

Meet GUSTIE
of the WEEK:
Luke Yang



VARIETY - PAGE 6

The Monkey Speaks:
Thanksgiving Edition



ENTERTAINMENT - PAGE 13

SENIOR
SPOTLIGHT:
Sydney Henrichs



SPORTS - PAGE 16

Thrive in the Dive

The Center for Inclusive Excellence receives an expansion upgrade



The Center for Inclusive Excellence will be the new occupant of the Dive, complete with renovations.

Gracie Jackson

Carter Brown
Staff Writer

In an announcement sent out last week on Nov. 12, President Rebecca Bergman announced that the Center for Inclusive Excellence (CIE) will be receiving an expansion upgrade. It is said that this new upgrade will more than quadruple its current square footage. It will include new workspaces, dedicated offices for the Diversity Leadership Council and Building Bridges. It was also announced that, in addition to the 966 square feet appointed for offices, there will be 3,127 square feet for program offerings and common areas. A new assistant director for the CIE was also announced, as

well as a vision for increased efforts regarding Racial Justice and Inclusion initiatives as the student body at Gustavus grows more diverse.

CIE director Thomas Flunker elaborated on the functionality of these new common areas, as well as the additional benefits that we might see with the expansion of the CIE.

"The CIE has had to be intentional about expanding its endeavors due to a demographic shift in enrollment over the years. Not only has the campus continued to experience an increase in students who identify as black, indigenous, and people of color (BIPOC), [but also] first generation to college, adopted, multilingual, LGBTQ+, etc."

With this shift comes a need

for a bigger center. According to Flunker, the current center for the CIE is too small.

"When a student or employee wants to check out the space, every time they stop to visit, or to find a place for respite, there is no seating or room, or because the space is compact and full of people," Flunker said.

"It feels overwhelming... that defeats our goal of creating a welcoming environment," Flunker said.

CIE, previously the Diversity Center, was originally created to serve the purpose of providing an environment where BIPOC students could go and be themselves as they found themselves in a foreign environment away from home.

"It was meant to be a place they could go during the day,

take a deep breath, recharge, and be themselves. This move and renovation also makes a statement about our campus commitment to lift up diversity, equity and inclusion in a very visual way" Flunker said.

As such, the new center is not only projected to provide a better, more welcoming space for those seeking respite amongst their peers, but also now has the space to host programs to invite other students to learn.

"The Center for Inclusive Excellence is not solely composed of an open and welcoming physical space. The resources, programs, and collaborative efforts extend throughout the campus. As such, there are connections to other campus stakeholders, departments, academic courses and institutional

committees," Flunker said.

Part of the ongoing effort to make Gustavus a more welcoming community, a Racial Justice and Inclusion effort has also been identified as an ongoing goal for the CIE and Gustavus.

Director Flunker expressed his thoughts on the matter of the Racial Justice and Inclusion effort, noting the United States' history of suppression of certain identities.

**COVID-19
Update
on page 2**

**Continued on
page 4**

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Campus Safety Report

Monday, November 9th

- A CF in Pittman Hall was informed by a resident of vandalism on a bulletin board.
- Campus Safety was contacted in regards to a mental health concern. Campus Safety performed a welfare check on a student in Norelius Hall.

Tuesday, November 10th

- Campus Safety discovered a missing juvenile in Olin Hall. The individual ran away from the Leo Hoffman Center. SPPD was called and they brought him back to the Hoffman Center.
- Campus Safety witnessed a stop sign violation by Hollingsworth football field, the student was cited.
- Campus Safety received a fire alarm prompt over radio from Southwest Hall. No actual

fire. AC on Call notified per protocol.

- Campus Safety responded to the odor of Marijuana in Southwest Hall. One student referred to the campus conduct system for possession of Marijuana. AC on Call was contacted per protocol.
- A CF reported seeing a resident in Pittman Hall not wearing a mask in a public area.
- Two CFs were doing rounds in Norelius Hall when they came across two students not following the COVID policies.
- Two CFs were walking through Norelius Hall when they both smelt marijuana. At the door multiple voices were heard, so 7 students were in violation of the COVID policies.
- A CF reported that on November 8th and 9th, there were used condoms hung from their door handle.

Wednesday, November 11th

- A CF reported seeing a resident in Pittman Hall not wearing a mask in a public area.
- Campus Safety responded to North Hall for the odor of Marijuana. Two students were referred to the campus conduct system for possession of marijuana, paraphernalia and the possession of alcohol.

Thursday, November 12th

- Campus Safety responded to Sohre Hall for the odor of marijuana. One student referred to the campus conduct system.

Friday, November 13th

- A CF reported a suspicious residue on their door handle

again.

- Campus Safety responded to a Medical Assist call for a student who fell and hit their head. Campus Safety transported the student to the hospital.
- A CF came across a room in North Hall violating the 'Lay Low' policy.
- Campus Safety discovered a "Lay Low" policy violation in the Linnaeus Arboretum.

Saturday, November 14th

- Campus Safety was called to Uhler Hall for medical amnesty.
- A non-campus Student trespassed on campus.
- A CF came across a room in Sohre Hall violating the 'Lay Low' policy. One of the students was not from Sohre Hall but from Norelius Hall.

Sunday, November 15th

- Two CFs came across a mask violation in a common area in Norelius Hall. The student was also in violation of the 'Lay Low' policy because they are from Uhler Hall.
- Campus Safety received a call of under age drinking and possession of alcohol in Norelius Hall.
- Campus Safety was patrolling Norelius Hall and noticed a violation of the lay low policy.
- Two CFs were on rounds when they came across multiple mask violations in a common area in Norelius Hall.

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COVID-19 Report

Gustavus On-Campus Update

As of November 16, 2020:

Total Positive Cases (since August 15): 176
Current Positive Student Cases: 42
Current Positive Employee Cases: 4
Total Students in Isolation/Quarantine: 147
Students in Isolation/Quarantine On Campus: 68
Employees in Isolation/Quarantine: 14

Gustavus Mass-Testing Results

From November 13, 2020:

Number of Tests Administered: 1,373
Results Yielded: 1,367 / 1,373
Positive Cases: 20
Total Positivity Rate: 1.5%

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

Minnesota COVID-19 Update

As of November 18, 2020:

Total Positive Cases (since January 20): 242,042
Daily Newly Reported Cases: 4,740
Daily New Reported Nicollet County Cases: 16

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

Mass testing brings relief to on-campus COVID-19 fears



Gustavus students get tested for COVID-19 in the Lund Center.

Luke Yang

Emily VanGorder
Staff Writer

On Friday, November 13, Gustavus held a campus-wide mass testing event in Lund in the hopes of identifying anyone on campus who had an unidentified case of COVID-19.

The Gustavus Health Service teamed up with the Minnesota Department of Health and Nicollet County Public Health to plan the mass testing. Staff from the Marketing and Communication and Campus Activities Board recruited Gustavus student and staff volunteers to monitor and help run the event.

"We learned that we would have the opportunity to do the event one week before the actual event, so there was a lot to pull together in a short amount of time, but with everyone working together it happened rather seamlessly," Director of Health Service Heather Dale said.

As the state of Minnesota is currently experiencing an increase in COVID-19 cases, mass testing events are one way a community is able to identify possible positive cases before more people become infected with the virus.

"Mass testing sites were one of the solutions for being able to help get in front of the spread of cases around the state... simultaneously, we were having an uptick in cases at Gustavus. As

we were talking to the Nicollet County Department of Health and the Minnesota Department of Health, it all came together that it would make sense that Gustavus was a mass testing site because of the convergence of those factors," Vice President of Student Life and Dean of Students JoNes Van Hecke said.

The mass testing event attracted just under 1,400 participants. The majority were Gustavus students, though some college employees took advantage of the event as well.

"I think the mass testing went extremely efficiently. I worked the last shift of the day, and clearly by that point everybody was clockwork and knew what they were doing. I heard that there were longer lines earlier in the day, so I am really grateful for the people who hung out in the long lines and stuck with it, and the people who came back and still gave it a chance. I am so appreciative of the Gusties who took advantage of it to get tested," VanHecke said.

Students returning home for the holiday break and students who are remaining on campus got tested.

"My roommates and I all got tested. Even though I'm not going home for Thanksgiving, I thought, with the little exposure to people I do have, it is my responsibility to make sure I'm not potentially expos-

ing them. It felt a little chaotic, a little dystopian, not going to lie. Once we got in and I got my kit it was very self explanatory and accessible," Senior Chelsea Boyden said.

"I am planning on returning home to my parent's house this coming weekend so I thought I should get tested in advance of that so I don't get them sick, as well as making sure that the college has accurate COVID-19 counts and that I wasn't asymptomatic," Junior Carley Swanson-Garro said.

