

THE GUSTAVIAN WEEKLY

ESTABLISHED 1920

APRIL 16TH, 2021

ISSUE 22

MEET GUSTIE
of the WEEK:
Malia Kabis



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Please let us
live off
campus



OPINION - PAGE 11

Gustie Tennis
continues to
dominant
the court



SPORTS- PAGE 15



JUSTICE



THE DEREK CHAUVIN TRIAL: WHAT YOU SHOULD KNOW

Assistant Vice President for Student Life, Megan Ruble, hosts Zoom sessions to discuss the trial.

Submitted

Gusties stay informed about the Derek Chauvin Trial

Emily VanGorder
Staff Writer

The Derek Chauvin trial began on Monday, March 29, and is the first fully televised court case trial in Minnesota's history. The case has been actively followed by global audiences and media, and has been explored in depth at Gustavus.

Last year, the Student Life Division at Gustavus began the Great Challenges Initiative, which focuses on a current great challenge and develops programming around that topic. The division is broken up into five groups, each of which focuses on one of the five pillars of Gustavus and its relationship to the topic of the year.

"Last year's topic was mental health, and this year we chose systemic racism... I ended up leading the group focusing on systemic racism and justice. There was a natural tie to the murder of George Floyd and the

Derek Chauvin trial," Assistant Vice President for Student Life in the Dean of Students Office Megan Ruble said.

After first planning on holding a single Zoom session to discuss the trial, the group decided to create a three-part series that focused on different aspects of the trial.

The first discussion focused on the courtroom and legal aspect of criminal trials. The second was held on March 25 and focused on the media involved in the trial. Professor Martin Lang and County Attorney Michelle Zehnder Fischer spoke about the role social media plays in the trial, how mass media makes jury selection more difficult, and the prevalence of both credible and unreliable information brought by social media.

"I think we all recognize the significance of the trial, but it's fascinating to dive into the nuts and bolts of the trial and the role that the media plays

in the case. I think we need to take care in remembering that the aftermath of the murder, and the international response to it, would have played out much differently without the influence of social media getting the raw footage to the public before Minneapolis PD could have cushioned the narrative and further demonized Floyd," Junior Ace Schwartz said.

The third discussion was held on April 14 and discussed activism, sentencing, and appeals. Michelle Zehnder Fischer discussed sentencing guidelines relevant to the trial, and Detective Matt Grochow of the St. Peter Police Department spoke about police reform and the St. Peter Police Department.

The panel also included activist Anisa Omar, the first black Muslim woman to be Student Body President at Minnesota State University. Omar is a resident of Mankato who first rose to prominence after she pushed to have Student

Resource Officers removed from public schools after the murder of George Floyd. A PBS documentary "I Rise" focused on her activism and her creation of the Ignite the Youth Group.

"Systemic racism isn't going away any time soon. It's not just a challenge for this year that we get through and move on from. There is a need for ongoing programs around issues of systemic racism, issues around diversity, equity, and inclusion throughout campus, all the time. As the circle of knowledge grows, so does the circle of ignorance- the more you know, the more you realize you don't know. We were able to capitalize on this issue at the right time in order to get people to learn more about it," Ruble said.

Gustavus has created mandatory DEI training programs for students, faculty, and staff to complete before May 15.

"I think DEI training at Gustavus is crucial for creating a more accepting, equitable, and

empathetic learning environment for all students. Additionally, DEI training specifically within the STEM setting has helped me become aware of my own personal biases and privileges, as well as how to manage them in a diverse work environment," Contributing Weekly Writer Junior Eamonn McCullough said.

"I think this series of sessions has been really good to help people understand the complexities of the situation... The trial, and the outcome of the trial, is not about race. There are no charges that are race-related... even though, of course, it is about race at a much larger level. These kinds of issues rarely get solved in the courtroom or at trial, so work has to be done elsewhere. It's exciting to see younger generations taking an activist role in forming the world you want to see," Ruble said.

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Campus Safety Report

Wednesday, April 7, 2021

- Campus Safety took a report of a non-GAC vehicle damage.
- Campus Safety responded to an active fire in Arbor View Apartments.

Thursday, April 8, 2021

- Campus Safety did a welfare check on a student in Pittman Hall.

- Campus Safety was called for a medical assist in Rundstrom Hall.

Saturday, April 10, 2021

- Campus Safety responded to a non-GAC vehicle accident in the Norelius parking lot.
- Campus Safety was called for a medical assist for a student with reported breathing problems. Student was transported to hospital by ambulance.

Sunday, April 11, 2021

- Campus Safety discovered an underage violation in Sorensen Hall. Two students were referred to the campus conduct system.
- Campus Safety responded to a fire alarm in North Hall.

- Campus Safety was called about an animal in College View Apartment. The resident of the room did not have a permit for the animal to be in the room.

Monday, April 12, 2021

- A student reported a possible theft of a backpack with a laptop in it.

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>

Under the Weather?
Urgent Care can help

See us for*:

Sore Throats | Ear Infection | Minor Cuts or Bruises
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COVID-19 Report

Gustavus On-Campus Update

As of April 5, 2021:

Total Positive Cases (since August 15, 2020): 290
Current Positive Student Cases: 12
Current Positive Employee Cases: 0
Total Students in Isolation/Quarantine: 30
Students in Isolation/Quarantine On Campus: 14
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): 527,101
Daily Newly Reported Cases: 1,715
Daily New Reported Nicollet County Cases: 14

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



Big Hill Farm is a small scale farm created by Gusties in 2009.

Nate Habben

Big Hill Farm helps grow crops and nourish minds

Georgia Zutz
Staff Writer

Andrea Post and James Miller, co-presidents and student managers of Big Hill Farm, share details about the current growing season of the student led farm, plans for the summer and the impact that Big Hill Farm has on students, albeit sometimes in unexpected ways. Initially created by a 2009 senior seminar project, the small scale farm has provided unique opportunities for education and agriculture among members of the Gustavus community.

The structure of Big Hill Farm is split in two sections: student organization and the summer internship that takes place at Gustavus.

"The student organization is for recruiting students and maintaining interest in Big Hill Farm beyond the growing season. We host events, volunteering hours and plenty of educational opportunities," Post said.

Alongside the academic year events, three interns will be working on the farm this summer.

"They will be doing any work involving typical maintenance of the farm, as well as taking care of harvest and processing. So everything from tending the crops to taking the harvest to the kitchen to cleaning and properly storing the produce," Post said.

The interns will also be collaborating with Little Big Sky Farm in Henderson, Minnesota for the opportunity to trade labor for wisdom and information concerning small scale farming.

"We follow organic practices, but are not certified organic.

We prefer the term 'low-input' practices, and we are excited to be able to learn from Little Big Sky Farm," Miller said.

Big Hill Farm also works closely alongside the Gustavus campus in various ways.

"We work a ton with Physical Plant. There is so much infrastructure that goes into running even a small scale farm like ours. They help us with machinery, waste removal, maintaining the area around the farm. Overall, they are a huge help to us," Post said.

Aside from Physical Plant, Big Hill Farm has a unique relationship with the Gustavus Dining Services.

"We keep track of the needs of the Marketplace and Dining Services. They are our main customer, so we try to cater to the needs they have. The demographics shift on campus throughout the year, so we want to make sure we are providing the best produce," Miller said.

From summer camps with children to the students who visit the Marketplace during the fall semester, Big Hill Farm is to thank for much of the produce that is consumed by the Gustavus community.

The current growing season is in full swing, with seeds being sprouted and tended to in the Big Hill Farm greenhouse. The growing season is not only powered by lots of sunlight and healthy soil, but also by student passion and a collective commitment to healthy growing practices.

"Big Hill Farm isn't only for people who want to grow crops; it's for anybody who is interested in knowing where their food comes from, especially since we

are so disconnected from those processes these days," Post said.

For more information, students are more than welcome to join the Big Hill Farm email alias by either contacting the co-presidents or the official Instagram account. There are also currently volunteering shifts every Saturday from 3 to 5 p.m. Big Hill Farm continues to impact many aspects of the Gustavus community, and not only by providing the produce enjoyed by many in the Marketplace.

