

THE GUSTAVIAN WEEKLY

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ISSUE 14

Meet GUSTIE
of the WEEK:
Jordan Oleson



VARIETY - PAGE 6

The Monkey Speaks:
February Horoscopes



ENTERTAINMENT - PAGE 13

Women's
basketball defeats
Augsburg



SPORTS - PAGE 16

The Dive gets an inclusive update

The Center for Inclusive Excellence moves into its new home



The Center for Inclusive Excellence is now located in The Dive almost complete with renovations.

Luke Yang

Georgia Zutz
Staff Writer

The Center for Inclusive Excellence has always been an integral part of the Gustavus campus, and recently made a new home in what was the former Dive area. The move was a discussion that has taken place over the span of more than a decade and has involved hundreds of Gusties.

"Sometimes I'm in disbelief that we are the generation that gets to see this happen on campus, but it also calls for acknowledgement of the legacy of advocacy that came

before us," Senior and CIE student supervisor Quincy Yang said. The renovation kept a key focus on retaining the original features and function of the Dive, but also contemporizing and expanding on the potential of the space.

"We kept the original features of the Dive, and took time to make sure everything is accessible to all who use the space," Senior and CIE student supervisor Amanda Braun said.

All members of the Gustavus campus are still able to use and reserve areas of the Center for Inclusive Excellence, including the dancefloor. The CIE will now be in charge of reservations

for the space, and encourage Gusties to visit and enjoy the new atmosphere.

Not only has the CIE grown in physical size, it now has a closer relationship with various organizations and resources on campus.

"It is so nice to be in the Johnson Center, as we are close to so many valuable resources on campus. Physically, it's just in a very convenient location," shared Braun. The Center is now in close proximity to the Counseling Center, meditation rooms and student organizations such as the Women's Action Coalition (WAC) and more.

"We are in a bigger space, so

it gives us more opportunity to work with professors and other employees who create office hours in the Center. There are also so many organizations and departments on campus that we can create more impactful collaborations with in that space," Yang said.

The move and expansion of the CIE also marks an important development regarding the President's Council for Diversity, Equity, and Inclusion initiatives on campus.

"Diversity, equity, inclusion and antiracism work, there is no end to it. This move is just another testament to that. This move has reignited so much

energy and inspiration in the Center, it is really incredible to see," Yang said.

"This move is a physical representation of the ever-expanding conversation that is occurring on campus. The more we talk about diversity, equity, and inclusion; and the more we do the work, the more people start to feel comfortable approaching these topics. This move will do a lot for people who are still trying to get comfortable and still trying to learn about these ideas," Braun said.

**Continued on
page 4**

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Campus Safety Report

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>

Tuesday February 7, 2021

- Campus Safety received a call from CF's in Norelius Hall of a non-student who was intoxicated and in a dorm room sleeping.

Monday, February 8, 2021

- Campus safety responded to the odor of marijuana in North Hall; Three students were referred to the campus conduct system.

Tip of the Week:

The "If You See Something, Say Something®" campaign is a national campaign that raises public awareness of the importance of reporting suspicious activity to state and local law enforcement. Be aware of your surroundings and report examples like the following:

- * Unusual items or situations such as a vehicle is parked in an odd location, package/luggage that is unattended, a window/door is open that is usually closed, or other out-of-the-ordinary situations; *

A person eliciting information or questioning individuals at a level beyond curiosity about a building's purpose, operations, security procedures, and/or personnel, shift changes, etc.; * Someone observing or surveilling, paying unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations); unusual, repeated, and/or prolonged observation of a building (e.g., with binoculars or video camera); taking notes or measurements; counting paces; sketching floor plans, etc. Informed, alert communities play an integral role in keeping us safe.

Under the Weather?
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Corrections

ISSUE 13

Select sports are back for spring semester

SPORTS- PAGE 16

Corinne Stremmel
Editor-in-Chief

Does this image look familiar to you? Well, it shouldn't. Last week, some delicious-looking caf potstickers somehow made their way into the Sports preview, when they really should have been making their way into our bellies. If you ask the usual passerby, they might say that potstickers do not belong in a Sports preview, and while for the sake of correction, they should not, but for the sake of entertaining hypotheticals, maybe they should.

Maybe what Sports needs is the occasional potsticker, the most athletic of caf delights. Perhaps our Sports preview was a call for the addition of a competitive eating league at Gustavus. If Nathan's Hot Dog Eating Contest can be deemed important enough to happen during a global pandemic, then maybe potstickers

in our newspaper is more than possible.

As you can see, there are a number of reasons for there to be potstickers in the Sports preview, but if this still doesn't sit well with you, I highly recommend checking out the digital version of THE WEEKLY at our website (<https://weekly.blog.gustavus.edu>), where you will find a photo of a swim team member instead of a bowl of potstickers. While this was our original intent, something about the potstickers in sports seemed to make our readers smile. The thing about minor mistakes like this, is that they make for a good story. And, makes one wonder, "Do we need more potstickers in Sports?" Perhaps, but I'll leave that up to THE WEEKLY readers. Feel free to contact us if you're interested in more, intentional potsticker action in the Sports section.

Spring “Lay-Low” period comes to an end while COVID precautions remain in place



Gustavus students get tested for COVID-19 in Christ Chapel.

Isaac Bui

Emily VanGorder
Staff Writer

Gustavus began holding mass testing events in November in preparation for students returning home for Thanksgiving break. Two testing events were held in December, and two have been held so far in February. There were twenty COVID-19 cases discovered in November, 2 cases identified in December, and zero cases have been found from the events in February.

“It is a pleasant surprise anytime we host an event and have low numbers or no disease present. COVID-19 can be present

and a person can be infectious even without symptoms, so that is why testing is so important as it helps us to identify cases that might not otherwise be found,” Director of Health Services at Gustavus Heather Dale said.

The “lay low” period will be ending on Sunday, February 14. After this period, classes will be held in the format of the professor’s choosing, and students groups and organizations will be able to meet as long as everyone is masked and socially distanced. Students will also be able to visit other residence halls and rooms.

Throughout the rest of the semester, Gustavus anticipates having more testing events, and news of these events will

be emailed to staff, faculty, and students. Anyone who wishes to get tested independent of these events can get tested at the Health Services office.

Some Gustavus students have already received the COVID-19 vaccine, namely those who work in assisted living facilities, medical facilities, or COVID-19 testing sites.

Gustavus has registered to be a COVID-19 vaccine provider. Once the vaccine is more readily available, students will be able to get vaccinated on campus, similar to the flu shot clinic held each year.

“I’m a nursing student, so I was able to get a dose allocated for me. I was able to get the vaccine at the Saint Peter Com-

munity Center Senior Center,” Junior Youa Thao said. Thao received her first dose of the Pfizer vaccine on Monday, February 8, and will receive the second dose later in the month.

“My experience with the vaccine was good, the nurses did a good job and explained what needed to be done... [I] don’t have any side effects as of right now,” Thao said.

Junior Brenda De Rosas Lazaro received the COVID-19 vaccine at the Good Samaritan Society in Albert Lea, Minnesota.

“Because I have been working as a CNA for the past three years, I got the Moderna vaccine... [which] gave me a reaction. I had arm soreness, redness, lymph node pain, and

tiredness. [For] the second dose, which I got a few weeks ago, I didn’t feel anything at all,” De Rosas Lazaro said.

After receiving the vaccine, it is still important to follow COVID-19 safety guidelines for the continued health and safety of those on campus.

“Our campus community continues to do well in following the campus guidelines and the numbers of cases in Minnesota and across the country have been declining. But we cannot become complacent. There are new variants that spread faster. Be sure to watch your email for weekly updates and important information on Tuesdays and Fridays throughout spring semester,” Dale said.

COVID-19 Report

Gustavus On-Campus Update

As of February 9, 2021:

Total Positive Cases (since August 15): 247

Current Positive Student Cases: 32

Current Positive Employee Cases: 3

Total Students in Isolation/Quarantine: 112

Students in Isolation/Quarantine On Campus: 40

Employees in Isolation/Quarantine: 10

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. This information is also available for viewing on the College’s COVID-19 Dashboard.