The COVID-19 tests at the event were saliva tests provided by Vault labs, a company which is working with the Minnesota Department of Health. All those who got tested spit into a vial, which was then processed in a facility in Oakdale, MN using a PCR (polymerase chain reaction) test to detect the virus. This PCR spit test is just as accurate as more 'traditional' nasal swab COVID-19 tests, though both tests may take 2-14 days to come back as positive after someone has been exposed to COVID-19. The mass testing was timed so that anyone who tested positive had time to properly isolate before potentially going home, which greatly reduces their risk of spreading the virus to their families and friends.

"I went right when it opened at noon. There was a little bit of a line outside Lund, but once they opened the doors it

took about half an hour to get through the line to get tested. Testing was super simple, [and] a bit awkward, just because you're spitting in a little tube in front of several hundred people, but it was good," Swanson-Garro said.

During the event, students had to make an account on the Vault website, which had some problems through the afternoon. However, these issues were due to the fact that so many people were logging on to get tested.

"The staff from MDH and Nicollet County Public Health were both very complimentary of the amazing volunteers as well as the participants. They commented on how polite and respectful everyone was, which is no real surprise to me... Gusties ROAR," Dale said.

"I think the challenge of any testing is that unless you get tested and you're positive, you're only safe until the next time you're exposed to the virus and need to get tested again... I don't think that means we shouldn't get tested, I think that getting tested is really good, especially when we have opportunities to do so in the community... Gusties really stepped up and tried to reduce their close contacts, tried to be vigilant about all best practices, because now we're seeing those numbers go down again. Every Gustavus community member's

commitment to being their most vigilant, careful self is going to go so much further than anything else we can do" Van Hecke said.

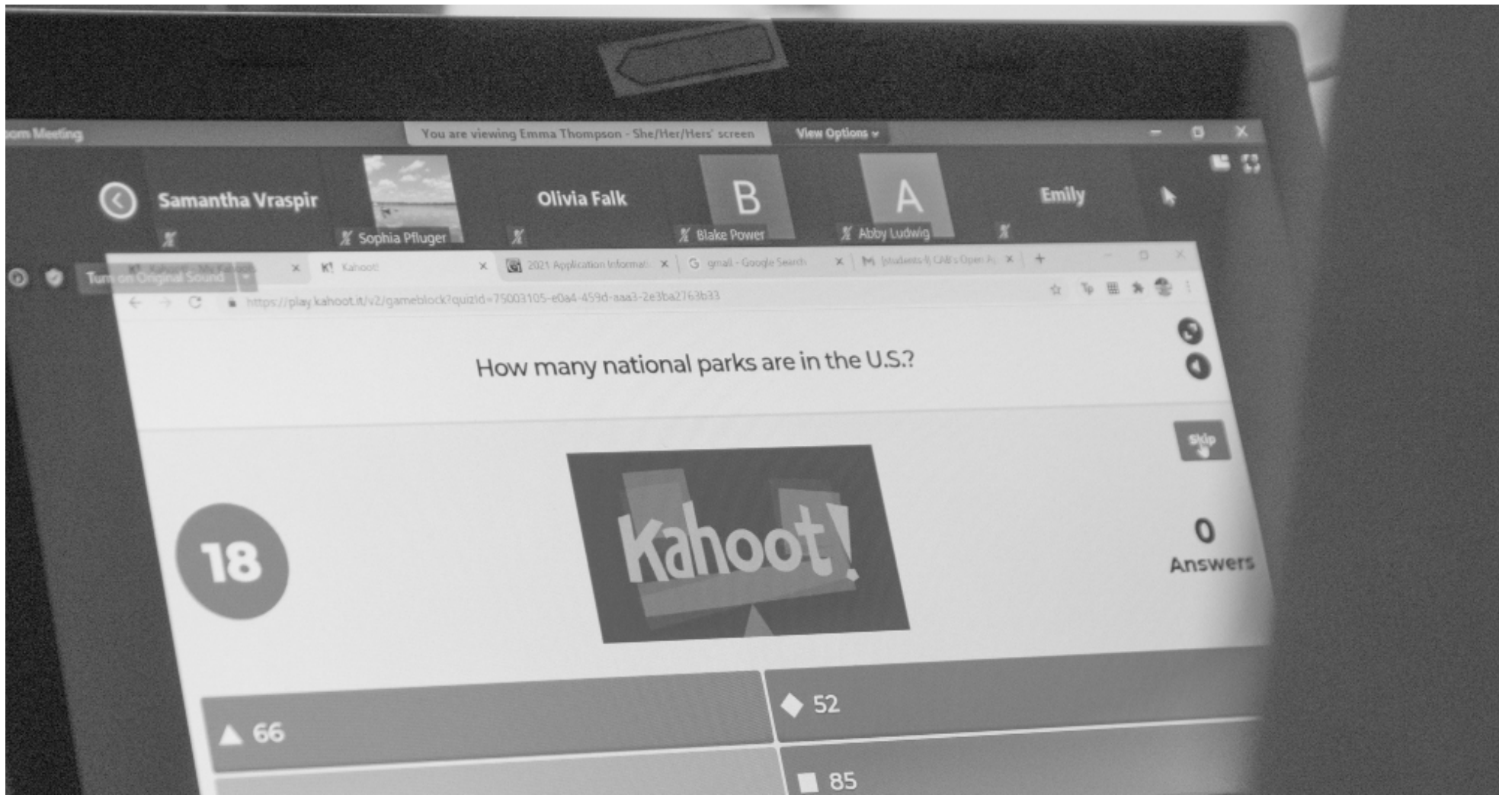
On Tuesday, November 17, the Office of Marketing and Communication sent out an email revealing that of the 1,373 students, faculty, and staff who had gotten tested, only twenty individuals tested positive for COVID-19, giving Gustavus a total positivity rate of 1.5 percent.

"When we got the results I was surprised at how low the numbers were, and I'm hoping that's a good thing and that the results are accurate. I'm hoping people don't take their or their friend's negative results as a green light to not socially distance and make poor choices that could easily harm them and their families," Boyden said.

Despite the Lay Low policy on campus and the ever-present reminders about COVID-19 safety, not all students are practicing healthy habits for reducing the spread on campus.

"I see people wearing their masks incorrectly below their nose, or they won't have them on. Even when you're in an academic building by yourself, your mask should still be on. Just remembering those guidelines to keep everyone safe is still important," Swanson-Garro said.

CAB embraces campus-wide “Lay Low” period with a series of virtual events



Gusties participate in CAB's virtual Kahoot game.

Nate Habben

Freya Nelson Staff Writer

The Campus Activities Board was designed with the fundamental goals of enriching the social and recreational needs of the entire Gustavus community, according to their mission statement. Following a campus-wide “Lay Low” COVID-19 mandate by President Rebecca Bergman, college-recognized student groups and organizations are to immediately cease all in-person events. CAB has since released a detailed itinerary of virtual events that students can attend, and these events have been drawing significant student interest on CAB’s social media platforms.

Senior CAB Co-President, Katie Ashpole, shares her experience in navigating CAB activities in a virtual platform. After three years of being on the CAB board, Ashpole notes the uniqueness of this semester, and especially the new “Lay Low” mandate, but continues to genuinely enjoy some aspects of being online.

“As a board, we try to come up with new, unique things. Especially right now as we are trying to figure out how to recreate our most popular in-person events, in a virtual platform. Without the physical presence of CAB in the Courtyard or Campus Center, there is a lot more online marketing. We have to do a lot of brainstorming on how to get all event information accessible on our Instagram or

our Facebook. It has been tough but the board has done a great job of finding engaging online events that reach the entirety of campus,” Ashpole said.

CAB has released campus-wide daily emails in regards to the eight different virtual events they will be hosting from Monday, November 13 through Saturday, November 21. These events range from TikTok competitions to Among Us video game tournaments. Most of these virtual CAB events give opportunities for participants to win prizes that range from Polaroid cameras up to \$500 in cash. These virtual events have drawn a lot of community interest, according to Ashpole and Instagram engagements.

“We had a great turnout for Virtual Pride Bingo, two super

great hosts who we’d never had before, and we got a lot of positive feedback on how fun the event was, which was super exciting for the CAB board,” Ashpole said.

Ashpole addresses Zoom fatigue, or the exhaustion of continuous virtual efforts, and how she continues to view the success of CAB’s virtual events as a positive reflection of the board’s hard work.

“In terms of Zoom fatigue, I definitely miss the in-person events and being able to see and engage people within these events. After a while it gets tough to continue to be really creative in a virtual setting but I continue to look forward to new ideas, interesting hosts, and seeing how other people have been able to adjust their

performances to work virtually,” Ashpole said.

