



THE GUSTAVIAN WEEKLY

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ORIENTATION ISSUE

Welcome to Gustavus!



WEEKLY Scan

A preview of this week's top news and more

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Gustie's Guide to First-year resources



Students from last year wear masks while walking on campus.

Nate Habben

Carter Brown
Staff Writer

Welcome to campus incoming class of 2025. As you finish move-in and classes start, you will begin to explore all the buildings here at Gustavus Adolphus College. Those buildings offer a wide variety of resources for students to utilize during their college experience and support them. To begin, the Jackson Campus Center is where you can find things such as the Gustavus Post Office, Health Services, the Book Mark, Campus Activities office, the Residential Life office

and Diversity Center. In Anderson Hall, there is the Academic Support Center and the Bonnier Multifaith Center. Confer and Vickner Hall, nicknamed "Con-Vick", share a building together and house the Writing Center and the Culpeper Language Learning Center.

Technology services is located in Olin hall, and all of these buildings have study spots or empty rooms available for you to study in, including some not mentioned such as Nobel Hall or Beck Hall. Some centers, such as the Diversity Center, the Multifaith Center or Campus Activities often host

different activities or events as well, with the Multifaith Center and Diversity Center's events often geared towards inclusivity-inspired events, and Campus Activities hosting more "generalized" events. Around the campus in the town of St. Peter, there are also places such as the Diamond Dust Bakery and River Rock Coffee that are student-friendly and offer study areas.

With all these indoor activities and resources there is also the question of COVID-19 guidelines. Associate Vice President of Marketing and Communication Barbara "Barb"

Larson Taylor was able to give a refresher and elaborate on some new guidelines in light of the new COVID-19 vaccination requirement.

Masks are required until September 20 in all indoor buildings, in motor vehicles when traveling for college-related activities, and in indoor dining areas except when actively eating or drinking. Masks are not required in personal spaces such as your dorm room when the room is closed, and only when you are alone or with your roommate. There will also be no eating or drinking in indoor areas that are not designated as dining areas. However, drinks are permitted in the classroom but face coverings must be worn while drinking, if necessary.

"Based on the current CDC guidance, people who are fully vaccinated do not have to be in isolation/quarantine due to symptoms or COVID-19 exposure. Masking requirements are the same for all people on

campus, regardless of their vaccination status", Taylor said. However, all individuals, regardless of vaccination status will have to isolate or quarantine themselves if they test positive for COVID-19.

In addition, unvaccinated individuals will be required to test weekly, which will occur on Wednesday mornings in the Lund Center from 8:30-10:30 a.m. This event will be open to anyone on campus regardless of vaccination status. No appointment is necessary, and you will need to provide your insurance card.

"We will continue to modify COVID-19 mitigation strategies as needed. Our hope is that restrictions due to COVID-19 can be lifted based on low cases within our community and state. Our high vaccination rate, regular testing, and amazing community members put us in a strong position compared to other communities. However, we will need to evolve as the pandemic evolves", Taylor said.

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What Should I do about COVID-19?



	Not Vaccinated	Vaccinated
If You Have Tested Positive for COVID-19	<ul style="list-style-type: none"> Go into isolation for 10 days Complete the Gustavus Self Reporting Form 	<ul style="list-style-type: none"> Go into isolation for 10 days Complete the Gustavus Self Reporting Form
If You Have Symptoms of COVID-19	<ul style="list-style-type: none"> Get tested immediately Go into isolation Complete the Gustavus Self Reporting Form 	<ul style="list-style-type: none"> Get tested immediately Limit close contacts Wear a mask Complete the Gustavus Self Reporting Form
If You Have Been Exposed to COVID-19	<ul style="list-style-type: none"> Get tested immediately and 5-7 days after exposure Go into quarantine for up to 14 days Complete the Gustavus Self Reporting Form 	<ul style="list-style-type: none"> Get tested 3-5 days after exposure Wear a mask for 14 days Monitor for symptoms Limit close contacts Complete the Gustavus Self Reporting Form

COVID-19 guidelines for vaccinated and non-vaccinated students. Submitted

Caf Tips and Tricks

1. Be creative with ingredients and combine things you might not think to otherwise.
2. Don't get a tray or everyone will know you are a First- year.
3. If you have extra money, drop some on friends or BYOB (bring your own bag) to stock up on snacks.
4. If you're looking for a warm comfort snack on a cold Minnesota winter night, put your cookies on top of some aluminum foil and send them through the toaster.
5. If the cashier asks you if you got a second serving of wontons, say you asked for one whether you actually did or not.
6. If you bring a dirty tray back from hill sledding, the dish room workers are liable to throw silverware at you from the sides of the carousel.

