



THE GUSTAVIAN WEEKLY

SEPTEMBER 17TH, 2021

ISSUE 2

Letter from the editor: a new *Weekly* era



The Weekly staff adjusts to new/old in person format.

Cadance paramore

Emily VanGorder
Editor-in-Chief

My name is Emily VanGorder, and I am a senior, a Biology and English double major, and this year's Editor-in-Chief of the Gustavian Weekly. I came to Gustavus from Parker, Colorado, a town half an hour away from Denver and which is over 700 miles away from campus. My high school librarian, Da-

mon Larson, is a Gustavus alumni from the class of '84. His excitement and love for Gustavus was so infectious that I decided to apply, and the rest is history.

I started writing for the Weekly as a First-year. One of my Collegiate Fellows was the news section editor, and reached out to me after I mentioned that I was thinking about a career in investigative journalism during a floor meeting. As an out- of- state student, I was

feeling pretty lonely and desperate to find a community to belong to at Gustavus.

I started writing and soon after was completely in love with the Weekly. I learned more about campus, events and individuals through my articles and interviews than I ever could have otherwise. Having a window into the various communities at Gustavus made me realize how much variety and layers there were to a campus of over 2,000 students.

I continued to write for the news during my Sophomore and Junior year, when I also started writing for the variety section. I decided to stay home and take classes virtually during the fall semester of my junior year, which added a new level of complexity to my job. While everyone was socially distanced, wearing masks, and conducting virtual interviews, I felt more removed from campus than most. Writing articles about events and performances

I would never see or attend was definitely an odd experience.

When I returned to campus for spring semester, even though I spent most of my time in my dorm interviewing people over Zoom, I felt like I had settled back into my rhythm.

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WEEKLY Scan

A preview of this week's top news and more

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

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

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

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Campus Safety Report

- Saturday, September 4, 2021**
- Campus Safety responded to a medical assist in the Jackson Campus Center. Student was transported to hospital by ambulance.
- Sunday, September 5, 2021**
- Campus Safety took a report of a theft from the International Center area.
- Thursday, September 9, 2021**
- Campus Safety took a lost key report in Anderson Hall.

- Campus Safety responded to a medical assist in the Johnson Student Union
- Campus Safety responded to a fire alarm at the Sjos-trom house
- Campus Safety took a report of suspicious circumstance off campus

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>

Tip of the Week:

Run, Hide, Fight...Do you know what it means?


Run, Hide, Fight, is a national campaign that Gustavus uses in providing notification during an active threat situation on campus. Basically the run part is that your first option is to get

away, get as far away from the threat as you can. Second, if you can't, then you hide. You barricade yourself wherever you are. You often see the words shelter in place, when it comes to the hide element. You shelter in place to try and keep yourself away from that threat. The last is if you just have no other option, that you can use your mental and physical capacities to defend yourself. That as a last resort to save your life, there

may be a need to fight.

For more information about using Run, Hide, Fight in an active threat situation, watch the short video posted on the Campus Safety website in the right hand toolbar under "Safety Training Videos."

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 daysComplete the Gustavus Self Reporting Form	<ul style="list-style-type: none">Go into isolation for 10 daysComplete the Gustavus Self Reporting Form
If You Have Symptoms of COVID-19	<ul style="list-style-type: none">Get tested immediatelyGo into IsolationComplete the Gustavus Self Reporting Form	<ul style="list-style-type: none">Get tested immediatelyLimit close contactsWear a maskComplete 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 exposureGo into quarantine for up to 14 daysComplete the Gustavus Self Reporting Form	<ul style="list-style-type: none">Get tested 3-5 days after exposureWear a mask for 14 daysMonitor for symptomsLimit close contactsComplete the Gustavus Self Reporting Form

COVID-19 Updated guidelines for the 2021-22 school year.

Submitted

Daily Sabbath Calendar

Open Space- Tuesdays (Christ Chapel)
Come to Christ Chapel for an unstructured time of prayer, meditation, reflection, or rest. Light a candle for the healing of the world.

Morning Praise- Wednesdays (Christ Chapel)
Join together with Gustavus Choirs to sing the Morning Praise liturgy. Coffee and pastries await you at the end of the service. Morning Praise is also live streamed on the Chaplains Office Youtube Page.

