

- Meet the Weekly -



Emily VanGorder '22

Head Editor in Chief
Biology and English
Double Major
Emily has three birthmarks!



Cadence Paramore '23

Assistant Head Editor
English Major, Poli. Sci. Minor
Cadence knows how to fence!



Anna Edblad '22

News Editor
English and Psychological
Science Double Major
Anna works at a flower shop!



Bella Cook '22

Variety Editor
English Major, Biology and
Music Double Minor
Bella can play three instruments!

Luna Besaiso '22

Features Editor
Poli. Sci. and Peace Studies
Double Major, Business Minor
Luna is starting her first year as an
editor for the Gustavian Weekly!



Alma Jorgenson '22

Opinion Editor
Psychological Science Major,
Geography Minor
Alma looks more like her
brother than his twin does!



Jack Wiessenberger '22

Sports Editor
Psychological Science and
Biology Double Major
Jack is a ginger - he has no soul!



Emily Seppelt '22

Lead Copy Editor
Poli. Sci. and GWSS Double Major,
Religion Minor
Emily has a raging
squishmallow addiction!



College dorm room essentials



Tori Smith
Opinion Columnist

After the third or fourth year on a residential campus, Gustavus students become pretty familiar with dorm living. As a senior myself I would consider myself an expert. My three years of dorm experience have given me the opportunity to share with others who may be new to this type of living arrangement. One of the biggest challenge’s students face in Gustavus dorms is vacuuming. Years ago, we would find a full-size vacuum in our floor hall closet, only few ever-found ones that actually worked. Whether it no longer sucks or simply won’t turn on, it’s fair to say that many of these vacuums have seen better days, now Res Life has taken away even the idea of vaccuming. That’s why one of my smartest purchases as a first-year was a handheld vacuum. While not so great for huge messes, that little thing was excellent at picking up crumbs under my desk (because who

doesn’t love a good saltine cracker before bed?), rocks and dirt that would collect by the front door, and spilled potting soil after the incident in 2020. Another challenge dorm life presents a lot of students with is lack of space, especially for the avid shoe shopper. For these individuals I strongly suggest a hanging shoe organizer. These hang over a door and typically include around 24 pockets for shoes or other miscellaneous items that seem to get in the way. I’ve even seen some students use it to hold their snacks.

My three years of dorm experience have given me the opportunity to share with others who may be new to this type of living arrangement.

Speaking of snacks, one of the most important items to have in a dorm is food. Not having a kitchen can be tough, especially when the only dining hall on campus is a 5 to 10 minute walk away or braving a Minnesota winter. That’s why ramen is a college student’s best friend. It’s cheap, non-perishable, and super easy to cook. For those nights when a walk to the caf just isn’t going to happen, ramen comes to the rescue.

Which leads me into my next essential dorm item: a soup mug. Soup mugs are exactly what they sound like. A big mug for soups and other fine dishes such as ramen. They’re microwave-safe, easy to clean, and easy to store away. Plus, who doesn’t want a giant mug? For those students who tend to seriously suffer during the dry winter months, a mini air humidifier is a must-have. There’s nothing worse than having to sleep with socks on your hands or waking up with a dry, scratchy throat. I’ve always suffered from dry skin in the winter, so this little device quickly became my best friend. All I have to do is fill it with water and keep it on overnight. I’ve found that the closer I sleep next to it the better the benefits. No more dry, scratchy throat, and my socks always stay on my feet. On the other side of the spectrum, students need something for the hot, restless nights in the early fall and late spring. Since many of the Gustavus dormitories don’t have air conditioning, there has to be a way for students to cool down during these warmer months. The answer? Fans, fans, fans. Get all the fans. I always had at least two in my dorm room, a rotating pedestal fan and a clip-on fan that I’d position a foot away from my face so I could be as cool as possible. It worked like a charm. Another essential item I’ve found to be a pleasant addition to my dorm life experience are



Ramen fresh from a dorm room Cadence Paramore

plants. When given enough TLC, plants can be the perfect decoration for any space. Additionally, they can also help with emotional and mental health. Research shows that plants have been associated with “reduced anxiety and stress, attention deficit recovery, fractals and visual response, decreased depression, enhanced memory retention, greater happiness and life satisfaction, mitigation of PTSD, increased creativity, enhanced productivity and attention, and improved self-esteem”, according to the Journal of Environmental Horticulture (2019). A few low-maintenance plants that are recommended for beginning plant parents are snake plants, spider plants, golden pothos, and succulents. Lastly, the most important dorm essential is none other than the famous Command strips. These sticky little strips are the best pieces of equipment a college student can own. Putting up posters, paintings, tapestries, lights, or hooks has never been easier. Command strips are a dorm student’s dream come true. I find myself buying more and more every year as I find more and more things to put on my walls. Now that my dorm-living years are over, the memories of eating ramen out of my super cool soup mug, buying my first plant for my tiny windowsill, and trying, with no luck, to use the school vacuums make me slightly nostalgic. Enjoy dorm life while it lasts, kids.



