

# THE GUSTAVIAN WEEKLY

ESTABLISHED 1920

APRIL 23RD, 2021

ISSUE 23

MEET GUSTIE  
of the WEEK:  
Kareem Watts



VARIETY - PAGE 6

Seasonal allergies:  
We're all  
in this together



OPINION - PAGE 12

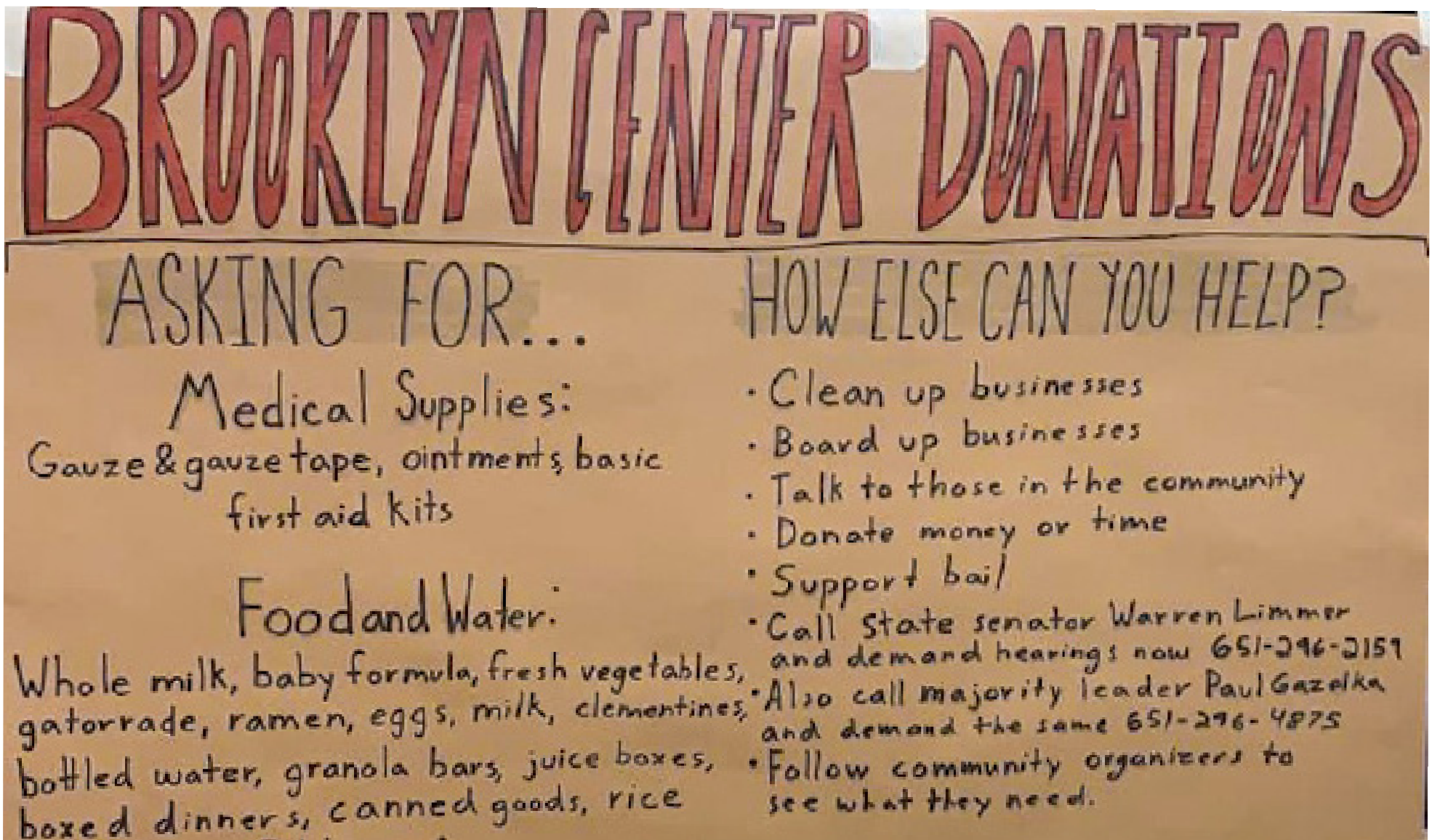
Gustie Football  
adapts to  
spring season



SPORTS- PAGE 16

## Students show support for Daunte Wright

The Radicals organize a donation drive for Brooklyn Center



Sign located in The Center for Inclusive Excellence calling for donations.

Submitted

**Freya Nelson**  
Staff Writer

During the closing arguments of the Derek Chauvin trial, students across Minnesota joined in a peaceful walkout protest in solidarity with George Floyd and recent victim Daunte Wright, as reported by The Hill. According to CBS News, Ex-cop Derek Chauvin was convicted on Tuesday of all three counts in the death of George Floyd. Chauvin's sentencing for third-degree murder, second-degree murder and manslaughter will take place in eight weeks.

In the wake of continued violence, Gustavus students have continued to show their support.

Students of the on-campus organization The Radicals showed their support by hosting a days-long donation drive in support of Brooklyn Center, the location of Daunte Wright's death and where many activists have been working to gather needed supplies for the community.

"Stay educated and aware of what's happening at our Gustavus community as well as the larger community and stay involved," The Radicals said on their social media announcement for the donation drive.

The donation drive ran continuously from Wednesday, April 14 through Friday, April 16. It was located in the newly renovated Center for Inclusive Excellence (CIE). The organi-

zation was asking that people provide items such as monetary donations, non-perishable foods, medical supplies, or hygiene supplies. Students in support were also welcome to take a break in the CIE whether they needed to rest, take time to contact their local politicians or reach out to the Gustavus Administration.

"[We] decided we needed to take action after the shooting of Daunte Wright. A member of ours, Vincent Kenobbie, had the great idea of organizing a drive to donate supplies and money to Brooklyn Center and those living there that are in need. The drive was incredibly successful. We even had donations from the St. Peter Food Shelf to deliver," Radicals Public Relations Chair

and Drive Co-Organizer, Amy Haney, said.

The Brooklyn Center donation drive was successful in creating a space for Gustavus students and faculty to come and support in solidarity. The organization received many donated items and raised over \$300 of monetary funds.

"I would say that Gusties really showed up for the drive. We discussed having the drive on a Tuesday and had it organized by Wednesday and regardless of the short notice the amount of donations were amazing. We continue to encourage Gusties to stay educated and involved," Haney said.

The Gustavus Radicals will be hosting another event at 5:00 p.m. on Wednesday, April 21

regarding the dismantling of the current system of policing.

"The Gustavus Radicals are planning to have a space on Wednesday in the Center For Inclusive Excellence for people to contact elected officials in support of police abolition. In the future, we will be creating a mural on the pillars and wall outside the Center for Inclusive Excellence, and

we are incredibly excited for that. The Radicals [are] always busy doing work in our community and a great way to keep up with us is by following our page @gacradicals on Instagram or joining one of our weekly meetings every Thursday night at 8 p.m.," Haney said.

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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.

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Campus Safety Report

Thursday, April 15, 2021

- Campus Safety was called to perform a welfare check in Sohre Hall
- Friday, April 16, 2021
- Campus Safety spoke to a student about suspicious circumstances.
- Campus Safety responded to a fire alarm in Southwest Hall.

Saturday, April 17, 2021

- Campus Safety approached an apartment violating campus quiet hours policy. Nine students referred to the campus conduct system for multiple policy violations, including covid-19 policy. while conducting a routine patrol through Uhler Hall, Campus Safety discovered

- a conduct violation.
- Campus Safety observed a student of concern walking up North Hill.
- Sunday, April 18, 2021,
- Campus Safety investigated a fire alarm in the International Center.
- Tuesday, April 20, 2021
- Campus Safety took a report of a theft from a stu-

dent's motor vehicle in Sohre Hall. SPPD also did a 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>

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

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COVID-19 Report

Gustavus On-Campus Update

As of April 29, 2021:  
Total Positive Cases (since August 15, 2020): 291  
Current Positive Student Cases: 3  
Current Positive Employee Cases: 0  
Total Students in Isolation/Quarantine: 6  
Students in Isolation/Quarantine On Campus: 2  
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 March 17, 2021:  
Total Positive Cases (since January 20, 2020): 560,450  
Daily Newly Reported Cases: 1,611  
Daily New Reported Nicollet County Cases: 12

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







Gusties continue to wear their masks to slow the spread of COVID-19.

Nate Habben

# Gusties get vaccinated as worries about Johnson & Johnson vaccine spreads

**Emily VanGorder**  
Staff Writer

Gustavus held its first COVID-19 vaccination clinic, offering the Johnson & Johnson vaccine, on Thursday, April 8 in the Don Roberts Ice Arena. Another clinic was offered on Thursday, April 22, which offered the Pfizer vaccine. Local pharmacies and health and medical clinics are also offering the vaccine to anyone 18 and older.

Pharmacies are given vaccines through a federal allocation, while hospitals and clinics receive them through a state allocation. Minnesota is distributing the vaccine to health coalitions, including the South Central Care Coalition, which Gustavus is a part of. The Coalition receives a certain number of vaccines every week and decides how to distribute them among the nine counties it serves.

"A few weeks ago they gave the Johnson & Johnson vaccine to Gustavus, and to MSU. The following week there were no extra vaccines to give to us. This week we are getting the Pfizer

vaccine" Director of Health Services Heather Dale said.