Holy Communion- Thursdays (Christ Chapel)

September 15th, 2021

- Morning Praise

September 16th, 2021

- Holy Communion



Gusties should check with student orgs for case by case guidelines.

Cadence Paramore

COVID-19 restrictions lifted for student organizations

Carter Brown
Staff Writer

The Involvement Fair took place on Tuesday, Sept. 14 and was packed with plenty of students and student organizations looking for new members. It was a busy event full of people looking to join new initiatives. As with most student activities there are still cautions and questions as to how student organizations will operate with COVID lingering in the air. The COVID Response Coordinator, Barbara "Barb" Larson-Taylor says there are no special restrictions or regula-

tions on student organizations regarding COVID other than the ones that already apply to everyone.

"There are no COVID event plans needed this year," said Taylor. "We always hope students planning meetings or events will be respectful of each other knowing that people have different comfort levels for COVID precautions. Plus, there may be many reasons why a student may be more concerned about COVID transmission and should keep more distance and wear a mask even when not required", Taylor said.

In light of the new vaccination mandates the current

attitude towards COVID-19 policies is focused around making sure that student attitude reflects caution and consideration while trying to bring student operations back to normal. The Involvement Fair was one example of this, yet it brings up another question. While there are no current policies regarding student organizations specifically, what about events or gatherings? The answer remains the same.

"There are no official COVID restrictions on student organizations meeting or planning events," Taylor said.

"While cases are high in the surrounding area, which they

are right now in the state of Minnesota, we ask that students reduce capacity and leave extra space between people when possible," Taylor said.

While this is not a direct policy, it is a good reminder of the mindfulness expected from students regarding the campus' current situation with COVID and safety.

Other than that, most of the policies regarding the reservation and usage of spaces remain the same.

"The best way to reserve a space on campus for a meeting or event is to use the form at gustavus.edu/events/reserve. On this site, a group can look

to see if a space is available," Taylor said.

While this is the same, students should still remember that the COVID policies in place for the general student body are the same, which is that masks are required to be worn indoors at all times. Any beverages or food items are only allowed in designated dining areas, with the exception of seated events that have food. Using the website gustavus.edu/events/reserve, "[Students] can submit their request for use of a space, as well as submit their requests for set-up needs like tables and chairs, event tech such as mics, and food," Taylor said.



Students gather at the involvement fair.

Cadence paramore

The involvement fair draws a crowd

Emily Seppelt
Staff Writer


This week on Tuesday students could be found milling about Eckmann Mall on a typical autumn evening as the annual involvement fair took place. Aimed at getting students involved on campus, many student organizations could be found tabling and advertising their activities. Before the event took place each student organization was required to register with the Campus Activities Office to reserve a table. The first semi-normal fall involvement fair since 2019, new and returning students alike were eager and out in numbers looking to get involved. Senior

Solveig Stafford, Co-president of the student org KGSM Radio alongside fellow Senior Avery Cameron-Laffey reported a high attendance at the event. “Based on our turnout at the involvement fair, I feel that our org has the opportunity now to have a boom this year,” Stafford said. Senior Deleany Bluhm, Vice President of the student org IGNITE, which according to Bluhm aims to raise political ambitions among young women agreed with Stafford’s sentiment. “This year feels better than ever in terms of member engagement and turnout, and we haven’t even had our first meeting,” Bluhm said. Senior Emily Falk, Co-president of the organization Students for Reproductive Freedom (SRF) echoed these thoughts as

well. “I feel like there’s a much larger turnout this year, because of how accessible the involvement fair is. Having it online last year made it harder to connect to students”, Falk said. Student organizations also expressed excitement about the return to somewhat normal operations for student orgs since the start of COVID-19. According to current COVID-19 guidelines, student orgs are no longer required to social distance and there are no limits on the number of people that can gather in a meeting. Bluhm shared that the new COVID-19 guidelines have eased stress levels for IGNITE. “I feel that COVID definitely had an impact on engagement last year. I hope that student involvement this year makes our