Minnesota COVID-19 Update

As of February 10, 2021:

Total Positive Cases (since January 20, 2020): 469,905

Daily Newly Reported Cases: 551

Daily New Reported Nicollet County Cases: 6

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

Gustavus staff works to establish vaccine



Gusties "Lay Low" while waiting for more COVID news and hopefully a vaccine

Gracie Jackson

Freya Nelson
Staff Writer

As Minnesota begins the first portion of a state-wide vaccine rollout plan, members of the Gustavus community work tirelessly to establish a vaccination plan for the Gustavus community. Jessica Braun, Nurse Practitioner (NP) and Vaccine Coordinator, is working alongside the Minnesota Department of Health (MDH) and Nicollet County Public Health in order to ensure the utmost level of safety at Gustavus.

"Vaccination priorities are set by the Minnesota Department of Health (MDH). Gustavus is working closely with MDH to identify individuals on campus who meet those parameters. The challenge that exists is that there is not enough vaccine supply to meet the current demand. As

production of vaccines ramps up and/or more vaccine options become available, more individuals will be able to be vaccinated," Jessica Braun said.

According to Braun, it is not yet clear when exactly there will be a large quantity of vaccines available to the Gustavus community, but she hopes it is soon.

"It is possible that we could get a large quantity of vaccines and proceed in distributing to the campus similar to our flu clinics, though with current supply chain issues this may not be an option for some time. Another potential scenario is that the College could get smaller allotments of vaccine and we would work with MDH and NCPH to determine how that will be distributed," Braun said.

In terms of who will be vaccinated under the Minnesota Department of Health's next criteria, Braun shares that that criteria is changing daily and it is highly difficult to speculate.

"There is now a focus by MDH to vaccinate early childhood grade k-12 (school staff) and 65+ age groups. [MDH's next phase], phase 1b is slated to begin after those groups are complete. Who is included in the 1b tier is still a work in progress," Braun said.

Braun speculates that following the completion of MDH's current phase, the Gustavus community could have a potential to start receiving vaccinations.

"I think our vaccine allocation will be dependent first on how fast the 65+ group can get done, which will depend on continued doses coming to the state. Once this group is completed, the State will then determine next steps and they sometimes surprise us by switching up priority groups (for instance, E-12 school staff were not initially slated to get a vaccine this early but due to a big push to get kids back in

school they moved up)," Braun said.

According to the Minnesota Department of Health, as updated on February 4, Minnesota is within "Phase 1a" of the state-wide vaccination plan. Phase 1a of MN's vaccination process is a three-tiered prioritization system that details who is qualified to receive the COVID-19 vaccine and when. Within this preliminary phase, only health care personnel, residents of long-term care facilities, general hospital and long-term care employees, and any adults living in an

Intermediate Care Facility. Although the aforementioned people listed are prioritized within the primary three tiers of MN's Phase 1a plan, MN legislators are currently using census data and an equation called the Social Vulnerability Index (SVI) to determine who else in the community may qualify for a vaccine, such as those over the age of 65. The Minnesota De-

partment of Health states that the following phase, "Phase 1b," will be released within the next few weeks.

Braun assures that even after being vaccinated, every member of the Gustavus Community will need to continue to do their part to continue to prevent the spread. These safety measures will include: social distancing, wearing masks (that fit over the mouth and nose), wash hands, and stay home when sick just like those who are not vaccinated.

"As time goes on, we will learn more about COVID-19 illness and the vaccines including duration of protection after illness/vaccination, potential for reinfection, and so much more. COVID fatigue is real, but it is so important that we remain consistent in following mitigation measures until more is known," Braun said.

Continued from page 1

For students who may have not directly interacted with the Center for Inclusive Excellence before, the expansion brings new opportunities for education and community building on campus, and all are encouraged to visit the Center in its new home.

"Inclusive Excellence includes you! It includes everybody," Yang said.

The CIE not only serves as a place to have questions answered about antiracism or equity, but also as a welcoming place for individuals to relax and get to know others.

"Sometimes it's a place to sit down and simply feel safe. The Center has been a home for so many for so long. This expansion is going to be able to create a comfortable and homey space for so many more," Braun said.

"This is only the beginning, and vulnerability is what will allow us to grow and benefit from this expansion," Braun said.

No matter who the individual may be, all are welcome in the Center.

"Anytime anybody new enters the space, it is a vulnerable experience for all. Essentially, this is a safe space for anybody to enter. Be brave, challenge the presumptions you hold of others, and keep an open mind. That's what's most important, keeping an open mind," Yang said.

As Gustavus Adolphus College continues striving to fulfill the Diversity, Equity, and Inclusion initiatives in place, the

Center for Inclusive Excellence will continue to be a resource and public space for all.

"The end goal is for places like the Center for Inclusive Excellence to not be needed. The end goal is that institutions are rooted in inclusive excellence. We are continually realizing that people are inherently diverse and complex... so we can't achieve our end goal without these difficult and uncomfortable conversations," said Braun.

"For the space to be inclusive, you have to be there. We want you there, and we want

you to know that you have the right to be there," Yang said.

PASO invites Gusties to celebrate Black History Month



PASO members pose for a group photo at the 2019 Kwanzaa celebration (pre-COVID).

Submitted

Emma Lohman
Staff Writer

February is Black History Month, and the Pan-African Student Organization (PASO) has planned many exciting and educational events for the Gustavus community based on the theme “Know the Past, Shape the Future.”

The theme was chosen with the goal of drawing attention to the accomplishments of Black people, as well as the difficulties that they have faced, with the hope that these lessons can guide future actions.

Gusties can participate in a variety of weekly events held on Thursday nights along with Friday movie nights. In addition to these events, PASO will be posting daily stories on its Instagram profile (@pasogustavus) about past and present historical figures and events.

PASO hosted its first event on Feb. 4, a virtual discussion focusing on the Black experience and being Black in America. Some of the topics covered included microaggressions, cultural appropriation versus cultural appreciation and allyship.

Both of the co-chairs high-

lighted the inclusive nature of the event and the value in Black students being able to talk openly about what it is like to attend a predominantly white institution.

“I thought it was really cool to get to hear from people, some of these people that I’ve known for a while now, to hear deeper stuff that they’ve experienced at Gustavus or in life in general,” Sophomore Co-Chair Zachary Gbor said.

“I liked how there were African Americans and non-minorities there to listen and understand,” Junior Co-Chair Abegeya Tanese said.

Upcoming events include a Zoom Trivia Night from 6-7 p.m. on Feb. 11 and a dodgeball tournament from 6-7:30 p.m. on Feb. 18 in the Lund Forum. Both events will have prizes for the winners. There will also be an Open Mic Night/Poetry Slam event from 6-7:30 p.m. on Feb. 25 in Alumni Hall.

In addition, PASO kicked off its first movie night with a showing of *The Haunted House* last Friday, Feb. 5 and will be spotlighting other films and documentaries with Black directors and casts throughout the month.

Black History Month was the

brainchild of historian Carter G. Woodson and other prominent African Americans and

“Black History Month for me means showcasing how awesome, how amazing, how extravagant it is to be a Black person. And to show myself once again why it is awesome to be in this skin and why I should always 100 percent appreciate it and be proud of it.”

-Zachary Gbor

was officially recognized by President Gerald Ford in 1976. February was chosen because the Association for the Study of African American Life and History originally sponsored a Black history week during the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglas, both of whom played a key role in helping end slavery. This year there is renewed urgency for celebrating Black History Month following the protests and calls for racial justice that were sparked in 2020.

“[It’s] working in partnership, not in competition...it is a time to remove people out of ignorance, but also to encourage them to ask questions,” Senior Co-President Ingrid Kubisa said.

It is also notable that the new Center for Inclusive Excellence recently opened in the former Dive, just in time for Black History Month. This new larger space is designed to be a place that welcomes and appreciates individuals from all walks of life, and Gusties are encouraged to check it out. The Center offers many programs and initiatives related to diversity, equity and inclusion. Students seeking more resources about

supporting Black, Indigenous, and/or Persons of Color (BI-POC) students or educating themselves about anti-racism can look on the Gustavus website: <https://gustavus.edu/counseling/RESOURCES/ResourcesforBlackStudents.php>.