"I always knew that I wanted

to work with plant research, but I found out that the lab isn't the best place for me to be. Working on the farm, I realized it was perfect, for my interests. I've been able to move around, be creative and problem solve. And work with plants of course," Post said.

"I knew what my majors were, but I didn't know where I was going to go with it... I remember one moment of working out there, on a day where we were facing a bunch

of challenges. At the end of the day, I remember watching the sunset... and realizing that the shift had gone from dragging alone to have suddenly flown by. I had no idea where the time had gone. I think that was the sign for me to feel like I was really connected to this work and this field. It strongly steered me in the direction I'm heading now," Miller said.



The Lund Center groundbreaking event article is located on page 4.

CJ Siewert-- Gustavus Marketing & Communication

Africa Night: resilience despite adversity



Students at Africa Night gather for a quick photo on April 10.

Submitted

Luna Besaiso
Staff Writer

The annual Africa Night, April 10 held in Lund Center Arena this year due to COVID-19 restrictions, highlighted a night full of region-wide celebration of African culture. The Pan-African Student Organization (PASO), who sponsors this event, hopes to provide the community with further knowledge about the African continent and its culture.

Africa Night featured a variety of activities including skits, dance performances, trivia questions, etc. Sophomore Arsen Matabaro, an international student who was also the co-chair of the event, describes the significance of holding these activities.

"Africa Night is an event that happens once a year. There are multiple intercultural events that take place on campus, but this night is the main occasion where all African students come together to share their distinctive cultures. Many mistakenly believe that Africa is one country, but through the activities we display, we challenge the stereotypes and share the heritage of a rich continent composed of over fifty countries," Matabaro said.

The fashion show is one of the highlights of the night. Participants, whether involved in PASO or not, wore traditional clothing with different patterns, and each design is native to a specific area in Africa. Senior Nana Abena Boateng wore a blue dress patterned with purple, orange, and green shapes.

"It is my last year at Gustavus and my last Africa Night, the night where I can freely be myself and represent my cul-

ture. In my home country, there are over 1,000 different patterns and we take pride in making them. Wearing this dress tonight is so valuable to me because my mom collected the Ghanaian textiles for it and paired it up for me so I can proudly honor my country one last time in this community," Boateng said.

Gospel rap music was also incorporated in the event. Kareem Watts, the assistant Director of Center for Inclusive Excellence (CIE), performed the song "KumbaYah," an authentic rap track that adopts the Black history of the Bible and shoutouts African countries.

"From L.A., my DNA Nigeria // Shout out to you in Libya // Fist up Ethiopia... America the beautiful // took us from the motherland // never got 1 cent fam," Watts rapped.

Watts illustrates his piece further.

"Aside from working with CIE, I am also passionate about music. I have been rapping since I was 10 but I got inspired by gospel rap a little over 20 years ago. Since learning about the original Twelve Tribes of Israel, I try to make my art more Hebrew-centric as I look at the history from a non-Western mindset. 'KumbaYah' as a word means 'Come By Here', the song itself invites the audience to learn about the Hebrew African history and presence in the Bible," Watts said.

The event continued with yet another spectacular performance. DelStarr, a speed painter, produced a portrait of Black Panther as a tribute to Chadwick Boseman. The cinematic African-American icon amplified black culture through his work and inspired millions. He

was an activist and a superhero on and off the screen. Boseman was privately battling colorectal cancer, until one day his death struck the world. Although he is not with us today, he remains a respected figure that shined light on the African heritage and exposed it to the rest of the world in an influential manner.

Between performances, the hosts interacted with the audience through trivia questions in relation to Black Diaspora.

Sophomore Zach Gbor, the co-host of Africa Night, explains why the Diaspora-themed trivia is a vital addition to the program.

"We specifically collected trivia questions that focus on the Black Diaspora. The history of it is usually forgotten or commonly misconceived, so our focus was on educating the people about the reality of our Diaspora. Understanding the history will allow the community to examine and explore the unique experiences that African-descendants have been exposed to in the past and are still experiencing today," Ghor said.

As the theme of Africa Night implies--Ubuntu: Advancing with courage and resilience--, saying that this past year was hefty would be an understatement. In 2020, George Floyd, Breonna Taylor, and other victims of police brutality have been murdered, fueling Black Lives Matter protests. Ever since, the movement gained much more public support and still continues to advocate for the Black community.

"It was such a tough year. Besides the pandemic, we witnessed countless amounts of racial injustices, especially to-

wards black people. We try to honor the victims and encourage the black community to keep on going, to advance, with an emphasis on resilience. 'Ubuntu' means 'I am Because We Are', and the unity of our community is how we stride towards justice," Gbor said.

Undeniably, the spread of COVID-19 has reshaped the world's day-to-day dynamics. As a result, the way social events are held on campus are restricted in order to ensure everyone's safety.

"It was challenging to hold a successful Africa Night under Covid. We were limited to hosting about 150 students, which meant that friends and family could not be a part of this night. For that reason, we also couldn't invite traditional dance groups, so we relied on select PASO members to fulfill that part.

We were also limited to ordering food from one restaurant rather than multiple, and it had to be packaged for COVID safety," Gbor said.

"PASO did a good job in placing attendees six feet apart. Social distancing is a major part of being COVID-safe, the only drawback about it is that we could not host 400-500 people as usual. It surely would be even better if we were able to educate more community members about our culture, history, and struggles," Junior Tonnie Rubia, a member of PASO, said.

Despite the COVID-19 pandemic, another Africa Night has been celebrated at Gustavus.

Lund Center Update

Freya Nelson
Staff Writer

Following the official approval of the \$60 million Lund Center renovations on February 18, 2021, the College has been working diligently to maintain progress. On April 9, 2021 the official groundbreaking on the project took place. The Gustavus Administration released the news via their social media platforms with a picture of several staff members, including College President Rebecca M. Bergman, breaking the soon-to-be-renovated ground with gold-colored shovels and a few smiles.

The groundbreaking event began with a blessing from Gustavus Chaplain Siri Erickson and was followed by remarks from several Gustavus staff members, including Athletic Director Tom Brown and Professor of Health and Exercise Science Hayley Russell, on the importance and history of the Lund Center. There has been much anticipation surrounding the project and the groundbreaking milestone was greatly celebrated by all of the members of the College that have worked tirelessly to make it happen.

Support local artists:

Kareem Watts' rap on Instagram @Foreignziks
DelStarr paintings on Instagram @DelStarr_arts

Inter-Hall Waste Sorting Challenge: Who will win?



All waste bins on-campus are labeled to make it easier to know how to sort your various rubbish, as the British say.

Nate Habben

Tori Smith
Staff Writer

Gustavus is committed to reducing its amount of waste on campus. Just this semester the college introduced compost bins to all residence halls.

Previously, compost bins were only available in the Jackson Campus Center. This change has allowed more students to compost their food scraps and compostable material in order to decrease waste and move towards the college's goal of zero waste.

In order to incentivize students to sort their waste properly, the Sustainability Interns and Residential Life have teamed up to create a week-long Inter-Hall Waste Sorting Challenge.

This challenge is a competition between residence halls to determine which hall has the best waste-sorting practices. The residence hall with the least amount of contamination (compostable material in recycling, recyclable materials

in waste, waste in compost, etc.) will win the challenge.

Sustainability Interns such as Junior Audrey Ochtrup-DeKeyrel, Junior Kendra Held and Sophomore Lily Kingsley are excited to see how each residence hall compares in their waste-sorting ability.

"I'm excited for students to have another opportunity to recognize the importance of their actions regarding many things, but specifically waste disposal," Ochtrup-DeKeyrel said.

Held noted her excitement

"I'm excited for students to have another opportunity to recognize the importance of their actions regarding many things, but specifically waste disposal."

-Audrey Ochtrup-DeKeyrel

for the future of sustainability initiatives on campus. Sorting waste properly will reduce the amount of waste going into landfills, which benefits Gustavus and neighboring communities.

"Accurate waste sorting is a step toward creating cyclical, regenerative systems that replenish rather than extract and pollute," Held said.

The Sustainability Interns and Residential Life began planning this event last spring but, because of the pandemic, their plans had to be pushed back a full year. Fortunately, all that planning has paid off now that the challenge is up and running.

"Res Life has been extremely supportive of this initiative being completed this year, and hopefully continuing into the future," Ochtrup-DeKeyrel said.