Gustavus Missed Connections



In my feelings

We talked about potstickers and our mutual love for Drake. You had a sports backpack on, #47, I’m not sure what sport it was. Why do so many sports start with B?

Gus,

I know we broke up a year ago (after you went traying with that girl from your Geo Lab), but I would really like to start again. Let’s meet at the spot where we first squaredanced. You know the place.

Co-Ed Activities

You live in the section next to mine. We sat and did Bio homework together, and talked about the color of our eyes. Yours were bright baby blue... like a sexy robin’s egg. Maybe I could look into them a little longer if we were alone in my dorm room, let’s put the Co in Co-Ed.

Masked Connections

We chatted during in person Biol101. Then when we went outside you took your mask off and I couldn’t recongnize you. I’d love meet your maskless self.

Courtyard Courtship

To the brunette in Uhler, I saw your tabby hair from the courtyard and I knew we were meant to be together. I tried to talk to you, but you only meowed back. Maybe you’re shy?



Do you have a missed connection? Send it to:

missedconnections@ gmail.com

Are you opinionated?
Do you have at least one
brain cell?
Want to express your First
Amendment Right (freedom
to press)?

**Join The Weekly
Writer's Staff!**





Diamond Dust Bakery

Nate Habbem

Discovering Saint Peter



Emily Seppelt
Opinion Columnist

As we reach the end of our first week of class, I am sure you are looking towards the weekend for things to distract you from your growing pile of homework. While there are many options for entertainment on campus, there are also a ton of great options both right here in Saint Peter and outside Mankato to satisfy your thirst for procrastination.

If you and your new study buddy are looking for a coffee place to refuel on caffeine,

there are some fun local coffee shops for you to check out. If you'd like a short walk, Diamond Dust Bakery and Coffee Shop is located right across the street from Coed and offers an adorable study space and endless sugary treats.

If you and your new study buddy are looking for a coffee place [...], there are some fun local coffee shops for you to check out.

Another Saint Peter coffee staple is River Rock located right on the main drag, on the corner of South Minnesota Ave. and West Nassau St. Many Gusties have reported that the maple latte to be found there is well worth the trip down the hill. Handmade from scratch every day, their breakfast and lunch menu is also amazing.

If your appetite demands a more substantial meal, Nicolet Cafe on Third Street has a great menu of hearty breakfast items, including sweet and fluffy pancakes and killer omelets. Also, on Third Street are Third Street Tavern and (the Gustie favorite) Patrick's Bar and Grill. On the menu at Patrick's is a "Gustie Burger" which I highly recommend.

My personal favorite place to pick up lunch on the weekend is the Saint Peter CoOp. The CoOp has a fantastic variety of delicious hot sandwiches to choose from as well as a burrito bar and a soup bar. You can construct your own lunch with a sandwich, a very large variety of organic drinks, and plenty of interesting and healthy snacks. My go-to order is the pesto aioli sandwich with raspberry-flavored kombucha and kettle potato chips.

Looking to get away from the stressors of class and homework? While we no longer can enjoy the amazing highs and lows of amateur bowling, Saint Peter has a variety of beautiful parks and trails to choose from

to soak up the beautiful weather. Although I do recommend that you visit the ashes of the former bowling alley and pay homage to a place where generations of Gusties had awkward dates before you head out to enjoy nature.

While the Arb is also great, the parks and trails of St. Peter may offer a short reprieve from the winds that the Hill is so well known for. Just a short drive down the hill is Minnesota Square park which offers beautiful gazebos and open green spaces to have a picnic. They also have plenty of swings and slides if you want to escape the pressures of being a college student and return to your childhood roots.