The CAB’s efforts towards creativity in an online platform have translated into events such as murder mysteries, interactive competitive bingos, TikTok competitions, video game tournaments and more. The CAB Instagram page, @gustavuscab, continues to post daily updates about virtual events during this “Lay Low” period, provide information on how students can win prizes and generate excitement about upcoming events. Stay tuned for daily emails from CAB for Zoom links and more information on how to participate in any of these upcoming events (and win prizes).

Continued from page 1

“As a campus that has a wealth of backgrounds and identities that call Gustavus home, and as a campus that is situated in a community, and on land, for which these accounts and realities have often been mistreated, misunderstood, ignored, or flat out lied about, at its very core, these initiatives are meant to a) educate and inform, b) create a change in mindset and systems, c) stimulate a call to action,” Flunker said.

Reverend Siri Erickson

weighed in on the Racial Justice and Inclusion effort as it relates to the CIE.

“[It] includes assessment of the campus experience through hosting 18 campus-wide listening sessions to hear from faculty, staff, and students during fall semester and a diversity climate assessment survey for students next Spring; education of all faculty, staff, students, and trustees about bias, microaggressions, and racism,” Erickson said.

As the expansion goes underway, both Erickson and Flunker express their happiness and hopefulness for the future.

“Look, I’m not going to lie...

this is a huge step. I have been pushing for an increased space for the larger part of my time at Gustavus. As such, I am extremely excited about introducing this re-imagined, intentional space, to our campus, and will celebrate the occasion... However, this shouldn’t create a mindset of, ‘Our work is done, we have arrived, and we don’t need to continue pushing so hard,’ Flunker said.

Flunker reminds us that there is still work to be done, but with the center expansion, the campus is one step closer to improving its inclusivity.

“Personally, I am very excit-

ed about the new and expanded space that the Center for Inclusive Excellence will have starting this spring. Their work and programs are the heart of the College’s efforts to create a fully inclusive and just community where all Gustavus students can thrive - fully and authentically,” Erickson said.

“It has been a challenging stretch. The visual, intentional, in-person connections and discussions that typically occur in the Center, are in essence...on an extended hiatus. In addition to the move into our new space, we hope to be able to welcome a new Assistant Director soon

as well. In the meantime, the Center encourages everyone to keep on plugging away one day at a time, stay safe during these times, and know that the Center, the student employees and I, are thinking of, and cheering for y’all,” Flunker said.

As a final note, Flunker brings out a message to the student body – an invitation to discover the CIE.

“Don’t hesitate to reach out! Many may not know us...but we’re here for you,” Flunker said.

Tales From Abroad: The Infamous Spring 2020

Tyra Ericson
Variety Editor

Studying away is one of the hallmark experiences many Gustavus students get to enjoy during their Gustie career. Some go on two or three week-long trips for J-term, and others leave for full semesters; a special group of us went in the infamous Spring of 2020. I interviewed seven Gusties who were studying away around the world when the Coronavirus shocked the globe.

My personal experience be January in Lyon, France, where I spent my time studying French, getting to know the city and making lots of travel plans. Right before being sent home in March, I was on winter break visiting friends in Greece and Turkey. A week after I returned to my student apartment in Lyon, I was on a plane headed home to Minnesota. In this wild turn of events filled with sadness, confusion, anger, and anxiety, I knew others like me must have similar accounts of that fateful week worth sharing. Here are their stories:

IRELAND

Senior Carrie Bather's birthday was right around the corner. Determined to spend her 21st birthday in Galway, the then-junior scheduled her last-minute flight home from Ireland on St. Patrick's Day. Bather and her friends had heard about the virus spreading through Europe, but remained optimistic that they would stay.

"I don't think I'm alone in saying I did not take it seriously. Just that ignorant stance of 'I'm untouchable,'" Bather said. Her program, like many others, prioritized both protecting students' experiences as well as their health and safety.

"They wanted us to stay just as badly as we wanted to stay," Bather said.

Within the first two weeks of March, Bather went from traveling through France and Belgium to realizing the Celtic Sea wouldn't keep the Coronavirus from affecting Galway.

"When all the [Irish] Galway students got sent home, we were like, oh. I guess we had to stop kidding ourselves at some point," Bather said. "Within a matter of days, they cancelled everything on St. Patrick's Day. That hadn't happened like ever."

The quick turnaround made for zero time to process what was happening.

"The 'we're going home' didn't sit in until I was on the plane home."

-Senior Carrie Bather

Bather was still able to take home good memories from her time in Ireland, though.

"The live music is the best I have seen in my entire life. I only have fond memories, truly."

GREECE

To the south, two Gusties—Seniors Stella Hadjiyanis and Ellie Anderson—were spending their semester in Athens, Greece with a program called College Year in Athens (CYA). Their program and student housing apartments were located in the heart of Athens, just a walk away from the Acropolis.

"It's like its own liberal arts college for Americans in Athens," Anderson said.

"We all lived in different apartments in the city like a ten-minute walk from the Panathenaic Stadium and our program site," Hadjiyanis said.

Anderson was most nervous about navigating the new language and culture, but she took a Modern Greek language course and highlighted the Mediterranean food and Greek islands as her favorite parts of her experience.

Hadjiyanis mentioned being anxious about leaving her family for a long period of time, but luckily for her she chose a location in which she was able to visit Greek relatives.

Into March, CYA was confident they would have their students stay, even through a quarantine. However, things changed quickly once President Trump issued a travel ban.

"We were holding on to any hope, and they were trying to reassure us, but things escalated fast," Anderson said.

"I heard about Trump's travel ban at like 2 a.m., and by 7 a.m. I was on a flight home," Hadjiyanis said.

Leaving no time to say good-byes or get one last gyro, leaving Athens was sudden and scary.

"I feel... robbed, is that dramatic? I just feel like I didn't get the full experience, I just feel unsatisfied, I wasn't ready to leave, I didn't get closure."

-Senior Ellie Anderson

Despite this extraordinary event, Anderson encourages others to seek out a study away experience.

"Don't be intimidated by the process of studying abroad, because it's so worth it to get there... all the visa stuff... it's definitely worth it," Anderson said.

MALAYSIA

Across the continent, Senior Ja'de Lin Till had arrived in Malaysia at the beginning of January. For most students, studying away involves immersing themselves amongst unknown people and languages. For Till, it was different.

"I think I was just excited to go to a different place but I think I was excited also about the cultural experience I was going to



Clockwise: Ellie Anderson, Carrie Bather, Stella Hadjiyanis, Andraya Parenteau, Carrie Bather

Submitted

get—as an Asian person... that experience of studying abroad in an area where there's a lot of people that look like you... it feels very different. I'm going from this place where not a lot of people look like me to a place where a lot do and where I understand the same language, that's not something that happens a lot in America," Till said.

Till had entered a new country and a new culture, but

"I was upset that I had to leave...but my friends were leaving anyways...[and] even though we had this amazing experience taken away from us, we have an experience that no one else can speak on,"
-Senior Ja'de Lin Till

felt more at home than ever.

When she found out she would have to go home again Till said, "I was upset that I had to leave...but my friends were leaving anyways...[and] even though we had this amazing experience taken away from us, we have an experience that no one else can speak on," Till said.

Navigating a semester away as well as a pandemic brought Till a sense of confidence.

"I think for people who are reading this or interested in [studying] abroad—I think it is a fantastic experience and everyone should do it. The sense of freedom and the sense of just like independence and

like mobility that you get when you navigate this whole experience by yourself is incredible and you feel a sense of accomplishment when you go through all of this," Till said.

ARGENTINA

All the way in South America, the newly-graduated Andraya Parenteau was spending her final semester of undergrad in Buenos Aires, Argentina. But her journey didn't begin there.

"I chose Argentina because actually Santiago, Chile was my first choice but they had civil unrest so that program got cancelled. I had to find a new program so my study abroad experience was just like a whole hot mess right from the beginning," Parenteau said.

Parenteau was a month away from going to Chile when she had to switch programs

"We all had two days to figure out our flights back home and it was just absolutely chaos."

-Andraya Parenteau ('20)

and go to Argentina instead.

Parenteau remembers when she first heard about the virus.

"Actually my host mom [...] was totally on top of it—we were watching the news every night at dinner," Parenteau said.

"I think South America was one of the last places that it spread to," Parenteau said.

Even with her knowledge of the spread and the extra days' warning, being sent home was still a major shock.

Like many other students studying away, Parenteau learned a lot about the unknowns of traveling.

"The main thing was no matter how much you plan, it can always go wrong. And that was like my whole experience, with originally going to Chile and having to switch a month before, and then being sent home after ten weeks... I learned a lot of flexibility," Parenteau said.

Thinking back on her feelings about being sent home, Parenteau noted her feelings have changed.

"At this point I've come to terms with it but at first I was really sad...but I would say I feel lucky," Parenteau said.

Parenteau's final remarks were ones of gratitude.