The Inter-Hall Waste Sorting Challenge is a great way for students to compete with others while also helping to reduce waste.

"In order to reach our zero-waste goal as an institution, it is imperative that everyone take it upon themselves to learn how to properly sort their waste," Kingsley said.

Even after the end of the chal-

lenge, the college will continue to emphasize their initiative to achieve zero waste on campus.

"Gustavus is highly intentional about collecting and diverting food waste in a productive way," according to the Zero Waste Initiative page on the Gustavus website.
"In order to reach our zero-waste goal as an institution, it is imperative that everyone take it upon themselves to learn how to properly sort their waste."

-Lily Kingsley

With a composting system here on campus, the college is able to collect the composted material from residence halls and reintegrate it into both landscaping and food production at Big Hill Farm, a student-managed farm that focuses on sustainable food production.

Much of the produce from Big Hill Farm makes its way

into the Market Place salad bar, creating somewhat of a closed-loop system here on campus. Students compost their food scraps and materials into their residence hall's designated composting bins, which then goes back into the soil to produce food at the farm, which then goes back right onto their plates, and the cycle continues.

Unfortunately, this cycle isn't possible if students don't actually take the time to sort their waste.

"Students can be better at sorting their waste by reading the signs on waste bins and making sure that their food waste and to-go boxes from the cafeteria end up in compost bins," Kingsley said.

Through events and challenges like this, the sustainability interns hope to educate students on their waste-sorting habits.

The challenge will run until this Friday, April 16 and the winning hall will be announced. Ochtrup-DeKeyrel predicts that an upper-class hall will come in first place, but many believe the first-years will pull through. May the best hall win.

GUSTIE *of the* WEEK:

Malia Kabis



Gustie of the Week Malia Kabis

Isaac Bui

Emma Lohman
Staff Writer

As soon as First-year Malia Kabis set foot on the Gustavus campus, it felt like home away from her home in Maple Grove, Minnesota.

"When I toured Gustavus, it really just gave me a comforting feeling. I knew I didn't want to go to a big school where I couldn't really talk to my professors if I needed to... And [Gustavus] was known for its science and music programs," Kabis said.

The last two factors were important to Kabis, as she won a music scholarship and is double majoring in exercise physiology and Spanish. After she graduates, she hopes to become a physical therapist.

"I always knew I wanted to do something in the medical field specifically because of my care for other people," Kabis said.

"I always knew I wanted to do something in the medical field specifically because of my care for other people."
-Malia Kabis

Kabis is also planning to study abroad in Peru next spring. Machu Picchu is one of

the first Latin American landmarks she remembers learning about, and she is looking forward to having the opportunity to tour it.

"I'm really excited," Kabis said. "I've always loved Spanish and being able to speak another language with someone—I think that's super cool."

Another one of Kabis's passions is music. Kabis is a member of the Choir of Christ Chapel and takes voice lessons with Dr. Melissa Williams.

"Malia's zest for life is contagious. She has such great energy and a love for singing that makes her so much fun to work with," Williams said.

"Malia's zest for life is contagious. She has such great energy and a love for singing that makes her so much fun to work with."

-Dr. Melissa Williams

Besides her involvement in Chapel Choir, Kabis keeps busy as a manager for the Gustavus Gymnastics team. In this role, she works with the team three days a week and goes to all their meets. Kabis was in dance classes for eight years and was a gymnast up until her senior year of high school, and she is glad that gymnastics can still be

a part of her life in college.

In her free time, Kabis enjoys photography, sketching, fitness and playing sports as well.

"You can probably see me throwing around something outside with my friends—frisbee, football, whatever it is," Kabis said.

Meeting new people through classes and extracurriculars has been one of the highlights of this year for Kabis.

"The people [at Gustavus] are just so kind and welcoming," Kabis said.

She also appreciates the beauty of the Gustavus campus and being able to watch the sunsets from the top floor of Norelius.

One of Kabis's favorite courses that she has taken this year was her First Term Seminar, Music and Nature, taught by Professor Esther Wang. The course involves examining different types of music from pop to classic to see how composers have found inspiration in nature to create some of their most beautiful and lasting works.

"[Kabis] is a bright spot in my day. She is open, kind, funny, smart. FTS was a special group this year and [Kabis] was one who made the class extra memorable," Dr. Wang said.

Although online learning was a challenge for Kabis in the beginning, she was able to get through it and feels prepared for her next three years at Gustavus.

"I'm really proud of myself for figuring out my stuff right now as a [first-year]. I feel like a lot of people struggle for a little

"[Kabis] is a bright spot in my day. She is open, kind, funny, smart. FTS was a special group this year and [Kabis] was one who made the class extra memorable."

-Dr. Esther Wang

bit in [figuring out] what they want to do and what they're majoring in and if they're minoring and professions and all that. And I have my majors, I'm studying abroad...I struggled for a little bit in the beginning too, but now I feel good about knowing what I want to do. I know what classes to take finally. It's been a huge weight off my shoulders ever since I got it figured out," Kabis said.

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.

Gustavus Ducks Unlimited hosts online auction

Sportsmans Giveaway 1 in 5 wins!

Purchase one of the coozie/dry bag combos for your chance to win! 4 winners!

1st Prize

Killer Instinct Furious
Pro 9.5 Crossbow &
6 pack of arrows



2nd Prize

Polar P2000i
Generator



3rd Prize

DU 4 person Tent &
DU Cot



4th Prize

Polaris Ogio 9800
Roller Bag



\$2,000 worth of prizes!

Items up for sale on the Auction website

Submitted

Mula Lay
Staff Writer

Ducks Unlimited is a student-led extracurricular club that works with the non-profit organization at Gustavus that focuses on raising money for the conservation of wetlands for ducks and waterfowl. The club collects donations from local businesses in Saint Peter and surrounding areas to raise money. The club centralizes on one main event: the banquet.

The banquet is student-run and the meals offered at the banquet are catered by Gustavus. The banquet entails a silent auction and raffles. While the banquet is a major fundraiser, the club also focuses on "Discovering the Outdoors," an initiative whose objective is to try and get the community more involved in the outdoors.

The banquet, which would normally be held in person, will now shift to an online auction due to COVID-19 restrictions.

Junior Sarah Pucel is the current president of Ducks Unlimited.

"We work with an area coordinator who works with Ducks Unlimited auctions in Southern Minnesota, and he's basically been doing most of his auctions online because of COVID, so we pretty much decided with him and Gustavus and with the current situation that we'd have to do it [online]," Pucel said.

Anyone can participate in the online auction and some items that will be put up for auction will be a fishing getaway with a guide, a camping package, tents, outdoor gears, coolers and Yeti products. There are also products and gift cards from local businesses such as Diamond Dust Bakery & Coffee Shop, located just off-campus on North Sunrise Drive.

"Some items that will be put up for auction will be a fishing getaway with a guide, a camping package, tents, outdoor gears, coolers and Yeti products... also products and gift cards from local businesses such as Diamond Dust Bakery & Coffee Shop."

Pucel hopes the event will be a success and reach people outside of Gustavus due to its nature of being online.

"It's pretty exciting because

we can reach a lot more people by having it online because you don't have to be in the state of Minnesota, you don't have to be close to Gustavus to attend it... so although it's not as exciting to do it online, we're hoping to raise more money," Pucel said.