Just outside Saint Peter is 7 Mile Creek. If you are looking for a longer trail walk or hike this park is the place for you. 7 Mile is a personal favorite of mine for the bubbling creek that winds its way through the park, as well as the tall hills of the valley that the trails of the park highlight.

If you are looking for a more educational visit to nature, the

Treaty Site History Center is located right off highway 169 past the newly renovated McDonald's. The Treaty site has a variety of trails to choose from which contain information about the wildlife and plant life native to Southern Minnesota. The Site also houses a museum about the history of European settlers in the region. The site serves as an opportunity to open up a conversation about the history of colonialism and Native Americans who inhabited the region.

One of the great things about our campus community is the connection that we have with the Saint Peter community and the pride that we have in this tiny little town. Supporting local businesses and community areas is the perfect way to show our appreciation for the residents of Saint Peter. Not to mention the fact that no matter how passionate you are about Gustavus, we all need a break from campus life once in a while. I hope these recommendations help you to explore our town a little more, or even to discover a new favorite place.

Monthly Horoscope

Aries (the Ram): March 21- April 19. You and Ben Wick will find a family tree in The Weekly offices.

Taurus (the Bull): April 20- May 20. You will lock eyes with your soulmate at the Headphone Disco.

Gemini (the Twins): May 21- June 21. Being the center of attention is the least of your concerns.

Cancer (the Crab): June 22- July 22. What Virgo said (with maybe some extra).

Leo (the Lion): July 23- August 22. Go to the Silent Disco this weekend and live out your Mamma Mia dreams.

Virgo (the Virgin): August 23- September 22. Set aside a few hours this week to have a good cry.

Libra (the Scales): September 23- October 23. You may find yourself in the presence of a little troll who will gift you with useless knowledge.

Scorpius (the Scorpion): October 24- November 21. Try not committing to something, for once.

Sagittarius (the Archer): November 22- December 21. Treat yourself to a night of Netflix and snacks.

Capricorn (the Goat): December 22- January 19. Be prepared for a fire drill at 3:00am on Friday.

Aquarius (the Water Bearer): January 20- February 18. You may have a mental breakdown this week. Don't turn it into a TED talk.

Pisces (the Fish): February 19- March 20. Go to the Caf and eat some actual food this week.

Word Search

School Supplies

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- PAPER
- ERASER
- SCISSORS
- TAPE
- GLUE
- HIGHLIGHTER
- NOTECARD
- TEXTBOOK
- NOTEBOOK
- COMPUTER
- FOLDER
- PLANNER
- CALCULATOR
- RULER
- RUBBER
- BAND
- PAPERCLIP
- BACKPACK
- MARKERS
- CRAYONS
- SHARPIE

The Dream



Cadence Paramore

Gustie volleyball starts off strong

Holtan records thousandth career dig

Brady Boie
Staff Writer

As students have returned to campus, so have the regularly scheduled Fall sports. Following a year without a fall season, the volleyball team wasted no time getting back to work. After sweeping Bethany Lutheran in their season opener, the Gustavus volleyball team traveled to Waverly, Iowa for their first big test of the season - The Sugar Loaf Tournament. The Gustie women's volleyball team shined.

"The season has started off really well. We have been getting after it in the gym and have been working really hard," Junior Sarah Elliot said.

The hard work that Elliot details is already paying dividends on the court. The Gusties went 3-1 at the Sugar Loaf tournament as they defeated the Milwaukee School of Engineering (MSOE), University of Wisconsin-River Falls, and Luther College. The Gusties' only loss was a five-set heartbreaker to Wartburg.

Despite being disappointed by the loss, Elliot was extremely optimistic about the Gusties' performance and what they are capable of achieving in the upcoming season.

"We're really excited to take them (Wartburg) on in a couple of weeks... our team is really excited about the upcoming season. We see a lot of success in our future. Our best-case scenario is winning the MIAC playoffs and then going on to win the National Championship. I think that this team possesses the grit, talent, and passion needed to do this," Elliot said.

This sense of excitement for the upcoming season was echoed by Kate Holtan. Holtan,

a senior from Rochester, Minnesota, felt blessed to be back on the court again.