The second dose of the Pfizer vaccine has to be administered within 17 to 24 days of the first vaccine, and will be available on May 20-21.

"It's a little extra challenging because school is ending... and many students won't be on campus any more. It really is important if you get your first vaccine to get your second vaccine. If we don't match up first and second doses, then we're at risk for not getting allocated vaccines in the future. They will give it to places that do it well, so we want to do it really well" Dale said.

Currently, three vaccines have been given emergency use authorization in the U.S.: the Johnson & Johnson vaccine, which is also known as Janssen, the Moderna vaccine, and the Pfizer vaccine. The Johnson & Johnson vaccine is on pause while FDA committees meet to decide what to do with the vaccine after people who received it developed rare blood clotting disorders, some of which led to stroke or were fatal.

"Initially, we [Gustavus] along with a lot of other colleges and universities thought the

Johnson and Johnson was such a great option because it was one dose, and we wouldn't have to get people to come back. They would be immunized within two weeks instead of five or six. It had the potential to be such a great option... I really appreciate that scientists and medical professionals want to make sure that we're making really good decisions and are being very thorough in vetting what the risks are" Dale said.

While the potential side effects of the Johnson & Johnson vaccine could be the most dangerous, most COVID-19 vaccines have relatively mild side effects as the body's immune system works to create antibodies.

Junior Oaklee Ringeisen received the Johnson and Johnson vaccine during the vaccination clinic on April 8.

"I threw up twice, had a headache, body pains, and severe chills" Ringeisen said.

"I got the Pfizer vaccine. I had some mild side effects from my first dose, including a fever and stuffy nose. I don't have a lot of concerns about getting the second dose since I got sick from the first dose. Usually only one of the doses will elicit such a

robust immune response, so my white blood cells are more than ready for round two" Junior Korinna Hylen said.

"People use the argument that COVID-19 doesn't cause bad symptoms in most college students... I would say, 'nor does the vaccine', so why not do something for the good of our community and for the greater good of humanity that will help slow something down that has killed millions of people" Dale said.

According to an article in the New York Times, getting into a car is more dangerous than getting a COVID-19 vaccine. The article also mentions that humans are often more worried about small risks, like shark attacks or side effects from vaccines, despite the fact that they are much less likely to happen than large and common dangers, like car accidents.

"Historically, we know that vaccines have saved our society. Vaccines eradicated smallpox. Nothing else. Polio was eradicated in this country by vaccines. Unfortunately, it has started to emerge in other parts of the world, because they don't have vaccines" Dale said.

Conspiracy theories have

surrounded the COVID-19 vaccine since the beginning of the pandemic. Some believe that mRNA vaccines like the COVID-19 vaccine alter DNA, or contain microchips that the government uses to track individuals. Some have even gone so far as to call the entire pandemic a hoax. This level of misinformation and conspiracy can make it difficult to decide what risks are acceptable, or even what is true and false.

"I want to recognize that, especially for students, it can be challenging if your parents are apprehensive about you getting the vaccine or themselves getting the vaccine. I do want to acknowledge that depending on who you talk with and the people whom you love and are surrounded by, the messaging can be very confusing. I would encourage people to ask questions and do their own research. I don't even want anyone to feel bad about questioning how they should proceed. I do want to emphasize that the science and the evidence is very, very clear that vaccination is very safe and is very helpful, and will be very helpful in getting us out of this pandemic" Dale said.

# MAYDAY! Conference to feature student activism throughout history



The MAYDAY! Peace Conference will be held on Wednesday, April 28 starting at 10 a.m.

Submitted

**Marie Osuna**  
Staff Writer

Student activism is a pervasive theme in history, and is also the topic of this year's MAYDAY! Peace Conference. The conference, which is set to take place on Wednesday, April 28, will feature Jaclyn Corin.

Corin became an activist against gun violence after surviving the largest school shooting in American History at Majory Stoneman Douglas High School in Parkland, Florida. The 2018 shooting took the lives of 17 students and faculty.

Less than a week after the shooting, Corin and one hundred of her classmates went on a lobbying trip to their state capital, and she quickly became a leading organizer of March for Our Lives.

Corin's presentation, "Engage in the Change: Mobilizing a Generation to Protest," will be available to watch online via Zoom, YouTube, and Facebook.

"I believe students will particularly connect with Jaclyn Corin, who will be talking about

the need to mobilize, protest, and work for change," Barb Larson Taylor, Associate Vice President of Marketing and Communication, said. "Unfortunately, gun violence and mass shootings continue to occur in this county, which makes her speech immediately relevant. She is an advocate against gun violence and speaks more broadly about issues of social justice and the need for people to become engaged in making changes to improve their communities."

The lunchtime session of MAYDAY! will feature a presentation by Dr. Greg Kaster, Professor in History and African Studies, titled "Kent, Parkland, and the History to Social-Justice Student Activism in the United States."

"My talk will emphasize the long, pervasive, and varied history of student activism in the US, including among high school students. While I will speak about Kent State, I will also highlight lesser-known instances of student activism for social justice in the United States

having nothing to do with the antiwar movement of the 1960s, which is what so often comes to mind when we think of student activism, including the Lane Seminary debates over slavery in the 1830s and the walkout by Latinx high-school students in Los Angeles in 1968," Kaster said.

The theme of activism is especially timely, as 2020 was the fiftieth anniversary of the Kent State Shootings which took place on May 4, 1970. The planners of MAYDAY! didn't want to focus on the shooting itself, but the student work that took place afterward.

"Gustavus itself has seen its share of such activism—for example, Black students demanding a course in Black history, the anti-apartheid divestment movement of the 1980s and 90s, and, currently, efforts to mitigate climate change by, among other things, reducing Gustavus's carbon footprint," Kaster said.

Both speakers will be presenting live, and will be taking questions from the audience following their presentations.

"We hope people take the time to watch the sessions and leave inspired to work for peace and justice for all people," Taylor said.

Gustavus will be following an adjusted class schedule so

students and professors can attend Corin's presentation.

More information, including links to the livestream, can be found at [gustavus.edu/events/mayday](https://gustavus.edu/events/mayday).



This could be you!  
Send inquiries to [extermine@gustavus.edu](mailto:extermine@gustavus.edu)



# Diversity Leadership Council Hosts COVID-safe Diversity-Ball



D-Ball was hosted in the Arb to account for COVID-safe regulations

Luke Yang

**Mula Lay**  
Staff Writer

The Diversity Ball (or D-Ball) is an annual event held by the Diversity Leadership Council (DLC). The event usually features a dinner, a dance, a live show and an award ceremony. It is a night to celebrate the works of students and staff on Diversity, Equity, and Inclusion (DEI). This year's D-Ball was held from 5:30 p.m. to 8:30 p.m. on April 17 at the Gustavus Arboretum.

Because of COVID-19 however, D-Ball looked a little different this year. The dance and dinner aspect of the event was

scrapped but the ceremony and live performances by students were kept. While respecting COVID guidelines, the event was held in-person by setting up spaces between seats and mandating that masks be always worn. The event gathered 120 attendees while garnering even more virtual participants.

The event was a success even though it happened to fall on a rather chilly day, the attendees found a way to combat the cold while dressing up fashionably.

"It was a little chillier than we wanted it to be, but there is a solution to everything, and people brought blankets. But everybody still dressed up and looked amazing and I think overall it went pretty well," Jorge Omana Palma,

the co-president of DLC, said.

Even though there was no designation of dinner, there was still pre-packaged food. The main courses were catered by India Palace and the dessert was catered by Cocoa and Fig. The event coordinators were sure to be mindful of the attendees' dietary restrictions and kept track of what an attendee asked for when they had signed up.

"We were really conscious about these food, we wanted to make sure that everyone's dietary restrictions were accommodated [...] each ticket meant a different type of meal that you were getting. So if you were getting the vegan meal or chicken or vegetarian, then we have to get that information relayed back to the caterers

constantly," Aimen Zara, the other co-president of DLC said.

The event also featured a photo booth where attendees had a chance to flaunt their outfits and enjoy some time away from the stress of schoolwork and COVID-19.

While the event was a success, the event planners faced some obstacles along the way. The event was not being planned until around January when it usually takes five to six months of planning. With the shortened timeline, the co-presidents had to act fast.

"One of the challenge would be [...] waiting for a couple of weeks to figure out if we were allowed to be in person [...] we couldn't really plan anything until we were approved [...]"

think that was one of the hardest challenges, was that we couldn't do anything until we had an answer [...] and then also just trying to figure everything out like in a month was also a big challenge," Palma said.

Regardless of all the stress and anxiety the coordinators have gone through, the event was a success and seeing the numbers submissions grow excited Palma and ensured a sense of a job well done.

"I found it very fun just watching the numbers climb because it just meant more people wanted to attend [...] that made me very happy [...] we were just excited to see that all our tickets were sold out," Palma said.



# GUSTIE *of the* WEEK

## Kareem Watts



Gustie of the Week Kareem Watts

Isaac Bui

**Michaela Woodward**  
Staff Writer

Assistant Director of the Center of Inclusive Excellence, Kareem Watts, has kept busy in his new position while getting adjusted to

the Minnesota weather. Originally from Los Angeles, Watts has been working in higher education at public and private universities and colleges for over 12 years as an educator and administrator.

"I really just have a passion for students but also social

justice and equity—helping to ensure that all students have the same abilities [and services] to be successful," Watts said.