"It's pretty exciting because we can reach a lot more people by having it online because you don't have to be in the state of Minnesota, you don't have to be close to Gustavus to attend it."
-Junior Sarah Pucel

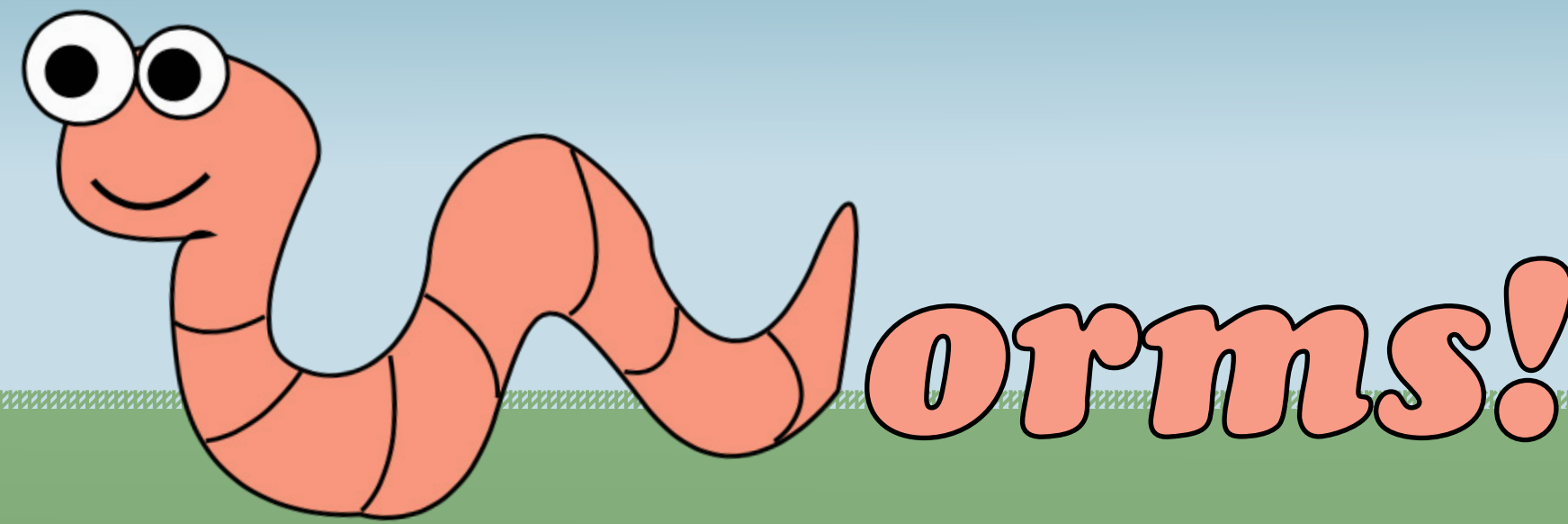
The online auction will be

held for five days beginning April 15 and ending April 19, and can be found on the website <https://go.dufundraising.com/gacdu>.

The club is also looking for new members to join as a majority of current club members will soon be graduating and Pucel hopes to increase the club so more events and activities will be possible.

You can find more information by contacting Pucel at spucel@gustavus.edu and on the club's Facebook page.

Geena Zebrasky
Features Writer



When you walk outside on a rainy day, you’re often greeted by the smell of worms in the humid air. As you walk, you’re watching your feet, playing worm-watch so that you won’t accidentally be the determining factor in one of these pink invertebrates’ futures.

The reason that we have to play hopscotch everytime it rains is actually a little unclear. It was originally thought that the rain saturated the soil with too much water, and since worms “breathe” through their skin, scientists thought the need for quicker oxygen acquisition drove worms out of their burrows to the surface. However, earthworms can still get enough oxygen through water, and in fact, require moisture in order for respiration to occur. That’s why you see so many worms once the sun comes back out—they dry out and die because they can’t respire when they’re dry.

Earthworms can’t drown like we can, and can survive several days fully submerged. Because of this, some scientists don’t buy the need-for-oxygen claim. Rather, they argue that earthworms experience the vibration of the rain drops on the soil surface in a similar way to predator vibrations. Earthworms have receptors in their epidermis that are very sensitive, and they often come to the

surface to avoid predators that disturb the soil, like moles.

Earthworms belong to the phylum Annelida, which is a subphylum of the greater Lophotrochozoans and also includes mollusks, brachiopods, and others. This phylum is crazy diverse, with over 22,000 living species! The bulk of the diversity isn’t actually terrestrial species, but rather is found in the polychaetes: marine worms. Annelids are fascinating invertebrates, and display so many unique adaptations to their environments, from color to size to feeding habits. Going over all of this diversity could take an entire book, so we’ll just focus on earthworms that you can find here in Minnesota.

Earthworms, like all annelids, are segmented. These segments form one after the other, from growth ends located at the hind end of the worm. This means that the “youngest” segment of a worm is always towards their back end. Their bodies are covered in a cuticle that is made of collagen secreted by the cells beneath, which both protects their bodies as they burrow and helps with staying moist. They eat soil, detritus, fungi, and any other things that can be found in and on the soil. Food passes through the esophagus into a crop and then

a gizzard, that has stones to help grind up the food (like chickens!). Just like us, worms have a closed circulatory system, but instead of one heart, they have five heart-like arches at the front of their bodies.

Alright, enough about worm anatomy—what about where they live? Earthworms are often grouped into three main categories: those that are non-burrowing, that live at the soil surface and eat leaf litter; those that are topsoil dwelling and feed on soil at the upper layer; and those that construct deep vertical burrows that they use to visit the surface to get food. All of this burrowing activity mixes and allows oxygen to move through the soil, which is good for making organic, rich soils. In fact, if all the topsoil they had turned up was layered on the Earth, it would cover Earth’s land mass in a layer 300 miles deep.

Earthworms actually aren’t native to Minnesota—all of the known terrestrial earthworms are non-native invasive species originating from Europe or Asia. In some cases, they’re beneficial (like aerating the soil), but in other cases, earthworms actually represent a problem in ecosystems. Earthworms’ burrows in forests create large pores, allowing water and

nutrients to move much quicker through the soil than the ecosystem’s plants had originally adapted to. Our northern forest soils after the glacial period developed thick organic layers, with a carpet of leaf litter that’s actually really beneficial for the organisms that live there. However, when Earthworms are introduced, they consume this layer and the accelerated mixing of the organic layer can lead to quicker decomposition, leaching, and even soil compaction in the long-run. The removal of this leaf litter can also change the forest makeup, switching the plants that grow on the forest floor and subsequently affecting the organisms that needed the original plants as part of their habitat.

With worms so prevalent, is it too late for our forests? No—earthworms move really slowly, and only live about seven years, so if we’re careful not to introduce them, we can keep areas worm-free.

Invertebrates make up over 95% of all animal species, and annelids are just a little slice of this spineless world. With such a wide range of species, earthworms represent a small, but important bit of the annelids—and hopefully you find yourself asking more questions about the world of worms next time you’re out walking in the rain!

Should Gustavus Mandate Vaccines Next Fall?



Grace Worwa
Opinion Columnist

We are now over a year into the COVID-19 pandemic, and according to the New York Times, more than 22 percent of the U.S. population has been fully vaccinated.

This, of course, is incredible news, but it also means that a shiny new pandemic-related debate is raging across the country: vaccine passports—do we require them or not?

Here at Gustavus, we face the very same question. Should the college require students to present vaccine passports in order to participate in on-campus events, or even to return to campus at all in the fall?

First off, some background. Vaccine passports are either card or digital documentation that proves you have been vaccinated. These documents would be more immune to fraud than the vaccination cards currently issued by the CDC.

Some vaccine passports currently in development are company-owned and manifest as an app downloaded to a smartphone. This includes the trusted traveler program Clear’s “Health Pass” app, the Commons Project Foundation’s “Commonpass”, and the International Air Transport Association’s “IATA Health Pass”.

Other vaccine passports appearing right now are government-issued.

For example, Israel’s “green pass” allows fully vaccinated Israeli residents to enter public spaces, like swimming pools and concerts. The European Commission is also working on a “Digital Green Pass” to allow easier travel between member states.

In the U.S., the federal government will not be involved in creating a domestic vaccine passport system, as President Biden’s chief medical advisor Dr. Anthony Fauci told Politico Dispatch last Sunday.

Instead, like most other COVID-related matters, it appears that vaccine passports will develop on a state-by-state basis. And of course, states are all over the map.

For instance, New York recently launched its “Excelsior Pass,” according to 5 EyeWitness News. Businesses and venues will be able to scan this digital app in order to verify someone’s

proof of vaccination or proof of negative COVID-19 results.

On the other hand, governors in Texas and Florida have banned the use of vaccine passports in their respective states. Montana followed suit on April 13, according to ABC News.

Then there are the states in the middle, like Minnesota. Last Sunday, Governor Waltz announced the state government will not adopt a vaccine passport system, but it will not ban them either. As such, private institutions like Gustavus will choose for themselves whether or not to require proof of vaccination on-campus.