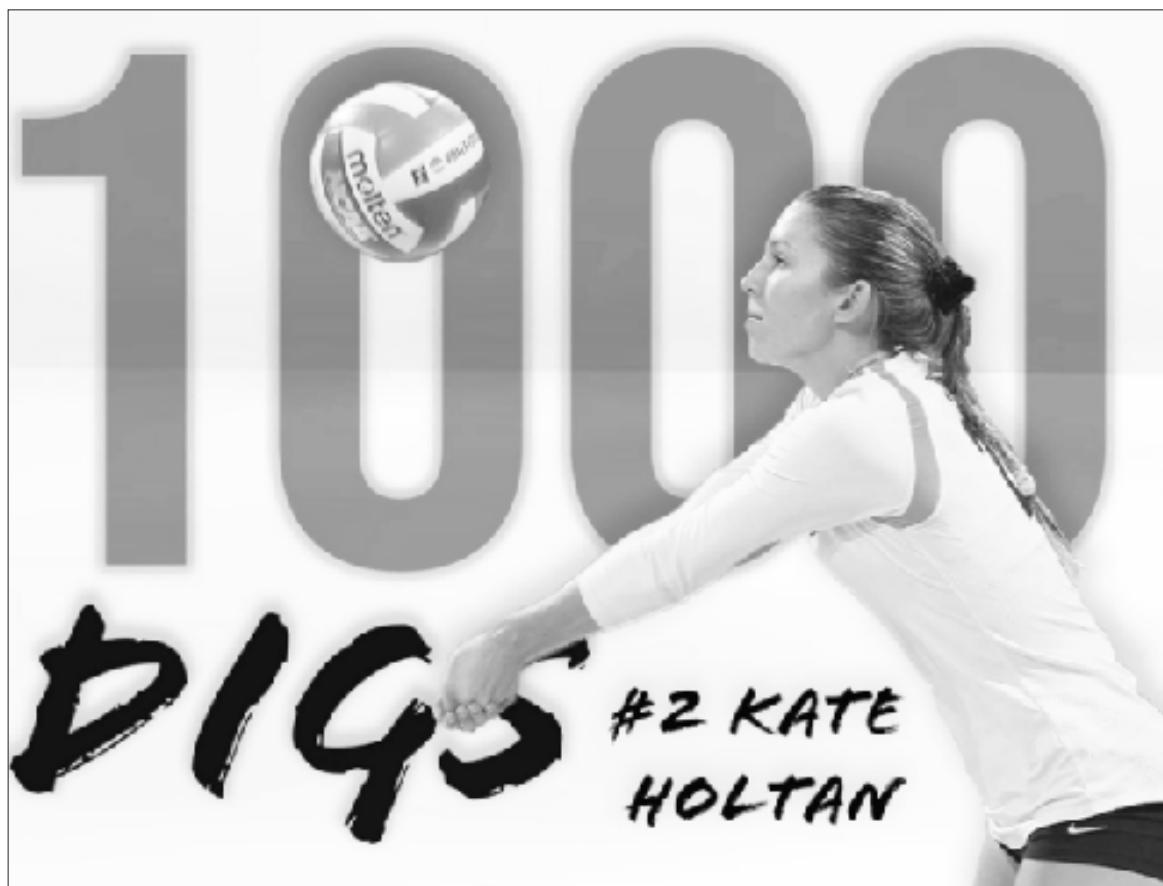
"Being given the opportunity to compete again has really been a highlight for me... it has been great to return to the gym under more normal circumstances and the team is definitely not taking it for granted," Holtan said.

Holtan played an instrumental role throughout the entire tournament. In the tournament opener against Wartburg Holtan had 19 kills and 14 assists - a double-double. In their next match (against MSOE) Holtan had 5 kills as the Gusties swept the Raiders in straight sets. The final scores from the mostly uneventful sets were 25-14, 25-18, and 25-18. The Raiders only held a significant lead in set number three, but the Gusties tied the score at fifteen and never looked back.

The Gusties' match against the University of Wisconsin River Falls team was more dramatic. The women found themselves down 4-1 in the first set. However, the Gusties quickly gained their composure and took the lead 6-4. Later in the set they weathered a five-point rally from the Falcons and held on for the 25-17 win.

The second set of the match held even more excitement. Neither team could gain an upper hand throughout the entire set, but it felt like things were tipping in the Falcons' favor. However, the Falcons made multiple attack errors that would prove costly.

Holtan had a timely kill that kept Gustavus in the game, and the Gusties ended up gutting out a 31-29 victory.



Gustavus Sports Information

Graphic made to celebrate Kate Holtan's 1,000th career dig.