"I'd like to say a huge thank you to Bryan Messerly and Matthew Hirman [CICE staff] — they were like my saving graces throughout this entire experience," Parenteau said.

Hearing the experiences of my fellow Gusties from all around the world was a unifying experience. We 'Spring 2020-ers' will have this crazy, chaotic, and unprecedented experience in common forever. Some things were the same, and some were different, but I think we would all agree that our experiences even within our short time abroad upstage the reason for our return.

And again, a big collective 'Thank You' to Bryan Messerly and Matthew Hirman at CICE; their diligence, care, and hard work getting us all home safely helped us to retain only fond memories of Spring 2020.

GUSTIE *of the* WEEK:

Luke Yang



Gustie of the Week, Luke Yang chats about his involvement on campus

Submitted

Michaela Woodward
Staff Writer

Students may already know this week's Gustie of the Week as "the guy with the camera."

"I got better and better at taking photos and I think at one point I kind of became synonymous with the camera, like 'he's the dude around campus

with the camera,'" Junior Luke Yang said.

A Communication Studies major and English minor, Yang dedicates much of his time to photographing events for various student organizations while also being involved in many of them himself. His standout positions include PR director of HACO (Hmong American Cultural Outreach), member of Swing Club, CAB executive,

photographer for the Weekly and Co-Presidents of the men's volleyball club and International Cultures Club.

"I have a lot of hats to wear. I like being a leader and a really good team player, and it's really reassuring and really comforting to know that people trust me with leadership," Yang said.

From St. Paul, Yang found his way to Gustavus through his family members, approximately

seven of whom have attended Gustavus.

"It's really cool to have a lot of family come through and then a lot of family friends as well," Yang said.

"I have a lot of hats to wear. I like being a leader and a really good team player, and it's really reassuring and really comforting to know that people trust me with leadership"

His outgoing nature and curiosity fit perfectly with his area of study, to which he found his way after going down several different paths, including Psychology and Business.

"[My first year] I remember taking microeconomics, gen psych, my FTS, and interpersonal communication. That class... I fell in love with [Communication Studies]. The way Com works is that it puts a technical name on things you should know already. Anything from the levels of vulnerability you have with people to identity formation, to all the other stuff. Spring semester of my first year I took intercultural communication and fell even more deeply in love," Yang said.

He takes a creative and versatile approach to his major to best help it fit his interests.

"I've always loved to speak and I've kind of always had a goal of being a public speaker or something like that, at least moving people with words whether it be through writing or speaking... I think [Communication Studies] is a very good fit for what I am and the type of person that I am. My major is whatever I make of it; I have a lot of creative endeavors and so I think having a Comm Studies degree could really help with that and I could just apply it wherever I want," Yang said.

This creativity has been useful to him during the pandemic, keeping him looking forward to the future.

"I have my eyes set on creative endeavors and we'll see what happens in the next year and a half. But until then I'm just enjoying my time as a Gustie and trying to create as many memories and start up as many groundbreaking things or foundational things as I can here," Yang said.

In his CAB position, he has learned valuable lessons about adaptability and making the most of things this semester.

"It has been a really great learning process for CAB to see that this can still be a premier leadership opportunity; we

can still do a lot of stuff for the campus and especially the first years," Yang said.

He also sees this situation as an ideal moment to reflect and connect with others.

"In an ever-connecting world we must all do our part to become better allies to each other and navigate our differences in a better way. I know that differences may seem kind of scary but difference means that you only have something to learn from someone else. Diversity really just means difference in one way. So if someone's different from you, that's how you experience diversity in the world. You're not going to experience diversity only if they're from across the sea, you're going to experience diversity if they're a different age than you, come from a different culture, etc. So we must all do our part to become better allies," Yang said.

"In an ever-connecting world we must all do our part to become better allies to each other and navigate our differences in a better way. I know that differences may seem kind of scary but difference means that you only have something to learn from someone else."

For now, he's keeping busy writing poetry, taking pictures and using his leadership to impact those on campus and assure them that things will calm down.

"You'll get through it, you'll find a way around it, just keep your cool. But easier said than done with COVID. Everyone's stressed in every which way and at different levels and so the best thing we can do is just be there for each other and watch out for ourselves. Care for yourself so you can take care of others," Yang said.

The show must go on: LineUs goes digital



The members of LineUs in one of their vi-weekly Zoom meetings this semester.

Submitted

Tori Smith
Staff Writer

With most events and social gatherings cancelled due to COVID-19 and the Lay Low period, many students are getting pretty bored stuck in their dorm rooms with no place to go. Netflix can only entertain for so long.

Luckily, the infamous Gustavus improv comedy troupe has come to the rescue. LineUs, now calling themselves OnLineUs, announced on their Instagram on Saturday that they will be performing an online version of their show this Friday at 9 p.m.

During a typical, non-COVID year, LineUs puts on shows once a month as well as a special performance right before Midnight Express each semester. During these shows, actors play a variety of short form and long form improv games to entertain their audience.

Although this is the first show of the semester, Senior Holly Fitterer says they've been rehearsing since well before the school year even started.

"Right away we started some Zoom rehearsals trying to see what old things we could translate into an online platform and get comfortable with the setup," Fitterer said.

Before the Lay Low period, rehearsals were held in a hybrid format where they would alternate meeting online and in person. In-person rehearsals were moved to Wallenberg Auditorium in Nobel in order to

fit everyone comfortably while maintaining social distancing.

"All of these adaptations have been pretty difficult to work with, but we want to ensure that we are upholding all of the rules we have on campus and keeping everyone as safe as possible," Fitterer said.

Because they were already comfortable rehearsing in an online format, the Lay Low period surprise didn't affect their process, and they quickly got to preparing for their online show.

According to Fitterer, LineUs is more than just a random group of students doing improv together.

"Yeah, the improv is fun and funny, but honestly it wouldn't be the same without the people involved," Fitterer said.

Fitterer initially joined LineUs after her friends encouraged her to audition.

"I was just hoping that I could take part in such a cool group of performers," she said. That cool group of performers turned out to be some of her closest friends on campus.

"Heck, some of us even have matching LineUs tattoos."

Senior Maryn Cella has a similar story to joining LineUs.

"I joined LineUs to make friends, and it definitely worked. The people in LineUs are incredible," Cella said.

Cella is LineUs' business manager, so she's responsible for social media, planning shows and researching ways to make the group even better.

"Managing LineUs has taught me so much and really enlightened me to the ins and

outs of entertainment production, and I love it so much," Cella said.

Fans of LineUs are excited for Friday's show.

"It's going to be different than anything LineUs has done so far, but we have been working hard to come up with creative ways to do online improv, and I think it's going to be a really funny show," Senior Martha Scherschligt said.

Fans can expect some old favorites as well as some fresh new games the group has cooked up.

"Everyone can look forward to giggling with us as we figure out what the internet is," Scherschligt said.

The show will be streaming from LineUs' Youtube channel, "LineUs Improv," at 9 p.m. on Friday, Nov. 20. Students can follow the LineUs Instagram and Facebook (@LineUsImprov) for more updates and audience participation.

Do you have a
Gustie of the Week
in mind?



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!

Recipe: Pumpkin Snickerdoodles Servings: 18

Ingredients:

- 1 1/2 cups flour
- 1 tsp. pumpkin pie spice
- 1/2 tsp. ground cinnamon
- 1/2 tsp. baking soda
- 1 tsp. cream of tartar
- 1/4 tsp. salt
- 1/2 cup unsalted butter, softened
- 1/2 granulated sugar
- 1/4 cup light brown sugar
- 1 egg yolk, room temperature
- 1 tsp. pure vanilla extract
- 1/4 cup pumpkin puree

Directions:

using an electric mixer, cream together the butter, granulated sugar, and brown sugar for 1-2 minutes or until well combined. Mix in the egg yolk and vanilla extract, then mix in the pumpkin puree, stopping to scrape down the sides of the bowl as needed.

Add the dry ingredients to the wet ingredients and mix until just combined. Cover tightly and refrigerate for 30 minutes. Scoop the cookie dough onto prepared baking sheets.

Whisk together 2 Tbsp. sugar and 1 tsp. cinnamon for the coating. Roll each ball of cookie dough in the cinnamon sugar coating and place back on the baking sheets.

Preheat the oven to 350 degrees F. Bake for 10 to 13 minutes or until the cookies are set.