campus feel like a community after being isolated because of COVID-19,” Bluhm said. Last year was the organization’s first year which made it difficult for recruitment and organizing events. Bluhm as well as her colleague President of IGNITE Senior Regina Olono Vidales, “are hoping to get this org up and running smoothly as last year was our first year and it was hard to stay engaging to our members,” Bluhm said. Stafford also shared hope for the new school year. “Last year it was nearly impossible to do what we needed to do because of COVID-19, but things are looking up this year. The aim of our org is for students to have an outlet for creative expression, get experience working with basic recording and broadcast-

ing equipment, and to enjoy great music and content with friends,” Stafford said. KGSM Radio’s 100th Anniversary is also this year, and Stafford said that this will be their focus on the year. “One main hope for KGSM this year is to have an ongoing celebration of our 100 year anniversary through our shows and events. KGSM started in 1922, so we really want to honor that legacy and set the club up for future success,” Stafford said. The Involvement Fair by many’s standards would be called a resounding success. Many on campus are eager to get the year started for student organizations and events.



CAMPUS ACTIVITIES BOARD
Weekly Schedule

Wednesday, September 22nd	Friday, September	Saturday, September 26th	
Cards Against Hypnosis 8pm Alumni	Boom Boom Bingo 8pm-10pm Evelyn Young Dining Room	GraysonDeWolfe 10:30pm Eckmann Mall	Food Truck Festival 11am-1pm Sesquicentennial Plaza
		Insomnia Cook- ies Midnight Old Main	

*“Letter from the Editor”
cont. from
the front page*

Emily VanGorder
Editor in Chief

When I got the email about interviews for the Editor-in-Chief position I truly thought I had no chance of getting the job, but I told myself it would be good to try out anyways for interview experience. A few days after my interview, I was hired as the Editor-in-Chief.

Summer was a whirlwind of emailing, hiring and advertising. We lost more than 60% of our staff due to turnover, and we started the semester with only seventeen employees. Staff members had to write articles and pieces to supplement our writers for the Orientation Issue and Issue #1. At our Wednesday formatting meetings, staff members were working for four to seven hours a night to make everything come together. At this point, I was officially worried about the future of the Weekly. Thankfully, due to social media marketing, word

of mouth, and the Involvement Fair, as well as the hard work of our staff and writers, we had over thirty new applicants in just under two weeks. Staff members at the Weekly meet on Wednesdays in our office in the Uhler basement to edit and format the week’s issue. Being able to interact in person both with people I know from my first years and new faces has been absolutely amazing, and I’m so thankful for this opportunity to continue learning and growing. Our staff members this year are all incredibly dedicated, talented, and

very funny individuals (who can be kept happy with free pizza and compliments), and I am lucky to be working with them. Seeing the influx of interested first and second year students reminded me of my own beginning at the Weekly and the feelings of excitement, anticipation, and doubt that I felt when I first started. Being able to write for a school newspaper has provided me with a more well- rounded writing style in addition to what I do regularly in writing for my English and Biology classes. Though my interest in investigative journal-

ism has developed into a desire to write fiction and nonfiction later in my career, the skills and lessons I have learned working at the Weekly will be transmitted to any career path I take. My thanks to all teachers, professors, and advisors who have encouraged me to pursue writing, and to my family and friends for their support and advice, and for never telling me to not pursue English or journalism because I’d never make any money. I still don’t have money, but I have always had fun.



Editor-in-Chief Emily VanGorder

Submitted



Artist Jej Vinson

Submitted

Jej Vinson Makes Gustavus Debut

Emily VanGorder
Editor-in-Chief

Singer and musician Jej Vinson performed at Gustavus from 7-9 p.m. on Wednesday, September 15 in the Courtyard Cafe. Vinson is a 24- year- old Filipino- American artist who first got his start singing karaoke after his family moved to South Dakota from the

Philippines when he was 15. His parents sang in choir, which prompted him to follow his interest in singing and acapella. Three years later, he went to the A Cappella Academy summer camp in Los Angeles, which inspired him to pursue a career in music. He and his family moved to California where he studied music at the University of Southern Califor-

nia. He later became the music director for his school’s acapella group, the SoCal VoCals. In 2015, the group was invited to sing at the White House for former President and First Lady Barack and Michelle Obama. Vinson tried out for The Voice in 2019 during the show’s 16th season. His cover of Drake’s “Passionfruit” received turned chairs from all four judges dur-

ing his blind audition, as well as praise on social media. Vinson joined team Kelly, and sang covers of songs like Nick Jonas’s “Jealous” and Khalid and Normani’s “Love Lies”, before being eliminated before making the top eight performers. Fans took to social media to vocally protest the judges’ decision. Vinson tweeted about his feelings of gratitude and grateful-

ness for his coach, friends, and family. Since then, Vinson has been recording cover songs and original music, which started Vinson tweeted about his feelings of gratitude and gratefulness for his coach, friends, and family. Since then, Vinson has been recording cover songs and original music, which started with his first single, “Tasty”, which dropped on May 22, 2019.