Gustie Lingo

Caf: the Cafeteria, which is located in the Jackson Campus Center.

ConVick: Confer and Vickner, one building that has two names (for some reason) is located on the Southwest side of campus near Pittman and Sohre.

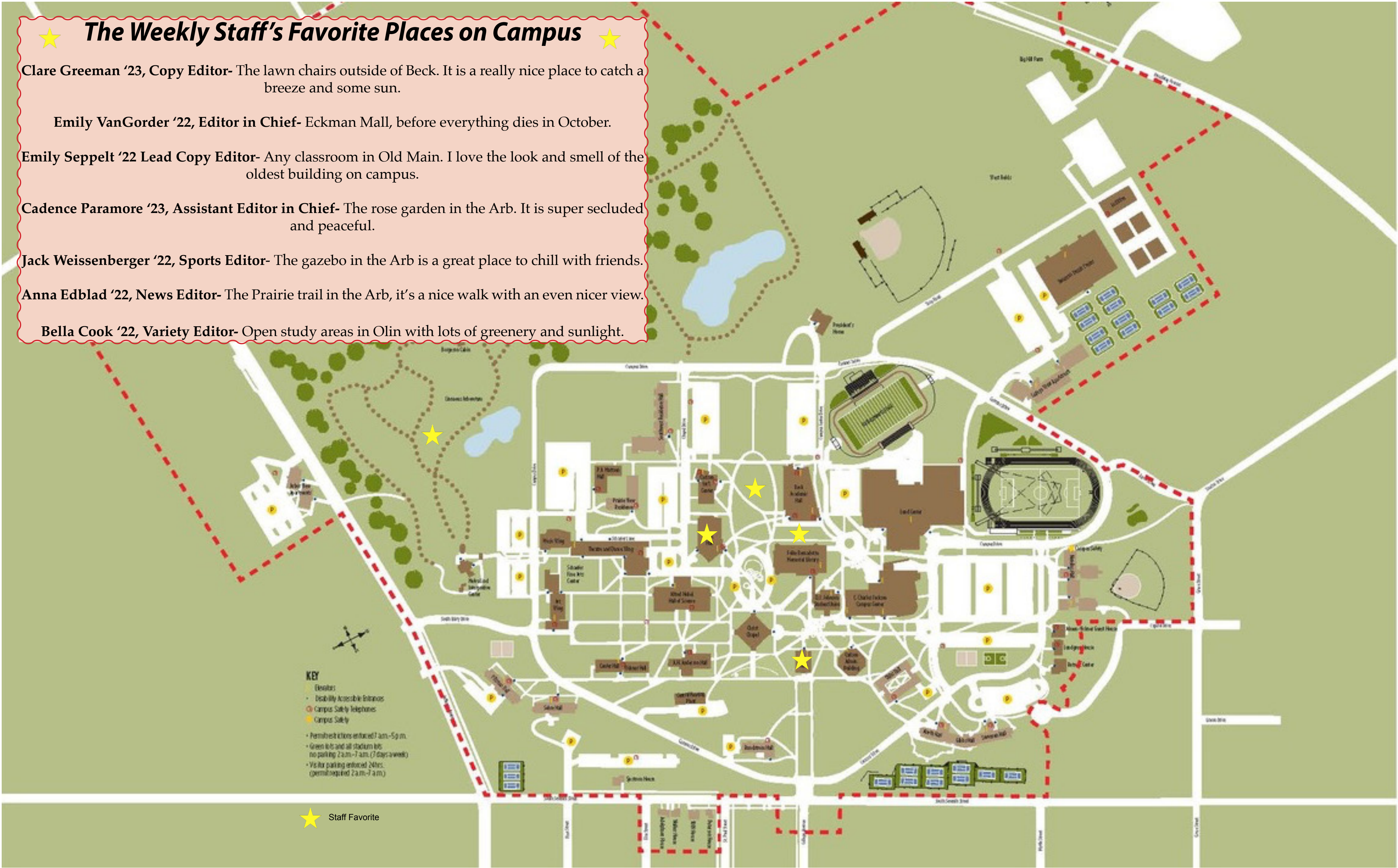
Coed: The name for Norelius Hall. We refer to it as Coed because it was the first building on campus to house both men and women.

Arb: the Linnaeus Arboretum is located on the Southwest side of campus. It's a really nice place to relax until you remember that it's named after a racist ol' scientist.

Kato: Mankato, the closest town where there is lots of shopping.



Students stand in line at the Caf last fall. Photo by Nate Habben.