The Great Gustie Bake-Off: Best Autumn Recipes

Recipe: Brown Butter & Maple Glazed Cinnamon Apple Scones

Servings 9

Ingredients

Directions

2 1/2 cups all-purpose flour	1. In a mixing bowl, combine the flour, sugar, baking powder, cinnamon, and salt. Add the butter and toss with the flour.
2 Tbsp. brown sugar	
1 Tbsp. baking powder	Add the egg, buttermilk, and vanilla. Mix until just combined.
1 tsp. cinnamon	2. Fold in the chopped apples. Turn the dough onto a floured surface and then pat into a 1-inch thick circle. Cut the dough into 8 wedges. Place pieces about 2 inches apart on prepared baking sheets. Brush each piece with buttermilk.
1/2 tsp. salt	
8 Tbsp. unsalted butter, grated	
1 egg	
3/4 cup buttermilk	3. Bake until golden brown, 15 to 18 minutes at 400 degrees F, rotating sheets halfway through.
1 Tbsp. vanilla extract	
2 small honeycrisp apples (peeled and chopped)	FOR THE GLAZE:
	1. Add the butter to saucepan. Allow the butter to brown slightly until it smells toasted, about 2-3 minutes. Stir often, butter will foam and then settle back down.
FOR THE GLAZE:	
2 Tbsp. butter	
1/4 cup maple syrup	2. Remove from heat and whisk in the maple syrup, powdered sugar, vanilla, and a pinch of salt.
1/3 cup powdered sugar	
1 tsp. vanilla	3. Let the scones cool slightly, then drizzle with the maple glaze and sprinkle with cinnamon sugar.

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Has COVID-19 Helped in Our Fight Against Climate Change?



Emma Pufahl
Opinion Columnist

Students (on- and off-campus) and I'm sure that many of us remember when we had to pack up some of our things and go home without knowing when, or if, we would be back. Around this time, many states went into complete lockdown and required that only essential travel occurred. Typically, most of working America has to travel, usually by car, to go to work, but a large majority of this travel ceased with these lockdowns. Many production companies stopped manufacturing. Temporarily ending these practices, as well as normalizing a skeleton staff, has definitely caused less greenhouse gas emissions to be released into the atmosphere, but did 'Quarantine 2020' slow down the rate of climate change? The answer is mixed.

If you are here for the short answer, it's no. This dip in greenhouse gas emissions will not ease climate change effects in the long run. The IPCC's (Intergovernmental Panel on Climate Change) 2014 Report highlights that even if we stopped all carbon emissions right now, we would still have to wait many years before climate change effects lessened. It would take quite a while until we saw significant decreases in carbon dioxide and other greenhouse gases in the atmosphere.

So, what did the lockdown show us? Well, one difference we could physically see, other than less traffic and more PPE, was that some cities around the world were able to see the sky and surrounding landscape. Car pollution decreased. Industrial emissions decreased. Air quality improved. Visibility improved. We may not have solved the larger problem of climate change, but we now know that we can limit air pollutants enough to have safer, cleaner air in cities. The World Health Organization (WHO) estimates that around 4.2 million people die each year from health complications caused by air pollution and overall poor air quality.

A common air pollutant and greenhouse gas is NO₂, or nitrogen dioxide. I know, I know, it is not one of the greenhouse gases that we typically talk about (I'm looking at you methane and carbon dioxide), but it is a significant gas emitted in the atmosphere. NO₂ is commonly



COVID-19 has changed our world in many ways. Gracie Jackson

released by vehicles due to their use of gasoline. When most people stopped driving (and idling) in traffic, there was a significant decrease in nitrogen dioxide emissions.

As a refresher (or potentially brand new information to some of you), there are four major greenhouse gases: carbon dioxide (CO₂), methane (CH₄), nitrogen dioxide (NO₂), and hydrofluorocarbons (HFC). They are in order of most to least abundant but in reverse order of the most harmful based on residence time, or how long each gas will spend in the atmosphere. HFCs will spend upwards of thousands of years in the atmosphere while NO₂ will spend over a hundred years in the atmosphere.

"Car pollution decreased. Industrial emissions decreased. Air quality improved. Visibility improved."

We know that people are dying from climate change and pollution. We know that we are able to produce better air quality. We know that many jobs can be done at home. We can limit the amount of needless transportation and travel. We know that rush hour can be a thing of the past. We may not be able to stop or significantly slow climate change effects overnight, but we do know that we can increase air quality standards while lowering emissions.

When looking back at 2020 and atmospheric data, will we be

able to see a distinct slow or drop in the rate of greenhouse gases? No. It definitely didn't hurt to have a pause in emissions. But even if we had stuck with those emission levels we saw earlier this year, we probably wouldn't have seen much change in atmospheric greenhouse gases for many months to years.

As we near 2021, when you try to forget some of the events of 2020, remember what we are

capable of. We are a society that loves instant gratification, but climate change is going to be a long battle. Don't remember 2020 as only the year of the pandemic, when we had to wear masks and ran out of toilet paper. Remember it as the year where we were able to see what happens when we lower our pollution and emissions overnight. We can have clean air in cities. We can start to change our ways towards a more

sustainable future. We had to do it once, and we can do it again. Even if we don't get to see the results immediately, every small step in reducing emissions now and creating a new "normal" after the pandemic settles is important and will help lead us towards a better, safer future.

The Good, the Bad, and the Meh



Low COVID rates at GAC



The "suspicious residue" on the door handle *see campus safety report



The weird green salad your aunt always brings to Thanksgiving

The Dive says goodbye



Tori Smith
Opinion Columnist

The Dive has always been a fan-favorite for students at Gustavus. What was once a swimming pool in the basement of Johnson Student Union is now a space for students to host events, work on homework, socialize with friends, and even sleep. Apparently, The Dive is highly rated for taking naps between classes.

Because it's such a beloved space on campus, President Bergman's email on November 12 surprised many students, including myself. The email informed us that the space currently occupied by The Dive will start renovation on November 23 for the relocation of the Center for Inclusive Excellence (CIE), formerly known as the Diversity Center.

"The renovation will include new workspaces for Director Tom Flunker...; dedicated offices for the Diversity Leadership Council and Building Bridges; an additional space for faculty office hours or small work groups;



The Dive will begin renovation soon

Gracie Jackson

and a new conference room," President Bergman's email to the student body said.

Like many students, I was quite distraught by the news of losing The Dive. That space holds a lot of cherished memories for me, and I'm sad to see it go.

But to be honest, the last time I stepped foot inside The Dive was over a year ago. Although the space is fun and quirky, it's not necessarily useful.

Sure, there are student groups

and organizations that use the space for meetings and events, but the space is fairly vacant day-to-day. That's probably why it's a great place to take a quick snooze before class.

While this news comes as a sad surprise to some students, others are finally taking a sigh of relief. Junior Cailyn Matthews is one of the many students on campus that have been petitioning for the school to make this change for years now.

"It's been long overdue for

CIE to finally get a bigger space instead of just having a closet," Matthews said.

The Center for Inclusive Excellence is currently located in a small room in the basement of Jackson Campus Center next to the Residential Life office. It is so small and tucked away that not many people are able to find it. That is why there has been a push to expand and relocate.

Two years ago, Director of CIE Tom Flunker organized a petition in The Dive where stu-

dents and faculty who participate in CIE joined together. They invited President Bergman to come and see first-hand how the space in The Dive caters much more to their growing numbers than their current location does.

"We wanted her to see how many students actually use that space and how we need a bigger space for such a large group of students," Flunker said.

According to Matthews, President Bergman did show up to the event but didn't express any plans for a change in location for CIE. This year, that finally changed.

"It's finally being acknowledged by the college. It's a victory for us," Matthews said.

The CIE has been an incredibly important resource for Matthews and many other first-generation students like herself on campus.

"It's a much-needed resource for under-represented students. CIE has helped us navigate through our college experience," Matthews said.

Put simply, an expansion of CIE is necessary. They've clearly outgrown the space they currently occupy, and in order for the school to keep their commitment to Racial Justice and Inclusion, a much larger space needs to be built to assist in that important work.

Although The Dive will be sincerely missed by all, we have to admit its purpose is not nearly as imperative as CIE and the other crucial organizations that the renovation will be serving. It'll be a sad goodbye, but knowing that the school is finally prioritizing under-represented students and their organizations is a happy victory for us all.

Being a Young Adult in 2020



Alma Jorgenson
Opinion Editor

Right now, it is okay not to be okay. That's something that we've all heard a lot. I just want to really make sure it sets in. We are living through a very monumental time in history, although I terribly wish we weren't. I'd give just about any-

thing for one day to feel normal. Some days I find myself picking out outfits that match my clean masks, which I never could have imagined. But I am also dedicated to keeping my loved ones safe.

I took Adult Development with Professor Madilyn Harms two years ago and my biggest takeaway was that our under-25-year-old brains are not designed to think about the community. It doesn't come naturally for us to be constantly thinking about others. COVID-19 pushed us into having to consider much bigger communities in our decision making. Not only do we have to keep ourselves safe, but we also have to help keep so many others safe.

