

THE GUSTAVIAN WEEKLY

ESTABLISHED 1920

FEBRUARY 19TH, 2021

ISSUE 15

MEET GUSTIE
of the WEEK:
Rachel Erickson



VARIETY - PAGE 6

No one is okay
and that is not
okay



OPINION - PAGE 11

And now...The
Soundwave



ENTERTAINMENT - PAGE 13

Beacon of Hope:

Gustavus moves towards a more sustainable future



The sun behind the steeple on Christ Chapel

Isaac Bui

Emily VanGorder
Staff Writer

Discussions about installing solar panels at Gustavus have been occurring over the last ten years. President Bergman announced on Wednesday, February 17, that solar panels will be installed surrounding the Arbor View apartments to reduce energy and lower greenhouse gas emissions on campus.

"I've been involved from the beginning in terms of recruiting the company [Novel Energy] to help us make a decision... I was also involved in conversations with the city of St. Peter and the Southern Minnesota Municipal Power Association (SMMPA) on the regulations side," Professor in Physics and Environmental Science Charles Niederriter said.

The first attempt to install solar panels was over ten years ago. A company approached

Gustavus and offered to install the panels and help with financing.

"We set up meetings and conversations... mostly that got shut down because between the city of St. Peter and SMMPA, they did not agree that the financing would be acceptable. According to state law, SMMPA is the only company allowed to sell energy in this area," Niederriter said.

Niederriter's interest was re-sparked after a discussion with a friend who asked why Gustavus wasn't using solar panels.

"He suggested this company, Novel Energy. We got involved with them and they were very patient with us and helped us figure things out," Niederriter said.

Over the last three years, representatives from Gustavus, SMMPA, Novel Energy, and the city of St. Peter met over a dozen times to discuss the project. Eventually, discussions reached a standstill due to dis-

agreements regarding financing for the project.

"Last summer I contacted people who worked for the Minnesota Department of Commerce, and they came up with three or four different solutions to get around the problem. Instead of making a power purchase agreement, meaning we would pay for electricity, we leased the equipment required to produce the electricity, which was acceptable to both SMMPA and the city," Niederriter said.

President Bergman announced in 2019 that the college would commit to a 25 percent energy reduction by 2024.

"[The solar panels] should offset about 10 percent of our electricity, so it's a good first step. We're doing other things to meet that goal, but this is a big part," Professor in Chemistry and Environmental Science Jeff Jeremiason said.

The lease is projected to save the college about \$5,000 a year. An additional line also has to

be run to handle the additional capacity out to Arbor View.

"[\$5,000 a year] is not a huge cost savings. In terms of electricity, we spend over a million dollars on electricity... We did it to lower our greenhouse gas emissions... not strictly for financial reasons, but to be more sustainable," Jeremiason said.

"One of the great things we have at Gustavus is land, we have plenty of space to put solar panels. Even as we're talking about new buildings, we're talking about ways to involve solar power in those projects," Niederriter said.

"We're going to be looking at some pollinator-friendly plantings there, what we're going to grow amongst the solar panels so we're looking for possibilities to be as sustainable as we can with what we do there. It would be nice to grow some perennials that could capture some carbon there as well. Some students have proposed putting beehives on campus somewhere, and

that could be a location we look into," Jeremiason said.

Solar panels are also being considered for the Lund renovation. The roof of the new fieldhouse is being built specifically to handle the weight and requirements of solar panels.

Students can expect to see solar panels being installed around the summer of 2021.

"I'm hopeful and confident that the amount of electricity we produce will reduce our need to buy electricity by 6-7 percent, maybe 8 percent. This is a small piece, but a step in the right direction. I'm also hopeful people will see these things as useful and efficient, and think about investing more in campus. This project couldn't be done without the support of a lot of people on campus... a lot of people have been involved through the President's Environmental Sustainability Council, and that helped push this forwards and get it moving," Niederriter said.

THE GUSTAVIAN WEEKLY Staff

Corinne Stremmel
Ben Wick
Anna Edblad
Tyra Ericson
Alma Jorgenson
Liam Carr
Weston Lombard
Filip Belik
Cadence Paramore
Laura Schwichtenberg
Vin Branom

Editor-in-Chief
Assistant Editor-in-Chief
News Editor
Variety Editor
Opinion Editor
Entertainment Editor
Sports & Fitness Editor
Web & Media Manager
Photography Editor
Features & Graphics Editor
Graphics Editor

Marie Osuna
Emily Seppelt
Kyra Bowar
Brandon Holland
Brett Hufendick

Tyra Ericson
Glenn Kranking

Lead Copy Editor
Copy Editor
Copy Editor
Copy Editor
Business Manager
Advertising &
Marketing Manager
Distribution Manager
Adviser

Published weekly on Fridays, except during academic breaks, by the students of Gustavus Adolphus College. Subscriptions are available from THE GUSTAVIAN WEEKLY for \$50/ per year.

Opinions expressed here are not necessarily those of the institution or of its student body. The editors assume full responsibility for editorial and unsigned material.

Letters to the Editor can be sent to lettertotheeditor@gustavus.edu.

If interested in publishing an ad, please contact our advertisement manager, Brett Hufendick, at admanager@gustavus.edu.

50¢
First copy free

EMAIL weekly@gustavus.edu

WEBSITE weekly.blog.gustavus.edu

Campus Safety Report

Wednesday, February 10, 2021

- Campus Safety took a report from an employee regarding a lost Gustavus key

Friday, February 12, 2021

- Campus Safety received a call about a suspicious incident in Rundstrom Hall.

Saturday, February 13, 2021

- Campus Safety was contacted by an AC to assist them in interviews with students of Rundstrom Hall involving events from the previous evening.

Sunday, February 14, 2021

- Campus Safety discovered a conduct violation, underage possession and consumption, in Uhler Hall.
- Campus Safety responded to a fire alarm at Southwest Hall. The cause of the alarm was a water leak in the basement Hostel room 004, the water was shut off and custodians cleaned up the water.
- Campus Safety received a possible theft report from the Lund Center.
- Campus Safety responded

to a medical assist at Uhler Hall. Student was transported to River's Edge and the AC on Call was notified per medical protocol.

Monday, February 15, 2021

- Campus Safety responded to a water sprinkler head that shot off that caused a lot of water damage in Nobel.
- Campus Safety responded to a water sprinkler head that shot off that caused a lot of water damage in Nobel.

Wednesday, February 17, 2021

- Campus Safety received a call about a student yelling in their room for over an hour in Gibbs Hall. AC on Call was contacted. Dean on Call was contacted.

Tip of the Week
City Notification System: Want to be informed when a snow emergency has been declared in the City of Saint Peter? Then it's time to sign up for the City's community notification system....Nixle! Nixle is a community oriented notification system that is used by the City to provide alerts, advisory notices and other community information. You must sign up at www.nixle.to to become part of the system, and you can choose to receive notices via text, e-mail, or both from the City of Saint Peter Administration, Police, Recreation and Leisure Services, and /or the Public Works Department. Make sure you are signed up in the Nixle system in order to receive information about city snow emergencies.

Under the Weather?
Urgent Care can help

See us for*:

Sore Throats | Ear Infection | Minor Cuts or Bruises
Minor Burns | Sprains | Insect Bites | Bladder Infections
Rashes | Eye Irritations | Upper Respiratory Illness

*list not all inclusive - all ages welcome - no appointment needed

RIVER'S EDGE
HOSPITAL • ST. PETER

Monday - Friday 12 p.m. - 7:30 p.m. | Weekends 8 a.m. - 4 p.m.
Closed Holidays
Use the Emergency Room Entrance

1900 North Sunrise Drive | St. Peter
www.REHC.org

COVID-19 Report
Gustavus On-Campus Update

As of February 15, 2021:

Total Positive Cases (since August 15, 2020): 255
Current Positive Student Cases: 8
Current Positive Employee Cases: 1
Total Students in Isolation/Quarantine: 61
Students in Isolation/Quarantine On Campus: 12
Employees in Isolation/Quarantine: 4

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 February 17, 2021:

Total Positive Cases (since January 20, 2020): 475,379
Daily Newly Reported Cases: 783
Daily New Reported Nicollet County Cases: 5

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

Building Bridges seeks to bring hope to 2021



Junior Audrey Ochtrup-DeKeyrel created this year's Building Bridges poster.

Submitted

Deanna Giles
Staff Writer

Building Bridges returns for their 26th annual conference amidst the pandemic, "Revolutionizing Tomorrow: Envisioning a World of Collective Liberation." The transformation of in-person interac-

tions to a virtual format created adversity which was conquered by this year's Co-chairs, Seniors Amanda Braun and Chelsea Boyden, and the committee captains in the organization. Building Bridges has found a way to make the all virtual format open up a conference approach which has never been done before.

The 2021 Building Bridges Conference will be held March

6 from 10 a.m. to 3 p.m. The conference follows a same-day registration model. Attendees will login to the Gustavus website and register through the 2021 Building Bridges Conference page.

The Conference provides a platform for students to address significant issues of justice in a proactive and informative way.

"This year...there is some-

thing so emotionally raw about the conference. Building Bridges means love, joy, and hope," Braun and Boyden said.

Olakemi and Opal Tometi have been chosen as this year's keynote speakers. Olakemi is a spiritual advisor who hopes to reach various communities to provide enlightenment and healing to all groups.

Tometi is a feminist freedom-

fighter and one of three women who founded the Black Lives Matter movement. She uses her voice to ensure that race, immigration and gender justice remain at the forefront of global conversations.