★ **The Weekly Staff's Favorite Places on Campus** ★

Clare Greeman '23, Copy Editor- The lawn chairs outside of Beck. It is a really nice place to catch a breeze and some sun.

Emily VanGorder '22, Editor in Chief- Eckman Mall, before everything dies in October.

Emily Seppelt '22 Lead Copy Editor- Any classroom in Old Main. I love the look and smell of the oldest building on campus.

Cadence Paramore '23, Assistant Editor in Chief- The rose garden in the Arb. It is super secluded and peaceful.

Jack Weissenberger '22, Sports Editor- The gazebo in the Arb is a great place to chill with friends.

Anna Edblad '22, News Editor- The Prairie trail in the Arb, it's a nice walk with an even nicer view.

Bella Cook '22, Variety Editor- Open study areas in Olin with lots of greenery and sunlight.

- KEY**
- Elevator
 - Disability Accessible Entrances
 - Campus Safety Telephones
 - Campus Safety
 - Permitted parking enforced 7 am-5 pm
 - Green lots and all stadium lots no parking 2 am-7 am (7 days a week)
 - Visitor parking enforced 24hrs (permits required 2 am-7 am)

★ Staff Favorite

Surviving and thriving your first year at Gustavus

Emily Seppelt
Lead Copy Editor

If you're reading this article, that means you've already grabbed a copy of your student newspaper and are on track for a great year (wink wink). But where do you go from here? In the coming weeks and months, you will be provided with a plethora of resources, offices, events and acronyms that all take forever to learn. While all these things are important, hearing from a variety of students about their experiences and advice is also invaluable.

As a now senior at Gustavus, I have been through the wringer of the college experience, and I had it much easier than you (considering you are entering college amid a now two-year pandemic). There are so many things I wish I had been told, or that I could of absorbed earlier. I definitely can't fit it all into this one article, so I've highlighted the advice and experiences that have stood out to me the most. And you'll just have to pick up another copy of the Weekly next Friday to read more.

"There are so many things I wish I had been told, or that I could have absorbed earlier."

Firstly, college is going to fly by quicker than you could ever imagine. Just yesterday I was a baby First-year, and 2022 seemed to be forever away. As my dad so eerily reminded me as he drove away from campus at the start of this semester, the next time he will be on campus is when I graduate. The point of this story is that oftentimes we become so busy with classes, homework, work-study, extracurriculars, sports and making time for ourselves and our friends that we can forget to cherish the time we get to spend on this campus. So soak it all in while you can and try to remember what it felt like to be a brand new Gustie.

"Oftentimes we become so busy with classes, homework, work-study, extracurriculars, sports and making time for ourselves and friends that we can forget to cherish the time we get to spend on this campus."

Secondly, and this one is important to remember- it is just going to suck sometimes, especially in your first year. Everyone ends up facing some kind of issue- whether you miss

home, you're having a difficult time adjusting to college-level courses, making friends or just on the struggle bus in general, it is ok. If everything went smoothly in your first year at college, let alone your first semester, I'd like to hear your secrets. Even when it seems like others are doing perfectly it is just not true 100% of the time. In fact, it is normal to have a hard time in a totally new and foreign environment. Who would've thought?

"It is normal to have a hard time in a totally new and foreign environment."

Thirdly, please, for the love of Gus, GET OUT AND DO THINGS. The biggest mistake you could ever make is the hole yourself up in your room. Yes, I know it's scary, and yes, I know your room is probably really cute and comfy. But you have to step out of your room at least once in a while. I can tell you right now with confidence- it is going to feel really awkward and cheesy at times. Trust me- it feels pretty weird and embarrassing to square dance in a parking lot in 80-degree weather. However- no matter how awkward and nervous I felt, the square dance was a blast and certainly helped me to come out of my shell. Any event can be that for you. It may feel repetitive but you never know who you will meet when you take the leap and go to that crafting event, or take that weird-sounding class. I decided to take Swedish on an absolute whim and met one of my closest friends on campus as well as a fantastic faculty member whom I never would have known otherwise.

Lastly, be prepared to be unprepared. The craziest and most unexpected things happen on a college campus and no one can predict what will happen next. Which is super exciting. And also super terrifying. You just never know what will be thrown at you next, and all you can really do is go with the flow.

"Be prepared to be unprepared."

A time will come that it will begin to downpour while you are in class, and you just have to laugh as you walk across campus back to your dorm. You will meet a lot of interesting people, some of whom you will love and others that you will loathe. If nothing else, your four years at Gustavus will certainly be some of the most memorable of your life. Best of luck to you all, and I hope you have a great orientation weekend and an even better year.



Freshman walking last year.

Nate habben

The Good, the Bad, and the Meh



Mask mandates are being reinstated, which means you are saved from being stuck with your tablemate's bad breath.