According to 5 EyeWitness News, some colleges, such as Brown University and Rutgers University, have already said they will require vaccinations from returning students next fall, excluding those with a medical or religious exemption.

And Gustavus should follow suit because the benefits of doing so are overwhelming.

First off, mandating vaccinations would safeguard the health of everyone on-campus, and according to the CDC, that protection would be quite reliable. Research is still ongoing, but results thus far show that “fully vaccinated people are less likely to have asymptomatic infection and potentially less likely to transmit SARS-CoV-2 to others.”

Thus, vaccines have proven exceptionally effective against infection, and preliminarily effective against transmission. However, this protection would be threatened if everyone in the Gustavus community was not vaccinated, or at least COVID-free.

The CDC reports that, “the risks of SARS-CoV-2 infection in fully vaccinated people cannot be completely eliminated as long as there is continued community transmission of the virus.”

In addition to increased health safety, mandated vaccinations on-campus would also mean a return to almost-normal college life.

Not only do students want this, but they need this. A Sept. 2020 survey in the Journal of Medical Internet Research showed that 71 percent of college students surveyed experienced increased stress and anxiety due to the pandemic. Some of the indicated stressors included decreased social interaction due to social distancing (86 percent) and increased concerns over academic performance (82 percent).

With vaccinations mandated on-campus, Gustie students could return to classes, student org activities, and on-campus events in-person. We would likely still have to wear masks and social distance, but we could see PEOPLE again, and that would be crucial to our mental health.

The benefits of requiring vaccine passports on-campus are certainly tantalizing. However, no COVID-related solution is ever perfect, and there are sev-



Will we need passports to go off campus?

Nate Habben

eral snafus we must carefully consider beforehand.

First off, equity. Not everyone at Gustavus will have access to a COVID-19 vaccine before the fall. Whether a student doesn’t have access in their hometown, or a staff member can’t get the jab for medical or religious reasons, vaccine availability in the U.S. is unequal, and Gustavus should avoid exacerbating that at all costs.

As such, if the college were to mandate vaccinations, the jab must be made immediately available to everyone on-campus at the beginning of next semester.

As for those who cannot or will not receive a vaccine, the

college must adopt a test-based system where Gusties can present negative COVID-19 results in order to access in-person activities and events. Several existing vaccine passport systems, such as the European Commission’s Digital Green Pass, New York’s Excelsior Pass, and all the aforementioned company-owned apps allow for negative test results in place of proof of vaccination.

Secondly, we must remember that a vaccine passport is not an immunity pass. COVID-19 variants have appeared in South Africa, Brazil, the UK, and California, among other places, and the CDC warns that vaccines may be less effective against them.

For instance, the J & J vaccine proved 66.3 percent in clinical trials against the standard COVID-19 virus, but was only 52 percent effective in South Africa.

As such, while we all desperately want to return to normal life, we may not be able to just yet. Mandated vaccinations on-campus will allow it to some extent, but it would not guarantee 100 percent safety. Thus, masks would still need to be worn and social distancing maintained, but mandating vaccines on-campus would still allow us to return to some semblance of normalcy that we desperately need.

The Good, the Bad, and the Meh



The smell of a mowed lawn



Registration is so stressful



Less than a month left

Please Let us Live Off Campus



Emma Pufahl
Opinion Columnist

I'm going to give it to you straight: I do not like our housing options. They suck. As someone whose summer job does include going in some rental properties, so I've seen an array of options. I understand that we are a residential campus, meaning we are expected to live on campus all four years. This feels like a very outdated rule. I completely understand having underclassmen, mostly first-year students being required to live on campus. Many, many colleges do this and it makes sense.

It's a way to get one adjusted to college life. For the same reason, seniors (and we could argue upperclassmen in general) should be allowed to live off-campus. It is a way to get adjusted to post-college life.

Living on campus in a college "apartment" does not compare to the real thing. The real rental experience is different. I work on apartments that get renovated before the next resident moves in. The renovated apartments are slightly more expensive per month. You get charged for what you get. On-campus, we are all charged the same for vastly different living conditions. Yes, sometimes false advertising happens with rentals. (They have the "show" apartment). Other times, what you see is the exact apartment that you get. As a First-year, I was shown Pittman but lived in Sohre, and they were not the same experiences. One had better living spaces, better bathrooms, better maintained common areas. These are very similar buildings, but one is way more updated than the other. They should not be the same cost.

My largest grievance is with

the overall living costs of campus housing. Let's say you and your one roommate get a two-bedroom apartment. In this area, you could expect rent and utilities to come out to around \$1100 a month. Add \$200 for food per month, because why not. \$1300 per month between you and your roommate. Over twelve months, this comes to a grand total of \$15,600. A dorm on campus is around \$7,000 a year. You share a bedroom with one person and share a bathroom with between ten and twenty people. Your roommate and you combined come in at around \$14,000 for nine months of housing. This does not include your respective meal plans. With meal plans (and maybe your parking spot) included, it costs about \$20,000 total to live with a roommate on-campus. I currently live in a two-bedroom, one-bathroom apartment with four people total. This costs about \$8500 each for one school year, or \$34,000 a year. We spent a downpayment on a house for one year of housing and we share bedrooms.

I am very involved in my college finances and payments. I know what I am paying for. I am

very lucky to have been able to pay quite a bit of the cost per semester. With COVID and stimulus checks, I only needed around \$5,000 in loans this year, more specifically this semester. My point in sharing this information is that the \$5,000 I had to take a loan on is almost the exact difference between the cost of living off-campus instead of on-campus. My major frustrations are financially based. Nobody wants to take out loans. (If you do, are you okay? Do you need a hug?)

I'm almost literally begging Gustavus to give me independence by asking to live off-campus. I have proposed to so many people just so I can live off-campus. I want to save money. I also don't like how our housing works. I understand that many people like having their dorms where they don't have to worry if something breaks and that having a meal plan relieves stress. I desperately want to experience these renting struggles, and I want to experience them when I can still be considered a dumb college renter.

I've fixed more things in my apartment this year than maintenance has. If they fixed some-

thing, it was because I specifically asked them to do whatever was needed. Our heat was "broken" twice. The first time, communication about when the heat will actually turn on was the issue (55 degrees Fahrenheit for outdoor temperature). The second time was because one window wouldn't shut all of the way so I had to ask for a lock to make it shut completely, plus I also put plastic covers on our windows. This made a five-degree difference in temperature in our apartment.

I do want to thank the Physical Plant for having to run around campus and help solve our problems. I know we need them to run this campus smoothly. But I do believe that we pay too much for the quality of living spaces we actually live in. I also think our current system isn't setting us up for independent living. I should mention that I know my numbers are estimations, but I will argue that they are close enough to prove my point. I'm ready for a transition from college to adulthood, while still being in college. Gustavus, let us live off-campus.

Why Good Chairs Are So Important



Lexi Louis
Opinion Columnist

I think that having sturdy, comfortable chairs is a great thing, and it is important for students. It is imperative for students to feel safe and focused while they are learning. When they sit in rigid chairs, it can be distracting. There should be secure, safe chairs to prevent distractions and injuries. Chairs like these would promote better posture, better health, and allow students to be more attentive while in class.

Some chairs are not designed to support the curvature of the spine. Some chairs don't support the lower back, and they are rigid and flat in structure. The lumbar part of the spine is curved, so a chair that complements this curve supports and helps this area of the back. Another solution to this is placing a plush object such as a pillow on the lower back to support it in a rigid chair.

Having good posture while sitting in a chair can be difficult. We may feel inclined to lean forward, slouch backwards, or cross our legs. However, there are many benefits to sitting up straight. It sends a good message, and there are plenty of health benefits. Sitting up straight allows for better breath-



Three chairs that can be found on campus with ranging levels of cush for your tush

Cadence Paramore

ing, improved mood, reduced headaches, more energy and concentration. It sends the message of attentiveness and confidence. A chair that aids in this process with lumbar support will increase the likelihood of these benefits.

When I was young, I was sitting in a chair in a classroom. I couldn't initially tell that anything would be different. I sat in the chair and it fell apart. This was unexpected and a little embarrassing. I started laughing, and I'm glad this hasn't happened recently to this extent. The shape and build quality of a chair are major factors in its comfort and safety. Our posture can change unexpectedly, so these are very important.