**Continued on
page 4**

Get Your Master's from a Proven Leader in Health Sciences

MS in Athletic Training

- First Minnesota college to offer a master's in AT
- CAATE accredited
- 100% job placement rate
- 12-week clinical immersion matched to your career goals

Admissions Contact: Courtney Eickman, Assistant Director
(877)287-8731 • ceickman@css.edu

MS in Exercise Physiology

- One-year master's program
- Two labs with the latest technologies
- Accelerated curriculum
- Anatomy lab experience

go.css.edu/at-exp



The College of
St. Scholastica

Black History Month strives to make a positive change

Carter Brown
Staff Writer

Black History Month has arrived here on the campus of Gustavus, and its presence is prevalent all throughout campus via events and posters celebrating the month and black individuals. As we have made it through more than half of the month of February, the time approaches for some important events, and the new Center for Inclusive Excellence (CIE) Assistant Director Kareem Watts sheds some light on what Black History Month will look like here on campus, and seeks to reach out to students on campus to help further efforts for inclusivity and events.

"Black history month is going to look different than in times past. This is primarily due to the COVID-19 pandemic. Therefore, we are continually thinking of innovative ways to create programs and events that will allow us to stay safe while practicing social distancing," Watts said.

"There's a plethora of events happening between our department and other areas/student organizations on campus," Watts said.

One of those events is hosted by Watts himself, called "The Lyrical Café." Making its debut on Feb. 26, the café is an open mic event that allows for students to showcase their talents, whether it be singing, rapping, poetry, or—despite its title being the "lyrical" café—dancing.

"Anyone is welcome to sign up to participate and bless the mic with anything that involves 'clean' (no profanity) lyrics. Black History is the theme for

this month," Watts said.

Free beverages and pastries will be provided to all participants and attendees. As a reminder, there are still COVID-19 restrictions, so there is only limited seating for thirty individuals. For more information or to sign up email Kareem Watts.

In addition to "The Lyrical Café," CIE Director Thomas Flunker has created a monthly book club called "Diving Deeper." During February, the featured book is *Stamped from the Beginning: The Definitive History of Racist Ideas in America* by Ibram Kendi and Jason Reynolds, which is a non-fiction book about race in the United States.

Student led activities for Black History Month include the Pan Afrikan Student Organization's (PASO) Black History movie nights and Student Life's Greatest Challenges: Womxn of Color and Black History Museums. All of which are virtual hosted on Zoom throughout the month.

Watts shared how the CIE plans to celebrate and bring awareness to Black History, not just during the month of February, but every other month of the year.

"[Flunker] and I are also going to be meeting with all of our student workers soon to think of new ways to engage our African student population and other student groups as we work together on new ideas," Watts said.

Some students though, such as First-year Kaiani Roberts Engman, feel as if there needs to be more events or more promotion for these events.

"I've only been aware of



The Center for Inclusive Excellence has relocated to The Dive.

Luke Yang

the Black History Museum events on black history and black women. I had seen posters, but was really told by my career counselor. I don't think Black History Month has been celebrated or advertised enough either because there aren't enough events or because the promotion hasn't been done well," Roberts Engman said.

Roberts Engman notes the importance of recognizing one's contributions to systemic racism.

"With everything that has happened in the last year, it has brought racial and social justice to the front of people's minds again, but everyone [needs to] understand that [these are] a systemic issue and show people how to acknowledge their white privilege," Roberts Engman said.

Roberts Engman's brings up the matter of African students here on campus during Black History Month, and what this month will look like for them.

"In America we often focus on Black history, but I believe it's important to also have engaging conversations about the diaspora of people of African descent scattered around the globe during the European Trans-Atlantic Slave Trade. The continent of Africa is known as the 'motherland' of civilization so it's very important to also talk about the rich history of Africa before Africans were enslaved and how things are currently," Watts said.

"The Center (CIE) has to carefully navigate these conversations and events, mainly due to COVID as well as the fact that our African and African-

American student population has drastically changed over the past three years. I am planning to meet with PASO sometime next week, to discuss possible programs [or] events that highlight the history [and] stories of our students throughout the African diaspora," Watts said.

"Be smart, stay strong, and stay healthy maintaining the safe practice of social distancing. We are in this battle together. Let's remember to support one another by applying the knowledge we receive to live and make a difference in this world. God bless and I leave you with these words, 'It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live,' [a quote by Mae Jemison, first Black Woman to travel in space in 1992]," Watts said.

Continued from page 3

"We wanted to be intentional about who we asked to speak at the conference this year, and both of their works center collective liberation," the Co-Chairs said.

The theme stemmed from the injustices seen in society following the murder of George Floyd. A world where death and despair are on the forefront, the co-chairs thought it best to have a conference that centered the radical aspects of joy, hope, and community.

"Building Bridges means... anchoring students to the ground when they feel themselves slipping away into the anxiety that is caused by current world events and knowing we are making tangible change simply from being there for students when they have nowhere else to go," the Co-Chairs said.

"Collective Liberation, the driving theme is all encompassing and really lets peo-

ple explore what makes them uniquely them," Sophomore Action Piece Co-Captain Mad Chase said.

"Nothing can be done alone. Collective liberation is all about community efforts, and, especially in these trying times, solidarity is the key to change," First-year Workshop Co-Captain Ainsley Cox said.

The Conference poster symbolizes collectivism in one's community. The artwork created by Junior Audrey Ochtrup-Dekeyrel, touches on ideas of radical liberation taking many forms. Ochtrup-Dekeyrel stated the individual is intended to represent the embodiment of revolution rising out of the megaphone, a quintessential symbol of protest and rally. The silhouette intentionally lacks gendered features because she believes liberation will result in our transcendence of binaried thought.

The poster also includes the spiritual component of liberation and revolution.

"So many social justice movements began in faith groups, to deny the inherent

spiritual nature of collective liberation does a disservice to our understanding of the ways radical action can happen," Ochtrup-Dekeyrel said.

The vision for the poster was to be dynamic and visually engaging.

"I feel so lucky that my means of liberation could be employed by this year's conference in such a visible way. I'm incredibly honored," Ochtrup-Dekeyrel said.

Building Bridges incorporates a variety of ways to promote audience engagement through workshops and action pieces.

In previous years, action pieces were held throughout physical rooms. This year, there will be more individually standing art that tells stories.

"Often art speaks louder for people. I hope students will be able to see and experience the conference's theme through some tangible art forms and think about collective liberation in their daily lives," Chase said.

The conference will host three pre-recorded workshops throughout the event. Attendees

will hear from the Bloomington Anti-Racist Coalition (BARC) who centers on anti-racism within the public education system, Tahmyrah Little, and Tre Tellor who is a scholar of liberation theology. "Each of these workshop leaders are dedicated individuals and groups that understand the needs of society and have done their part to create social change wherever they can," Cox said.

"I want people to feel inspired to fight for social justice in all aspects of their lives and see the brighter future we can create together," Cox said.

The workshops will also feature a panel of Gustavus Professors: Dr. Misti Harper, Dr. Thia Cooper and Dr. Joaquin Villanueva.

The conference is new to the virtual world but the conference presents exciting events that attendees can enjoy from the comfort of their home. The co-chairs stated our liberation is tied to one another and we cannot move forward without intentional collective action.

"So much about advancing social justice and collective lib-

eration is reflecting on our own roles in oppressive systems and society in general. Our hope is that Gustavus students and faculty will "leave" the conference with a better understanding of their role in advancing collective liberation and leave with a new sense of agency and hope," the Co-Chairs said.

The event is free and open to the public. Anyone who is interested in engaging in critical conversations about the need for collective liberation is encouraged to attend. Viewers will have the opportunity to interact with keynote speakers, workshop presenters, and a panel by submitting questions to be addressed during the Q&A session.

"We are so honored to be able to hold space for all the feelings that come with the theme, Revolutionizing Tomorrow: Envisioning a World of Collective Liberation," the Co-Chairs said.

Firethorne is back

Students encouraged to submit work

Tori Smith
Staff Writer

Gustavus is home to a great number of talented students, including young artists, entrepreneurs, writers, poets, musicians, athletes and more.

In order to support these talents, the school tries to display students' work whenever and wherever possible. One way Gustavus does this is through Firethorne, the literary and art magazine published annually on campus.

Firethorne is edited and published through ENG-350 course "Editing and Publishing" taught by English Professor Matt Rasmussen. Students in the course work together to create a completely new and innovative edition of the magazine using work submitted by students for the greater Gustavus community to enjoy.

Sophomore Cadence Paramore is the Photography Manager at THE GUSTAVIAN WEEKLY'S and was a part of the Editing and Publishing course last spring. Now, she's working as an intern for the literary magazine and is helping the current English-350 students create this year's edition.

Paramore explains that deciding what content makes it into each edition for publishing is a big team effort.

"We started by coming up with a list of things we wanted to see in pieces of writing," Paramore said.

Then, the entire class votes on whether or not the piece they're looking at will fit into the final publication.

This can seem quite daunting to any new writers hoping to submit their work, but Paramore offered reassurance to those who may be hesitant.

"Everyone is super nice and super respectful, and everything is anonymous so we don't know whose is whose," Paramore said.