PASO members welcome anyone who is interested in joining their organization to attend their meetings on Monday nights from 8-9 p.m. on Zoom. For questions or comments about upcoming events, Gusties can contact: Abegeya Tadese (atadese@gustavus.edu) or Zachary Gbor (zgbor@gustavus.edu).

GUSTIE of the WEEK:

Meet Jordan Oleson

Michaela Woodward
Staff Writer

Originally from Woodbury, Minnesota, Junior Jordan Oleson was immediately drawn to the community at Gustavus and now he has found himself to be an integral part of it.

"After having visited many big campuses and some other small ones as well, Gustavus just felt most at home. I felt comfortable the second I stepped out onto the guest parking lot. I thought, 'This is right.' Ever since that day that I toured here I have never regretted it. I love the community so much," Oleson said.

While studying as a Biology and Spanish double major, he works as a Collegiate Fellow, a Tour Guide, a Gustie Guide Coordinator, a Gustavus Ambassador, a Spanish Tutor, the Spanish Department Assistant and is involved in intramural sports, Prepare Christian Ministries and Gustavus Youth Outreach.

For Oleson, it's the people that make it worthwhile.

"I like meeting people. I'm involved in so many different ways, so I get to work with a wide range of people. I get to see people from all walks of life... current Gusties on campus and also prospective Gusties and Alumni. It's a crazy amount of people I get in contact with, and building my network is really important. It's one of the other reasons I came to this place. Gusties hire Gusties in the real world and I want to be a part of that," Oleson said.

The ability to connect with as many people as possible has driven him to be involved in many positions and also to study the subjects he studies.

"For Biology, I wanted to go into that field because it's very broad – you can do anything. At first, I [thought] maybe I want to [go into the medical field]. Turns out it wasn't for me – I want to be able to help people, I'm a very people-oriented person. However, I don't see myself in a lab or in the medical field. I'm probably going to use that after school to make connections and work for a company to get me started and eventually we'll go from there. I'm very excited about the prospect of multiple different sources of knowledge impacting the way I live my life and make decisions," Oleson said.

"I'm very excited about the prospect of multiple different sources of knowledge"



Junior Jordan Oleson is double majoring in both Biology and Spanish, in addition to multiple campus responsibilities.

Submitted

impacting the way I live my life and make decisions."

-Jordan Oleson

His background in Spanish has allowed him to travel broadly and make intercultural connections.

"[In kindergarten] I was put into a Spanish immersion program. We were learning completely in Spanish, everything except English class and gym class was in Spanish. It was an incredible experience. I got to experience a lot of different teachers from different zones of Spanish speakers: from Chile to Costa Rica to Spain. That was a really great way to start my global education from a young age. Going into college, because I would consider myself fluent in two languages, I just figured might as well major in it. I'm studying Spanish and I still love it," Oleson said.

His dedication to Spanish, learning and sharing it with others has been noted by those he's worked with.

"I have known [Oleson] since his first semester at Gustavus and have had the pleasure to work with him in two of my courses. He works with dedication and has great curiosity to learn about the world. He has worked hard to achieve an advanced level of Spanish; his bilingual skills have helped

him study other cultures, travel, and communicate with people to expand his worldview," Associate Professor in Spanish Ana Adams said.

"[Oleson] is a true leader who serves our Gustavus community with great passion, hosting incoming students, giving campus tours, and tutoring Spanish students, to name a few. I know our students

"[Oleson] works with dedication and has great curiosity to learn about the world."

-Ana Adams

appreciate his guidance and personable professionalism," Adams said.

Outside of his busy schedule, Oleson enjoys reading, baking, being outdoors, and playing guitar in his free time. The way he keeps himself oriented is by making downtime part of his schedule – which has helped him stay motivated during the uncertainty of the current state of the world.

"Put time on the calendar for yourself – whether it be for reflection or development or growth, whatever you want to call it – put it down and spend the time. Investment in [myself] is really what has motivated me to be able to continue to make connections and help other people grow as well," Oleson said.

"Investment in [myself] is really what has motivated me to be able to continue to make connections and help other people grow as well."

-Jordan Oleson

Another piece of advice? "Make a friend today," Oleson said.

Nuts about sharing your opinion?

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Gustavus QuizBowl team prepares for first virtual competition



Seniors Alyssa Ford and Jared Zaun are both Quiz Bowl teammates and roommates.

Submitted

Emily VanGorder
Staff Writer

QuizBowl is a national trivia competition game open to students across the United States from middle school through college. The National Academic Quiz Tournaments (NAQT) was founded in 1996 by a group of former QuizBowl players who wanted to make the trivia game more accessible and popular among students. The competition is open to any and all students or groups, who can compete individually or in teams.

"I [got] into QuizBowl in high school. I enjoyed it a lot, so I thought I'd continue on in college. My high school group was very large, but QuizBowl doesn't have as much of a collegiate presence, especially in smaller schools. Here at Gustavus, our team is around twelve people... It's like bar trivia, but more academic," Senior Alyssa Ford said.

Junior Jasper Johnson joined his high school QuizBowl team his freshman year of high school. After coming to Gustavus, he joined the QuizBowl team as a

first-year.

"I was definitely a little intimidated at first... [The] juniors and seniors blitzed through the questions like it was nothing at all, while I was just a freshman who was still learning the rules... Once I went to more practices and got to know everyone better, I started having a much better experience."

-Jasper Johnson

Gustavus QuizBowl participants meet during the week and go through questions to practice

for tournaments, which focus on a variety of topics.

"We're big fans of the annual pop culture tournament, which is a lot of fun. It goes over the events of the year in a trivia format, which includes things like music and movies," Ford said.

As President of the Gustavus QuizBowl team, Ford is in charge of getting funding, signing up for tournaments and corresponding with the Presidents of other QuizBowl teams throughout the Midwest to plan getting together and competing in tournaments.

Competitions are usually held in person. Students on opposing teams hit a buzzer to answer questions without conversing with their team members. If players think they know the answer, they do not have to wait for the question to finish being read. Correct answers to these types of questions receive more points than regular answers do, but it is more of a risk for the team. Due to COVID-19, competitions have become less frequent and are being held online.

"This year, competitions are virtual, and we have one coming up at the end of February. It

will be over Zoom, using virtual buzzers, which may be a bit hectic if there is lag or any technical issues," Ford said.

"You think you're going to walk into a club of know-it-alls, but really it's just a bunch of people hanging out and doing trivia. It's a lot of useless knowledge we have bouncing around our heads that we make fun."

-Alyssa Ford

While most QuizBowl tournaments are done for fun, there are sometimes prizes for winning teams or individuals. Some other popular prizes are books, vintage records, and collectibles.

While QuizBowl can sound intimidating, Ford urges any interested students to try it out.

Some large national competitions allow teams to travel to compete.

"I'd say the best experience I've had was going to Nationals in Atlanta back during my senior year of high school... It was a blast... Even though we didn't end up making it to the finals, the tournament itself was really fun, especially being able to meet teams from all across the country," Johnson said.

Once Ford graduates this year, Johnson will step in as President of the Gustavus QuizBowl team. However, current Gusties can still contact Alyssa Ford (aford@gustavus.edu) to be added to the QuizBowl email list—new members are always welcome.

Geena Zebrasky
Features Writer

HELIUM:

a little-known limited resource

Helium: the lone element resting on top of the rest of the noble gases on the periodic table, best known by the average person for its balloon-filling abilities. Well, that's unless you're talking to a scientist—then, helium is best known for its ability to reach near absolute zero temperatures (and other incredible properties). When some materials are cooled to these temperatures, they become superconductors: they lose all electrical resistance, and can generate large magnetic fields. Thus, the unique ability of liquid helium to maintain these low temperatures is crucial to scientific research, as well as the medical industry.