Local Artist Performs at Homecoming Concert

Grayson DeWolfe will be performing at Gustavus at 10:30 p.m. on September 24 in the Eckman Mall to celebrate Homecoming Weekend. DeWolfe is a pop artist and producer who sings alternative pop/ rock and cover songs. Raised in Scandia, Minnesota, DeWolfe began his music career at 6 when he learned to play the piano, among other instruments, and started singing. At 14, he joined F5 Soundhouse as a solo artist and began playing small venues in the Twin Cities. At 16, he released two singles and had his music promoted on local radio stations. This sponsorship helped DeWolfe play his first headlining

show at Mill City Nights, which is a fundraiser for the organization Hunger and Homelessness that provides food for local food shelves. At 17, DeWolfe and fellow musicians Kristoff Druva, John Bening, Adam Feuring, and Aaron Gates created their own group, Time Atlas. DeWolfe was the songwriter, vocalist, and keyboard player for the band. The group gained popularity in the Twin Cities, and released a music video in 2015 that received more than 1,000 views in 24 hours. The group went on tour nationally later that year. Come see Grayson DeWolfe perform and celebrate Homecoming at Gustavus.



Artist Grayson DeWolfe

Submitted

Gustie *of the Week*

Your name here



Know someone who could be Gustie of the Week?
Email us and tell us why at evangord@gustavus.edu!

ILS: TRUE COLORS



What is an ILS house?

International Learning & Service Houses (ILS) program provides opportunities of service to the Gustavus and St Peter community.

Role Of Peterson House

Peterson house is one of the five ILS houses on-campus (Adolphson, Sjos-trom, Peterson, Walker, and 10-0-9). The current residents of this ILS house put together a project called “True Colors”, one that focuses on the inclusion of POCs and all colors of the Gustavus community.

“We are a project of diversity and inclusion. As all memebers are involved in diverse extracurricular here, we seek to expand the Gustavus student body’s understanding of acceptance and inclusion by hosting monthly multicultural events snd cookouts. Said resident Bella



Why pillow pets are better than squishmallows



Clare Greeman
In-House Toy Expert

It's a pillow, it's a pet, it's the best man-made innovation of the century. What can you say about Pillow Pets that hasn't already been said? They're cuddly, cute, and they come in all different sizes, shapes, and creeds.

I think all of us (normal) kids remember seeing the Pillow Pet ads on TV. They would interrupt a block of Gumball, Chowder, or some God-forsaken Nickelodeon show and we would yell at our parents intermittently that we wanted that for non-denominational-winter-holiday and they would dutifully take notes. The commercials would show off all the features: the pillow, the pet, other things, and we were sold! And not without some help from the catchy jingle.

Now everytime I hear that song I fight the urge to get on my feet and dance around like I don't have full control over my limbs yet just to be like the kids in the commercial that are a generation younger than

me. Afterall, how many times can you see one of those purple unicorns nestled under a slumbering vaguely-non-white child's head before you pick up that phone? For me it was negative six times.

It just goes to show that you can walk past someone and never know what they're going through. For example, you could walk past me and never know that I'm struggling with a gripping Pillow Pet addiction that impacts my ability to walk past an ordinary pillow and not feel the urge to belt it around the middle and make it awkwardly hobble across the bedspread.

All that being said, I am not biased at all when I say that Pillow Pets are superior in every way to Squishmallows. Squishmallows are pastel colored turds with the most derrittivative design I've seen on most mainline children's plushies to date. And if you have a problem with that, let me ask you this: have you ever seen a Squishmallow and a Funko Pop in the same room? I rest my case.