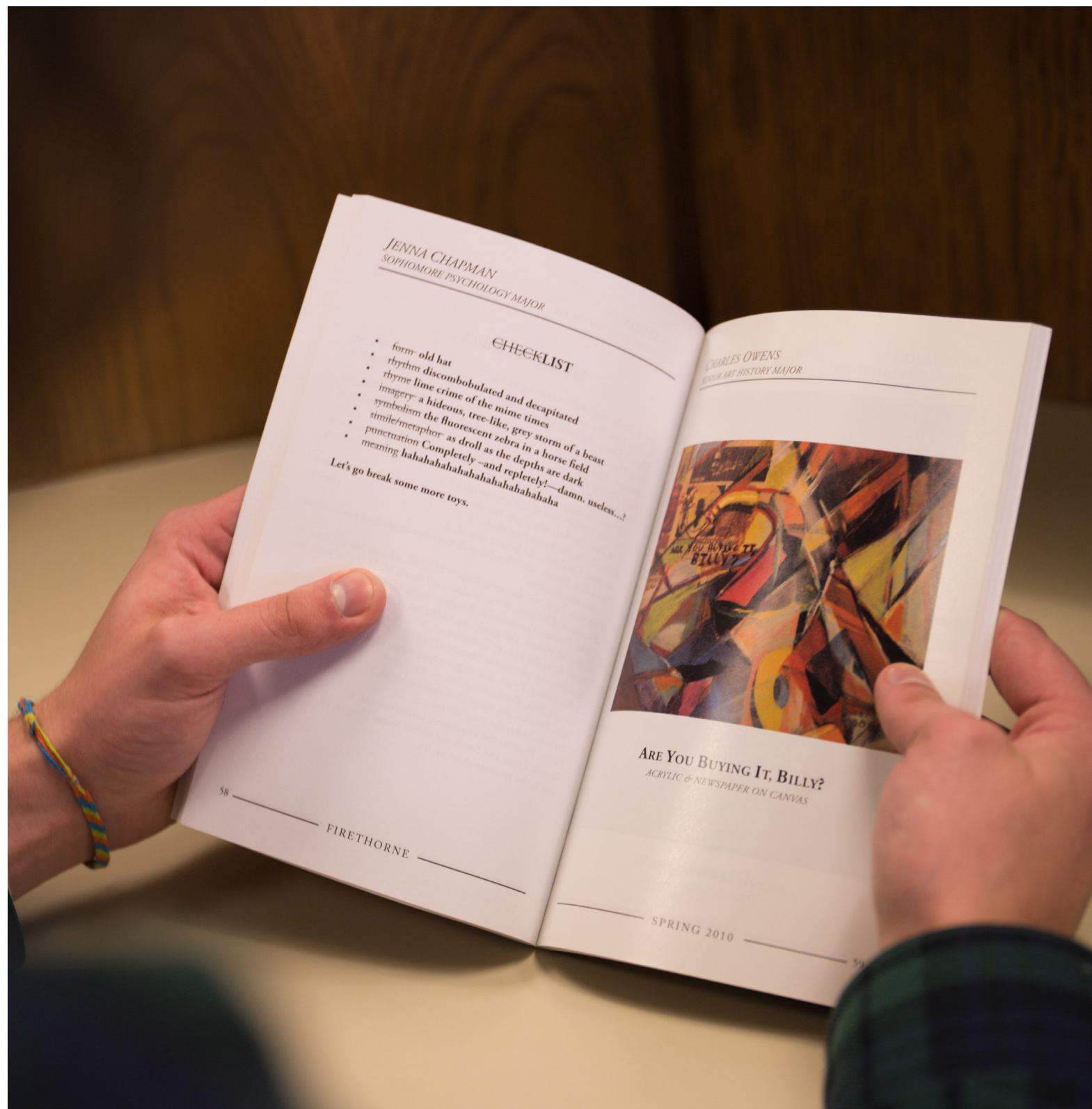
According to Paramore, last year's course got off to a smooth start with great communication and energy from everyone in the class.

"We'd all just shout out answers to questions here and there, and it was a lot easier to have discussions," Paramore said.

Then, COVID-19 hit in March 2020 and all classes at Gustavus were transferred to an online format, including English-350.

The biggest changes for the editorial staff was communication and moving what once was a print-exclusive journal to one being produced entirely online.

"When things went online it was a bit more difficult for everyone to vote on things and share their opinions," Paramore said.



Members of the Editing and Publishing course prepare to fire up the presses for this year's Firethorne.

Nate Habben

Luckily, the Firethorne team was able to produce a beautiful 2020 edition on their new website. Readers can now scroll through student stories, poems, and artwork with just one click.

One of the students whose work is featured in this online edition is Senior Katie O'Brien. Three of her pieces were published, two poems and one piece of prose.

"It was definitely an honor, and I appreciated that people liked my work enough to have three things in there," O'Brien said.

Like many fans of the literary magazine, O'Brien was

surprised to find out that it moved entirely to a virtual format. Although it allowed the journal to be more easily accessible, she wished she could have had a physical copy for herself.

"[The online Firethorne] was really cool, but I feel like a physical copy, especially because I love books, was the coolest part because it felt more real that you were published," O'Brien said.

Many Firethorne fans felt the same, including Paramore herself. She agreed that not being able to publish a physical edition was disappointing, but there is still hope.

"We're still pushing for [the

physical copies]," Paramore said.

This year, the editorial staff in English-350 are preparing to receive submissions. For anyone worried about submitting their work, both Paramore and O'Brien agreed that the process is as easy and painless.

"I was nervous but also excited when I submitted my work. It's super cool to have the opportunity to do this even if it's a smaller scale," O'Brien said.

She is especially grateful that she submitted now that three of her pieces have been published. She even noted that many people who read through the edition have praised her work, even

people she doesn't know closely.

"I didn't expect it to get recognized like it did," O'Brien said.

The editorial team also wants to make it known that students from all backgrounds, majors, and experiences are encouraged to submit any of their work.

"We really push to have everyone on campus feel like they can submit and be included," Paramore said.

Submissions will be due by March 9. Posters for Firethorne are expected to go up around campus soon and will give even more detail about how to submit. Last year's edition can be found at www.firethorne.org.

GUSTIE *of the* WEEK

Rachel Erickson



Gustie of the Week Rachel Erickson

Submitted

Samantha Raghu
Staff Writer

Junior Rachel Erickson, a Financial Economics and Spanish double major, as well as a magnificent baker, is this week's Gustie of the Week.

Erickson's journey to Gustavus was predestined as her siblings were former Gusties, along with her previous participation in Gustavus' summer swimming camps.

"My sister graduated from Gustavus in 2019, so that was a big factor in deciding where I wanted to go. I had also gone to swim camps at Gustavus for four years during high school. I had previously committed to Concordia, but then I decided I did actually want to be at Gustavus. I was shying away from being at the same school as my sister," Erickson said.

Growing up in the small town of Starbuck, Minnesota, Erickson knew from the start of her college experience that she wanted to enroll in a less-populated institution.

"I didn't want to go to the same school as her, and I was looking at other smaller ACC schools so I could have a smaller close-knit community. I had previously committed to Concordia, but then I decided I did actually want to be at Gustavus. I was shying away from being at the same school as my sister," Erickson said.

Throughout Gustavus, Erickson became an active member within the campus community through her involvement

with the Gustavus Track team and as an official Language Buddy.

"I am on the track and field team at Gustavus, and I was not on track in high school so throwing javelin for the GAC field team was a great experience to make friends and learn a new sport at school. I'm also involved in the Spanish department and language buddies. I really enjoyed helping Spanish speakers learn English both at the Community Center and middle school at St. Peter," Erickson said.

Given her previous exposure to the campus before becoming an official Gustie, Erickson was able to discard the nervous sentiments that accompany most incoming first-years. Additionally, she had little difficulty making connections with students and faculty members.

"I wasn't really nervous coming to Gustavus because of the swim camps, and it's like everyone is so welcoming. The professors are very nice, I had a great roommate from a random match, and that was awesome to get along with her right away, and knowing that I had a huge support system with my sister and her friends, the faculty and other students at Gustavus made it so much easier to adapt from life in high school to life at college," Erickson said.

Erickson knew she wanted to study Spanish in college. "For Spanish I just knew I wanted to do that from high school. I always enjoyed learning the language and I knew I wanted to keep speaking and improving my reading, writing and

language skills overall," Erickson said.

Erickson also recounted the moments in which she knew that Financial Economics was the correct path for her. "For Econ I've probably gone with intermediate macroeconomics I took with Shuling Wang and she was always super helpful and she just really wants the students to succeed in her class. That just made me feel very welcomed in the Econ department. So I knew I wanted to keep trying to take classes from her and make more connections within the department," Erickson said.

As the campus atmosphere is more heavily isolated than in the past, Erickson elaborates on the pros and cons of her time adapting to the circumstances of COVID-19.

"It looks so much differ-

ent this year compared to the past. You would have to find something to feel busy because before there was always something that you could be doing in person or you could be spending time with friends. And now that's just not the case anymore, so my roommates and I have found ways to hang out together. One way is we have watched quite a few TV shows together and made the most of it. I have honestly enjoyed having the extra time of not having so many events. I like having a lot to do, but recently I've had more time to really delve into my schoolwork," Erickson said.

Erickson added a few more activities that she remembers fondly.

"I really enjoy walking in the arb with friends. Every time we do that, it's always a study

break and especially when it comes to spring, it's so fun to go out there and not be freezing cold when you walk outside anymore. And during my first year, my roommate and a few of our other friends and I walked to Diamond Dust and got breakfast from coed so that was really fun," Erickson said.

As a parting note, Erickson offered some words of wisdom to current and incoming first-years embarking on the Gustie journey.



One Way Pricing Starting at Just

**Affordable, Convenient,
& Safe Essential Travel**

- INCLUDING -

**PICK UP &
DROP OFF
ON CAMPUS**

\$5

-  **FREE Wi-Fi & Outlets**
-  **Daily Departures**

Book Your Ticket by Calling Us at (888) 736-9190 or Online at
www.LandtoAirExpress.com/college-connection/gustavus

CAB hosts Drag Queen BINGO this Saturday



Previous BINGO night host, Twin Cities performer Victoria DeVille, will reprise her role in addition to new queen Sunny Kiriyaama.

Luke Yang

Mula Lay
Staff Writer

Drag Queen Bingo is an upcoming event on February 20 taking place in Lund. The event will be hosted by returning Twin Cities queen Victoria DeVille, who hosted the previous BINGO night, and will introduce a new queen, Sunny Kiriyaama, to Gustavus. Similar to the Drag Bingo earlier this fall, the upcoming event will feature bingo for those who attend, but this time around it will also feature performances from the two drag queens.

"We wanted to present the students with an opportunity where they could participate in bingo and have fun [...] and also being able to have the drag show that we haven't had for a couple of years because of COVID, so we wanted to put these two things together and are hoping that it's really popular and successful," Junior and Late-night and Weekends Executive for the Campus Activity Board (CAB) Julia Simms said.