When I made the decision to come back to campus I was so torn. I didn't know what the right thing to do was, I also didn't fully understand why the school was pushing so hard for us to come back at all. Ulti-

mately I made the decision to come back because I was afraid of losing more scholarships or my on-campus housing spot with my best friends. I recently had a chance to reevaluate that decision, and given the circumstances I do think that I made the right decision. My home base is incredibly isolated; between March 13, 2019, and September 25, 2020, I only saw two people outside of my family and my boyfriend. Making the decision to go back to campus to have more social interaction was wondrous for my mental health.

Last week I had to make another hard decision. I have been diligently watching the COVID-19 numbers for both Gustavus and Nicollet county. They were, and still are, going up quite quickly. My hopes were to be able to have Thanksgiving with my family without the risk of exposing them. I also work off-campus at a family-run dairy farm and I love them as

much as I love my blood family. I would feel absolutely terrible if I exposed them as well. What were the reasons I was staying at school? All my classes are online. So I made the decision to go home early.

I thought that I would feel safer here, and in some regards I do. I am able to get food without needing to be in a group of people, and I don't have to share a bathroom with loads of folks. But COVID-19 is ramping up here in rural Minnesota too. The people I love got COVID anyway. That Thanksgiving I was dreaming about is off the table, even though I'm home.

Did I make the right decision? I don't even know if there is an answer to that question. There is so much fear everywhere and my brain still hasn't set up the "care of the community" network of decision making. Maybe not knowing if I made the right choice is the closest thing I'll get to feeling like I did the right

thing. I hope I'm able to look back on this with grace and compassion for the 21-year-old living through a global pandemic.

Life was hard at school and life is hard at home. I'm usually a very optimistic person, but it's getting hard to tap into that happiness. There's one song that I try to listen to every day: Hope Machine by the Okee Dokee brothers. The song goes, "They say life is hard, and they're not wrong. Gotta keep that hope machine running strong," and that's a good mantra to have running through your mind in 2020. Life does suck. All we can do is keep on going. Soon it won't be 2020 anymore, and maybe 2021 won't be much better, but we need a change. Right now call your friends, brush your teeth and wear a mask. Things will get better, so just hold on for now.

The Writing Center is Here to Help



Grace Worwa
Opinion Columnist

Gusties, I'm here to tell you about an incredibly useful resource here on campus: The Writing Center. As a tutor myself, I can attest to how much we at the Writing Center genuinely care about our clients. Whether you're feeling overwhelmed by an assignment, in the middle of a first draft, or simply wanting a second pair of eyes, we're here to help.

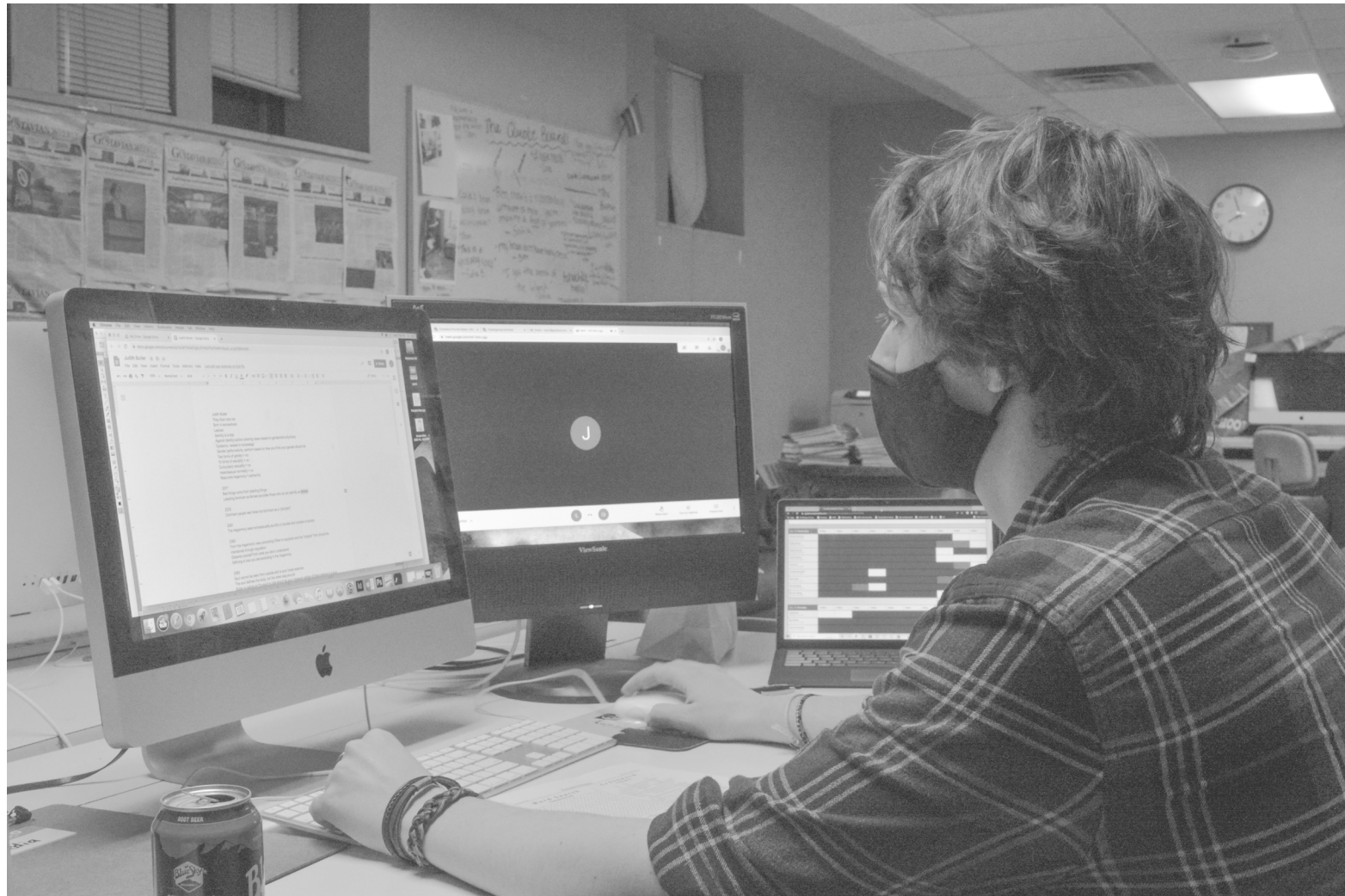
Led by Writing Center Director Eric Vrooman and staffed by 21 magnificent student tutors, the Writing Center offers free writing help to Gusties of all majors and in any stage of the writing process. We offer tutoring sessions in two different formats. The first is the "Online Appointment" where clients meet "face-to-face" with tutors over video via WOnline, the Writing Center's scheduling platform. The second option is "eTutoring," which is new this year and allows clients to select an hour-long time slot, upload their paper, and have a tutor return it to them with written feedback within the hour.

"As a current tutor myself as well as a former client, I can attest as someone who has experienced both sides to the unique value of the peer-to-peer dynamic within a tutoring session."

Students do, of course, have multiple options for writing feedback, including their professors, friends, or family members, so what makes the Writing Center so special?

"The Writing Center is a resource for students by students," Senior Writing Center Tutor and team leader Rebecca Steffen said.

As a current tutor myself as well as a former client, I can attest as someone who has experienced both sides to the unique value of the peer-to-



Writing tutor helps students

Cadence Paramore

peer dynamic within a tutoring session. Not only does it make conversation more comfortable, but a shared tutor-client understanding of what it means to be a Gustavus student allows us to meet clients where they're at and according to their individual writing needs. That's just not something you can get from family or a professor.

Furthermore, Writing Center tutors don't just understand what it's like to be a student but have also been deemed qualified and trained to provide you with writing advice, thus they come with a certain level of expertise. According to Junior Nathan Baring, a regular client of the Writing Center, this is quite useful.

"The Writing Center is the people who have been evaluated to know what they're doing already in the area of writing, so they kind of fill that void where you don't trust your own judgement but you don't really have the ability to just constantly harass the professor all the time," Baring said.

Indeed, while each tutor might add their own personal style, we're all trained in strategies designed to make you, the client, a better writer. Our goal is to help you work through your own ideas and put them into words, all while allowing you the flexibility to address what you think needs addressing.

A typical session will begin with a conversation between tutor and client about what specifically the client needs.

"We just get to sit down, learn about what you're

writing about, and have a conversation about what you've learned and what you want to achieve in your paper," Steffen said.

Once the tutor and client have discussed the assignment and collaborated on a list of goals for the session, the reading begins. At the Writing Center, we like to do that part out loud.

"Writing Center tutors don't just understand what it's like to be a student but have also been deemed qualified and trained to provide you with writing advice, thus they come with a certain level of expertise."

"It always helps to be able to hear your words in order and it's a really good way to catch some sentences that you might want to tweak, or even some ideas that you might want to tweak," Steffen said.