For instance, these magnetic fields are utilized in MRI machines—without liquid helium, these machines would be rendered useless. Superconducting magnets are also utilized in nuclear magnetic resonance (NMR) instruments, a critical technology for chemists in analyzing the structure of organic molecules. NMR is an irreplaceable tool for chemical research. These are just two of the instruments used daily in

which helium plays an essential role. This element's use in scientific instruments affects all fields of science.

The smallest element on the periodic table doesn't just affect the scientific and medical industries, though—aerospace technologies rely on helium as well. Rocket propulsion systems utilize the unique capability of helium to remain a gas until extremely low temperatures, and they use this to pressurize the tanks of liquid hydrogen or other fuel in order to force fuel into the rocket engines.

Helium is used in many different hydrogen-based propellant systems because it's the only element with a lower boiling point—other elements would freeze or react with the liquid hydrogen. So, this small element is a national interest, critical to agencies like NASA and the Department of Defense.

Interestingly, helium's first big debut was with the onset of World War I, as helium was a necessary part of the zeppelins used. Although Germany was best known for their use of zeppelins, the United States also developed similar aircraft: blimps. In

fact, in the 1920s, 90% of the helium extracted in the U.S. went to the Navy's airship program.

At this point, you're probably wondering where we even get helium. Helium is a product of radioactive decay within the Earth, and this takes millions of years to occur. Some of this helium gets trapped in rock formations, and as a result, almost all of our helium is obtained as a byproduct of natural gas production. However, not all fields have an abundance, and extracting helium is a complex process (and so is refining). As a result, most natural gas extractors don't bother with it and instead vent it off with other 'wastes' of production, so there's only a handful of fields where the extraction of helium occurs.

The United States is the world's largest producer of helium. In the 1960s, the U.S. government created the Federal Helium Reserve. Located in the Cliffside gas field near Amarillo, Texas, this reserve was created during the Cold War as helium began to again be considered a key resource to the government. There is

no storage facility for crude helium like this anywhere else.

The reserve also serves as a connection and storage point for private crude helium production plants. The federal government used to be directly involved in production, but The Helium Privatization Act of 1996 was passed following a low period in the helium market in an effort to repay the debt of running the helium program to the Treasury. With this act, the Bureau of Land Management was to shut down its production facilities and sell crude helium in the reserve at a fixed rate and price.

Without getting too into the weeds, the system for selling that was established created a volatile market for helium—one that was demonstrated in a 2010 report by the National Research Council to allow private firms to profit off of the federal reserve through the distortion of prices created by the conditions of this act.

So, in 2013, in an effort to re-establish a competitive market price, the Helium Stewardship Act was passed. This continued to mandate

that the Reserve close and dispose of its assets, establishing a date of no later than September 30, 2021. However, this again didn't go as planned, and in 2019, a helium shortage caused prices to skyrocket.

Many scientists find this instability and total privatization to be worrying because the federal reserve is "the only place in the world where helium can be stockpiled to provide a buffer against supply fluctuations."

With the unreliable market proving to be a price barrier to many scientists and potential shortages worrying the medical industry, more people are turning towards recycling their helium. By capturing it as it naturally boils off, and reliquifying it on site, researchers have the ability to reuse their helium. However, these technologies have a very expensive up-front cost and aren't easily accessible to a lot of small scale researchers.

As it turns out, one tiny element can play a big and necessary role in countless technologies, from NMR to rockets to replacing nitrogen in the breathing tanks for deep

sea divers (I had to include that application somehow). Helium even has its own place among the 35 elements listed on the Department of the Interior's 2018 list of "35 Minerals Deemed Critical to U.S. National Security and the Economy." So next time you go and buy a balloon, I hope you think about helium's place on the list of limited resources that we are struggling to manage.

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Black History Month: Retire or Enhance?



DeAnna Giles
Opinion Columnist

This year marks 45 years since Black History Month became nationally recognized, but more schools have lost sight of the importance held by this historical month. Originally known as African American History Week in 1926, Carter G. Woodson wanted this month to be a celebration of a people that many in this country at the time believed had no place in history, an entire month dedicated to learning about Black contributors and advancements. I guess we should leave this month for those directly impacted. Oh wait, that is everyone.

Black history continues to contribute to our current society and how we became a nation. I am sure you have heard how the past dictates the future, why not intentionally learn a different perspective for at least one month out of the year. "Seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history," Former President Gerald R. Ford said.

"America had the privilege of being led by the 44th President, Barack Obama, and currently has the privilege of Kamala Harris serving as Vice President. History should not and does not stop here. America should continue to uplift those who came before us."

This is one of many major accomplishments in the Black community. I appreciate seeing schools actively engage in Black History Month, especially if their school is considered to be fairly diverse. This type of engagement is what makes the school system so important in society.

"Not only should children learn civic knowledge—how the electoral college works, the history of political parties, and so

on—but they also need to master civic skills, which include respecting others, working collaboratively, acting in a way that is fair and just, and being an active participant in the life of the community," Co-founder and President of the National School Climate Center Jonathan Cohen said.

All of these are influenced by the acknowledgement and celebration of Black history. Learning about different cultures and viewpoints can have a lasting impact on a person's life. It allows us to pause and remember their stories, so we can commemorate their achievements. It builds respect for one another and develops a better attitude towards collaboration in a diverse world.

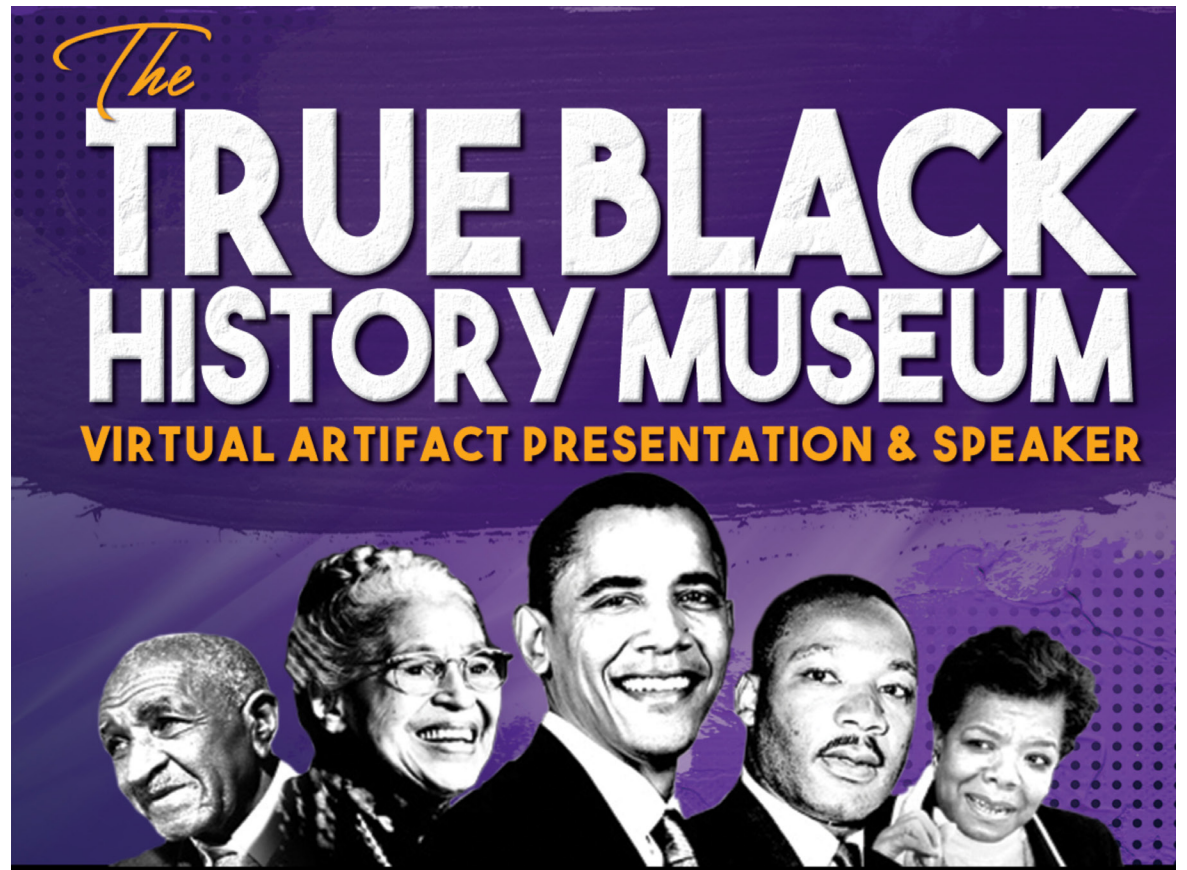
On the flip side, accomplishments do not always please everyone. Many argue it is unfair to devote an entire month to a single group of people, and we should celebrate Black history throughout the entire year. Setting aside only one month out of the year, many argue, gives people license to neglect this past for the other 11 months.