The event will happen in two shifts. One from 9 p.m. to 10:45 p.m. and the other from 11:15 p.m. to 1 a.m.. Within each shift, there will be ten rounds of

bingo for the students sitting on the bleachers and in between the bingo rounds the Queens will put on a performance of lip-syncing and dancing.

"Most of our prizes, at least a good chunk of them, are go-

"As a first year student, I think that it is very easy for me to forget that part of CAB's purpose and student orgs on campus is to bring fun and exciting events to students to make campus life not just about school, but about community and building new relationships and just having fun."

—Claire Lind

ing to be gift cards or items from shops and boutiques and

stores here in Saint Peter itself," Sophomore and CAB's Social Media Executive Emma Thompson said.

The prizes are meant to engage the students to interact with the small businesses of Saint Peter and will not only be a good way for the students to explore Saint Peter but will also be a good way for students to connect with the Saint Peter locals. The prizes come in gift cards to boutiques, stores, and one of the CAB members were particularly excited about is a succulent basket.

Due to COVID restrictions, there will be strategies implemented to mitigate close contact. The bleachers will be set up in a way that will have attendees sit six feet apart and only 217 students will be allowed in for both shifts. The event is on a first-come, first-serve basis and the first ten students to be allowed in will get a Gustavus pride sticker.

Although there will not be any student performers like before COVID times, this event is a good way to bring back a sense of normality, and also introduces the first-year class to a popular event on campus.

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

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

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

FEATURES



Nobel's greenhouse lost about seventy percent of the collection during the renovation, but it's rebounding and slowly rebuilding the collections. There's still currently over 200 plants housed inside! The greenhouse is most known for Perry, a Corpse Flower (*Amorphophallus titanum*) that last bloomed on May 25th, 2020, but the greenhouse is also home to several other rare and important plants, as conservation is one of its main goals.

Luke Yang



Gracie Jackson

Relatively new, Big Hill Farm was opened in May, 2009. It's a 3/4 acre plot of land that works to utilize sustainable farming practices to produce local food. Big Hill Farm grows approximately 1,500 pounds of food that is used by the Gustavus Dining Service each year.



Isaac Bui

What would Gustavus be without our resident squirrels? There's actually two species that you'll encounter on campus: Red Squirrels (*Tamiasciurus hudsonicus*) and Gray Squirrels (*Sciurus carolinensis*).



Nate Habben

Formally known as the Swanson Tennis Center, the bubble was first opened in 1992, funded through \$1.2 million in private contributions. Since then, the bubble has actually been replaced twice: once in '98 following the tornado, and again just recently in 2016.



Luke Yang

Just recently opened, the Dive has now become the expanded Center for Inclusive Excellence, with new offices and a lot more common space—be sure to check it out! The original Center opened in spring of 1999, but its roots can be traced to the Black Student Organization of the '70s.



Luke Yang

The cross at the tip of Christ Chapel's spire is 187 feet above ground level, and over 350 tons of steel were used to erect the building, with 88 nine ton concrete panels composing the exterior. The organ was also built at the same time as the chapel.



Gracie Jackson

Beck Hall is named after Warren and Donna Beck, graduates and longtime supporters of Gustavus. Warren Beck was an editor for the Gustavian Weekly during his sophomore and junior years in the '60s! Fun fact: if you go into the elevator, the basement is denoted as the "-1" floor.

Geena Zebrasky
Features Writer

GUSTOPOLY

Oh no, you lost your Gustavus lanyard! It's the end of the day, and you have a super busy schedule, so your dorm key and school ID could be anywhere on campus. Retrace your steps (and learn a little about some different locations on campus) so that you can recover your belongings!

How to play:

Get some friends together to race around the board and locate your keys! Pick something for your game tokens (old coins, crumpled up wrappers, anything), place them on "GO" and shake a die to move. Fastest to the finish wins!



Isaac Bui

The Hillstrom Museum was opened in 2000, first featuring "An Exhibition of Early 20th Century American Art." February 15 through April 18, 2021, the museum will feature *From These Hands: Fiber Art and Poetry* by Gwen Westerman, who states that her art is "grounded in Dakota culture, history, oral tradition, and language recovery—and the continuation of our story."



Nate Habben

The President's house was originally built in 1884 by Gustavus President Matthias Wahlstrom and was originally called "The White House."



Luke Yang

This cabin was not an original part of the land that the Arboretum was planted on. The cute wood cabin was actually moved from Norseland, MN in 1986. It was originally home to a Swedish immigrant family in 1866, and the moving process required the cabin to be rebuilt once it arrived in St. Peter. This project was led by Robert Douglas of the geography department in '86.



Isaac Bui

Old Main opened for the first classes ever on October 16, 1876, with 51 students and two instructors present. Around half of the courses were taught in Swedish, with the rest taught in English. In the early days, Gustavus didn't actually have a lot of college students, with most attendees enrolled in courses that were meant to train teachers.



Gracie Jackson

Built in 1984, Gustavus's fitness center is named after Russell Lund, Rhoda Lund, as well as Patricia Hays Lund, who are the original founders of the "Lunds" part of Lunds and Byerlys. The Lund Hockey Arena was built over ten years before Lund center, and was an outdoor rink for two years before the funds for constructing a roof became available.



Luke Yang

The "Old" Nobel was opened in 1963, with 27 Nobel Prize Winners attending the dedication ceremony. Construction on Christ Chapel, Vickner Hall, Valley View, as well as North and South Halls was also finished in the same year! The \$70 million renovation of Nobel was completed this past summer. Over the course of about two and a half years, the "New" Nobel expansions were constructed and the existing Nobel building was renovated!



Nate Habben

In September of 1948, the college's library opened for the first time—but the book collection grew too large too quickly, and in 1972, the newly expanded library was opened. Count Folke Bernadotte, the library's namesake, was assassinated the same year as the library's opening while acting as the United Nations Security Council mediator in the Arab-Israeli conflict of 1947-1948.



Cadence Paramore

Where else would you start your search? Like every Gustie, a big part of your Gustavus experience involves taking pictures by the sign at the bottom of the hill.

Collect some Gustavus knowledge as you pass

GO



You finally found your keys and your ID! They were in your pocket the whole time, silly!



Eating healthy easily on a meal plan



Tori Smith
Opinion Columnist

After being away from campus for two months, I’ve had to adjust back to a new normal. No more cuddles with my dog in the morning or spending (in-person) quality time with my family. The most challenging adjustment, however, is not having a home-cooked meal made by my very talented mother every night.

Now, my nights look a little different. Every evening I bundle up in my winter coat, hat and gloves to make the treacherous walk to the Caf where, if I’m being honest, I usually just grab some chicken strips, mozzarella sticks and mashed potatoes.

For an article about healthy eating, maybe I should keep my eating habits to myself. Oh well, honesty is the best policy.

One night after eating my wonderful meal of carbs and fats, I wondered how other (probably more health-conscious) students fared when picking out their meals in the Market Place.

Does the meal plan provide students with healthy, balanced meals? According to Health Service’s registered dietitian Jen Donkin, it does.

“I meet too many students who get in a rut of eating chicken strips and fries for most of their meals... There are plenty of options, but it takes getting out of your comfort zone and trying something new,” Donkin said.

According to the U.S. Department of Agriculture (USDA), a balanced plate for the typical young adult consists of a little less than 25 percent fruit (about 1.5 to 2 cups daily), a little more than 25 percent vegetables (about 2.5 to 3 cups daily), 25 percent protein (about 5 to 6 ounces daily), and 25 percent grains (about 6 to 8 ounces daily). It is also recommended to aim for one serving of dairy for every meal (about 3 cups daily).

While these recommendations are often contested (if 65 percent of people are lactose-intolerant, why is dairy even a category?), the USDA’s MyPlate is still a useful tool for balancing meals.

“I encourage students to try new foods and have variety and balance which means all food groups,” Donkin said.

In the Market Place, Donkin cites meals such as casseroles with a side of veggies as an inexpensive and filling option for



The existential crisis we all face when at the Caf: Salad or chicken strips with fries?

students.

“There are grilled and baked meats, lots of fruit and vegetable options as well as whole grains,” Donkin said.

In addition to these options, she encourages getting creative by coming up with your own dish, like making a quesadilla using ingredients from the burrito line and utilizing the available toasters. This can help students when they feel bored of the day-to-day options.

It’s a relief to hear that Donkin believes Gustavus is doing a good job at providing its students with healthy meal options, but what do the actual students think?

In order to gauge how students feel about the options on their meal plan, I posted a poll on my Instagram story and asked my fellow Gusties “Do you feel you’re able to eat healthy, balanced meals while on the Gustavus meal plan?”

Out of the 47 responses, 56 percent said no. After speaking with Donkin, this number surprised me. If Gustavus is doing a good job at providing healthy meal options, why do students believe otherwise?

“The biggest issue is that one little cup of fruit is \$4,” Senior Jessica Stauber said.

This sentiment was echoed by other students.

“I’m not spending \$6 for a salad or \$5 for a pint of strawberries,” Junior Solveig Stafford said.

The inflated price for these healthier options is troubling. We all know how frustrating it is to run out of money in our meal plans at the end of the month and it’s even more frustrating when it’s the result of trying to eat healthy.

“[There is] a lot more unhealthy options for longer

hours,” Junior Ana Zaalishvili said.

I’ve personally noticed this in the Market Place as well.

It can be pretty disheartening to be studying for a test at night only to realize it’s 7 p.m. and you’ve missed dinner. I’m thankful that certain lines do stay open longer (and a special thank-you for all of the students and staff working late) but as Zaalishvili pointed out, they aren’t necessarily the healthiest options.

This might be why many students (including myself) cling to

the coveted chicken strips and fries. They’re available all day, they’re a filling meal and they’re really tasty.

The only other lines open after 7 p.m. are the Pizzeria and the Market Deli. Apparently, the healthiest option after sunset is a ham sandwich.