Not only that but all Squishmarshmallows have the same lifeless expression on their face. Pillow Pets have a wide range of emotions; The Sloth conveys a childlike innocence, the Unicorn betrays an air of superiority, Ms. Ladybug captures a sense of knowing unknowingness, and Buzzy Bee's smile may be simple, but the twinkle in his eyes lets you know that he's something special. Squishmallows only come in one flavor: the dead eyed stare.



The mentioned pillowlike objects

Submitted

And to accompany this vacant expression? The most childish drivel gracing Walgreens shelves today. Who wants a carton of fries, a pegasus-panda, a cat-unicorn-mermaid, or a crab in a hat! I mean, what's next? A zebra in a headband? A princess tuna

salad sandwich? The children today are growing up in a world of political unrest, possible threat of a world war, a climate crisis, and millennial parents. What use do they have for narwhal-pegasus-butterfly-pigeons when they could rest their head on something prac-

tical and stable like a bee or a cow. Who knows, the real thing might not even be around in a couple of years.

Additionally, the Pillow Pets have licensed characters. You can go straight from racing with Lightning McQueen to racing off to sleep. The Mutant Ninja Turtles can take you from taekwondo in the day to karate chopping your bad nights of sleep in half!

You can't rest your head on a Squishmallow, you can only sink into a non-fluffy lump of down. You can't play with a Squishmallow either, even with their bottom-heavy proportions, they tip over with the smallest gust of wind. Which brings me to my final point, what do Sqishmallows even do?

You can hug them, you can put them on your bed, and if you're feeling really sentimental, you can collect them and tell yourself the value will go up in a couple of years even though there is no indication that it ever will. That can be done with most things. Pillow Pets can do all of those things plus two more things: be a pillow, and be a pet. What more do you need?

The Squishmallow craze will pass like all the Beanie Babies and Furby's before it, but the world will never surpass the need for pillows that can also be pets. And even if a day comes where those things are made unessential, you can rest assured that the catchy jingle will live on in generations to come.



Gustavus Missed Connections



You brought my cat back

Last fall you brought my cat to me wearing only a towel. It was on the 3rd floor of Uhler. My cat would love to see you again.

Gus the writer

You came up to The Weekly table at the involvement fair and agreed to be a writer. You put down your first name but no contact info.

STEAMery Twins

We ordered the same drink during chapel break, down to the 4th shot of espresso. I would really love to have coffee buzzed conversations while waiting for our next class to start

You also got the jitters

You stole the acorn I was about to take then you stole my heart.

Let's Ted and Bill this campus

To the mini John blender with the painted led zeppelin patch I stood in the caf line with: We were probably the same person in an alternate universe, and I think that means we have to be best friends

Do you have a missed connection? Send it to:

missedconnections-gac@gmail.com

When in doubt, toss it out



Emma Pufahl
Opinion Columnist

We desperately need to talk about what is and isn't recyclable. The "golden rule" for recycling is 'when in doubt, toss it out.' I would much rather see recyclable goods in a trash can than trash in the recycling bin.

When trash or contaminated goods that seem like they are recyclable (looking at you, greasy pizza box) ends up in the recycling bin, everything in that bin goes to a landfill. Everything. So the half full bottle of coke or the plastic grocery bag that seems like it could be recycled makes it into that bin, the other two tons of clean recycling are now deemed 'contaminated' and are now trash.

"The 'golden rule' for recycling is 'when in doubt, toss it out.'"

Most recycling mistakes I see are from common misconceptions about what is and isn't



Ellie Gunderson

Relearning how to sort recyclable. I've made many of the mistakes I see all the time. If you really don't know where it belongs, ask, look at the signs around campus, or just throw it in the trash.

The main issues are with food contamination or plastic that is not recyclable in commingled recycling.

The pizza box with a grease stain. Either compost the box, or rip the contaminated parts

out and put them in the trash or compost, and place the clean cardboard into the recycling. Try to take off any stickers that may be on the box and throw those away.

Plastic bags. Many of us use plastic bags as bathroom trash bags or maybe it's your recycling collector. I can't think of any plastic bags that can go into commingled recycling. This includes the bags that many deliveries

come in, typically from Amazon. Those plastic bags can go into one of the designated TREX boxes (the big cardboard box with a lid, typically full of other plastic bags and located directly across from the post office). That is the only place they belong.