"Being aware of our privileges, where they came from and the sacrifices it took to get us where we are today creates a higher feeling of appreciation."

Personally, I encourage everyone to learn history other than their own and not wait until the month of February to learn about Black excellence. The reason for dedicating an entire month is the reason we have Pride Month, Native American Heritage Month and other months dedicated to specific groups or communities. It is to raise awareness, shed light on its educational value, and to merely celebrate the diversity of life. For many, it is a declaration for equality and freedom in America.

America had the privilege of being led by the 44th President, Barack Obama, and currently has the privilege of Kamala Harris serving as Vice President. History should not and does not stop here. America should continue to uplift those who came before us. Until our society acknowledges the contributions of all cultures, this focused time to highlight Black achievements and inspire and educate is essential.

Others argue that the emphasis on Black history is divisive and mistakenly label it 'racist.' I say to them as a reminder, we cannot discuss the civil rights movement, the freedom struggle of Black Americans and the continued fight for justice without paying attention to White allies who were working alongside



The collection takes you on a journey through the African-American experience and is comprised of over 1000 authentic artifacts and original documents from historic figures such as Booker T. Washington, Mary McLeod Bethune, and many more.

Feb. 18th | 7PM | Virtual
Check the Gustavus calendar for the link!

Sponsored by the Student Life Division's Greatest Challenges

The True Black History Museum will be streamed Feb. 18

Submitted

Black people. Black History Month is not solely about praising Black individuals and diminishing the contribution of others. It is about celebrating the accomplishments and events that advanced America and gave Black Americans constitutional rights and freedom knowing that many of the events included the help of non-black allies.

This month, we are intentionally presented the opportunities to celebrate those who came before us. Apart from an awareness of the past, we can never appreciate the blessings we enjoy in the present.

Too many people take for granted the rights and opportunities that people before them fought, bled, and died to secure.

Being aware of our privileges, where they came from and the sacrifices it took to get us where we are today creates a higher feeling of appreciation. The fact that we live in a world that continues to benefit from the advancements of our Black ancestors is amazing, but as we continue to live with these benefits, there needs to be acknowledgement, recognition and respect.

This is why Black History Month should be celebrated in every school. Woodson believed the heritage and contributions of Black Americans was excluded from history, and he saw this knowledge as essential to social change. A month dedicated to a group of people and/or a community should be a month of in-

tentional learning. Intentionality helps us understand the purpose and importance of the past and the impact on the world we live in.

Black History Month will always be an important contribution in schools and America. Understand that this does not mean other historic months do not contribute.

"Black history is American history and so are Hispanic, Native American and Asian histories. Schools must be intentional in creating learning spaces where American history is taught from multiple perspectives," Arizona District Director of Equity Perspective Dr. Adama Sallu said.

Why Black History Month Should Be All Year



Emily Seppelt
Opinion Columnist

Here at Gustavus and across the country, this week marked the second week of Black History Month. Running throughout the entire month of February, PASO will be putting on a variety of events to celebrate black history and educate the Gustavus campus at large.

First founded as just a week by historian Carter G. Woodson, Black History has been recognized by every U.S. President since 1976. In the 1960s, an entire month grew more popular on college campuses across the country. Every year, a theme is

chosen to focus on for the month. The theme nationally for 2021 is "Black Family: Representation, Identity and Diversity."

The importance of this month and recognition of black history is clearer and more important than ever, and it is absolutely vital to Gustavus's anti-racist initiatives currently in motion. Since the very start of our country, and therefore later the founding of our campus, the stories told (or not told) about black history were twisted and skewed to benefit one narrative that has kept white supremacy in an ever present and dangerous position of power and domination.

Although Black Americans constitute a significant portion of our nation's population, the extent of black history taught in schools stops at very limited understandings of the slavery and later an idealized version of the civil rights movement. Learning and understanding more black history at a deeper than surface level is one step that is necessary if we intend to dismantle white supremacy and support anti-racist goals on campus.

This means not limiting ourselves to just February to go out of our way to search out black

history resources as well as taking the time to teach others. Just like we can't leave behind our anti-racist work in May and June, we can't leave our black history lessons in February. This month is a great time to find resources about less covered stories of Black Americans and incorporate them into your everyday life and understanding and bring them with you into all the spaces that you inhabit.

Here at Gustavus, we have a unique opportunity to do this as members of a college community. There are countless possibilities and opportunities to both teach black history in the classroom as faculty and bring black stories and history with us to our classes as students. No matter your department or focus, there is relevant black history to be taught and learned.

In fact, bringing black history into subjects that you may not think it is relevant, such as STEM classes, may be even more important than in traditionally social justice focused departments. One relevant example can be found in the current push to rename Linnaeus Arboretum. For decades, the name of the Arb went unchecked out of simple

ignorance about the actions of Linnaeus and his whitewashed history. With better black and anti-racist history education, this issue could have been solved much quicker (not that there seems to be a great rush by the administration for the name to be changed).

"This month is a great time to find resources about less covered stories of Black Americans and incorporate them into your everyday life and understanding and bring them with you into all the spaces that you inhabit."

Teaching and learning black history also often means disentangling ourselves from the version of American history that many of us were taught in our

K-12 education, as well (at times) here at Gustavus. Thousands of black poets, doctors, activists, scientists, and other historic figures were erased, forgotten, and pushed to the wayside in the name of the story that White Americans tell themselves about the history of our country. Bringing to light these historic events and figures can help us to piece together the country's true history as well as give them the recognition that they deserve.

Anti-racist work is a lifelong pursuit and challenge, and Black History Month is a great way to center black lives and black voices in our everyday life and work. I encourage everyone to participate in PASO's Black History Month events this month alongside any other Black History events occurring this month on and off campus and bring those lessons and experiences with them into the rest of 2021. Don't be afraid of seeking out your own resources and black history texts, media, and other resources you may be personally interested in. Bring up Black history in class and any organizations that you may be a part of.

Walk the 15 extra steps to the compost



Emma Pufahl
Opinion Columnist

Hello my fellow Gusties and welcome back to the (below) freezing Minnesota weather we all know and... love? We need to talk about a very important topic, that lies heavy on my mind, as well as the minds of many, many EAC members and various staff members. Composting. You might be saying to yourself, "What on earth is composting? How do I do it? Why does it matter?" Fear not. I will tell you all you need to hear and hopefully convince you into being a full-fledged Compost Warrior. (I'm open to suggestions on what our official title could be).

Composting is when organic material, such as grass clippings, banana peels or the faux plastic straws and cups from your favorite iced Courtyard drink, rots and breaks down into beautiful,

nutrient-rich, black soil, the kind of soil people will spend good money on. Some of the best soil you can grow your dorm plant in is this composted soil. There are a few more steps from banana peel to houseplant soil, but all you need to know is that grass clippings can make gold standard soil.

How do I compost? Gustavus is a pretty incredible campus that stepped up their composting game this school year. Before this year, Campus Center and Nobel were the only places on campus where we could compost. Now, we are able to compost nearly anywhere on campus. When you get pizza and egg rolls in a to-go container with a fountain pop in a cup with a lid, everything in your hands can go in your nearest compost bin. And if you were enjoying a socially distanced meal with your friend, all leftover food scraps are composted by the lovely people in the dish room. Either way of disposal will have these compostable goods end up in the same place: Gustavus' industrial composter.