While I do acknowledge that the college does provide healthy options for its students, it can’t go unnoticed how difficult it is for students to actually choose these options. They are costly and only served during certain

hours of the day. For students who are worried about their expenses or students who typically don’t eat until 7 p.m., these options aren’t accessible.

Eating balanced and nutritious meals every day is one of the most important ways of improving physical health as well as mental health. Although the chicken strips will always have a special place in my heart, I do think it’s time I get a little more creative. That’s only if I can make it to the Caf before those options are taken away.



Nate Habben

The Good, the Bad, and the Meh



Valentine’s Day is over, and left-over candy is on clearance.



We’re still single



In-person classes are happening so now you have to go play tennis.

Choose a career you love



Lexi Louis
Opinion Columnist

Gusties, as I’m writing this, Jolt is more important to find a profession that we are passionate about rather than finding one based on income. We spend a large portion of our lives working, so how we spend those years matters. It is beneficial to find a career that will fulfil those years with satisfaction and happiness.

“Find a job you enjoy doing, and you will never have to work a day in your life,” Mark Twain said.

Between our backgrounds, cultures and personalities, there may have been experiences that shaped our lives and who we are. Our friends and family may have noticed things we enjoyed doing in our free time or things we especially cared about. Discovering what we want to be can be difficult. Along our career journey, we have to be prepared for negative experiences so we can learn from them.

“Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness,” Oprah Winfrey said.

When we have a job that we love, we are more productive and satisfied. There is more enthusiasm to get up in the morning and begin working. There are more positive emotions associated with doing something we care about. Sometimes people choose a certain profession because of past experiences.

Someone may choose to be a comedian because they want others to be happy. Someone may choose to be a doctor because someone they knew was ill. Someone may choose to be a veterinarian because they care about animals. These past experiences may influence a career,

and the career may provide more satisfaction and a sense of purpose. I think that these can be examples of resiliency, and how we can turn a negative experience into a positive one. Our preferences in careers can also reflect our personality.

The Myer Briggs personality test indicates sixteen different psychological types. The eight letters, EISNTEJF, describe our favorite world, our preferred way of perceiving information, our preferred way of decision making and our preferred structure of life. I think it is partly accurate in describing our personality and careers that would go well with it, but people may change.

Because we spend a lot of our life working, it is important to be comfortable with what we do. Extroverts enjoy being around others, so a job that involves more social interaction may be optimal. Introverts may prefer more alone time, so a job that involves less social interaction could be beneficial.

Some broad examples of careers that an introvert may thrive in are writing careers, health careers, or creative careers. Some examples of careers

that an extrovert may thrive in are management careers, planning careers, or acting careers. I think that whether we are an extrovert or an introvert doesn’t decide where we should be. Someone can be an introvert and a successful manager, but it may require more energy.

We shouldn’t spend a lot of time worrying about where we should be. Things will fall into place as they are meant to. There isn’t one correct path and everyone’s lives are different. We may face challenges that bring greater outcomes later on.

“You can’t connect the dots looking forward; you can only connect them looking backwards,” Steve Jobs said.

Some may argue that they need more money to survive and be happy. It is true that we need money to survive, but after a certain amount it doesn’t give us any more happiness. It provides for necessities like food, water, clothes, and shelter. It can also provide for luxuries like vacations and going out to eat at a restaurant.

“People tend to feel happier the more money they make, up until a point,” Princeton researchers Daniel Kahneman and

Angus Deaton said. They estimated this “point” to be about \$75,000 a year per person.

I think it is possible for an individual to be happy if they make under \$75,000 a year. When we enjoy something, the feeling of enjoyment doesn’t last forever. We usually return to our baseline state shortly after. Every individual’s needs are different, but we can sometimes play a part in our emotional state. Having more luxury items and wants doesn’t bring happiness that lasts.

Not being afraid to fail will bring about success. Having a career that we are passionate about, one that gives our life a sense of purpose, and one that we are comfortable with is important. Finding a career shouldn’t be based on income or forced. We spend an enormous amount of our lives working, so we should spend this time doing something we enjoy.

No one is okay and that’s not okay



Cadence Paramore
Photography Manager

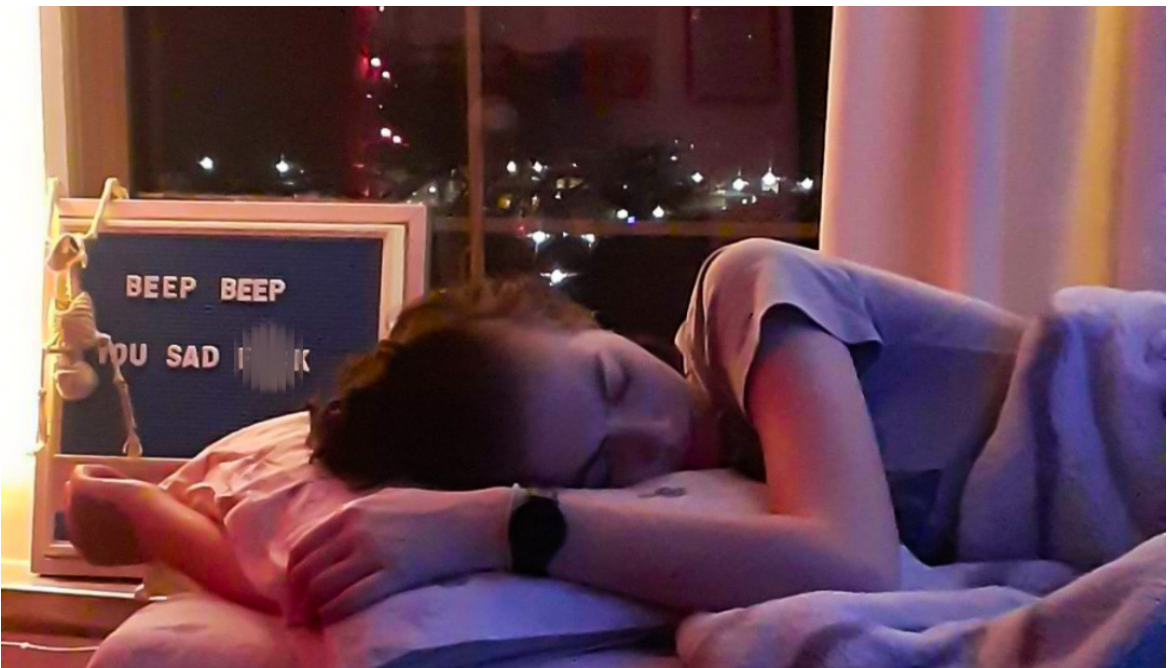
It’s become trendy to hate ourselves, to be miserable. We’ve taken good pieces of advice like “It’s okay to not be okay” and “Everyone is going through things, especially right now” and so many of us have twisted them into, “I’m going into today expecting the worst from both myself and everyone else.” We stop trying because it’s easier than putting in the effort and still getting subpar results.

Somehow it’s become an inside joke amongst our generation to laugh at those trying to better themselves. The ones who are optimistic, who meditate, who find joy in “dumb” things like playing video games and watching or reading stories with romance and happy endings. It’s become a joke because, really, who’s actually happy? The answer is no one. At least, not all the time. And that’s okay. It really is. But it’s just as okay to break down and cry and be unmotivated as it is to laugh at stupid jokes and build a house in Minecraft and devour Wattpad romances like oxygen.

What I’m saying is that life, unobjectively, sucks right now. There’s no way around that. Everyone is struggling. Everyone needs more than anyone has the extra energy to give them. Accepting it is healthy, it acknowledges the parts that shouldn’t be pushed down and bottled up (no matter how much we want to), but we shouldn’t have to pretend like we’re okay anyway when literally everyone knows it’s a lie. And we shouldn’t respond to someone saying they got absolutely no sleep and no homework done with, “Me too, AND I’m only functioning on five cups of coffee today!” It’s not a competition of who can function on less than the bare minimum. Let me repeat that for those of you who missed it– Life is not a competition, no matter what social media tries to spoonfeed us.

“It’s not a competition of who can function on less than the bare minimum. Let me repeat that for those of you who missed it– Life is not a competition.”

So go to sleep at 9:30 if that’s what your body is telling you to do. Watch Princess Bride for the sixth time this week if that’s what brings you comfort. Meditate anyway even if you feel ridiculous, and do absolutely everything you can that makes the days feel less monotonous. No one is okay, and as much as it’s okay-- it really isn’t. Draw a pug



The sadness slumbers strike again

Cadence Paramore

head on the body of a person and gift it to a friend. Write a cliché story that makes your heart sigh, even if you don’t show anyone. Listen to those songs you loved in middle school and sing along to them at the top of your lungs. Dance without rhythm, without care, because you shouldn’t care. (Have you stopped to ask yourself recently why you care?)

If you can find joy in something right now, don’t let it go. Don’t sit in bed on your phone when you can’t sleep because “everyone else does it too” or put the book with the cheesy description back on the shelf because no one else you know would buy it. If you want to, do it. And I know it’s not that simple. Anyone who knows me probably doesn’t even know the sound of my voice, be-

cause when do I ever speak? But in reality, it IS that simple. At the risk of sounding like a motivational speaker or like I’m ripping my therapist off-- say the words even if your voice shakes. We’re living through a pandemic and yet most of us are still afraid of what our peers will think of our pain and our joy, and we hate ourselves for it.

When someone asks you how you’re doing, you can say, “Not well, but I will be.” If someone asks you what you did last night, you don’t have to lie that you did more or less than what you actually did. All I did last night was wash my face and brush my teeth, and that was enough. More than enough. I laid in bed this morning for a bit too long and decided to read a book be-

cause I wanted to do something kind for myself. I sang along to “Like a Virgin” by Madonna yesterday, and I didn’t care. Why should you?