The Gusties carried their momentum into the third set and took an early lead. The Falcons rallied and tied the game at twelve; they fought hard and kept the game close but eventually the Gusties pulled away and pulled out their brooms for a 3-0 sweep with a final set score of 25-20. Holtan recorded 13 kills and Elliot finished with 10.

The Gusties' final match of the weekend was dominant. They dismantled Luther in three sets with final scores of 25-13, 25-12, and 25-10. The closest any of the sets got was in set one when Luther tied the

score at 7 before the women pulled away for good.

"Our team has done a great job playing as one unit. The hitters have been very efficient in putting balls away, our setters have been mixing up the balls so the opponents do not know where it is going, and our defense is not letting anything hit the floor" Elliot said.

While helping guide the team to a successful tournament, Holtan reached an impressive milestone of her own. Holtan recorded her 1000th career dig. Holtan joined Katie Olstad as only the second player in program history to have

over 1000 digs and 1000 kills.

"It was definitely an exciting moment. I am grateful to my teammates and coaches for helping me reach this milestone... I could not have gotten there without any of them!" Holtan said.

Holtan and the rest of the Gustavus volleyball team have already shown what they can do this season; they can go far and accomplish great things as long as their sense of team and optimism continues to grow.



Gustavus Sports Information

Members of the volleyball team come together to celebrate after scoring a point.



Gustavus Sports Information

Gusties getting set before a serve.

Cross country runs through competition

Villalobos earns impressive third place finish

Luna Walker
Staff Writer

Running hot out of the gates from a year of no formal competition due to the Covid-19 pandemic, the Gustavus Cross Country Team is already making waves in the MIAC athletics community. To start off the season runners competed in the annual Gustavus Alumni Cross Country Meet, in which the runners, coaches, and spectators got a first look at the season to come. Seeing the results from the team's annual alumni meet, it's no surprise how well the Golden Gusties did in the Crown invitational meet in St. Bonifacius, MN, on Saturday, Sept. 4, 2021.

Although the team awoke at the crack of dawn to appear at the meet the energy and motivation levels seen on the squad were soaring, and team morale had never been higher. The Gusties swept the meet with the men earning first place overall with seven runners finishing in the top seven spots. The effort, spearheaded by Andrew Stumbo, a Senior hailing from Boone, Iowa, finished in first place. The Gustie women were impressive as well with a second place finish by Senior Mackinzee Miest, from St. James, and an impressive third place finish by Sophomore Evelyn Villalobos.

The competition was fierce and runners from Gustavus, University Of Minnesota Morris, UW River Falls, and Crown College gave it their all, making the third place finish from Villalobos quite the impressive feat. Villalobos was a member of the Gustavus women's soccer team her first year at Gustavus but was disappointed to be cut from the squad this year. Villalobos however wouldn't let this drag her down, as she bounced back from adversity. She joined the cross country



Gustavus Sports Information

2021 cross country combined team photo on the steps of Old Main.

team, and is already making her mark by accomplishing impressive feats of athleticism, such as the third place finish at the Crown Invitational.

"I think that the positive team atmosphere and overwhelming support I've received from the upperclassmen on the team really allowed me to succeed this week. At the Alumni Meet, my running partner was Lily Engebretson, and every time I started slowing down or falling behind, she would pull me back in and

make sure I was keeping pace right alongside her," Villalobos said.

Evelyn had so much support from the team, which goes to show the positive values Gustavus emphasizes in its programs, and the pursuit of building a positive, family culture among sports teams. The motivation for such a stellar performance doesn't just come from Villalobos' amazingly supportive teammates, however, and it was actually Villalobos' father who motivated her

to pursue cross country and compete at the collegiate level in the sport she loves.

"When I was cut from the soccer team, I confided in my dad, who also happens to be my best friend, about where my passions lie and how I felt about the whole situation. We hang out almost every week. He was my first running buddy, and he really fostered my love for physical activities such as biking and running. Although he isn't able to run with me anymore due to his ar-

thritis, we spend a lot of time together going on lovely bike rides and becoming closer with every one of them, and I may not be a part of this program without his encouragement and support," Villalobos said.

This third place finish is only the beginning for Villalobos and the team. Some statements from the head coach, Brenden Huber, show that he and the team are prepared for a stellar season full of strong performances from both the women's and men's squads. Huber truly believes in the team this season, and is preparing the squad for a possible MIAC title.

"I think we have a really big shot at a MIAC championship this year, and it fills my heart so much to be a part of a squad that accepts me with open arms and encourages me to perform to my highest capability," Villalobos said.