Trust me, it really works. There's just something about hearing your words out loud that prevents your mind from auto filling the text with the concepts and words that you already understand, but that your reader may not.

Now, some of you all might be reading all this and think-

ing "I'm a great writer. I don't need a tutor." Well, as true as that may be, tutors aren't just reserved for those who find writing more challenging. Everyone, even professional writers, can always improve their writing, and we are a free resource for doing just that. Take advantage of it because... why not?

Furthermore, as someone who has been both a client and tutor, I can tell you that even if you think you have it all together, it never hurts to have a second pair of eyes take a look. You never know what you'll miss after spending three hours staring eyes-glazed at a computer screen, so it's great to get a reader's perspective. And remember, you can take and leave tutors' feedback as you please.

Now on the other hand, some of you students out there might avoid the Writing Center for a different reason: because you're shy, uncomfortable, or embarrassed at the prospect of showing your writing to a tutor. Well, you know what? That's why we're here. Our job is to help you improve your writing skills so that sharing your work doesn't have to feel like such a big leap. As Baring points out, we're here to help, not to judge.

"The Writing Center is being paid to read your work and help you," Baring said. "They don't care if you're a bad writer."

In fact, Writing Center tutors recognize that sharing your writing isn't easy, and they admire clients for taking

that risk.

"I honestly have so much gratitude for clients who meet with me and are vulnerable in their sharing of their written projects. It's so beautiful to hear other Gusties' written voices and be able to learn about a variety of written topics in one night," Steffen said.

So please, come visit us at the Writing Center. To schedule an appointment, go to the Writing Center web page on the Gustavus website, click

"I honestly have so much gratitude for clients who meet with me and are vulnerable in their sharing of their written projects."

"Make an Appointment" on the left-hand side, and create an account with our scheduling platform. Next, choose the tutor and time slot that makes sense for you, fill out the brief questionnaire, and don't forget to indicate whether you want an Online appointment or eTutoring. Come soon, we'd love to have you.

Word Search

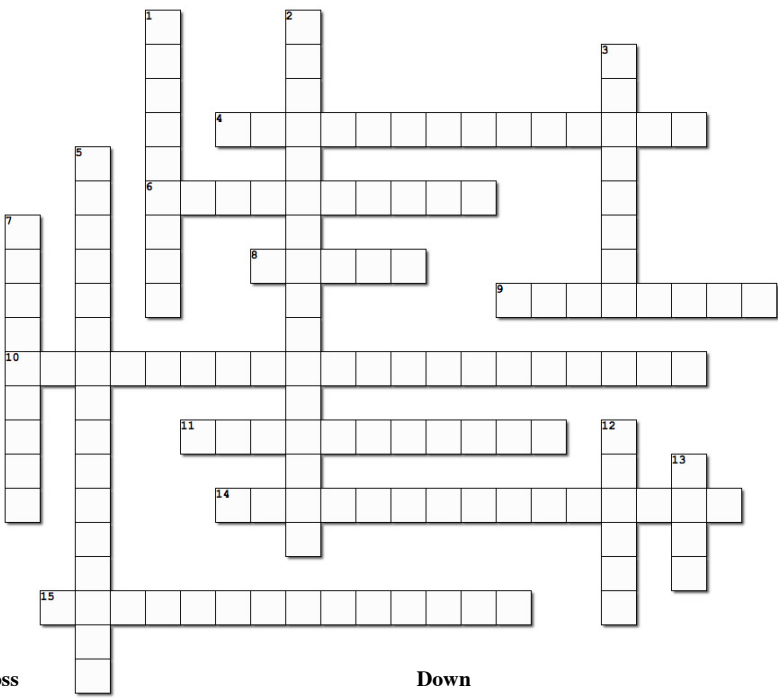
Thanksgiving Foods



- apple cider
au gratin potatoes
corn
cranberry sauce
croissants
drumsticks
- gravy
greenbean casserole
ham
mac 'n' cheese
mashed potatoes
peas
- pie
pumpkin bread
rolls
stuffng
sweet potato cas-
serole
- tofurkey
turducken
turkey

Crossword

Thanksgiving



Across

4. This President assigned the official date for Thanks-
giving (two words).
6. The annual race on the day of Thanksgiving (two
words).
8. This department store puts on its Thanksgiving Day
Parade every year. Even this year.
9. The Thanksgiving Day Parade first featured these in
1927.
10. The best part of Thanksgiving Dinner is that ____
(four words).
11. This Christmas song was originally a Thanksgiving
song (two words).
14. This President was agaist declaring Thanksgiving a
national holiday (two words).
15. This president received a live raccoon as a Thanks-
giving present (two words).

Down

1. After Thanksgiving Dinner when you go for a walk
with your cousins you come back tired because you have
been ____.
2. This American President called for the first national
Thanksgiving Holiday (two words).
3. A means to settle family grudges while dinner is in the
oven is a family ____ game.
5. In 1705, a small town in Conneticut delayed their
celebration for a week because of a ____ (two words).
7. This year it will be exceptionally hard for dinner not
to get ____.
12. ____ was not eaten on the first Thanksgiving.
13. How many towns in the US are named Turkey?

“Trouble in Paradise” by Bryanna Filip



The Monkey Speaks on Thanksgiving



The Monkey Man
Eldritch Being

The best part of Thanksgiving is, inarguably, the food. But how does one spend this time with family and also stay responsible? The easy solution is a very long, very large table. If you can hear Uncle Joe talking about the game on TV then you are too close! Optimally the goal would be to be able to make eye contact, but not so close that the food spittle from your messy little brother will spread sickness. Of course, the best way to minimize risk is to participate in the next best Thanksgiving tradition: the Long Sleep. By participating in this tradition early and sleeping right through Thanksgiving, not only do you keep the germ spread to a minimum, but you might also feel rested and maybe pay back some of that sleep debt you've accumulated! The smart move this year is to just stay home and do your Christmas shopping from the comfort of your couch. You can still get a pie and this way you don't have to share!

It's time for the great feast. A day for our loved ones to get together, watch burly men play keep-away, while eating ourselves into a cozy, cozy coma. My personal favorite is those mini marshmallows on top of the sweet potatoes. Just the marshmallows, 'cause they're so toasty. If you're like me and also a little sad about having to forgo the large family gatherings, don't worry! Here are some ideas on how to spend this year's turkey day!

Take a hike

Time to check out Traverse Des Sioux Park and Seven Mile

Autumn Zierman
Staff Writer

Even as the seasons change swiftly from autumn to winter, the brisk air outside offers a sweet, and responsible, escape from the isolation of stricter quarantine. Whether taking a jaunt to clear your head, enjoying a lovely stroll with friends or showing your family about St. Peter before returning home for the holidays, it is never a bad idea to enjoy the outdoors that the area has to offer. Every Gustie worth their ROAR knows about, and has hopefully spent a bit of time, enjoying the amenities of the Arboretum- perhaps you even enjoying a leisurely hammock session there before the air turned sharper. Less frequented by the student population, however, are the Seven Mile Creek County Park and the lesser known Traverse Des Sioux Park. Both these hiking areas offer a breath of air and insight into differing aspects of St. Peter's history.

Beginning with the Seven Mile Creek Park- the official Nicollet County website offers a brief destination snapshot of the 628-acre county park located off of Highway 169 between North Mankato and St. Peter. The park includes several multi-use trails and accompanying footbridges. Perhaps a winter stroll- should the snow return- may be enough to launch the festive spirit of a Gustie downtrodden by the prospect of finals.

Even if you have spent some quality time exploring the 8-mile stretch- revisiting



St. Peter's Traverse des Sioux Park is both a Minnesota State Monument and listed on the National Register of Historic Places.

Weston Lombard

could offer some insight into things you didn't know before.

A fun historical fact for the geological nerds among us- according to the official Nicollet County website as provided by former Professor of Geology Mark Johnson, the Jordan Sandstone Outcrop at Seven Mile Creek County Park is estimated to be over 500,000,000

years old. Jordan Sandstone is also the material Beck Hall is constructed from. May that shocking tidbit serve as a reminder to all of us that despite its small-town status, St. Peter may have a bit more to offer in history's lens.

If Seven Mile Creek Park is old news to you- try going a bit further to Traverse Des Sioux

Park. Ten minutes south down Minnesota Ave will bring you to this historic St. Peter landmark. Managed by the Nicollet County Historical Society, the trails here are open from dawn to dusk. The Traverse Des Sioux trails were once part of a pre-industrial trade route complete with a river crossing and trading post. Now there

are about 10 miles of open, multi use trail to explore while getting a breath of fresh air.

Besides enjoying the 10,000 year-old trails in the Minnesota River Valley, this self-guided tour provides some history lessons along the way.