It’s become trendy to hate ourselves. To be miserable. And as much as it’s okay to not be okay, it isn’t. I love that so many of us are embracing the fact that we don’t need to be okay 24/7, but some of us need to start embracing the idea that being okay again takes work. And the work is difficult and ugly, but it starts with not hating yourself for the way you exist.

This is a new normal, too



Modern Dance II meets in-person for the first time this semester.

Luke Yang



Emily Seppelt
Opinion Columnist

This week, for the first time in almost 11 months, I attended in-person classes. This was something that I had been looking forward to even since we first left campus in March of 2020, and I was absolutely crushed last semester when all my classes were moved online. All of J-Term, I was overjoyed at the thought of getting to have in-person classes again. The possibility of in-person classes has been my light at the end of the tunnel, the one thing I was most excited about. Why then, was I so dreading it this week?

There were a thousand things I was worried about. Would I remember how to act in a classroom? How would social distancing work, let alone feel? How would wearing a mask in class work when try-

ing to talk to other students?

“The possibility of in-person classes has been my light at the end of the tunnel, the one thing I was most excited about. Why then, was I so dreading it this week?”

It felt like I had been away from the classroom for so long, that expectations for participation and performance would be so much higher. I felt guilty for wanting to stick with what had become familiar and worried that I wouldn't get as much out of socially distanced in-person classes. Would this just be another semester that felt nothing like Gustavus?

My point is that even “good” transitions are still transitions, and the end of this semester's lay-low period and the start of a new semester are big transitions. This transition may be even more difficult for its unstable nature, as well as the fact that in the last year we have all been forced to endure so many transitions.

It's worth talking about that living in such a state of anxiety, about the pandemic, about current events and the possibility that we at any point could be

ripped out of class and maybe even sent home again.

“My point is that even “good” transitions are still transitions, and the end of this semester's lay-low period and the start of a new semester are big transitions.”

Change fatigue is a real thing, and sometimes it may just seem easier in the moment to keep the same course rather than go back to something different.

While mental health is a topic that has been hammered home over and over again during the pandemic, it still feels like there is an expectation that we should just be able to adjust quickly and without complaint. I know I have even felt that by now, nothing should faze me. There are moments where I beat myself up about the fact that I still struggle despite having been a college student in a pandemic for quite some time now.

But the very opposite is true. The longer that the pandemic rages on, it is perfectly understandable for us to still struggle and have a hard time going about our daily lives,

whether we are on campus or not. While it is normal to adjust to a hardship, ignoring feelings of anxiety or fear in the name of being strong or saying it doesn't bother us anymore is unhealthy.

“There are moments where I beat myself up about the fact that I still struggle despite having been a college student in a pandemic for quite some time now.”

Every day, there are still new things to adjust to. For example, I have never had a “hybrid semester,” or a semester where I have both online and in-person classes.

It was a little difficult to attend a class in-person where some people were in the room with me, and others were on Zoom. There is always a lingering worry that I will have to go online for an in-person class, which is another unwanted struggle.

It has been a struggle to balance when I need to be online in one class and then quickly run to an in-person class right after, and having to take Zoom classes in public when I have no time to get to class other-

wise.

After having been in relative isolation for most of last semester (plus spring 2020), seeing people around campus and in buildings has made me a bit nervous. I am sure readers also have their own unique struggles and anxieties that they are facing as Gustavus slowly attempts to have a normal semester again.

“After having been in relative isolation for most of last semester, seeing people around campus and in buildings has made me a bit nervous.”

Recognizing that we are in a transitional period is one step towards making adjustments and opening conversations about how this semester may be differently hard for different people. Simply allowing ourselves grace and validating how we feel can help our lives and the campus as a whole function better, working together to make this semester the best it can be under the current circumstances.

Word Search

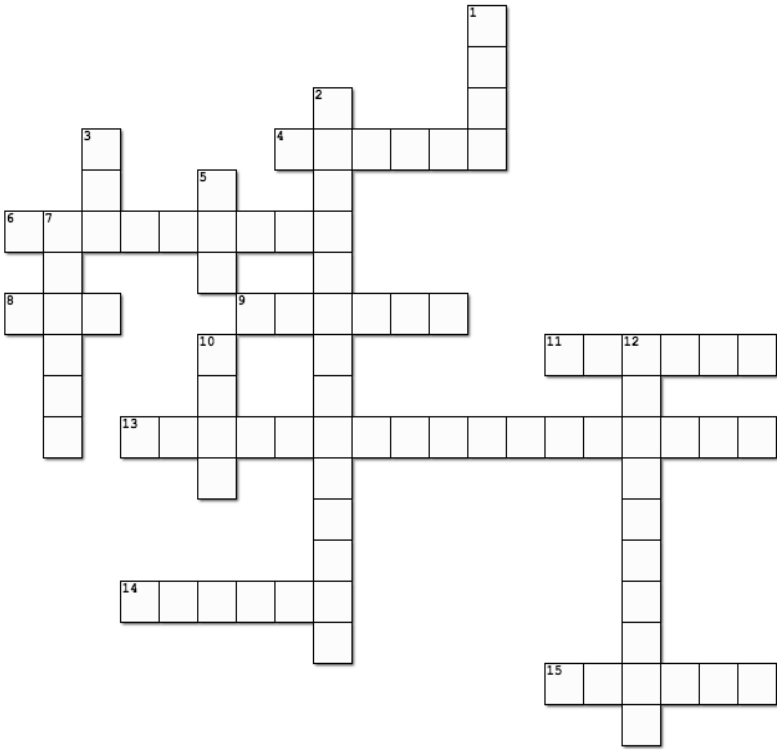
Starbucks Secret Menu

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

- butterbeer
caramel cookie
cherry blossom
christmas tree
chunky monkey
- crystal ball
dragonfruit
Fourth of July
IT frappuccino
lucky leprechaun
- narwhal
peanutbutter cup
piña colada
Pokeball
polyjuice potion
- pumpkin chile
red velvet
Skittles
stardust
zombie

Crossword

Coffee Facts



Across

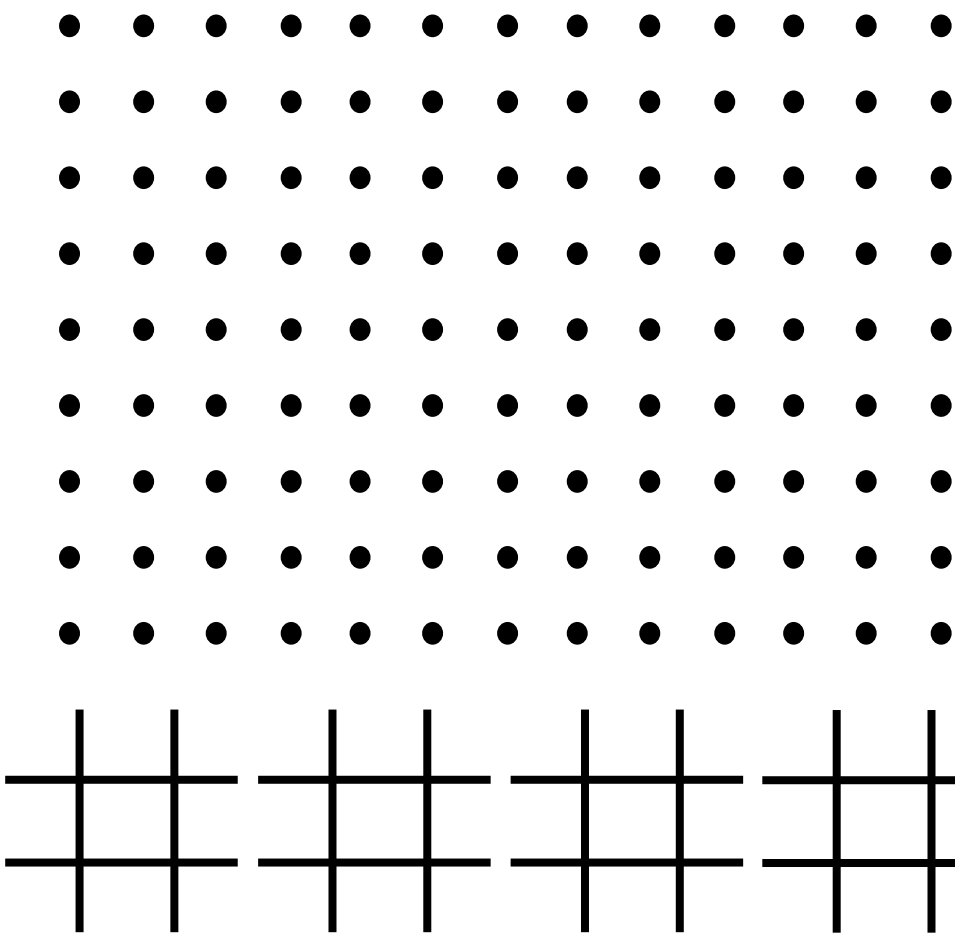
4. Coffee is the _____ most traded product in the world.
6. The magical instrument which creates steamed milk (two words).
8. Coffee beans are actually the _____ of a coffee fruit.
9. Which country had a law which stated if a husband cannot provide his wife with enough coffee, she can file for divorce?
11. This type of camera was invented because scientists at Cambridge wanted to make sure they didn't run out of coffee.
13. Which political act of revolution helped popularize coffee in America (four words)?
14. This country grows the most coffee in the world.
15. An open-topped glass pitcher used to serve coffee.

Down

1. Coffee is _____ for you.
2. Which U.S. president allegedly coined Maxwell House's slogan (two words)?
3. How many calories in one cup of black coffee?
5. How many U.S. states produce coffee?
7. Approximately how many cups of coffee is a lethal dose?
10. Coffee waste can actually be used as _____.
12. This is the most expensive coffee in the world with an average price of \$1800 per kilogram (two words).