The bottom half of people's faces is always uglier than you imagined them to be.

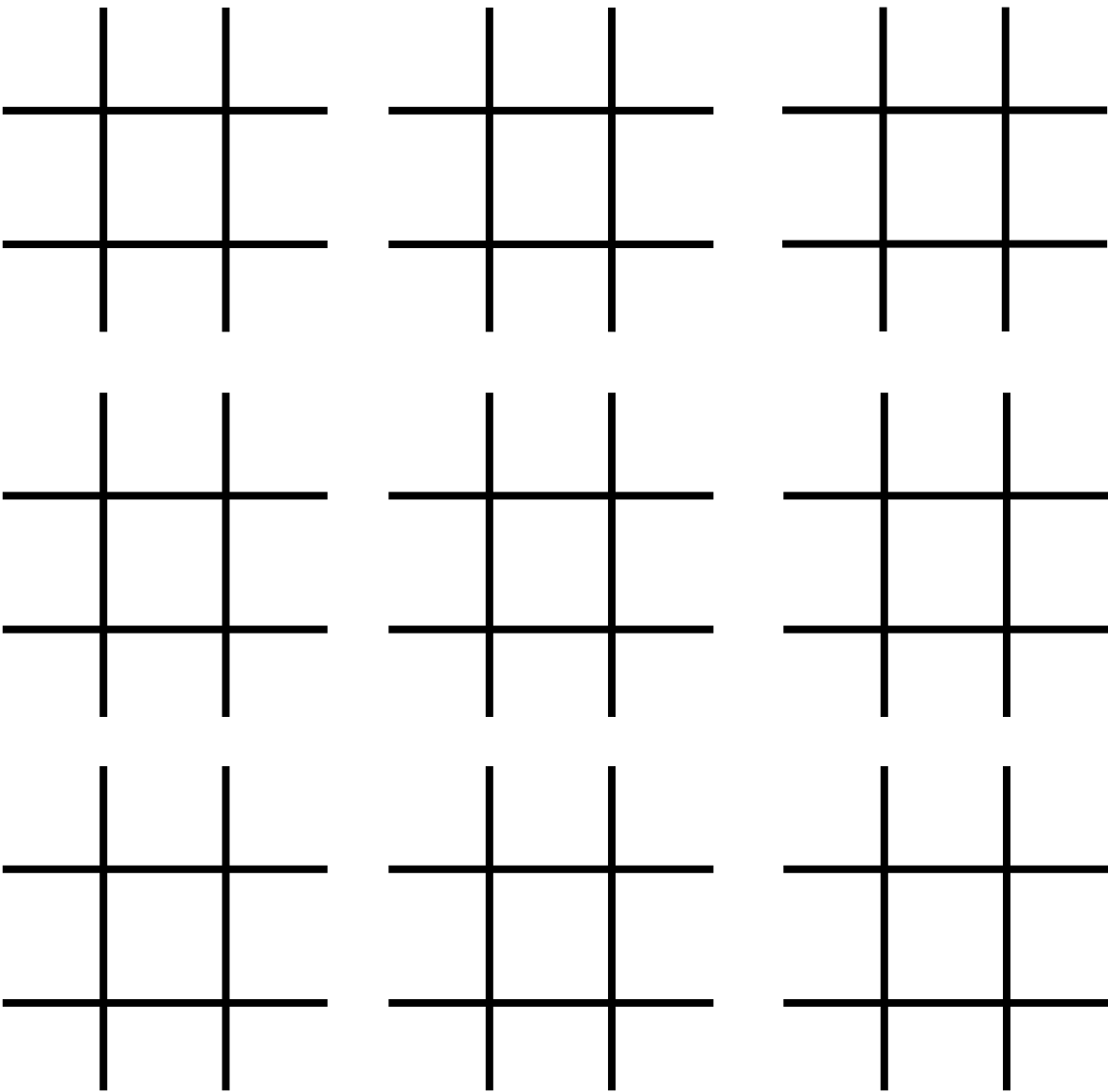


Mask mandates are back.

Blast from the Past: Best of Campus Safety

April, 1997 <ul style="list-style-type: none">“Incense Violation”	October 2015 <ul style="list-style-type: none">“Responded to a report of suspicious activity in Norelius Hall. A used condom had been tied to a door”	September, 2020 <ul style="list-style-type: none">Received a dispatch to Three Flags for a student stung by a bee	chalked the Linnaeus bust statue”
April 2005 <ul style="list-style-type: none">“Reported loss of an Apple iPod with a purple cover which glows in the dark”			Nearly every year <ul style="list-style-type: none">“Suspicious incident”“Odor of marijuana”
October 2008 <ul style="list-style-type: none">“A student reported the loss of a tooth in a dorm room accident”-	October 2017 <ul style="list-style-type: none">“Provided basic first aid for a student who had pepper sprayed themselves in the face”	October 2020 <ul style="list-style-type: none">Report of a student jumping in and out of his window on the first floor	
		March 2021 <ul style="list-style-type: none">“An employee reported that someone had	

Tic-Tac-Toe!