We can inadvertently change our body's posture based on what our limbic system is thinking. When we are tired, exhausted, or bored we may lean back

in our chairs. When we are attentive, listening, or aware we may lean forward in our chairs. If our chair is built with a certain structure, these postures will not complement learning. It may be dangerous, and a student could become completely distracted for their class.

Chairs that have adjustable heights are beneficial for learning too. When our feet dangle from a chair, our blood flow is affected. We may feel a tingling in our thigh, which may be distracting for some students. If a chair is built with a back that supports the lumbar spine, it has an adjustable height, and it provides cushioning, then students will be more attentive.

Students spend so much time sitting in a chair, so feeling comfortable while learning is important. There are consequences for when a student sits in a chair for many hours and they feel un-

comfortable. This may distract them from paying attention in class, they may spend a lot of time trying to get comfortable, and their health may be negatively affected. When students have poor posture in a rigid chair, there are adverse health consequences. They may have poorer breathing, a worsened mood, less energy to work, headaches, and less concentration. If a chair is built to complement their learning, these adverse health effects will not occur.

Some may say that the cost of an ergonomic chair is too big, and it is not worth it. Although these chairs are costly, they are worth it because of some health benefits and time factors. The cost of the chair is less than the cost of the adverse health effects. When students spend many hours a day in a chair, having good posture and support from

the chair is vital.

It would also be a good alternative if students had the option to stand during class. Sitting for a long time increases the risk of chronic health problems. Some of these risks are cancer, diabetes, and heart disease. If a chair causes a student to feel uncomfortable, periods of standing up after sitting for half an hour is beneficial. If a chair allows students to sit longer in it without feeling discomfort, this would be helpful for their learning experience.

Having chairs that are built to complement the spine, that have an adjustable height, and aid students in their learning experience are important. Without these chairs, students can become distracted and face adverse health effects. An alternative or way to find relief in rigid chairs is standing after sitting for a longer period of time.

Can Gustavus Handle Another Year Online?



Maia Honl
Opinion Columnist

As students begin to wrap up the year and start focusing towards next semester, there has been a concern as to what the fall will be like. With vaccines being given every day and students seeing the light at the end of the tunnel, the idea of having online classes again next year is less than appealing. Online classes, while doing the job they need to do, is one of the least effective ways of teaching students. There is a disconnect between the student and the class, and most of the time students have to teach themselves. With a lack of in-person opportunities to meet with professors and having to make appointments to see them via Zoom, students are left with minimal help for the work assigned outside of class. If we were to remain mainly online during the next semester or academic year, I fear that many students will be negatively impacted by it. Not just academically, but mentally, emotionally and physically.

One of the common misconceptions about online learning is that since class isn't happening in person and you have more time in your dorm, you have more time to complete assignments. As someone who has experimented with online classes since high school, I can say with certainty that this is not the case. Surprisingly enough, students have the same amount of time as before, maybe even less than when we were in person. I talked to my good friend Colin about this, who is studying dance at City Colleges of Chicago. Their school is doing what Gustavus is doing, a mix of online and hybrid, but mainly online.

"Many of (their) teachers had the thought that because we aren't in person and because of COVID, we have more time to do homework. This is not the case at all, we get Zoom fatigue, our eyes and brains are so drained because of staring at screens all day. Just because we are stuck at home does not mean we have the time to do more," Colin said.

By giving assignments due at noon the next day, or assigning multiple articles for just



Online school is getting old for all of us (a slow descent into madness)

Isaac Bui

one of the topics being covered in class, students are left feeling wrung out. 24-hour assignments with noon deadlines are more like ten-hour assignments when you subtract your classes, work, and sleep from the time. This also doesn't take into account the time needed to complete other assignments, which also take as long to finish. So, say I had two classes with an article and analysis due in each. That would take another five hours off my time. So, in reality, your 24-hour time period turns into five-seven hours, mixed intermittently throughout the day for whenever you have a free second. The noon-to-noon timeline ends up more like 9 p.m. (when you get done with the things you need to for the day) to 11:59 p.m. (when it's due no later by, after your morning requirements). So while professors might say that there's 24 hours to work on an assignment, that rarely is the case.

I took the opportunity to release a poll to other college students I know via Instagram asking about their thoughts on online learning. One of the first questions I asked was "Were you able to have a successful year with digital learning?" Out of the 96 people who replied, 69 percent of them said "No". When asking if they thought that online learning

was an acceptable replacement to in-person, 76 percent of responders said no.

Students, while some are getting along fine, are having immense difficulty adjusting to the online format. But I don't think this is something everyone can just adjust to. We all have different ways that we learn the best, with a majority of the population preferring visual learning styles. However, there are those who use auditory or tactile methods of learning, and are experiencing more difficulty outside of the classroom to learn. With most assignments outside of class being made up of articles and readings, those who can't learn as effectively from reading are left at a disadvantage. To the question, "If the next school year was online, would you reconsider enrolling for that year?", 51 percent said they would. However, most then said that if the price of tuition was reduced to account for the online aspect, they would most likely stay. That brings up another important issue with online learning: the cost.

During COVID-19 and quarantine, America has seen its highest unemployment rate since the recession. People lost their jobs to shut-downs and closings, and have had to scramble to find a means of income. Many students have

to cover their tuition by themselves, which makes this an extra-hard blow towards them. Tuition at Gustavus has not adjusted to fit with the current situation, much to the frustration of students. We had started out the first three weeks of the year online from our homes, not allowed on campus to account for the first-years. After Thanksgiving, if you had gone home you were to stay there, finishing off the semester from our homes.

When I had heard that Gustavus was going to be online in the fall and wasn't adjusting the tuition to account for that, I nearly didn't come back. The thing that made me stay was the free semester that was offered. I've heard professors say that just because we're online, it doesn't mean that the quality of their work and teaching isn't affected, warranting an adjustment in price. However, I would say that most of us agree on the idea that even the most renowned professor would have difficulty teaching online if they had never done it before. None of us knew what we were getting ourselves into when we went online, but now that we know, we should address these areas of concern.

"If I was to have to do all online or half online like this year I would drop out. I would not put myself in that mental

and physical strain again," Colin said.

Colin isn't alone in these thoughts, as most students have had to reevaluate their paths due to Covid and online learning. This year was one of the most difficult things I've had to face, it tested my will and dedication towards my education. While I love Gustavus and the friends I've made here, I would have to leave for my own mental health if we were to have a repeat of this year during the 2021-2022 school year. This year has been more damaging than awarding, and it's impossible to tell where we go from here. I hope the summer will be productive and that the college will keep up with informing us on what is happening. However, if I hear that we're online again, I will let out a scream that the entire Gustavus community will hear and understand.

Word Search

National Parks

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

Badlands
Canyonlands
Channel Islands
Death Valley
Denali

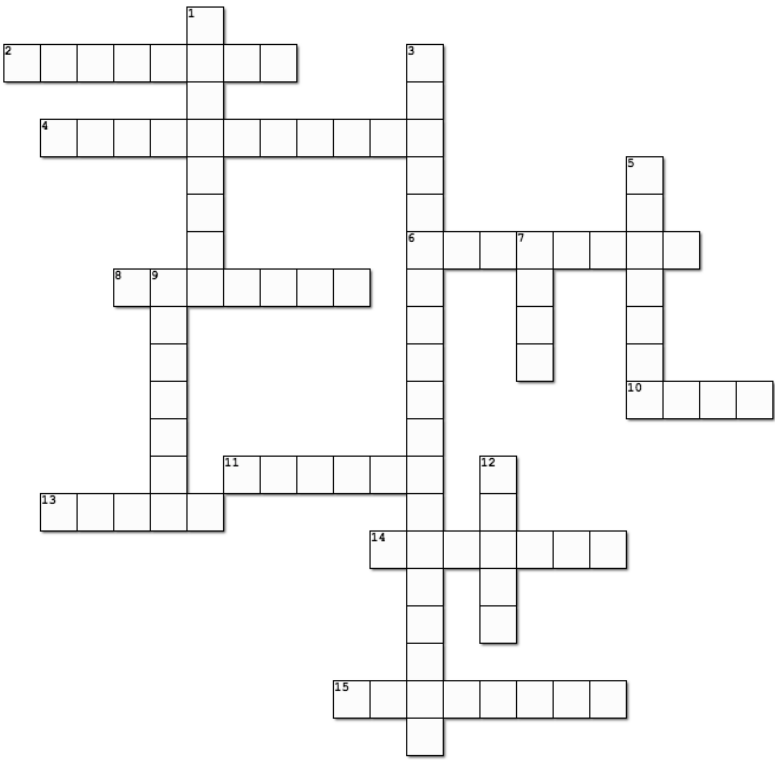
Everglades
Hot Springs
Isle Royale
Kenai Fjords
Lake Clark

