Once gyms opened back up, we pretty much went back to doing what we were doing before the shutdown. Students working out in the building on an individual basis are expected to wear a mask and practice social distancing. With people having to sign up to work out, we are still controlling how many people are in the building at one time. Lund Center remains an option for students looking to work out," Gustavus' Director of Athletics Tom Brown said.

The first week of J-Term was meant to be another "lay low" period where those looking to workout in Lund should have done so individually. The same appointment-like system from last semester was still in place. The most noticeable change in Lund Center is the use of cardio equipment. Every other treadmill and elliptical has been closed to allow for the now twelve feet of space required - twice as much distance as it was a few months ago. Those working up a sweat on the machines are now required to stay masked up the entire time as well.

Perhaps the greatest challenge the Lund Center staff will face is still to come. With the Minnesota Intercollegiate Ath-



Students carry out their usual workout routine while following COVID-19 protocols

Isaac Bui

letic Conference (MIAC) set to begin competition seasons for multiple winter sports, the facility is looking forward to perhaps its busiest few months ever.

"I think there is excitement building as athletes begin practicing without pods and with competitions looming. As we start full practice, we will expand laundry service and allow locker room access," Brown said.

Teams began utilizing Lund Center for official practice earlier this week. Beginning this last Monday, the Lund Forum was once again filled with athletes from various sports looking to get a workout in. With so many sports preparing for

competition all at once, a plan had to be put together to allow for effective management of the spaces within Lund Center.

"We have been preparing to handle a completely unprecedented period in the spring when all sports will be in season at once. There has been a lot of strategic planning and collaboration with our administrative team to form a plan that best fits the needs of our athletes, while considering every program in the department. Every program has different specific needs, numbers, and schedules that affect locker room access and laundry service," Gustavus' Athletic Equipment Manager Jed Friedrich said.

The MIAC's earlier decision to push competition for fall sports to the spring has led to a logistical problem. The question of having enough locker room space and keeping up on laundry service has weighed on the minds of the Lund staff. Plans are in the works to make the fast-approaching competition seasons go as smoothly as possible.

"It is important for student-athletes to understand that our athletic department staff is committed to working extremely hard to provide the best possible experience. This upcoming season will require flexibility, patience and adaptability from both student-athletes and staff," Brown said.

The ever-changing situation with COVID-19 and sports has required every athlete, coach, director, and regular gym-goer to be incredibly flexible. Through last-minute changes, executive orders, and shutdowns, sports have prevailed. Lund Center was shut down roughly two months ago, but through careful preparation and planning, the doors were allowed to reopen. The greatest challenges for the facility may still be ahead, but the Lund Center staff are working continuously to provide the best opportunity for Gustie athletics to shine.

Regular testing begins for GAC athletes



Athletes line up to receive COVID-19 tests

Isaac Bui

Eamonn McCullough
Staff Writer

This past semester, a strange aura hung above the halls of Lund Center. Although students and athletic teams were able to use the facility throughout the fall, things were different than they had been before. Temperature checks, masks, reserving spaces, and physical distancing headlined the main Covid adjustments to Lund operation. Although all fall and winter athletic teams were able to start practice in some regard, a slough of disheartening caveats including pods (small groups of 11 athletes into which teams were divided to reduce the risk of uncontrollable Covid spread), cancellation of competition, and restrictions on contact for sports like football and basketball posed challenges to the pursuit of team togetherness that is so profound at Gustavus.

“After such a tumultuous semester for student-athletes, it’s no wonder that there was an air of excitement at 6am on Wednesday, January 6th as athletes from swimming, hockey, basketball, gymnastics, and track & field lined up to receive mass Covid PCR tests, sponsored by Hyvee. Testing at the team level, like many programs

at the Division 1 level did this fall, allows teams to practice as a whole, with full contact for those that require it (NCAA.org). There are different risk levels posed by each sport, as outlined by NCAA regulations as well (NCAA.org).

“Swimming is a low risk sport. Covid isn’t passed in practice, so the NCAA only requires the team to test once to practice or when someone is symptomatic. We’re in chlorine, and masking is not known to be important in the water. Tennis (my other sport) is far enough distanced to not worry about it.” said head swimming & diving and Women’s tennis coach Jon Carlson.

Coach Carlson’s sports fall under the lowest risk category of NCAA sports. The closer contact athletes have with each other in a practice setting, the higher the risk. Track & Field, an intermediate risk sport, is required to test the entire team weekly, with high-risk sports like hockey and basketball testing once every 3 days (NCAA.org).

Another benefit of teamwide testing is the reinstatement of MIAC conference competition.

“We’ve spent the entire season practicing to race. We do this to test ourselves, to challenge each other to see how fast we and they can go. When there’s

a bond of a team to accomplish a goal, that’s why people wanna be on their teams.” said Carlson, detailing the excitement surrounding the opportunity to race other teams starting the weekend of January 30th.

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Although MIAC winter championships were officially cancelled for all sports by the board of directors on January 13th (miacathletics.com), normal-season competition will be allowed following NCAA protocol, which doesn’t even include additional testing for some teams.

“We don’t need to test in order to compete. There are sports that have to test regularly to compete. We just need to maintain social distance and do our best to create the safest environment possible for all competitors,” elaborated Carlson.

Teamwide testing brings with it so many benefits that athletes might wonder why it wasn’t initiated sooner. Carlson described the formidable financial barrier presented by this solution, however.

“I think the college is doing a great job of walking the tightrope between a rewarding college experience and student safety,” concluded Carlson.”

“Testing was cost prohibitive for MIAC schools. Right now we’re running at about \$80 per test. We were fortunate to do mass campus testing,” said Carlson, contrasting the budgets of Division III private colleges like Gustavus with those of larger Division I programs.

Overall, as athletes begin practicing as full teams again

and prepare for competition, Lund Center is once again filled with excitement for seasons to come and, hopefully, a light at the end of the Covid tunnel.

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