If your dorm have a leftover ice cream pail, a fancy compost bin with a charcoal filter, or just save your coffee cup after stopping by the Courtyard, fill them up with loose scraps and once full, or once it stinks too much, bring it to your nearest compost bin. If you use the coffee cup option, remember the entire cup can go in the compost, assuming the coffee is from somewhere on campus. Every academic and



After the compost goes in the bin, it is taken to the composting center

residence building should have at least one compost bin, or there is one somewhere nearby.

Now the most important question- Why does composting my one banana peel even matter?

Let's talk about where food scraps put in the normal trash cans go. (Side note: I don't know why I'm stuck on this banana peel example. I don't even eat bananas.) When that banana peel from the banana that went into your roommate's interesting but delicious spinach and banana bread muffins goes into the trash can instead of going to the compost, it doesn't get to live out its full potential. The trash bag can suffocate the natural rotting process of the organic material,

meaning it won't break down properly, if at all. Not only this, but the organic material is heading to a garbage dump where it will be sealed and stuck until the end of time. Not only does that sound like a complete let down, but all of the nutrients, energy and water will be buried with it. We will lose these somewhat limited resources to a garbage dump. A garbage dump, an inanimate place, is given these invaluable resources. In turn, it is sealed off and gets to hold on to these life-preserving assets forever. Allowing organic materials break down and return to soil is one of the inputs that can inhibit the growth of strong, healthy plants.

Please think about complet-

ing the life cycle of your food, grass clippings or compostable utensils. These organic materials help in ensuring essential nutrients return to the living-beings that need it for survival, instead of feeding a garbage dump. If you are unsure about what can be composted, think about where it came from. All to-go dishware on campus can be composted. Throwing week-old leftovers into the compost instead of the trash can is crucial to providing ourselves, as well as future generations vital resources, nutrients, energy and water. I'm asking you to think about this and walk the extra 15 steps to put your compostable, organic-material goodies into the compost bin.

Gracie Jackson

Take self-care of yourself, Gusties



Lexi Louis
Opinion Columnist

I think that understanding how to perceive others' nonverbal communication is imperative. What we wear, our stance, our facial expressions, and our movements are the initial impression we give to others. I believe the quote by Abraham Lincoln, who stated that, "Actions speak louder than words."

Although the content of our verbal communication is important, most of the meaningful communication we do is nonverbal. Albert Mehrabian, a researcher of body language, concluded that communication consists of, "55 percent nonverbal, 38 percent vocal, and 7 percent words." I think that this is mostly true, but it can fluctuate depending on the situation.

"Albert Mehrabian, a researcher of body language, concluded that communication consists of, '55 percent nonverbal, 38 percent vocal, and 7 percent words.'"

When I am sitting at a desk, I remind myself to sit up straight and lean in. I may be listening intently to the lecture when I am leaning back, but it sends a contradictory message. When I decide what to wear, I pick clothes that will be appropriate. If I attend an interview, I don't want to wear pajamas. This may send the message that I don't care. I don't want to be looking at or checking my phone when I am being interviewed either. A quote by Mark Harvey is, "Kids used to sit back and listen to lectures. Now they're leaning in. Body language has changed."

Maintaining eye contact in our culture can show integrity, interest, and it can show we are listening. Our pupils dilate when we see something we like, and they constrict when we see something we don't

like. They let more light in when they are dilated, and let less light in when they are constricted. In other countries like Japan, it can show disrespect and aggression. I don't think eye contact is the only thing that shows honesty. There are many other factors that may contribute to how someone uses eye contact, so it can be misleading.

To notice when someone may be experiencing negative feelings is a helpful trait. Some self-pacifying behaviors I notice in public are when people touch their face, adjust their clothing, or rub their hands on their legs. These behaviors can tell me someone may be uncomfortable or nervous. When someone squints or closes their eyes, they may not like what they are seeing. When this is accompanied by a nose scrunch and scowl, they may be disgusted or not like what they are hearing.

To notice when someone may be experiencing positive feelings is helpful too. Some gravity-defying behaviors I notice in public are when someone's toes, hands or thumbs are pointed upward. When someone's feet are bouncing up and down when they are sitting, they are very happy. With a mask on, it can be trickier to completely read facial expressions. A genuine smile involves eyes and eyelids turned upward and sometimes raised eyebrows.

The book by Joe Navarro, What Every Body is Saying, explains how our face, our torso, or our arms aren't the best indicator of what we are thinking or feeling. The best indicator is our feet. I would have initially thought it would have been the eyes, but it makes sense. We are more actively aware of our facial expressions than our feet.

Some things I notice in public are if people have their feet at an angle, if people have their feet crossed, and where their feet are pointing. When people have their feet crossed, it means they are comfortable where they are. If someone has their feet at an angle pointed at the exit, it is a good sign they are ready to leave. I was at the café and noticed two people and one with their feet crossed. An assumption I made was that this person was comfortable with the other person and knew them very well.

Our limbic brain controls our freeze, fight, flight response. This is a natural human instinct, and it sometimes isn't useful in modern times. Our ancestors used it to react to predators. When our feet are angled, we are ready to leave. When they are crossed, our balance is put off so we are comfortable where we are. Where our feet are pointing and the proximity of them to others'



Non verbal communication can say a lot

Cadence Paramore

are meaningful too. People who like each other may have their feet closer and pointed towards one another.

These are just some of the messages we are sending through our body language.

How we present ourselves, our tone, our pitch, our body language, our facial expressions, and our eye contact all make up nonverbal communication. It consists of most of our communication, and it is important

to understand correctly. I think nonverbal communication is more important than verbal communication. We may have the right words to say, but how we say them matters even more.

The Good, the Bad, and the Meh



The new DIVEersity Center for Inclusive Excellence is poppin'



The cold has taken 3 of your toes



At least it's sunny

Word Search

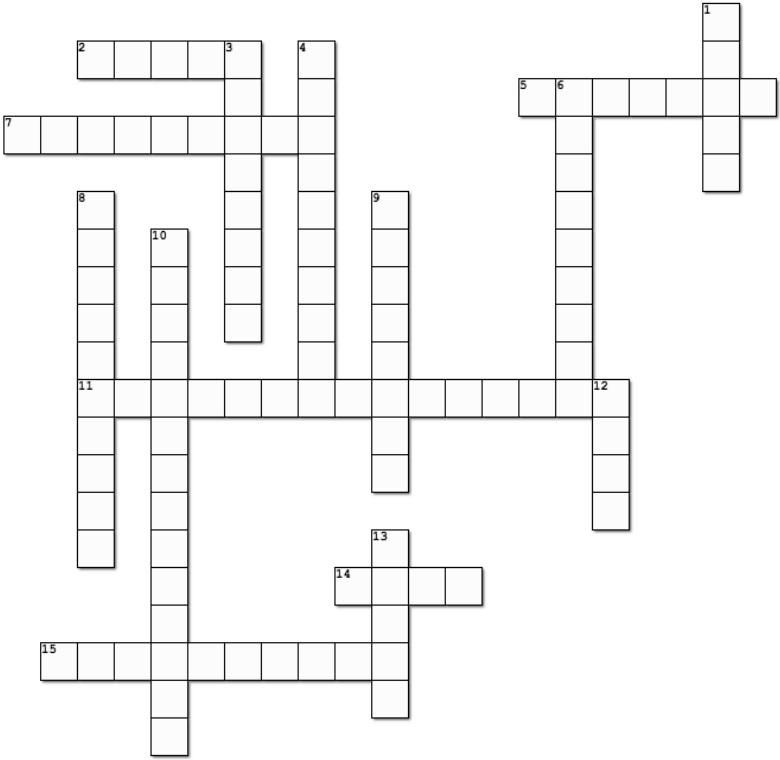
Cold Snap

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

- bad
blanket
boots
breath
brittle
- coat
cold
flash
freeze
frostbite
- hat
hot cocoa
ice
inside
mittens
- polar vortex
pretty
scarf
snow
wind