In his role in the CIE, he helps with programming and works to ensure that every student feels welcome.

"At my previous institution, I taught a social justice leadership course. We really focused on race, racism, the history of American slavery, the Black Lives Matter movement, and the Civil Rights era. That's something I'm really passionate about, based on my social and cultural identity as African American and male. I also know that in addition to being marginalized, I also have privileged identities such as being male. I try to create spaces for students of color and other marginalized communities like the LGBTQ+ community, making sure they feel welcome in the Center. Listening to their concerns, fears, or whatever it may be," Watts said.

In addition to working on programming for the Center, Watts is the advisor for the Diversity Leadership Council and Pharaohs of the Future, is a part of Achievement Allies, and is on the President's Council for Diversity, Equity, and Inclusion. He is also a facilitator for the Diving Deeper Discussion series.

One recurring event Watts has started is The Lyrical Café, which is an opportunity for students to perform poetry, spoken word, or music every month.

"Students of all social and cultural identities can really express their talents and their experiences," Watts said.

The theme of The Lyrical Café this month is "I Am First," part of the First Forward Month initiative to celebrate first-generation students. First-generation students who will graduate this spring and would like to perform are encouraged to reach out to Watts via email. The Lyrical Café performance will take place in the Dive on Friday, April 23.

"[Watts] has learned so much in just four-five months. He has been a great resource to the Diversity Leadership Council as the advisor and he also brings a fresh new perspective to any of the ideas we have. It has been great working with him, we have had some good laughs in just these short number of months. He was integral in our planning for the Diversity Ball. [Watts] helps us out whenever we need it," Diversity Leadership Council Co-President Jorge Omana said.

A first-generation student himself, Watts hopes that during First Forward month, students can focus on their success in all areas, not just academics.

"I'm a first-generation student. I graduated from community college several years ago. I went on to graduate, several years later – I took a break, from Viola University, earning my bachelor's and then later on got my Master's in Higher Education Administration from

Southern New Hampshire University," Watts said.

"[During First Forward Month] we really try to take time and recognize our first-generation students to ensure their success. Not only their [academic] success but also, we want to make sure that they are being engaged, that their social experience is going well," Watts said.

In addition to academic and social engagement, he also has an emphasis on healthy living.

"Some of my other hobbies [include] exercising. I like to exercise. Stay healthy. Eat healthy to strengthen my immune system in these crazy times. I encourage students to stay healthy, stay strong. Exercise. Eat some ginger, kale, some natural ways of boosting the immune system," Watts said.

Additionally, he has a passion for music and is a poet and performer himself. He encourages students to follow him on Instagram (@Foreignziks) to learn more about his music and poetry.

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.



# New Exhibition at the Arts Center of St. Peter



Inside the Arts Center of St. Peter

Nate Habben

**Tori Smith**  
Staff Writer

Founded in 1979 as the Arts and Heritage Council, the Arts Center of Saint Peter has been a long-standing establishment in the community for many years.

After the 1998 St. Peter tornado that took out the historic school building where the Arts and Heritage Council was originally located, the Arts Center re-organized and in 2000 opened their new facility at 315 South Minnesota Avenue.

"The purpose of today's Arts Center of Saint Peter remains to promote education, interest in and support for the fine arts through exhibitions, performances, and outreach," according to the Arts Center's website ([artscentersp.org](http://artscentersp.org)).

The Arts Center includes clay and fiber studios, a gallery, and a gallery shop where

visitors can purchase creative works by more than eighty local and regional artists and authors. The clay and fiber studios offer "meditative, challenging, and rewarding art-making experiences for learners of all levels," according to the website.

The Arts Center of Saint Peter also provides a multitude of classes for the public including bookbinding, marketing, weaving, and writing among much more. The gallery features local, regional, national and international artists for exhibitions and/or performances.

Now until May 29, the Arts Center will be featuring the Layered Realities exhibit, a collection of recent work by full-time St. Peter-based artist Bryan Holland.

Holland has worked professionally as an artist, a graphic artist, and a college professor and has over twenty years of painting experience. His work has been in many exhibitions including solo, regional, national juried, and invitational exhibitions.

In just the past six years he has been featured in 13 exhibits including the 2018 A Symphony of Wings exhibit at the Cactus Gallery in Los Angeles, CA, The Other Art Fair (TOAF): Dallas (Saatchi) exhibit in Dallas, TX in 2019, and the 2020 Juried Figure Show at the Minnetonka Center for the Arts in Minnetonka, MN.

In the Layered Realities exhibition, Holland created a series of box sculptures that invite viewers to interact with various pieces.

"I wanted to take this type of work a step further by creating a level of interactivity or adjustability, where the viewer can manipulate components to change how the work is viewed," Holland said in his artist's statement.

He originally envisioned using found materials from thrift stores or garage sales for the sculptures, but when the pandemic hit, he was forced to change plans. As the stores he would normally frequent for materials began to shut down, Holland decided to incorporate

less found art and more elements of his own construction.

In addition to these sculptures, the exhibit will include paintings and mixed media incorporating themes of animals, mythology and the environment.

The Arts Center of Saint Peter won't be an unfamiliar place for Holland.

"For many years, Bryan rented studio space from the Arts Center until he purchased his own studio building in 2018 or 2019," Arts Center Executive Director Ann Rosenquist Fee said.

Holland will be taking part in the radio show "Live from the Arts Center of Saint Peter" on Thursday, April 29 from 1-2 p.m. on KMSU 89.7FM. The show, hosted by Fee, includes artist talks about current exhibitions, conversations about the artist's creative process and influences, and music chosen by the artist/interviewee.

"Since [Holland] is a former tenant of the Arts Center, we'll probably go in-depth into how

his process and the work itself has changed since he moved to his own studio space," Fee said.

The show will be archived for two weeks at [kmsu.org](http://kmsu.org).

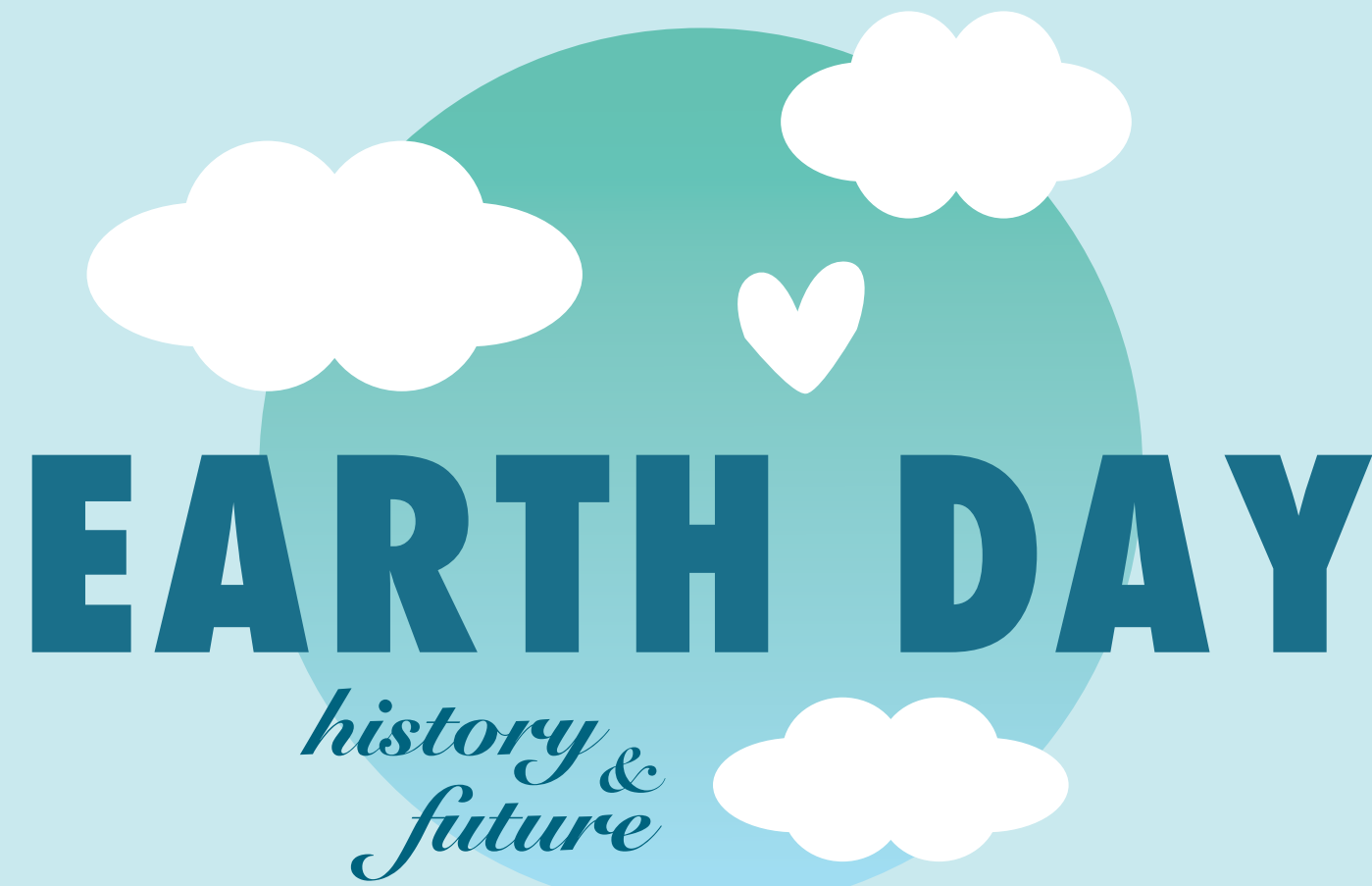
Now that finals week is rapidly approaching, the Arts Center may be the perfect spot for students to visit and relax while viewing some amazing pieces of artwork.