Dots & Boxes

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



Soundwave Coffee



Adam Pierce
Recovering Barista

As we all know, coffee is what makes the world go round. However, there is a new coffee craze that is stirring up campus. Known as the Soundwave, the new drink has surfaced at both the Steamery and Courtyard Café. If you are familiar with the popular drink that they already have, the Eye Opener, this recipe contains the same ingredients, just with inverted proportions. Whereas a tall Eye Opener has twelve ounces of cold brew with a shot of espresso, a tall Soundwave contains twelve ounces of espresso with light ice and room from a splash of cold brew on top.

We sent our interns Daina and Alex from our WEEKLY investigative journalism unit to take a sampling of the new drink. When reached out to for comment, the team had shining opinions of the drink. "I've never felt so alive," said Alex after settling from his position on the ceiling. "Sounds had different meanings, and I could see the beyond reaching from between the colors as I soared above the trees with them. I could hear the colors tell me that their time was nigh, and all was ready for me to join them in the shiny place." "I finally finished the paper I'd been procrastinating," said Daina. "I actually felt weirdly productive after I finished the drink; like a spark inside me had been relit. Ten out of ten, would recommend if you need something to pull you through that Tuesday all-nighter." With that in mind, make sure you grab the complimentary Red Bull if you're able to get your hands on this drink before it's gone. Just ignore the student workers' shouts of "how did you get back here" and "how much espresso did you put in their drinks, you maniac." Live your caffeinated bliss.

Gustavus Sweeps Intra-squad Meet

Autumn Zierman
Staff Writer

With the swim and dive season already heavily underway and restrictions heavily in place on competition and travel, the Gustavus Swim and Dive team spent last Saturday, February 13, preparing for end-of-season with another Intra-squad meet. While practicing almost every day a week, twice a day, certainly gears the team up for competition, Intra-squad meets allow the simulation of an actual competition without the risks of travel and visitation of other schools.

"Intra-squad meets have been, personally, fun, but definitely less competitive," Senior Amelia Bjorklund said.

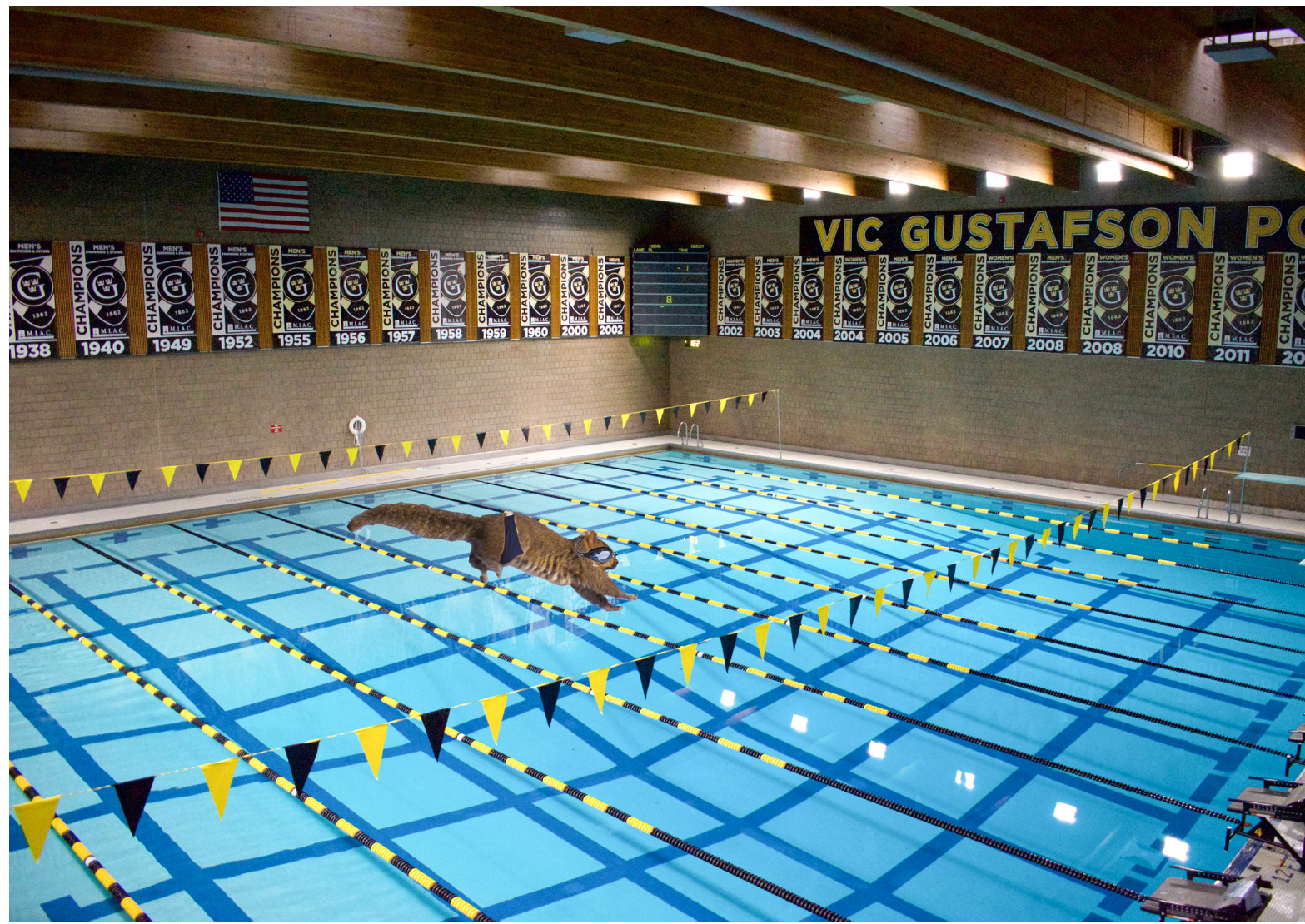
Even without the competition, these meets have been able to boost team morale, which had been suffering up until the point that the end of season goals were decided.

"A good turning point in team morale was having a definitive plan for the end of season. Mentally the team has been preparing since the end of October but hadn't previously had a date to train for," Head Swim and Dive Coach Jon Carlson said.

Despite having less overall competitive meet opportunities than other sports at Gustavus, and having been deprived of a Sections this year, having an end goal has boosted spirits all around.

The end of season for Swim and Dive will come in the form of hosting a competitive meet with St. Thomas for the Women's team and a conglomeration of other teams that includes St. Thomas for the Men's team. This will also be the last competitive meet that St. Thomas swims in Division III in the MIAC, and the Gusties are determined to send them off properly.

"One of my goals this year



The Weekly squirrel mascot joins the competition

Luke Yang

is to beat St. Thomas, for sure, especially because it will be their last time swimming in D3," Bjorklund said.

During and after practice encouragements to the team in the form of burns on St. Thomas decorated the whiteboard in the Gustavus pool area.

While beating out St. Thomas is assuredly one of the goals driving the Swimmers and Divers to practice hard, it is by no means the sole motivator. The Men's Swim and Dive team is also working to defend their right to claim of Section Champion, which they have held two years in a row.

"You don't really need to

compete to discover who is performing the best. You can look up at the scores and see where you are matching with everyone else in the section," Head Coach Carlson said.

"I'd like to leave this team, as a senior, in the position to defend our Section Championship next year," Senior Joshua Muntiferer said.

With the goal of dynasty securement in mind, this year's seniors have been leading the team in morale and attitude.

"Our team has an emphasis on team dynamics, usually we would be able to spend a ton of time on it, but with the pandemic it has been a lot harder.

The seniors and upperclassmen pick up the slack with a lot of quality team modeling," Head Coach Jon Carlson said.

Even in the vestiges of their final year on the team, upperclassmen have been devoting their time to keeping the team in high spirits.

"We are trying to make the best of the season, even though it is frustrating. We have been hosting online Zoom meetings to keep morale up, but we all know those aren't as fun. At our Intra-squad meets, even without most observers, we try and make it hype by cheering each other on," Senior Katherine Brostrom said.

"It's been an absolute rollercoaster, with starts and stops and false positives on tests, but right now it is positively trending up," Bjorklund said.

Like all other athletic teams, Swim and Dive have been affected by the Gustavus COVID policies, including weekly testing. Overall the measures have kept people safe and able to practice, though there have been some bumps in the path with false positive results.

"COVID has been a lot, with so many different feelings in the last month and a half, and false positive tests, but we leave it outside the pool and it's like family here," Bjorklund said.

Like many other sports teams, Swim and Dive has conquered the ups and downs of the year with determination to see it through to the end.

On end of season goals, consensus is broadly the strong desire to send St. Thomas out of Division III with a defeat on its shoulders.

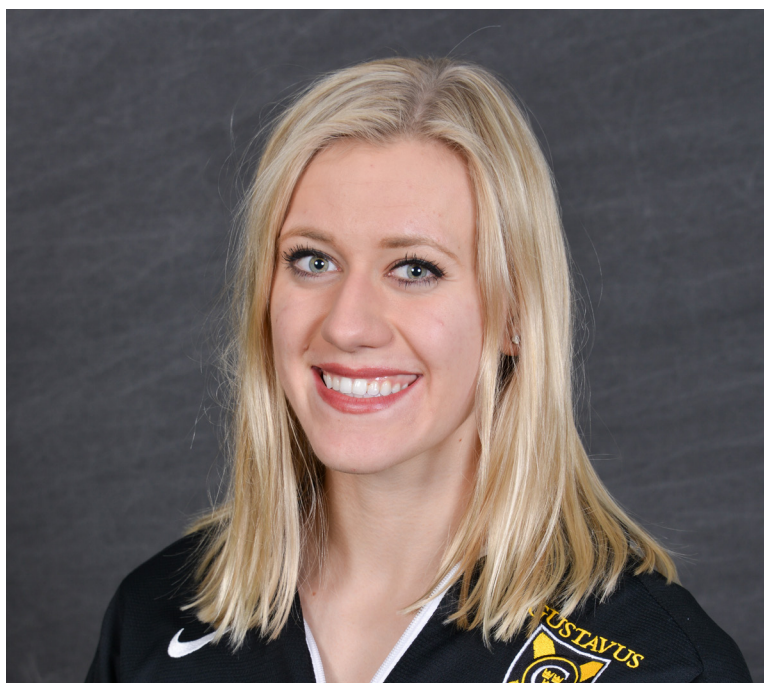
"The goal is to have everyone swim fast, it really comes down to that. There is no championship, but we can always compare times," Head Coach Carlson said.