“We’re not in Kansas Anymore” by Cadence Paramore

Staff Summer Playlist

1. Ferris Wheel- Terrace Martin Remix - Sylvan Esso

2. The Changing Lights - Broken Bells

3. Heat Above - Greta Van Fleet

4. Gaslight - WILLOW, Travis Barker

5. Mirror - Sigrid

6. Youth - Glass Animals

7. Take My Breath - The Weeknd
8. Solar Power - Lorde

9. August - Taylor Swift

10. Sweet Child O’ Mine - Guns N’ Roses

11. Hermit the Frog - Marina

12. White Roses - Flyte

13. Heaven and Hell - Kanye West

14. Linger - The Cranberries



Avoiding the freshman fifteen

How to stay fit and healthy in college

Jack Wiessenberger
Sports & Fitness Editor

Being a First-year in college comes with a variety of unique challenges. Getting through classes, finding a group of friends, and handling any number of extracurriculars often weigh heavy on the minds of First-year students. With all of these tasks to take care of, students often neglect their physical health. The ‘freshman fifteen’ is a common term for any unwanted weight gain that many new college students experience during their first year on campus. The good news is that this is avoidable. Simple things like staying active and eating right will keep you on track to be your happiest and healthiest self.

College students, undeniably, adopt habits that may not be the healthiest. Overeating and sedentary lifestyles can be commonly found on any college campus. All of these things and more contribute to the unwanted gain in weight many students see in their first semester of college. Many people might see the “freshman fifteen”, or becoming less healthy in any way, as a fact of life and simply accept that they will adopt an unhealthy lifestyle when they begin college. But it doesn’t have to be this way if you don’t want it to be - healthy lifestyles can be easily adopted in college if you know what to do and are willing to stay dedicated. The two things you have to focus on are what you are doing and what you are eating.

The first thing you need to know in order to stay healthy is that being a couch (or futon) potato will not help your cause. Getting out of your dorm and being physically active is one simple way to stay fit. Gustavus, like just about any college, has



Weight room in Lund Center.

Submitted

a gym for students to utilize. While Lund Center is currently under construction, it’s doors remain open for those looking to get a lift in, run on the treadmill or take a few laps around the track.

Cardio is a great way to burn some calories and stave off the buildup of fat, but if treadmills aren’t your thing there are plenty of other ways to get your heart rate up. The Linnaeus Arboretum, with its many paths and fields, offers space for activities like ultimate frisbee, hiking, trail running or a game of catch. Any of these options are guaranteed to get your body moving. However, staying active is just one part

of staying healthy. Eating right and finding a caloric balance is the second and arguably more difficult part.

If you want to maintain your weight, you have to tailor your diet to fit that desire. This requires you to match how many calories you burn throughout the day with how many calories you consume in the form of food. Sticking to a diet is tough, and is often one of the reasons many people fail to achieve their fitness goals. College is full of temptations in the form of easy access to junk food. A diet doesn’t mean you have to completely abstain from eating sugary foods, but it does mean you have to enjoy those vices in

moderation.

There are a number of ways to help you stick to your diet. Fitness applications allow you to easily track how much and what you are eating. Apps like *Macros* give you caloric info as well as the macronutrient (proteins, carbohydrates, and fats) details of the food you eat.

Many people find greater success in dieting when they do it with a partner. Finding a diet buddy is a great way to keep yourself and a like-minded friend in check. Gustavus also has a registered dietitian, Jen Donkin, that is available to help students looking to find a nutrition plan that works for them.

College is a busy time in a

person’s life. It is all too easy to get caught up in the fast life and lose track of physical health, but it remains important nonetheless. The ‘freshman fifteen’ and losing track of your health in college is real, but it doesn’t have to be. Staying physically active and eating well is the key to avoiding the ‘freshman fifteen’.

The first step in adopting a healthier lifestyle is understanding what you need to do. The second step is formulating a plan of action and sticking to it. If a First-year student is able to do this, they will overcome the dreaded freshman fifteen and put themselves in a better state of physical health.



Packaged garden salads available in the Market Place.

Cadence Paramore



Runners on a path in Linnaeus Arboretum.

Submitted