"We like to think we're a great place for students to clear the mind, get some peace, and maybe soak up some inspiration," Fee said.

Students may find particular inspiration in Holland's Layered Realities exhibit and his ability to blend art and graphic design.

The gallery is free and wheelchair accessible to the public. Doors are open Tuesday through Friday from 1-5 p.m., Saturday from 10 a.m.-5 p.m., and Sunday 1-5 p.m.





Geena Zebrasky  
Features Writer

This past Thursday, April 22nd, was international Earth Day. For years, Gustavus and the greater community have observed this holiday, with each year's focus addressing the challenges that we're currently facing. The United States' first Earth Day grew out of the Santa Barbara oil spill of 1969, when more than 3 million gallons of oil were spilled off the coast of California.

This was the "straw that broke the camel's back"—environmental justice was already on the rise, with Rachel Carson's *Silent Spring* released in 1968, and nation-wide demonstrations pressuring the government for change. At a UNESCO conference, activist John McConnell proposed a day to focus on environmental awareness, and in 1970, Senator Gaylord Nelson proposed a national "teach-in" for college campuses to focus on this. This teach-in day, to be held on April 22nd, was named "Earth Day."

So, did Gustavus participate in this teach-in? Yes! In fact, during the 1969-1970 academic year, many departments changed the courses they offered to include courses that focused on environmental issues. The biology department offered a course called "Man and the Environment," the geology department offered a course on water conservation, and the sociology department also offered environmental courses.

On April 22nd, 1970, the entire campus observed Earth Day and learned about the environmental issues

of the time. Five professors gave presentations on environmental issues the world was facing at that time, and students viewed multiple educational films. Other professors took an action-based approach and brought students on a cleanup campaign through Nicollet County. Students at Gustavus have advocated for environmental justice throughout the institution's history, advocating for the Earth under different organization names, but with the same passion for justice and a better present and future.

Gustavus currently has several sustainability initiatives, with several plans in development this year. We currently have a 90 percent recycled/composted waste goal, and the institution wants to achieve a 25 percent energy reduction by 2024. Many students and faculty are working hard to make GAC an institution that contributes towards a better environment—you can even visit @gacsustainability on Instagram, or the Sustainability Blog on the Gustavus website to see what people are doing right now, and you can learn how to help work towards GAC's goals!

Even though Gustavus is working hard towards its sustainability initiatives, there's always more that needs to be done. One area that the institution has not been able to showcase movement in is divestment. Divestment is likely to be one of the themes of this year's Earth Day observations on campus because Gustavus

has investments in banks like Chase Bank and Wells Fargo. These banks have mutual bonds invested in the fossil fuel industry—they've invested millions of dollars in pipelines like Dakota Access and Line 3.

What exactly is divestment? Divestment is removing the money in investment funds that are unethical and harmful. Investments may feel like imaginary money moving around in made-up economics land, but the projects they fund have real, material impacts that harm the environment and our communities. Investment gives companies power to continue business as usual, to lobby our government, and to expand. When we divest, we demand justice, especially if this money is re-invested in projects that work towards a better future. Divestment sends a message that we won't allow our institutions to make investments that are tied to companies that perpetuate violence.

This isn't the first time divestment has come to campus: in the 1970s, students joined many other colleges in urging campus leaders to divest from South Africa during apartheid. The divestment from

fossil fuels came to campus in 2012 when the campus organization "Divest Gustavus" was formed following Bill McKibben's "Do the Math" tour. This group was active through 2015, and it even held a campus-wide demonstration day called "Divest Fest" in 2014. In 2016, the MayDay conference was about divestment—so the conversation never really went away.

There are over 100 colleges in the United States with active campaigns, and there are several with completed and successful campaigns. Colleges that have committed to this initiative include Stanford, Cornell, Brown University and Johns Hopkins University, and over half of U.K. universities. Many hope that Gustavus will join this movement sooner rather than later and become the example other universities can look towards.

From the first Earth Day to now, Gustavus students and faculty have demonstrated their continued commitment to the environment. Hopefully this continues forward, with action being taken every year to make our campus and the world a better place.

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# Why Spending Time Outdoors is Great



**Lexi Louis**  
Opinion Columnist

I think that spending time outdoors regularly is a great thing. It provides time away from situations we may find distressing. Going for a walk outside has plenty of benefits like improved mood, improved physical health, reduced stress, reduced anxiety, and improved memory. It's great to spend time outdoors because of these benefits.

When we get stuck in a loop of negative thoughts, our mood is worsened. It is important to take a break. Taking a break outdoors is a great way to lessen a loop of negative thoughts. Sometimes certain environments can stimulate anxiety, and sometimes certain environments can reduce anxiety.

The quietness of the outdoors, the nature sounds, and the greenery provide a distraction from negative thoughts. Our surroundings can play a big role in how we feel. Making a strong effort to put ourselves in a comfortable situation when we need it is imperative. If we are in surroundings a lot we find anxiety inducing, staying in them can lead to negative outcomes.

When I go for a walk with family or friends, I immediately feel the positive effects. The nature, the wildlife, the exercise, and getting to chat are some of the aspects that lead to the positive benefits. I recently went for a walk, and I was surprised to see six deer cross the path. On this walk, I also got a little bit of sunlight. Sunlight can release Serotonin and it can induce Vitamin D production. Serotonin helps with nausea, upsetting foods, and sleep. Gustavus has many outdoor trails and areas for walking outside. I enjoy going for walks in the Arboretum, and this is a great way for spending time outside too.

When we have time for ourselves to reflect, it makes sense how going for a walk outdoors improves memory. Without provoking situations, we remember things easier. It is imperative to be relaxed so our thoughts are clearer and we can remember them. Our five senses of sight, smell, sound, taste, and touch, can relax us.



Night mock anyone? Gusties take advantage of the moonlight to hammock in the arb. Luke Yang

If we see a beautiful landscape or sunset, we may feel calmer. A nice aroma makes us direct our thoughts elsewhere. Nature sounds or music provide another distraction from anxiety inducing situations. Stress balls or a plush pillow to squeeze utilize our muscles for distracting ourselves. Another nice thing we can do for ourselves is eating something we enjoy.

A way to increase the benefits of being outdoors is grounding. Grounding is electrically connecting yourself to the energy of the earth. It is a practice that can help with flashbacks, PTSD, and negative emotions. Grounding can improve sleep and reduce pain. Some strategies for connecting with the earth are walking barefoot outside or putting your hands in water.

Grounding also uses the five senses to help with distress. This can be breathing deeply, doing math or counting, describing what is around you, focusing on others, picturing someone you love, or practicing self kindness. Writing or saying aloud, "You are trying your best, you can do this," is a great way to help to change a negative thought pattern.

The cognitive triangle shows how our thoughts, feelings, and behaviors are influenced by each other and an event. Cognitive behavior therapy is a way to identify negative thoughts, change their pattern, and to learn better ways to perceive an event or cope with one. Going for a walk outside gives us time to reflect on negative thoughts and change them.

Some may say that it is easier to exercise or distract yourself indoors. Although there are ben-

efits to being indoors, there are not as many benefits as spending time outdoors. A great alternative for getting the same benefits of being outside is playing nature sounds inside. Because the sounds are similar to the outdoors, we can think we are in a different environment. These sounds can be relaxing. Some of these sounds may be rainfall, ocean waves, or birds.

Some may say the effort of taking time to go outside isn't worth it. Although going for a

walk outside takes time, it provides many benefits. Going for a twenty to thirty minute walk three days a week is enough to experience the benefits of it. The physical and mental benefits of spending time outdoors is worth it.

Being outdoors is a great thing. With all of its positive benefits and potentials, it should be done regularly. People would have time to use their five senses to improve their overall health, and they would have the oppor-

tunity to reflect and change negative thought patterns. We have the opportunity to exercise CBT if we need to. Sunlight is an additional benefit to spending time outside. It releases serotonin and induces Vitamin D production in the body. We may also get a little exercise while we are walking. Because of all of these positive aspects, going for a walk outdoors is a wonderful thing to do.

## The Good, the Bad, and the Meh



Vaccines are coming to campus



Still don't have a job



You sent your winter coat home with your mom and now you're freezing



# Summer Motivations: Staying Sane in the Final Stretch



**Maia Honi**

*Opinion Columnist*

We are now officially three-ish weeks away from finals, to which I have only this to say: AAAAAAAAAHHH.

With that off my chest and out of my conscience, I'd like to start feeling some hope. I'm a very goal-oriented person, so I have had my eyes set to summer for the last two months. Think "The High School Musical 2 opening" levels of excitement.

Do my readings make me stay up late and cause me to lose time for self care? Yes, but that just seems to be the college experience for everyone at this point. What keeps me going and fuels my dreams at night is May 12, the first official day of summer vacation for Gustavus students. I have daydreamed about how it'll feel to wake up on that Wednesday morning and feel the freeing relief of having nothing to do for the day. I'm able to make it through my day easier with the knowledge that I'm that much closer to homemade Kool-Aid slushies and the sun. But even if that first day of summer is a wonderful occasion of nothing in particular, that doesn't mean I don't have big plans for the summer.