"They like to race," Assistant Coach Alex Lindstrom said, an opportunity that Swim and Dive will have this Sunday, going up against St. Benedict's and St. John's for the Men's and Women's teams respectively with all of Gustavus, from the metaphorical sidelines, cheering them on.



Submitted

Senior Joshua Muntiferer



Submitted

Senior Amelia Bjorklund

A Different Breed

Senior Spotlight: Pat Gazich, Men's Hockey

Jack Wiessenberger
Staff Writer

Collegiate Men's Hockey players are a different breed. Many started playing at a very young age and before competing at the college level, spent years preparing in the junior leagues. The level of dedication each player has to the game of hockey is immense. Hard work, persistence and a love for competition are traits all hockey players share. Patrick Gazich, a senior on the Gustavus Men's team, is no exception.

Gazich came to Gustavus from Timmins, Ontario. There, he lived with a host family and competed on a junior hockey team. However, his roots are right here in Minnesota. Gazich attended the Academy of Holy Angels in Richfield before leaving the United States to play in Canada. Gazich's family truly has ice running through their veins. From a young age, he was influenced by his parents to play hockey.

"I have been playing since I was about four years old. Growing up, hockey and sports in general were always a big thing for my family. My mom was a world champion figure skater and my dad played a little hockey at St. Thomas so they both definitely pushed me into hockey," Gazich said.

Coming from such a strong skating background, it is no wonder Gazich was heavily encouraged by his parents to pursue hockey. The support of his family led him to Gustavus, where he found a group of guys who encouraged him even further and eventually became like family.

"I love our group of guys. We have a very fun loving, laid back team. They're all my closest buddies here and I am very happy to be a part of it. I love getting out on the ice and doing what I love with all the guys who I am super close with. It's fun competing against all of them and rubbing it in their faces if you win," Gazich said.

The hockey team has a bond not many other sports can come close to. As a senior, he has had an impact on the team for the last four years. Those around him have felt his effects as a teammate and leader.

"Pat is a joker at all times but works very hard on and off the ice which makes him an ideal teammate. One characteristic that makes him stand out is that he isn't afraid to be who he really is—a funny, down-to-earth, hard-working man," Junior Dylan Gast said.

Having shared the ice with Patrick for each of his three years at Gustavus, Gast has gotten to know Gazich as a teammate and as a leader. The



Gusties steal the puck for the victory

Submitted

impact Gazich has had on his team is astounding.

"How he carries himself shows that he has confidence in himself first and foremost along with having confidence in us. It's a small but meaningful trait to have as a leader. The way he discusses things in the locker room with teammates really shows that he respects them," Gast said.

Gazich has taken the role of a leader on the hockey team. While he has had a major impact on his teammates, they too have had an effect on him.

"I think my time here playing hockey has definitely shaped me into the person I want to be. All of the guys here currently help with that and also the alumni from the past few years and our coaching staff. Seeing how the older guys conducted themselves on and off the ice when I was a [first-year] helped push me into realizing how I can become a positive figure within the Gustavus community," Gazich said.

The tradition of strong leaders within the hockey team is one that goes back many years. Many players in the past set the bar for today's leaders like Gazich. Outside of the hockey arena, Gazich has had impacts on the greater Gustavus and St. Peter communities.

"I help out with the Newman Center on campus which is a Catholic student run organization. I also volunteer and coach youth practices for the

Minnesota River Youth Hockey Association. After graduation I am really hoping to get into coaching more. I am working on starting up hockey camps out of the Le Sueur Community Center for this summer," Gazich said.

Gazich plans to return to Gustavus for a fifth year to continue building for his future both on the ice and off it. After a year that has been scarred by COVID-19, Gazich is anxious to return for what will hopefully be a more normal season next year.

"It has definitely been an odd year to say the least. Given all the time I have put into hockey and my family's sacrifices to let me play, it would have been unfortunate to end on this note. It will be awesome coming back and hopefully getting a more normal year if everything goes accordingly," Gazich said.

Gazich's hard work, persistence, and love for competition are just part of what make him an outstanding teammate and leader for the men's hockey program. Raised in the culture of hockey by his parents and supported by the family he found at Gustavus, Gazich has become a standout player and person.



Senior Pat Gazich

Submitted

Who Let the Gusties Out?

Track & Field lays down dominant performance at SJU / CSB



With a look of determination, Gusties speed to the finish line

Submitted

Eamonn McCullough
Staff Writer

Gustavus Track & Field lays down dominant performance at SJU / CSB

Gustavus Track & Field has been turning the past semester's season of hard training into pure gold throughout their first meets of the year. This weekend's competition against Saint John's University, Augsburg, and the College of St. Benedict provided yet another opportunity for Gusties to shine and put up marks that lead at both the conference and national level.

Indoor track meets have looked a little different this season. This past weekend's triangular meet was split into two sections to comply with COVID regulations, arranged in such a way that men competed in the morning and women competed in the afternoon.

"Good teammates and a few fans can turn any indoor facility into a crowded stadium for the athletes competing. Some schools don't even allow people to watch their teammates events, so that the amount of people in the facility is minimal. Other than that, we wear masks until it is our turn to compete, and put them on afterwards, which is no biggy," Senior Distance Runner Nathan Scruggs said.

Scruggs competed in the mile over the weekend, taking eighth.

The first two events of the men's meet that morning, the 60m hurdles and 60m dash, provided a thrilling showcase of Gustie sprinters. Senior Taylor Rooney, who was last week's MIAC track and USTFCCCA National athlete of the week, laid down a time of 8.00 in the hurdles to top his own facility record, following that performance closely with a 7.00 in the open 60m to take second. This time places Rooney first in both the MIAC and the nation for Division III, without even taking into account his current top mark of 7.87 set two weeks ago at Bethel. First-year Major Martin was a powerful asset to the Gusties as well, taking fourth in the 60m hurdles with a 9.70. Not to be outshined, the Gustie distance crew proved their mettle in the mile and 5000 following the short sprint events. Sophomore Henry Hinchcliffe led the mile pack, crossing first in 4:29.29, followed immediately by Junior Jack Degonda (4:33.38) and Sophomore Trevor LaVinge (4:34.60) to sweep the top three. Six other Gusties finished in the top 16 in that event. The Gustavus 5k runners rocked out some impressive times as well, with all six entered runners going under 16 minutes. Senior Andrew Stumbo led the

charge, crossing the line second with a 15:06.97, good for second in the MIAC and 15th in the nation. The Gustie mid-distance runners and long sprinters opened their portion of the meet strongly as well, as the 400m sat squarely between the two distance events. Junior Wyatt Quiring and Sophomore Seth Zeitchick highlighted that event for the Gustie men, crossing first and third with respective times of 51.44 and 52.63.

Many Gustie men made a strong appearance off the track as well. Junior Steven Orzolek took first place in the shotput with a toss of 16.68m, good for second in the MIAC and third in the nation. First year Isaiah Subah also took home a win, flying 6.27m to win the long jump. The Gustie 4x200m relay crossed the line first as well, with the team of Quiring, Rooney, Zeitchick, and junior Xander DuMolin posting a MIAC-leading 1:30.82. The men's 4x400m relay was also a high point as the team of sophomore Jack Marble, juniors Jack McCabe and Nick Olfert, and first year Korigan Dierks brought home another gold for the Gusties. Despite the slough of outstanding Gustavus performances, the Johnnies edged out the Gusties for first overall 134-126.

Being able to watch other event groups compete, as well

as cheer on teammates, has led to a big mindset change now that intercollegiate competition has returned.

"The attitude at practice has changed to where we feel like a team again. Before we started having meets, it would just be all of the different event groups practicing separately, with little to no knowledge of what anyone else is doing. Now, we've been able to meet with and support each other much more often," Scruggs said.

Later that day, the Gustie women threw down the gauntlet as well with an outstanding afternoon of performances, going on to win their portion of the meet with 149 points over St. Benedict's 103 and Augsburg's 28.

The women's team portion of the meet started off much like the morning for the Gusties - with a slew of dominant performances. Sophomore Birgen Nelson and First-year Danielle Miller continued to prove Gustavus' prowess at overcoming barriers, taking first and third in the 60m hurdles. Nelson's time of 8.88 leads the MIAC and ranks second in the nation for Division III. The Gustie sprint squad didn't let up over the course of the meet, with Sophomores Victoria Adebisi and Arianna Burmaster taking home first and third place in the 200m, Nelson and Senior Sara

Moen going 1-2 in the 400 later in the meet, and the 4x200 team of Nelson, Adebisi, Burmaster and Senior Rachel Studer taking first.

Gustie distance had a very successful day on the women's side as well, starting with Sophomore Julia Severson crossing first in the mile in 5:22.32 (a time currently first in the MIAC). She was followed by Senior Elizabeth Whitcomb, who led the third through eighth Gustie sweep of the rest of the field in that event. Severson would go on to take second in the 800 as well as the runner-up to her teammate, Junior Elizabeth Donnelly, who took first in 2:22.54. In the longer events, Senior Kourtney Kulseth took first in the 3000 and Junior Kinzee Miest crossed second in the 5k.

The Gusties dominated in field events as well, with Sophomore Annika Poe winning the shotput, Junior Doris-Klein Mor flying high above the competition to take first in the pole vault, and First-year Madi Kes and Senior Paige Patterson going 1-2 in the long jump. Kes also led the Gustie 1-4 sweep of the triple jump. The Gusties have a weekend off coming up, but will be back in action against the University of St. Thomas on February 26th.