Mesa Verde
Redwood
Sequoia
Shenandoah
Virgin Islands

Voyageurs
White Sands
Yellowstone
Yosemite
Zion

Crossword

Wildlife Latin Vocab



Across

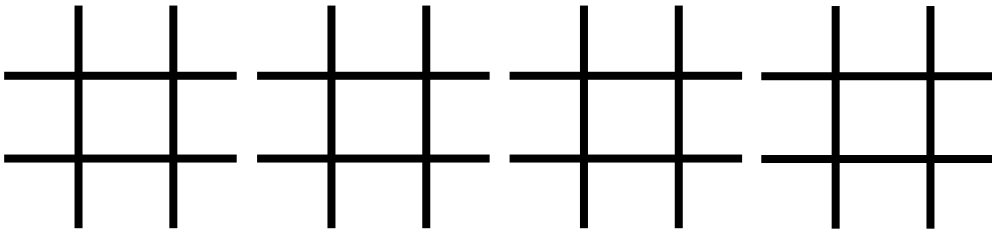
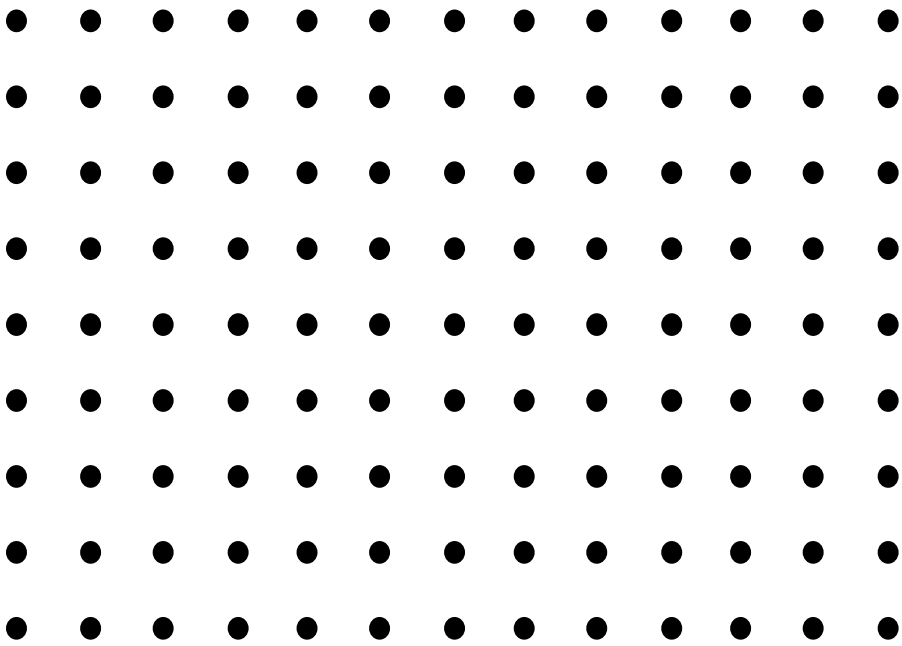
- 2. Hippocampus (not the band).
- 4. Donitus Careitus (I'm a classics major, trust me) (two words).
- 6. Orycteropus afer.
- 8. Macropus.
- 10. Panthera leo.
- 11. Pica Pica.
- 13. Phascolarctos cinereus.
- 14. Lemmus lemmus.
- 15. Helogale parvula.

Down

- 1. Halichoerus grypus (two words).
- 3. Loxodonta africana africana (three words).
- 5. Monodon monoceros.
- 7. Odocoileus virginia.
- 9. Ambystoma mexicanum.
- 12. Lemur catta.

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!



Horoscopes part 2



Adam Pierce
Substitute Oracle

April Horoscopes part 2

Aries: I need you to calm down.

Taurus: Don't go outside on the 19th.

Gemini: When the time comes to make a choice, maybe you can pick both this time.

Cancer: Start a fight. You know you want to.

Leo: You also need to calm down, but be ready to calm up

when the time comes.

Virgo: Play into your strengths, and you will come out on top. You have nothing to worry about. Nothing.

Libra: Don't exhaust yourself arguing with people who aren't listening.

Scorpio: Remember when you saw the green light? This time you are going to see a yellow light. Obey it.

Sagittarius: This is your sign to start your stand-up comedy career.

Capricorn: Your independence is a gift, share it with the world.

Aquarius: Don't drown yourself in the ocean of your own thoughts. It's okay to take a break.

Pisces: Don't forget to take care of yourself in the coming weeks.

Sprinting to Success

GAC Track and Field hosts first outdoor meet since 2019

Autumn Zierman

Staff Writer

Sprinting and leaping into success this weekend, the Gustavus Track and Field (both Men's and Women's) teams returned to the fields for their first outdoor meet since 2019.

The meet included Crown, Martin Luther, St. Scholastica, Saint Mary's, and Concordia-St. Paul and was hosted on the Gustavus fields. The meet kicked off around noon on Saturday afternoon and by the end of the day the Women's team walked away having won 13 separate events.

"It was so great hosting my first meet as a member of the Gustavus track and field family. We have the best officials, coaching staff, grounds crew, timing company, event staff, and team to put on a first-class experience. It was really special to be able to give our team this moment and they definitely had a lot of fun today," Head Coach Aaron Lund said.

Sophomore Birgen Nelson had a strong showing, winning three events. Nelson crossed the line first in the 200-meter in 25.60, the 100-hurdles in 14.35, and the 4x100 relay with Paige Patterson, Madi Kes, and Olivia Thomley in 50.51.

"I feel really lucky and privileged to get to compete right now. I am incredibly grateful for the track coaches and athletic trainers who are working so hard behind the scenes to keep us and everyone else safe and to give us opportunities to practice and compete," Nelson said.

Other notable accomplishments in the women's team on the field include Junior Lily Engebretson who won the 800-meter, Junior Elizabeth Donnelly who placed first in the 1500-meter. First-year Claire Schoenfield crossed first in the 3000-meter, Senior Karley DeKnikker won the 400-hurdles and Senior Kourtney Kulseth took home victory in the 3000-meter steeplechase. Finally, the 4x400 relay team won for Gustavus.

"It feels really good to compete again. Gustavus and our coaches have done such a great job making sure that we can have a successful and safe season. The team is feeling good and everyone has been working so hard this season. We have some big goals for the end of the season at conference and I have no doubt that everyone will compete their hearts out. Everyone has been making the most of every moment because we now know how quickly things can be taken away. We continue to stay safe on and off the track and the field," Kulseth, who won the 3,000-meter steeplechase, said.

In the field events, Junior Doris-Klein Mor won the



Senior Kourtney Kulseth makes a splash in the steeple chase

Submitted

pole vault with a clearance of 11-5.75. First-year Madi Kes cleared 38-7.5 to win the triple jump and break her own school record. Sophomore Annika Poe won the shot put with a distance of 43-4.5. In the discus, Sophomore Alexys Guidry took first with a throw of 124-1.

The men's track and field team also saw success this last Saturday at the invitational. Senior Wyatt Quir-

ing gave the Gusties a win in the 400-meter. Senior Taylor Rooney ran the 110-hurdles unopposed and clocked a time of 14.27. First-year Grant Baker also ran the 400-hurdles uncontested and posted a time of 1:04.02. Sophomore Seth Zeitchick had a strong performance in the 200-meter with a second-place win. Sophomores Jack Marble and Tucker Wallin placed second and third,

respectively, in the 800-meter. Senior Nathan Scruggs took second in the 3000-meter steeplechase.