First plan of action? Redecorating my room. Coming to Gustavus in the fall and having the chance to decorate my dorm made me realize that I had spent the last six months in a room that wasn't really mine anymore. So after I get home and stuff my face with my parent's cooking, I'm going to completely change how my space looks. A fresh room will be great to rest in, which I am going to desperately

be catching up on after this semester. I haven't changed my room in forever, so the change of pace will be great. I've also heard that redecorating helps with mental health and getting rid of the old and stale, so that's an added bonus. I'm thinking forest green with a paneled mirror, who knows what else will inspire me.

Inspiration has been lacking for far too long now. With the lack of inspiration comes a lack of motivation to do any of the things that make you happy. I've lightly touched on some of my hobbies throughout this semester to help keep me sane, but I never had the time to fully dive into these hobbies without having to worry about the obligations within my life. When the 12th gets here, I will have the time to do what makes me happy without stress. I'm not sure about you guys, but I can't wait until I can read a book without a super-focused analytical lens. I can finally learn to ride my skateboard that I got in December, which would help me look sick on campus next year. I'll be able to draw and paint pieces again, which my fingers have been itching to create. But

I can say with certainty that my favorite thing that I'll get to do is hang out with my friends. I'll be able to be there for them, not away and chained to my laptop, marking up an article. Those late night drives will be the most soothing balm for my soul.

While I could mention how I'll have the time to watch shows I've missed because of school, I think I've had enough TV to last me a lifetime. Spending quarantine with all of the shows and movies I could have wanted to watch made me glued to my bed, which is probably not the best. Instead of watching TV, I'll be at Valleyfair the moment it's safely open. I used to be slightly scared of rollercoasters before quarantine, but now I will gladly ride The Renegade if it will help bring some life back to me. I am going to make myself sick with the amount of rides I'll go on, and top it all off with the log chute ride. While I'm not sure how a mask would feel against your face while you're dropping from seven stories in the air, if that's what it takes to feel stomach-dropping exhilaration again then I'll do it. This quarantine has made me regret not doing things when I was able to, even if

I didn't do them because of fear. I hate open heights, but was seriously contemplating going sky-diving not even a week ago. But for now, I'll stick with the tamer stuff, like The Wild Thing.

I'll snap out of these daydreams with heat and the taste of ice cold lemonade fading from my senses, coming back to a grey world filled with final deadlines. but rather than feeling sad, I'll only feel the summer sun underneath my skin, spurring me on. The sooner I finish my classes, the closer I'll be to living that liberating reality.

they aren't too filling like chocolate tends to be. Instead, they're perfectly light and delicious, ready to be munched on throughout the day.

Therefore, my findings lead me to believe that Teddy Grahams are the champion of snacks in the Caf. Many will disagree with me, and many would even say cookies aren't even a snack, but my research would say otherwise.

So next time you're on a Caf run and looking for something sweet, chocolate Teddy Grahams are there for you.

## Sustainability Credit



**Emma Pufahl**

*Opinion Columnist*

This week I wanted to talk about the Sustainability Credit that many students and faculty are working hard to get established.

I hope that the upperclassmen remember in Spring of 2019, in partnership with Environmental Action Coalition (EAC), there was a group of students that arranged "Groundswell" Day. It was a day full of activities that was to show that Gusties wanted Gustavus to move towards a more sustainable campus. Yes, Gustavus in some ways is paving the way in sustainable campus life, but we knew we could

and should do better. This day was to show that Gusties wanted and were excited about fostering an environment where students work with the people in charge in order to create positive changes on campus. There was a meeting at the faculty meeting (which was recorded and is somewhere on the Gustavus website) where a handful of students, myself included, spoke about why we wanted changes to happen as well as speaking on some areas of campus life that could easily make more sustainable changes. We also requested that there would be a Sustainability Credit added to the curriculum. Unfortunately, we spoke pretty late in the game and most of the 'Challenge' Curriculum gen-eds were close to finalization.

I don't know how many of us know what it takes to create a new gen-ed requirement or how classes register to be considered a class that meets this requirement, but it is unfortunately not an easy process. It takes a lot of time, people, and energy to create a curriculum. Even though there is quite a bit of faculty support for this requirement, it takes much more than support to get something like established.

I want to talk about what this credit could or would even look like. (Don't worry, this wouldn't mess up anybody's degree au-

ditions or four-year plans even if it got passed tomorrow). First we would have to define what sustainability means and I think that is one of the coolest things about this requirement, there is

***"Making conscientious decisions and knowing why (and maybe how) we should be making them is the underlying goal of this requirement. We will not be able to have consumerist lifestyles for the rest of our lives without consequences for future generations."***

no set answer. I truly believe that every major on campus could find a way to include a sustainability requirement. Think about it. There could be a sustainability art class which could mean

that some art students have to dig through some recycling for the materials they use for the class, or they create something that represents what sustainability means to them. Business majors could have a class about sustainable businesses (or whatever business majors learn). Accounting majors could talk about how sustainability may create tax breaks for companies. Psychology majors could talk about climate change anxiety and how implementing sustainable practices and seeing real changes in our society may alleviate these anxieties. Any language department can choose their areas of study and compare and contrast how the societies that speak X language have climate change discourse compared to the US (this is obviously easier for some languages or cultures than others). I'm an Environmental Studies and Ancient Greek Studies double major. One of my majors already has classes that talk about these types of things. I would bet that there are some Classical texts speaking on sustainability.

Would this be more work for students and faculty? Absolutely, but it would be so worth it. We boast about our Liberal Arts education giving us a well-rounded education. Sustainability should be included in

our education. Who's to say we can't combine some of our gen-ed requirements? Well, currently a lot of people because it isn't that easy... We have WRITD, or writing in a discipline, why can't we have sustainability in a discipline? There are endless possibilities on how to make this work.

It is our duty as human beings to have some knowledge of what sustainability is, no matter the definition of sustainability. Making conscientious decisions and knowing why (and maybe how) we should be making them is the underlying goal of this requirement. We will not be able to have consumerist lifestyles for the rest of our lives without consequences for future generations. You can still have the cushy lifestyle of a consumerist while being more sustainable. Composting our food waste, using reusable bags, and using reusable mugs (post-COVID, of course) is just one small portion of the equation. Being able to bring sustainability knowledge into whatever your career path is and incorporating it into your life and career is how we will be able to build a great future for ourselves as well as the future generations to come.



# Surviving seasonal allergies: We're in this together



**Tori Smith**  
Opinion Columnist

**I**t's official: spring is finally here. After a cold, lonely winter of isolation, blossoming flowers and green grass is just what Gusties need.

That is unless you're an allergy-sufferer like me. While I want nothing more than to finally step outside to soak up the newfound sunshine and fresh air, my constant sneezing and coughing has me running indoors and boarding up the windows.

This may sound like exaggeration, but I assure you it's not. While home for Easter this year, I spent a good amount of time outside in the beautiful 60-70° weather with my family. I didn't think much of it until Sunday night when I developed a bad sore throat.

Normally, I wouldn't be so worried about a measly sore throat, but considering we're currently living in a global pandemic, I was pretty freaked out. I convinced myself it was COVID and cancelled everything that week, even my 21st birthday. Luckily, my parents were kind enough to celebrate with me as soon as our test results came back negative.

By that time, though, my sore throat developed into constant coughing and sneezing fits. I continued to feel sick for an entire week after Easter all because my body was convinced that pollen was trying to kill me. Survival of the fittest clearly doesn't apply to me.

Ever since that dreadful week, I have avoided spending time outside as much as possible. This is no easy task. Walking past students blissfully eating lunch outside in the courtyard on beautiful sunny days always make me envious of their clever immune systems.

For those like me who can't enjoy the great outdoors as much as others, I created a list of tips and tricks we can do to keep our bodies feeling healthy and happy. As a seasonal allergy-sufferer who experiences allergies in the spring and fall, I use these tricks almost year-round.

My first allergy tip is a little obvious: find the right allergy medicine. Over the course of



Beautiful flowers can bring unwanted stuffy noses during this season

Isaac Bui

my allergy journey, I've had many trials and errors. I first started out with taking Claritin, an antihistamine that comes in a small little white pill. This helped my symptoms slightly, but I still had to limit my time outside and keep the windows closed in the house.

*"Normally, I wouldn't be so worried about a measly sore throat, but considering we're currently living in a global pandemic, I was pretty freaked out. I convinced myself it was COVID and cancelled everything that week, even my 21st birthday."*

My next step on my allergy journey was learning about the powers of honey through my grandmother. According to her, eating a spoonful of honey everyday helps with seasonal allergy symptoms. I tried this method in combination with Claritin for years, fully believing in the honey's magical effects. It wasn't until the taste of honey began to make me gag that I stopped taking it.

Although I fully believed in this sweet trick, it was more than likely just a placebo. While it has been anecdotally reported to lessen seasonal allergy symptoms, these results have not been able to be consistently duplicated in clinical studies, according to Mayo Clinic.

When Claritin wasn't enough to battle my symptoms, I decided to try Claritin-D, a decongestant that treats nasal congestion and sinus pressure. How lovely. To my amazement, this worked like a charm for a year or two. I was finally able to go outside and breathe the fresh spring air. That was until it started giving

me persistent headaches and I had to stop taking it. Another failure.