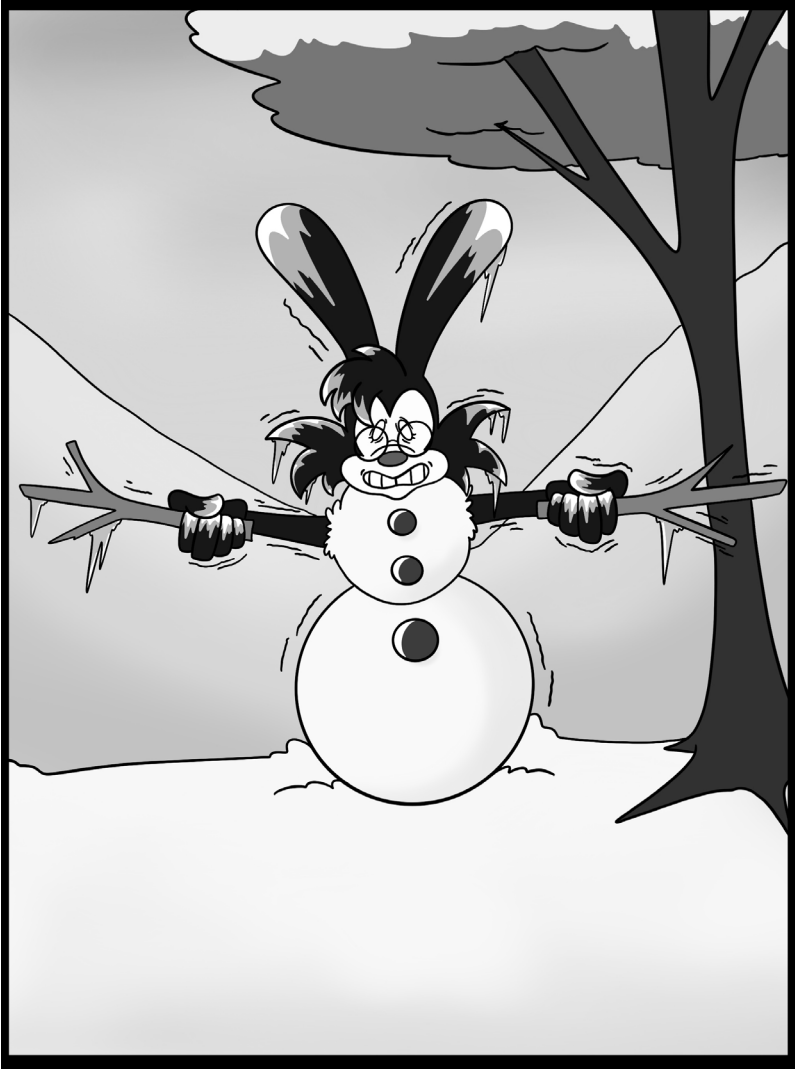
Crossword

Valentines Day



- Across
2. Valentine was a _____.
5. The lovely winter weather we're having will kill Valentine's Day _____.
7. The best edible gift.
11. The British Museum holds the first known Valentine's Day letter. Who wrote it?
14. The O in XOXO stands for _____.
15. Valentine was put to death at the orders of which Roman emperor?
- Down
1. One billion Valentine's Day _____ are sold every year.
3. Who receives the most Valentine's Day cards?
4. Valentine was also a patron of _____.
6. In Old Ireland, you would carve a heart into a spoon and give it to your lover for Valentine's Day. What did they call it?
8. Valentine's Day has its roots in this Roman festival.
9. What mobster was behind the Valentine's Day Mas-sacre (two words)?
10. Who created the first Valentine's Day box of chocolates (two words)?
12. If you are single, Valentine's Day is a _____.
13. The winged baby that shoots people with love.

"Flash Freeze" by Bryanna Filip



The Monkey Speaks



The Monkey Man
Eldritch Being

February Horoscopes

- Aries: Take a second to breathe an listen. If you're not careful, you'll miss it.
- Taurus: This is your sign to get that sandwich from the co-op. You'll need it.
- Gemini: Careful next time you go to the store and be sure to pay with exact change.
- Cancer: Walk out your door, then three paces to the left. Dig
- down until you find something and never let it go. It will bring luck.
- Leo: It's better you not know. Concentrate on the task at hand. Or else.
- Virgo: This Sunday, somebody tall dark and handsome will come knocking on your door. Don't let them in.
- Libra: Keep an eye on your personalized ads. They're becoming awfully targeted. Even more than usual.
- Scorpio: Your fate is in your own hands. The stars have given up on you.
- Sagittarius: This is not the time for online shopping. You don't need it and you don't know what it will cost.
- Capricorn: Trees are connected. They send messages through electrical signals in the ground and pheromones in the air. Don't forget that.
- Aquarius: Settle your debts before they settle you.
- Pisces: You'll need an umbrella soon.

Men's and Women's Track & Field Attends



GAC Womens Track is off to the races

Submitted

Autumn Zierman Staff Writer

With the beginning of Spring semester, Track and Field are off to the literal races. Both Men's and Women's Track and Field returned this past weekend, on Saturday February 6, to compete in the first Round Robin style meet of the season against Bethany Lutheran College.

Both teams held strong this weekend, with the Men's team besting Bethany Lutheran and the Women's team trailing just behind. Individually, the months without competition have given students opportunities to practice and improve that paid off this weekend. Most notably, Taylor Rooney, Senior on the Men's team, blew through the school's record in the 60m hurdles in a personal best time, placing him first nationwide in Division III and awarding him the MIAC student of the week award.

"[Competition] felt pretty good. We have been working a lot for competition and it was nice to be back after almost a year," Junior Steven Orzoleck said.

Orzoleck continued the race to success with a first-place victory in shot put, and looking forward to a season without nationals, hopes to get things improved, especially in preparation for the outdoor season.

The return to competition was equally well received on

both sides.

"Having the meet really helped team spirit—having returners compete again—it was strange and a little more distant, but the energy was still the same," Senior Rachel Studer said.

"It was really fun to see everyone having a goal to work towards," Senior Paige Patterson said.

Indeed, it is the common drive to return to both normalcy and competition that pushed the Track and Field team back into competition this weekend, overcoming a plethora of hurdles in their everyday lives to ensure that competition is possible.

"Everyone has done a bang-up job of following COVID regulations. They are all pulling their weight to compete, waking up early to test and wearing masks at all times that aren't competition level exertion. It all takes a tremendous amount of discipline and scheduling," Head Coach Aaron Lund said.

The same gratitude from coaches for the student's hard work is echoed back.

"We have all been working hard, especially the coaches, and it is really great to see our hard work on the track," Senior DeAnna Giles, writer for *THE WEEKLY* said.

These extra measures and months of lost competition have also driven the team to take advantage of whatever opportunities they do have.

"We won't take it for granted. I have to enjoy every second we have; it really is a breath of fresh air," Senior Liz Kvebak said.

Even so, it is notable how different not just practices, but competitions are as well in the new, regulated, sport reality.

"Instead of warmups off, its masks off," Kvebak said on how even the simple rhetoric has changed with the sport.

"One thing that stood out as different—there was no crowd. It was really about motivating yourself without people cheer-

ing your name from the sidelines," Junior Doris Mor said.

Despite the ability the team now has to practice together, with limits and frequent COVID tests, they remain separate at competitions. The atmosphere without each other has changed both how quickly competitions feel and progress and the team camaraderie.

Team bonding has also grown stronger with the return of in-person competitions and practices. Working with the restrictions in place on team gathering, the Track and Field

team was able to reach full-team practice last Friday.

To grow the team closer together on both the Men's and Women's sides, it has become common practice from upperclassmen to deliver notes of encouragement to lower classmen throughout the practice week. This atmosphere of camaraderie has been especially emphasized by Head Coach Lund.

"This is my second year with the program, there needed to be a big emphasis on team culture and energy. After fall semester practice in pods we want to build connection and community. Captains are doing a really nice job of involving everyone," Head Coach Lund said.

Looking forward, a culture of success built on hard work motivates the team to future victory. Personal goals for all the seniors revolve around reaching personal bests and breaking old records. Simultaneously, the team is both grateful and relieved to be back on the field.