This is only the beginning for the cross country team, and spectators should expect an impressive show of effort from this team in shooting for a title.

"I can't wait to see where this opportunity takes me, and I'm so glad to be a part of this amazing group of people," Villalobos said.

Gusties should look forward to seeing the squad compete next on September 18 at St. Olaf.



Gustavus Sports Information

Sophomore Evelyn Villalobos' roster photo.



Gustavus Track & Field Instagram

Head Coach Brenden Huber fires the starting gun at the Alumni meet.

Football team puts up record-setting score

Offense shines in first game since 2019 season

Autumn Zierman
Staff Writer

The Gustavus Football team is back this fall with more vigor than ever. After missing last season, the team returns to the field with a strong 2019 record to build upon. Coming back from a 7-3 ending record in 2019 which ranked the Gustie Football team 4th in the MIAC and an average of 45 points per game, the team has a winning record it is eager to return to.

Excitement has only grown since the Gustavus win at a non-conference game at Buena Vista on Saturday September 4. Following an offensive shoot-out, the Gusties finished on top with a score of 80-58 and secured a strong victory against the Buena Vista Beavers as the season kicked off. Not only has the team managed to beat the 2019 scoring average, but they have also set a program record for points in the game. Overall, the Gusties rushed for 300 yards – the most in nine years – and 635 total yards of offense.

“Wins are hard to come by, so we were very thankful. I mean, that’s a huge number [80 points]. And honestly, we needed every one of them today. And so there’s one thing to score 80 points and it be a blowout. There’s another thing to score that many points and have it be a pretty competitive game. And it was a pretty competitive game throughout. We’re really thankful that we were able to operate coming out of that long of a break and be that productive,” Head Coach Peter Haugen said in an interview with Sports Information Director CJ Siewert.

Following last Saturday’s win, Junior Andrew Abegglen has been named MIAC Football Special Teams Player of the Week. Abegglen set a Gustavus program record with 11 extra points made in Saturday’s 80-58 win at Buena Vista. Abegglen went a perfect 11-for-11 on PAT tries, breaking the previous record of nine set by Brendan Boche in 2015 against Carleton.

As football returns to normalcy for the first time since 2019, the MIAC has also been overhauled. With the addition of St. Scholastica, the MIAC will now play football in divisions. The Northwoods Division will consist of Gustavus, Carleton, St. John’s, St. Olaf and St. Scholastica. Teams will play an eight-game conference schedule with four “in-division” games and three “crossover” games.

The final week of the regular season will be “championship week,” where the teams will be ranked 1 to 5 in each division based on the results of in-division games. The teams will then be matched up with the corresponding seed in the other division for a “playoff” game. The winner of the game between the top seeds will receive the MIAC’s automatic qualifier to the NCAA playoffs.

With one win under their belt, the team is looking at a full season ahead of them in an expanded MIAC. In the upcoming weeks of September, they will be facing off with Wartburg and Concordia for the homecoming game September 25.

“Our goal is to go out and compete at a high level and ultimately win a MIAC Championship. That’s the goal every year. We have a special group of



Gustavus Sports Information

Andrew Abegglen kicks to score one of his eleven extra points.

guys this year and I’m excited to be able to go out and play alongside them. After week one, there are some things that definitely need to be cleaned up for both offense and defense before our next game, but I think we are on a good track. We will be put to the test this week against a talented Wartburg team,” Said Senior Hunter O’Bert.

“We are a work in progress defensively. You know, there’s no question about it. It’s got

to get better. There’s no doubt about it. Today [Saturday], it was feast or famine and that’s not going to be the formula to win every week. But I’ll tell you, we got five turnovers and we got a couple at a really key time. And that can’t go unnoticed. But we got plenty of work to do in all three phases and it’s going to get a lot tougher this week,” Coach Haugen said.

The September 11 home opener against Wartburg will

be the third meeting in program history against the Knights. Wartburg leads the series 2-0 and won the last matchup 26-21 on Sept. 10, 2011 in Waverly, Iowa. The game will take place at Hollingsworth Field on Saturday at 1 p.m. for Gusties who want to get out there and show their school pride.



Gustavus Sports Information

Runningback David Peal celebrates scoring a touchdown.



Gustavus Football Twitter

Defensiveback William Hawkins, surrounded by teammates, celebrates on the sidelines by lifting a barbell.