The next step on my allergy-medicine journey was Flonase, a nasal-spray corticosteroid. This has worked out alright for the past few years, but I'm still unable to spend long amounts of time outside or with windows open. Better than nothing I suppose.

There are many other options for relieving allergies than the ones I've mentioned. There are pills, liquids, nasal-sprays, eye drops, at-home remedies, inhalers, skin creams, and even shots that could all help lessen the symptoms of seasonal allergies. It's important to find the right solution for you and your body.

My next tip is to plan activities to do indoors with friends and family. While my parents desperately wanted to soak up the sun that's been hiding away for months, I made them close all the windows in the house and watch movies with me all day long. They loved it.

When my friends decided

they wanted to eat outside for a picnic in the Arb, I suggested eating inside the same dining hall we've been sitting in for months. They wondered why they didn't think of it first.

My last tip is to stare out your closed window at the brilliant blue sky and luscious green grass that would give you hives the moment you decided to lay in it. I like to imagine myself out there breathing in the fresh pollen-filled air without having to sneeze my way back to safety. It's a nice thought, but it's a bit of a bummer when reality sets in.

While having seasonal allergies can be disappointing, the end of winter is always something to celebrate. Whether you have to suffer through runny noses and mountains of tissues or not, spring will always be welcomed with open arms.



# Gustie Softball Snaps Losing Streak

## Women's Team Split Games against St. Mary's and Concordia

**Brady Boie**  
Staff Writer

The Gustavus women's softball team got back on track this week with wins against Saint Mary's and Concordia College. These wins snapped a six-game losing streak and brought the Gusties closer to a .500 record. Their busy weekend consisted of four games (two double-headers) and began with a visit to Winona against Saint Mary's.

Despite coming into the game on a six-game skid, the Gusties didn't lack confidence and started the game off hot. Junior Mackenzie Skuza got on base from a fielding error, which allowed senior Ashley Neuenfeldt to score in the first inning. Skuza's sister, Allie, also contributed in the first inning, scoring off Junior Kaylnn Leonard's single. Sophomore Kate Murray emphasized the importance of the Gusties' hot start.

"Scoring those first two runs right away felt great. It set the pace for the rest of the game and gave us the comfort on defense that we needed to make plays," Murray said.

The Gusties carried this momentum throughout the rest of the game. They did not allow a single run and played some of the best defense of their season. This great team effort was led by some excellent pitching by First-year Payton Belt. In the seven innings that Belt pitched, Belt struck out three batters and only allowed three hits.

"[Belt] stepped up and filled her role very well. She threw a great game and put a lot of trust in the defense behind her. She worked her butt off for the team and we made the plays we needed to in order to take that game," Murray said.



Ashley Neuenfeldt releases a pitch

Submitted

In the second game, the Gusties were unable to keep up the momentum that they had in game one. The Cardinals scored three runs in the second inning and never really looked back. The Gusties surrendered eight total runs and ultimately lost the game 8-2.

"We didn't play to our fullest potential. We weren't able to piece enough hits together and defensively we didn't

make the plays we needed to," Murray said.

After the loss, the Gustie women packed up their bags, got some rest, and were back out on the diamond the very next day. They hosted a double-header against Concordia and were looking to build off of the previous day's victory. But things didn't go as planned. After a scoreless first inning, Concordia scored three runs

in the top of the second. The Gusties responded in the third inning, as freshman Madelyn Miller scored off of a Neuenfeldt single up the middle.

Unfortunately, that would be the last time that the Gusties reached home plate. Concordia piled on three additional runs—two in the fourth and one in the sixth—to make the final score read 6-1 in favor of Concordia. However, this wasn't the end of the weekend for the Gusties.

"Losing game one was hard but we came together as a team and turned the page right away. We found energy and carried it throughout game two," Murray said.

The Gustie women came out swinging in game two. Murray had a crucial RBI double in the second inning that energized the Gusties and gave them an early lead. After a few scoreless innings, Concordia broke the scoring drought in the top of the fifth inning. Concordia scored two quick runs, and it began to feel as if another game was going to slip away from the Gustie women's team. That feeling was quickly put to rest, as the Gusties responded in the bottom of the fifth, as sophomore Kayla Ruud scored off of a ground-ball RBI.

The Gustie defense held strong for one last half-inning and gave themselves a chance to win the game in the bottom of the sixth. After having a teammate reach second base with a single and a steal, Ruud

stepped up to the plate once again. And once again, she delivered. Ruud socked a double that scored the runner on second base, and the Gusties walked off victorious.

"[Ruud]'s always great. She is always here to play the game. It was time for her to crank one for us in the final inning, and she certainly delivered," Belt said.

The walk-off win puts the Gusties' record at 9-11 and 4-8 in the MIAC. There is optimism that this record will improve, as the team gets closer each and every day.

"We have been building team chemistry and that special bond we strive for. We have some big personalities on the team and we have so much fun together. Every game the environment on and off the field keeps getting better and better," Murray said.

This optimism and connectedness better prepare the Gustie women for what should be a daunting week ahead. The Gusties are set to face St. Thomas and St. Olaf this coming week, both of which are ranked top three in the conference.



Ashley Neuenfeldt in the windup

Submitted



# Baseball Sweeps Carleton

## Bryce Novak named MIAC player of the week

**Jack Wiessenberger**  
Staff Writer

Another week in the baseball season has passed, and with it came two more series sweeps by the Gusties over conference rivals. Last week, the team comfortably won both games against Macalster by scores of 5-1 and 11-1. A few days later the Gusties swept Carleton in a three game series. After achieving two wins playing away in Northfield, the team came back to St. Peter and finished off the series on a strong note. The team is now sitting atop the Minnesota Intercollegiate Athletic Conference (MIAC) with a near-perfect overall record of 14 wins and only one loss.

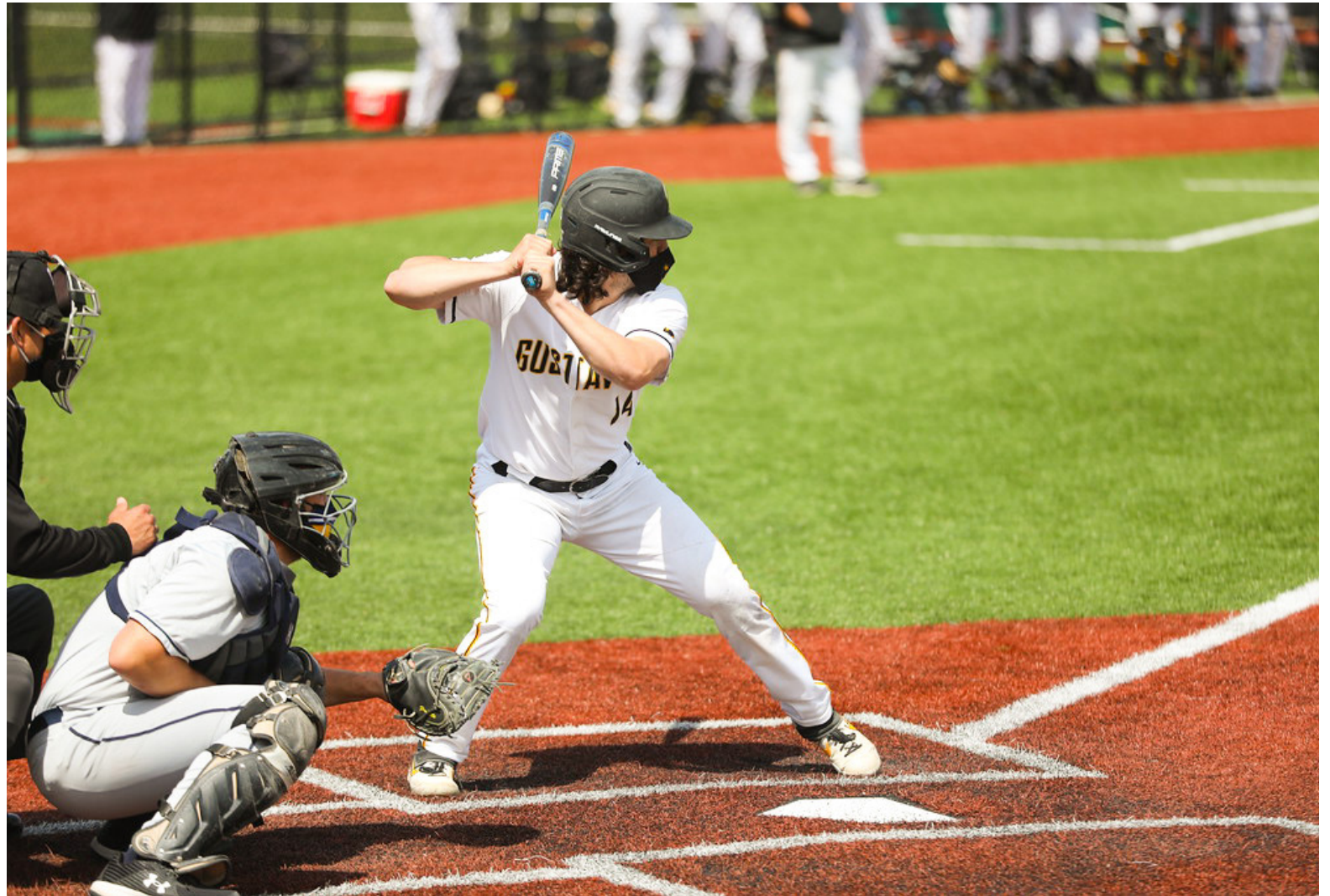
"This past weekend everyone on the team played a big role by stepping up when the person next to them may have been struggling. We never gave up no matter what the score was. There is definitely excitement among the team with our success so far and we all know that we can accomplish almost anything and be able to play with anyone," Sophomore Outfielder/Pitcher Bryce Novak said.