"It's the best part of my day," Mor said.

The team spirit grown through tending that energy pushes the team forward to upcoming competitions, and all of Gustavus is cheering them on as they travel this weekend to Saint John's and Saint Benedict's.



Taylor Rooney leaps to success with a look of determination

Submitted

Women's Basketball Defeats Augsburg

The Gusties defeated the Auggies 92-74

Eamonn McCullough
Staff Writer

The Gustavus Women's basketball team ignited the court on Saturday, February 6, topping conference rival Augsburg 92-74 to open the season on the road. The Gusties played a strong offensive game from the beginning, and although Augsburg led by a small margin for much of the first quarter, Seniors Paige Richert and Marisa Gustafson kept the visitor side of the scoreboard well lit.

"We executed on offense really well. We scored a lot of points, which helped us where we were lacking on defense. For our first game in a year, we pushed the pace and shared the ball really well," Senior Guard Ava Gonsorowski said.

Gustavus was a force to be reckoned with throughout the second quarter, putting up 26 points throughout the frame. The Gustie defense, highlighted by Sophomore Anna Sanders' team-leading 7 rebounds, held a strong line throughout the first half as well, despite Saturday being the first time the team has had the chance to defend against outside competition all year.

"Collectively, we did a really good job of staying together. For our first game in almost a year, it helped that all of us were there supporting each other and being positive," Sanders said. "We were a little lacking on the defensive end, trying to keep people in front. We haven't played anyone but ourselves since Saturday, and that change of pace was really hard to adjust to," Gonsorowski said.

Despite these minor challenges, Gustavus finished out the beginning of the game in the lead, 46-36. The Gusties plowed through the third quarter in a blaze of offensive fury, led by Sophomore Caitlin Rorman. The 2019-20 Rookie of the Year was responsible for 11 of the 22 Gustavus points scored in the quarter, and the Gusties



Ava Gonsorowski breaks ankles on her way to success

Submitted

led 68-56 going into the twilight of the game.

"I felt like we played well together. I mean, there were mistakes made just from not actually playing a game for that long, but I felt like we were still able to play as a team just from getting to do so much scrimaging the first few weeks we were back. We were able to put that team chemistry together well," Rorman said.

Although the beginning of the fourth quarter was marked by back-and-forth scoring drives, the Gusties were able to clinch their victory in the end, outscoring the Auggies 92-74.

"It was good that we got a

win. It's always good to win on the road in the MIAC, especially since this was our first game in over 345 days. It was good to get the win we've been working for since October of this year. It was also good to see some of the younger kids play, and to have some of our veterans show them the way," Gonsorowski said.

Coming off such a decisive victory, the Gusties were looking forward to another week of stiff competition until their next game, a home non-conference matchup with Bethel scheduled for Wednesday, Feb. 10, was postponed due to COVID-19 regulations. Although Gustavus officials are still looking for a date to move that event to, the Gustie women have another exciting conference away game scheduled for Saturday, Feb. 13 against the University of St. Thomas.

Sudden changes in plans are nothing new to COVID-era Gustie student athletes, however, and dealing with uncertainty has been one of the biggest adjustments for most teams competing this season.

"Adjusting to day-to-day life [has been a challenge]. Every practice and game isn't given.

Like, this week we had a false positive test but our game for Wednesday (Feb. 10) was postponed anyway. Adjusting to the uncertainty has really been one of our strengths this year. I'm looking forward



Caitlin Rorman prepares to take the shot

Submitted



Marisa Gustafson secures the bag

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to seeing what this team can do the rest of the season with what we have. We're gonna play hard and take everything that we can get. We got a really special group of girls this year," Gonsorowski said.

Despite sudden changes to the competition schedule, the daily thrill of practice and the opportunity to improve still remains.

"Getting to play games is kinda like the cherry on top, it kinda seems like this season.

We've talked this spring about how every time we see each other could really be the last for two weeks or the rest of the year," Sanders said.

"Under the circumstances, we really don't know what could come. I think [I'm looking forward to] just being able to enjoy the time we can as a team, especially knowing we have so many seniors, and just being able to spend as much time on the court with them as we can," Rorman said.

Bad Day to be an Auggie

Women's hockey gets back on track with a 3-0 win.



Gusties shine during the game against Augsburg

Submitted

Jack Wiessenberger Staff Writer

After an unexpected change to their schedule, the Gustavus Women's Hockey team took the ice last Saturday in a matchup against Augsburg. The team was originally scheduled to face off against St. Thomas, but following the return of positive COVID tests, the Tommies were forced to cancel the match. Instead, the Gusties got a rematch of last year's MIAC Championship - a game in which Gustavus won by a score of 3-0. This time around, the Gusties tallied one more goal than last year in a 4-0 win.

"We played much better in most all areas versus Augsburg than we did last Tuesday against Bethel. It was very encouraging to see a number of players play very well. A rare penalty shot was called against us and it was nice to see Katie McCoy make the save," Head Women's Hockey Coach Mike Carroll said.

The Gusties fared much better in this home matchup than in their season opener against Bethel where they fell 4-2. Even with a penalty shot awarded, Gustavus held the Auggies scoreless. First-year goalie Katie McCoy made the impressive save. Sophomore forward Hailey Holland accounted for half of the team's points in this game with one score in the first period and another in the second.

"Obviously our team was

excited to get a win especially because it was the first one of the season. The goals were certainly a big highlight. In the first period I scored on a pass by Sophia Coltvet. We started the second period with another goal when I scored with assists from my linemates Tina Press and Molly McHugh," Holland said.

The impressive statline reflected a week of hard work after a tough loss in the season opener. All areas of play were noticeably improved from the first game.

"We played more as a team. The game against Bethel was a great learning experience to see where we were as a team. We learned what we needed to

work on and get our game legs back under us. The rest of the week for practices was focused on correcting these mistakes, all while preparing to play another strong team," Junior defenseman Gabby Slykas said.

While the season opener had a few bright spots for the Gusties, it certainly did not end up the way the team wished. After nearly a full year without competition, it was understandable that the team looked a little rusty. However, it appeared as if the Gusties were able to quickly shake off the rust and rebound versus Augsburg.

"Each game gives us the chance to grow. As a team we still need to get used to playing

with one another and this comes from communication and understanding each other's roles on the ice. We are still getting used to playing as a team after not playing games for almost a full year," Slykas said.

Teams often take time to develop character and compatibility. With a better understanding of the team's practice needs, Carroll was able to lay out a plan to fix some problems exposed in the Gusties' first game.

"Before the Augsburg game, we mainly focused on battling along the wall, moving our feet better and more effectively all over the ice, following through with our systems more consistently, doing a better job in the neutral zone, and getting our shots through on net. We saw much improvement, but we still have to do better with shooting; limiting the number of shots we have blocked," Carroll said.

The list of skills to improve on was extensive, but the team managed to make great progress in just one week. Of course, with a shortened season due to COVID, every practice and every game carries much more weight.

"We just need to keep our competitive level up in practice so it carries over to the game. COVID has made this season stressful for all of us. It's hard to truly get into things when we have had to take breaks several times due to COVID regulations. We're all focused on just trying to keep a positive attitude because we are at least getting

to play somewhat of a season," Holland said.

These sentiments have become the new normal for Gustavus athletes. Appreciating the competitive season, no matter how it looks, is something teams have had to accept. Over the course of this unique school year, COVID guidelines have forced the women's hockey team to temporarily be shut down a few times.

"As of right now, the team is in quarantine and waiting for results on some teammates. It is a hard time for everyone but all you can do is adapt and follow along with the schools COVID-19 guidelines. We hope we can get back to practicing sooner rather than later, but we understand why we need to take precaution. We have been put into quarantine a few times and each time it's been a new learning experience. Again, we can only sit and wait for results," Slykas said.

Women's hockey was one of a few teams that were placed on pause following a handful of positive COVID-19 tests last week. Should the team be removed from the COVID list, their next match will be this Saturday, February 13. The Gusties will face off against the Auggies once more, this time in Minneapolis.



Gusties celebrate a win

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