As the Minnesota Historical Society official site tells us, "Placards scattered along the trail share information about Dakota culture, the 1851 treaty, and its effects on people, transportation, the fur trade, and the town of Traverse des Sioux."

There is nothing quite like escaping from the present into the past. While doing so you may also learn more about the cultures that inhabited this area for thousands of years.

Should your eyes turn outward past the confines of this town, Mankato and most places from here to there offer an abundance of natural habitat to explore. St. Peter's charms, however, are part of what makes Gustavus a home away from home. In these claustrophobic and stressful times, the outdoors offer a necessary breath of air to responsibly re-center and refocus (just in time to prepare for the end of the semester). So even as the face of campus changes once more for the holidays, an escapade into nature is the perfect way to process your thoughts and relax. And if you are departing from this lovely little town, try and discover the natural safe havens that make your hometown what it is.



Traverse des Sioux Park has an abundance of nature for all to experience, making it an excellent place for Gusties to take a hike

Weston Lombard



Grateful for the grind

Gusties get creative to stay in shape over Thanksgiving break

Eamonn McCullough
Staff Writer

For some, the coming holiday season is a little intimidating in terms of fitness goals. Impending finals mean that many students have to work especially hard to find time to work out. Food-intensive holidays like Thanksgiving promise a sudden abundance of calories. COVID has not made matters any simpler, as most intend to spend this holiday season in relatively small groups at home and distanced from loved ones. COVID regulations in gyms and other fitness centers have added an extra layer of inconvenience for the time-crunched athlete. On top of all that, Gustavus' decision to move to an entirely online class format through the end of finals has forced Gusties to get creative about staying in shape over break.

For those staying on campus or in the general St. Peter area, a glimmer of good news lights the end of this semester's tunnel. Lund Center will remain open between Thanksgiving Break and the end of finals, and Gusties will still be able to sign up to work out in the pool, weight room, and cardio floor.

Despite the myriad of challenges faced by Gusties returning home for the remainder of the semester, Strength and Conditioning coordinator and Gustavus Football Defensive Line Coach Zach Vine discussed how mindset will be the number one tool for Gusties to stay in the game away from campus.

"The first and foremost aspect of our [training] structure is related to our mentality. We need to have a "no excuses" mentality. When we're dealing

with minimal resources, we refer to those as "no excuses" circumstances. Our circumstances are not going to determine our level of effort," Vine said.

Most Gustie student-athletes follow a rigidly-structured practice and strength training regime while on campus. For many, that doesn't have to change even if their geography does.

"We want to accomplish a certain level of... sprinting, jumping and cutting. Athletic-based skills. That's a huge part, and the beautiful thing is that it doesn't require much in regards to equipment. From a strength standpoint, there are also some general boxes we wanna check. I really believe

that our athletes should be training some type of squat or lunge type movement three times a week. We're not married to one type of exercise like the barbell, though. We need to be creative," Vine said.

"At the same time, we can be really thankful for the TrainHeroic app. That's a tremendous tool the Gustavus Athletics department uses for athletes to train while away from campus," Vine said.

TrainHeroic is a mobile app that allows athletes to see training programs provided by their coaches, as well as exercise descriptions and videos. Athletes can also record weights used and reps performed in order to track their progress. Apps like TrainHeroic allow athletes to connect with their teammates virtually, and foster consistency, a crucial component of any fitness program.

"The most important thing is consistency. The best workout is the one that you will do. I think if you're going to stay motivated, you have to work in things that will make it fun. You need to figure out what activities you enjoy and can celebrate success along the way," Vine said.

As Gusties fall into a new routine at home for the ensuing month, it is especially important to plan ahead and make fitness a priority, according to Active.com, which recommends finding popular local jogging/walking routes in advance of one's trip.

The popular fitness blogging app Strava allows users to view "segments" all around the world that can help guide route creation when visiting unfamiliar locations.

A variety of fitness-themed

Youtube videos can provide a free personal training experience right from one's phone. Channels like growingannanas and Gym Performance have over 30,000 subscribers and provide intensive bodyweight-only workouts centered around HIIT (high intensity interval training) and crossfit-type movements.

Other channels, like Yoga with Adriene or Breathe and Flow (each with over 100,000 subscribers worldwide), provide yoga routines at levels ranging from beginner to advanced to help relieve stress, build balance, and maintain flexibility amid the stress of finals.

The holidays provide an opportunity to reconnect with family that many students haven't experienced in quite some time. Encouraging family members to spend time together walking outside provides a COVID-safe way to stay active and bond.

However Gusties choose to safely stay active this holiday season, connection will continue to play a big role in their collective motivation through apps, family, and the personal ownership and commitment to their sport that is a hallmark of Division III athletics.



Seniors Thomas Prahl, Rachel Studer, Josie Blake, and Jared Zaun stay in shape by playing Spikeball (photo pre-COVID).

Submitted



Football Coach Zach Vine ('15) specializes in strength and conditioning.

Submitted

SENIOR SPOTLIGHT:

Sydney Henrichs (Women's Hockey)

Jack Weissenberger
Staff Writer

Senior athletes of any collegiate sports team are always looked up to and admired. Their ability to lead the team and set examples is invaluable. This week, the spotlight shines on the Gustavus Women's Hockey Team's only senior athlete: Senior Sydney Henrichs.

Henrichs came to Gustavus from Minnesota's own Eden Prairie High School where she enjoyed relative success. Her team won the Minnesota High School State Tournament her junior year, and placed third her senior year. Henrichs comes from a hockey-loving family. Her grandfather played for the Gophers, and her dad for the Mavericks in Mankato. With these influences growing up, she was practically able to skate before she could walk.

"I've been playing hockey as long as I can remember. I am so passionate about the sport and I love getting to play it with some of my best friends. I also love getting to go out on the ice and just forget about the world for a little while," Henrichs said.

Hockey has been a big part of Henrich's life. It has given her the opportunity to create many solid friendships as well as to escape from other life stressors. Henrichs' passion for the sport has led her to be a part of very successful teams.

"It's hard for me to pick a most memorable experience from my time on this team, but one of them would certainly have to be winning the MIAC playoffs last season," Henrichs said.

The Gustavus Women's Hockey Team had an outstanding 2019-2020 season that ended with a MIAC playoffs title. After



Henrichs skates about the rink

Submitted

a season where the team accomplished such notable tasks such as sweeping St. Thomas in a series, the team seemed destined to be MIAC Champions. Henrichs and her team ended up shutting out Augsburg for the title. Not all of Henrichs' time at Gustavus has been about success and glory, though. There have been times of hardship accompanied by perseverance and dedication.

"I've faced some adversity with injury in my time at Gustavus, and the thought of returning to the sport and team I love is what kept me hopeful during that time. Playing at Gustavus has further instilled

in me a sense of dedication and selflessness. We always practice a team first mentality. Everyone is expected to buy in and sell out for the team. This means buying into the team philosophy and expectations, and selling out for your teammates on the ice," Henrichs said.

Through good times and bad, Henrichs and the women's hockey team have built a strong community where they know they can rely on one another. As the only senior on the team, Henrichs is admired by many of her teammates.

"I think I have been a reliable leader that my teammates can look up to and come to with

anything. I think it's important that younger student-athletes have an upperclassman to go to for advice on how to balance athletics and academics among other things," Henrichs said.

Henrichs' has taken her leadership skills one step further by also joining the Student Athlete Volunteer Educators (SAVE) program. Her experience with managing sports and school at the same time has given her valuable lessons she can pass on to other student-athletes. This year of all years has been one where underclassmen have had to rely on their older teammates. The pandemic has put all sports seasons in jeopardy. Henrichs

and the women's hockey team are hoping for a chance to compete starting in 2021.

"Honestly, this year has been really rough so far. It has been extremely difficult with unconventional practices and inconsistent schedules, but we are very hopeful and doing everything we possibly can to increase our chances of having a season," Henrichs said.

This year has seen the rise of many challenges for sports. Many athletes are simply hoping for a chance to compete. Henrichs, being a senior, is hoping for one last opportunity to participate in the sport she grew up playing.

"I would be absolutely heartbroken if we did not get the chance to compete this season. I feel like all any senior athlete can ask for is the chance to give it one more go and say goodbye to their sport. I think the part that would hurt the most is not knowing that the last time was the last time," Henrichs said.

The MIAC currently has plans to begin the hockey season early next year, but plans are constantly changing because of the pandemic.

Henrichs has accomplished a lot in her many years of playing hockey. As the only senior on her team, she is seen as a leader and mentor. She has persevered through adversity and worked hard to achieve her goals. The year 2020 has proven to be a real challenge for athletes. Henrichs is hoping to get one more shot at playing the game she loves this winter.



Henrichs celebrates a win with teammates pre-COVID

Submitted



Henrichs passes the puck to a teammate.

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