The Gusties faced a deficit of three runs early in the second game of the weekend series. The Carleton Knights made a few big swings in their first at-bats and took the early lead. The Gusties managed to tie the game in the top of the fourth, but Carleton immediately retook their three-run lead in the bottom half. Despite constantly playing from behind, the team managed to pull off a win after they produced a total of eight runs. Novak had a big showing over the weekend that earned him the honors of MIAC Baseball Player of the Week.

"Being named MIAC player of the week is a great accomplishment for me, but I am more looking forward to the goals we can achieve as a team. I feel like the reason I had such a great weekend was just being patient and having good discipline at the plate," Novak said.

Over the series, Novak started at the positions of center fielder, pitcher, and designated hitter. Novak played each game as the leadoff hitter and accrued ten hits in nineteen plate appearances (.526 BA). In the final game of the series, he hit for the cycle and earned a win in his first collegiate start as pitcher. In each game, the Gusties showed a lot of strength as an entire team.

"The biggest factor for us being able to pull off sweeps is endurance. Playing 25 innings of baseball in about as many hours is extremely taxing. So staying focused and mindful for the whole thing is the difference between sweeping and splitting. Our biggest strength is our talent. Everyone



Nick Azar prepares to hit

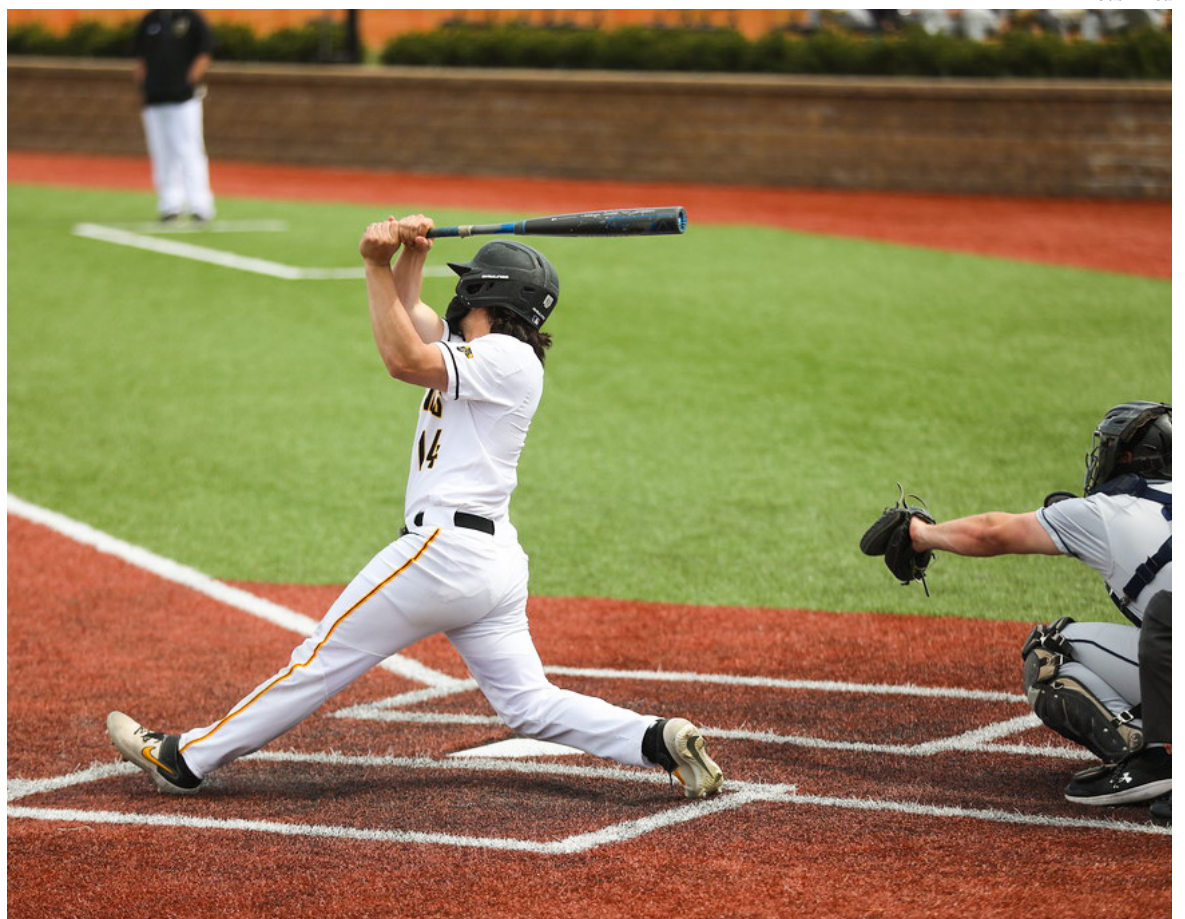
Submitted

makes an impact. Our bench guys could field a competitive MIAC team as well," Junior Infielder Nick Azar said.

The Gusties have worked hard to build up their endurance and it has paid off well. Playing so many games back-to-back requires a lot of stamina, and as the record has shown, the team has managed to perform well throughout a gruelling series. A part of what has made the team successful is its incredible depth. Having talented starters in the first-year and sophomore classes has given the team the ability to rotate in players when needed. For all the underclassmen, this season has been their first taste of college baseball after last season was abruptly halted due to the COVID pandemic.

"It feels great being able to play this season and actually being able to play on our field with the team. The atmosphere and energy in college baseball is second to none and is the most fun I have had playing baseball. I am really looking forward to seeing what our team can accomplish and how we can make this the best season in program history," Novak said.

The team is holding expectations for themselves high, but the talent is there to make achieving these goals a realistic possibility. The last time the Gusties finished a season with only one overall loss was in 1943, and only nine games



Nick Azar squares on up for a home run

Submitted

were played that year. Now at the halfway point of the regular season, the Gusties are looking to continue their success and make a deep playoff run. Head Coach Brad Baker has done an outstanding job of keeping his players motivated and focused on the end goals.

"Our coaches are second to none. They really get the best out of every player that buys

into the program. This year has been nothing different than the past," Azar said.

Despite the challenges presented by a unique season, the coaching staff has stayed true to its philosophy and produced a successful program. The players hold their coaches in high regard and have totally bought into the team culture. While the first half of the season has

been outstanding, the team understands that their fight is far from over. The Gusties are hoping to continue to shine all the way through the playoffs next month.



# Adapt & Overcome: Gustavus has Optimistic Scrimmage

## Players named to Honor Society

**Eamonn McCullough**  
Staff Writer

In an unprecedented spring season where competitions are still not guaranteed, the Gustavus Football team has found ways to take sudden changes in stride and excel at every turn. On Saturday, April 17, the Gusties were scheduled to scrimmage Division II Southwest Minnesota State University in Marshall, MN. Unfortunately, the road competition against the Mustangs was cancelled, and the ever-resilient Gusties would scrimmage themselves on the Hollingsworth field under sunny skies that morning instead.

After a slew of positive cases swept through the SMSU football team, the Gusties changed plans, staying home on Saturday. Regardless, the week still proceeded as if Gustavus would be playing another team.

"Before the scrimmage against SMSU was cancelled, we were preparing as if we'd have a game this weekend. This was the first time that we've gotten to do that with the group of guys this year," Senior Max Kahn said.

For many Gustie football players, this spring held the promise of chances to apply the skills they had been working on since fall. The team had been looking forward to a game setting for over a year.

"There's nothing quite like playing a full four quarters of football, which teams in our conference haven't done in a while," Khan said.

However, the 2021 spring season has provided precious few opportunities for full games.

"This spring season has been



*Gustie Quarterback takes the snap for a pass*

Submitted

a lot like a typical spring season, even though a lot of us felt like it was going to be a replication of a fall season. We were only able to scrimmage rather than play for scores. The mindset was a little bit different because we were preparing for the fall rather than preparing week by week for games," Senior Hunter O'Bert said.

Although scrimmages are closer to formal games than normal practice, they still leave a lot to be desired.

"There are pros and cons to

playing your own team. The pros are that you get to go out and compete. Your teammates are gonna push you, give you good looks. But it's a different mindset. You are going against your own guys, and you don't want to cause injuries, so you might let up a little earlier instead of finishing the play. You wanna keep your guys healthy as well as compete at a high level, so it's all about finding the balance," O'Bert said.

This past weekend also

showed a long-missed glimpse of normalcy as well.

"It was nice to have guests in the stand! That hadn't been done for a while. The field felt small again having fans in the stands," Khan said.

Despite injuries, the Gusties found great success as a team throughout the scrimmage. Differences aside, the Gusties are already looking forward to the fall as their season of spring scrimmages comes to a close.

"We're going to continue working out for the rest of the spring using an app where our strength and conditioning coach Zach Vine posts workouts, and stay involved over the summer with captain's practices two to three times per month. Finally, around the start of week two of August is when we get into camp," Khan said.