In the field events, Rooney won the high jump with a height of 6-6.75. Junior Xander DuMoulin won the triple jump with a distance of 42-11.5 and placed second in the long jump with a mark of 21-0.5. Junior Steven Orzolek launched the shot put 51-6.5 to

win the event and took second in the hammer throw at 162-5. Finally, First-year Ben Urbaniak cleared 12-7.5 in the pole vault to take second.

"All of our hard work from this fall and through our indoor season has really shown over the past couple of weeks, with people surprising themselves with how in shape they are. I was extremely happy to get a big PR (personal record) this past weekend, and I know that many others have felt that success at some time or another this year," Senior Nathan Scruggs said.

"Altogether, it was fun to see our team give their best effort at a home competition, be supportive of teammates, and stay positive and focused throughout a difficult season," Coach Lund said.

The track and field Gusties will have plenty more opportunity to hit the fields. This Saturday they will compete as a split squad at Carleton and UW-La Crosse with all of Gustavus cheering them on as they go. Still to come this season will be the MIAC outdoor championship on May 14-15, though the location is yet to be decided.



Nathan Scruggs achieves personal record this past weekend

Submitted

Gustie Tennis Continues Dominant Run

Men and Women's Teams rout Hamline, Saint Bens, and Macalester

Brady Boie
Staff Writer

The Gustavus tennis teams took the MIAC by storm this weekend, with decisive victories over Saint Bens, Hamline, and Macalester College. The women kicked off the busy weekend with a match against St. Bens in the Swanson Tennis Center on Friday. In this match, all three doubles teams declared victory; the six singles players completed the sweep a few hours later, with the final score reading 9-0 Gusties.

Sydney Douglas, a junior from Mankato, was pleased with the team's performance.

"We played really well. All of the hours of extra hitting and morning conditioning is really starting to show. We are able to outlast these other teams in long points, and our consistency is above par. We are able to make the shots that we need to when we need to," Douglas said.

On Saturday, the Gusties moved outside to the Brown Tennis courts where they took on Hamline. The cold, windy conditions could not slow the white-hot Gusties, as they dismantled Hamline 9-0. This victory put the Gusties' record at 10-0 for the season and 3-0 in the MIAC. This winning streak has instilled confidence in the already tight-knit group and brought about championship aspirations.

"We have just taken it to another level this year. Our biggest motivator is to perform well and potentially win the conference championship in a few months. We are go-

ing to have harder and harder matches later in the season, so I still think that we have a lot of work to do and lots of things to accomplish before we take on Bethel, St. Thomas, and ultimately compete for the conference championship," Douglas said.

With these high expectations, Douglas admitted that there is an element of pressure that builds with each victory. However, she seemed unfazed by this pressure and instead decided to focus on the special bond that she shares with all of her teammates.

"We have built in best friends (on the tennis team). We are inseparable... we hang out all the time off the court and when we get together, we just have so much fun... it's been great to bond this year and the dynamic is really special," Douglas said.

An exceptional team dynamic is also present on the men's tennis team. The Gustie men had an equally impressive pair of victories, as they defeated both Hamline and Macalester 9-0 on Saturday.

"All of the guys played really well, especially in the outdoor conditions. We are making the most out of our season despite the challenges that COVID has put in our way," Junior Joseph Punnoose said.

Both victories were claimed outside on the Brown Tennis Courts, and the change in venue certainly played a factor.

"We've been practicing inside for months and months now, so (playing outside) is a completely different game. The earth has a different pressure,



Joseph Punnoose leans into a hit

Submitted



Sydney Douglas prepares to volley

Submitted

so the ball has a different speed and bounces differently. There was also some wind and cold. Dealing with these conditions was an extra challenge, but we were ready for it," Sophomore Federico Fiorda said.

This exceptional level of preparation has been on display all year for the men's team. They are 9-2 and undefeated in the MIAC. The Gustie men were also just recently named the Intercollegiate Tennis Association's UTR team of the month for Division III in the month of March.

"UTR sees what team is improving the most, and Gustavus was one of the teams that improved the most and that is why we received that recognition. It was quite the honor, and really nice to see our name next to some really good college programs," Fiorda said.

Fiorda, and the entire men's tennis team, are pleased, but still not completely satisfied. Their sights are set on what is yet to come.

"MIAC's, Regionals, and Nationals is what we are

playing for (at the end of the season). Nothing is a given this year (with COVID), but if we get the opportunity to compete at these big tournaments, we will be ready. Our goal is to be the best team that we can be by the end of the year, and that is how we will succeed," Fiorda said.

With these goals in mind and a growing confidence, the sky's the limit for this ever-improving men's team. The undefeated women also have limitless potential and are performing at an extremely high level. It will be fun to watch these teams chase greatness over the last month of their season, and who knows, maybe they'll walk away with a few MIAC championships.

Set The Tone

Gustavus Volleyball Sweeps Concordia, Holtan Named MIAC Player of the Week



Gusties group up in between points

Submitted

Eamonn McCullough
Staff Writer

Moorhead is a bit of a drive from beautiful St. Peter, Minnesota, but the Gustavus volleyball team made the most of the road trip this past Sunday, April 11, to face Concordia, winning all three sets. The scores ended up 25-23, 25-18, and 31-29 respectively.

Additionally, after netting a team-leading 18 kills and a 0.317 hitting percentage during Sunday's game, Senior Kate Holtan earned recognition as the MIAC Volleyball Offensive Player of the Week.

Although the Gusties came away with a decisive victory, the Cobbers did not go down without a fight. In fact, Gustavus trailed for much of the first set before the Gusties reset the momentum with a string of points, punctuated by the set-winning kill from Holtan.

"The first set was very close. I feel like it was a matter of

getting the first game jitters out of the way. We had to get used to playing someone other than our own teammates in a gym that was not our own. I'm really proud of how we came back from being down in the first set, it took a lot of grit and determination," Sophomore Sarah Elliot said.

Elliot would go on to play a prominent role in the team's victory on the day, highlighted by a kill during the tense ending of the final set. Prior to that, the Gusties fought the Cobbers closely in the early minutes of the second set before charging off with a 9-3 scoring streak. They would not trail again during the set, winning handily 25-18. Gustavus did their best to maintain that momentum throughout the third set, but the Cobbers kept scoring tight. Indeed, the lead changed ten separate times throughout the game. The end of the set surely kept fans watching virtually on the edge of their seats, with both

Gustavus and Concordia taking timeouts when each team had a score greater than 19. The Gusties were able to take advantage of multiple Cobber service errors to drive up the score, but it wasn't until the Cobbers unsuccessfully served the match point twice that Gusties Holtan and First-year Marlee Turn turned the tide to benefit the Gusties, 30-29. The victory was clinched by a Cobber attack error on the next volley.

"I am most proud of the fight that our team displayed this weekend. Everyone proved that they want to be on that court and will do whatever they need to do to win. Our kill efficiency was stellar and our defence was playing extremely scrappy. Overall, I'm really proud of how our team came together to get our first win," Elliot said.

It wasn't just the opposing team that the Gusties were fighting this past weekend, however, and the court wasn't the only difference to be overcome

for the win. Although COVID safety protocols introduced a challenging barrier to the team atmosphere, the Gusties took it in stride.

"The game looked a little different because of COVID. We were not allowed to shake hands with Concordia before or after the match, masks were on at all times, the bench was spread out with each chair six feet apart, and there were no fans. Our team did a very good job adapting to this. I feel like the weirdest one was the bench because volleyball is a sport so focused on team chemistry and cheering," Elliot said.

"I think this is probably how our season is going to look for the rest of the year, but I feel like everyone is just grateful to be able to be out on the court competing again," Elliot said. For Holtan, a three-time AVCA All-American honorable mention, being back on the court and facing another collegiate team for the first time since

2019 meant another opportunity to post team-leading stats that caught the attention of the entire conference. In addition to her kills and attack percentage, Holtan averaged six kills per set, eight total digs, and an ace while serving to cement her honors as MIAC Offensive Player of the Week. Although off to a strong start, the Gusties are looking forward to improving further leading into their next game.

"I am very excited to see how we play against another team on our home court, I think it should be really fun. I'm also excited to see our blocking and serving pick up in these upcoming weeks because we are extremely strong in those areas well," Elliot said.

The Gusties are back in action at home this coming Sunday, April 18, starting at 3 p.m.