"It helps that we have a lot of senior guys coming back for their fifth year, and we saw a lot of the young guys show off what they're capable of this weekend. Leading into the rest of the season, we want to just develop our strength right now. It's a great time for it," O'Bert said.

As a testament to the Gusties' ironclad work ethic both in and out of the classroom, ten senior players were inducted into the National Football Foundation's Hampshire Honors Society this past week. Graduating seniors (or seniors with eligibility who are choosing to formally end their collegiate careers) across all collegiate divisions nomi-

nated for this award must meet several demanding criteria, including a cumulative GPA of 3.2 or better throughout college, and a football career of highly significant contributions to their team as determined by coaching staff.

This year's inductees from Gustavus, including Tamir Beeler, Noah Decker, Austin Fest, Logan Holley, Brett Hufendick, Kahn, O'Bert, Landon Rauen, Nathan Schroepfer, and Ryan Zamzow, join 900 other players from 255 other football programs across the country from the class 2021. This year marks the 15th year since the foundation of the Hampshire Honor Society.

"It was nice to be recognized, it definitely validates the efforts I have put towards academics and football. I'm glad that several of my other teammates were recognized for their hard work as well," Holley said.

The Gusties will be back in intercollegiate action for Fall 2021 to pick up where they left off and chase a championship.

"When something you care about a lot gets taken away so suddenly, it doesn't really sit right. [my advice to underclassmen players is] don't take it for granted because you never know when a game is gonna be your last. Compete every chance you get, play every game like it's your last," O'Bert said.



*Gustie defense reads the play*

Submitted



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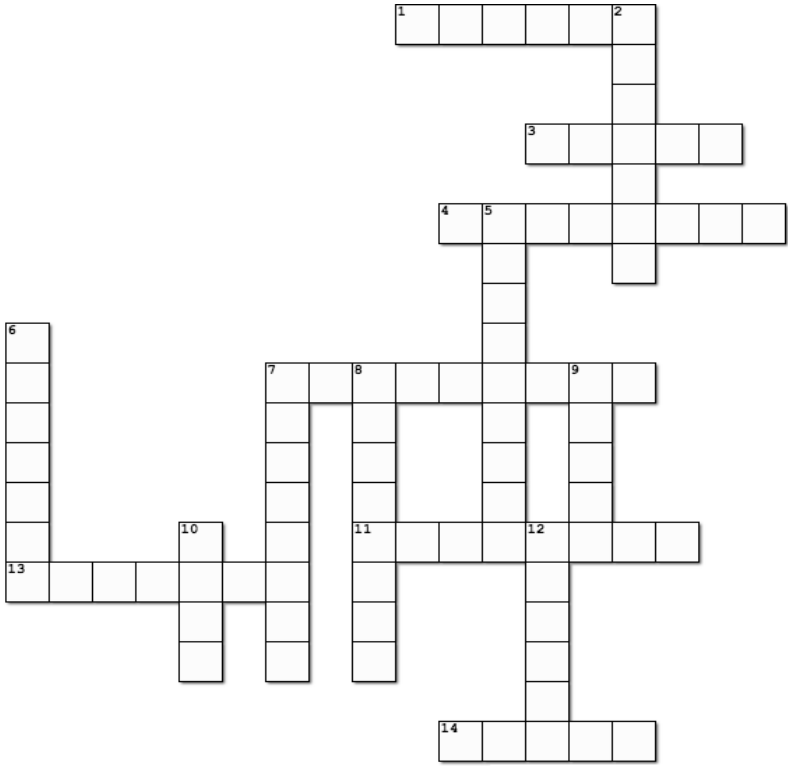
Types of Flower

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

- begonia  
California poppy  
carnatin  
crocus  
daffodil
- dahlia  
false goat's beard  
geranium  
hyacinth  
iris
- larkspur  
lavender  
lily  
marigold  
mums
- rhododendron  
rose  
snapdragon  
sunflower  
tulip

Crossword

Flowers and Their States



Across

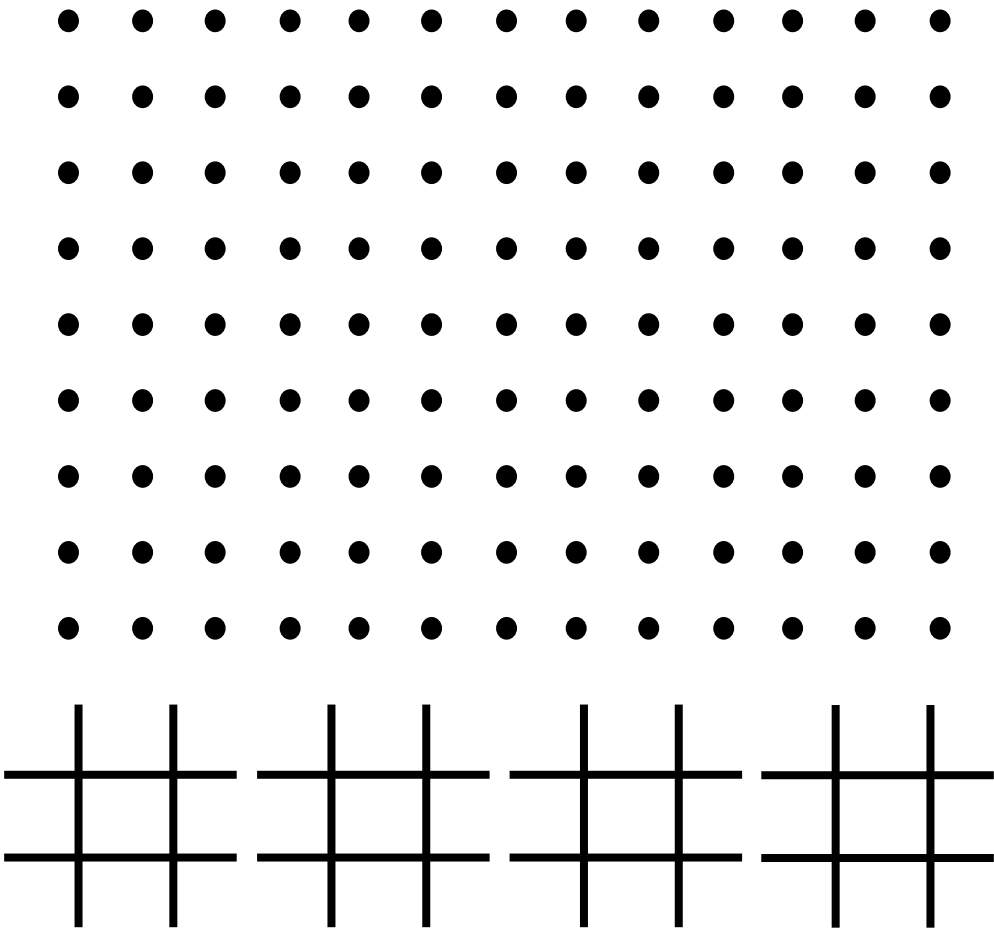
1. Hibiscus.  
3. White pine cone.  
4. Violet  
7. Lady's slipper (you've got this).  
11. Apple blossom.  
13. Saguaro.  
14. Syringa

Down

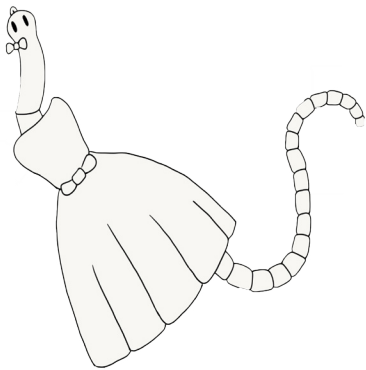
2. Peony  
5. Magnolia  
6. Bitterroot.  
7. Black-eyed susan.  
8. Goldenrod  
9. Bluebonnet.  
10. Wild rose.  
12. Sagebrush.

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!



My Best Tapeworm



Corinne, Anna & Cadence.  
Not Tape Worms

There's another pandemic sweeping the hill at Gustavus, an epidemic of loneliness that can only be cured by your friendly neighborhood tapeworm. You've heard of ring before spring, well, get ready for ringworm before spring. Many of us crave companionship, but none crave it more than those with a taste for parasitic desire. Why spend those only nights alone when you can spend your whole life (or at least 30 years or so) with your own best friend, a tapeworm, your best tapeworm. Many of us are feeling lonely these days and are searching for a way to stay connected and

take a new friend. For those of us with attachment issues, we recommend a friend that literally cannot live without you. Yes, we're talking about a tapeworm. So how do you get a tapeworm friend? We highly recommend the new prepackaged salads that are available in the caf. One bite of festing lettuce could give you that life partner you've been searching for. Alternatively, you could drink some spicy pond water while strolling in the Arb. Perhaps you have a friend with a cat that hasn't been dewormed with whom you share your most personal items, like a waterbottle or toothbrush. When you finally meet that special someone, you'll have a built-in maid of honor/best man, your tapeworm. As you can see we've provided a worm in wedding attire for visualization purposes. We're all human, but worm is a worm and and we humans make mistakes. Wouldn't it just be easier to blame your issues on your tape worm? No money? Worm ate it. Questionable GUSTAVIAN WEEKLY Article? The worm wrote it. Cheated on your exams? The worm gave you the answers. All your problems and vital nutrients down the worm drain.