A few reminders for our more unusual recycling needs. Candy wrappers basically always go into the trash. One of the only ones I can think of that can be

recycled are clean 'Kisses' aluminum foil wrappers, preferably in a larger aluminum ball. No paper or candy left on the wrapper and we can keep a little more waste out of landfills.

Another unusual recycling conundrum is Post-It notes. I don't know about you, but I love Post-Its. Not a week goes by without me using them for something. They are technically recyclable BUT the sticky coating that makes them perfect for putting reminders for yourself (or your roommates) around the dorm is not recyclable. Luckily for us, it is a super easy fix. Just rip the sticky part off and place that in the trash, the rest of the non-sticky paper can go in the recycling bin.

There are many resources to help us become better at correctly separating our waste. There are websites (how2recycle.info, epa.gov/recycle and better yet epa.gov/recycle/how-do-i-recycle-common-recyclables), signage on campus and many packages tell you exactly how they can be recycled (I have seen post office packaging claiming to be recyclable but seems highly questionable to be sorted in with any of the types of recycling we have available on campus).

Recycling takes practice. Everybody has made mistakes. The sooner we can all learn to be better and proper recyclers, the sooner we can divert recyclable materials from landfills. Lets keep our recycling contamination free and remember that the trash can and recycling bin are not mutually exclusive.

Don't be boring: Support local art



Tori Smith
Opinion Columnist

Over the weekend I visited the Rock Bend Folk Festival held in Minnesota Square Park right down the hill from Gustavus. The festival included live music, food, and an arts and crafts fair.

Not expecting to see much from a small-town festival, I was blown away by the amount of talent on display.

The music, for one, was in-

credible and lively. Every band had a number of people on their feet and dancing around the stage. Which makes them fun to watch, as well as hear.

Likewise, the number of talented artists working the booths left me speechless. From beautiful homemade jewelry to carefully crafted ceramics, everything on display was hard to pass by.

I attended the festival both Saturday and Sunday. In total, I purchased one pair of earrings, one stone necklace, two soy candles, a large agate, a bird feeder and two tasteful ceramic shot glasses.

For my own benefit I will not be calculating how much I spent on these items. I came, I saw and I conquered. That's all that matters.

Although I probably spent more money than I'd like to admit, I don't regret doing it. I helped support a number of local artists in my community and even got to speak with many of them about their work. Plus, I

now own some really cool stuff.

"The best part of buying from individual artists is that you are supporting their presentation of ideas and experiences which is often an indicator of what life looks like in their community," Alumnus Thomas Prah said.

Prah, local artist from Gustavus and in Saint Peter specializes in French horn, visual arts and ceramic arts.

He was one of the many talented artists who displayed and sold their work at the art fair this past weekend (and whom I purchased the two handsome ceramic shot glasses from).

For Prah, community support and engagement are incredibly important to his work.

"I decided to hang a Gustavus Flag in my booth and was immediately thankful for this decision. As soon as the flag went up in my tent, my booth became a 'Gustie Landing Pad.' I had a constant stream of Gusties coming through my tent, asking highly engaging questions and leading wonderful conversa-

tions," Prah said.

There are a multitude of reasons to support local art.

For one, it boosts the local economy. You're far more likely to see improvements in your community by spending money

"I decided to hang a Gustavus Flag in my booth and was immediately thankful for this decision. As soon as the flag went up in my tent, my booth became a 'Gustie Landing Pad.'"

on local businesses or artists than by spending it in Walmart.

Secondly it's a great and enjoyable investment. By supporting local artists you're investing in their work while also gaining meaningful items that bring you joy. What's better than investing

in your community while getting cool stuff?

It's important to note that community support doesn't have to come in the form of money. Prah, for example, was supported by the meaningful conversations and respect that many Gusties showed him and his work.

Simply having a conversation with an artist about their work or telling others about their art is incredibly supportive, sometimes even more so than just handing them a ten-dollar bill and running away (I may or may not be guilty of this).

Another easy way to support local art in Saint Peter is by visiting art galleries and exhibitions, some of which are free to the public.

"Every Gustie should visit the Art Center of Saint Peter. It is legitimately four doors away from RiverRock. The Gallery

A holistic approach to mental health



Tegan Hirman
Opinion Columnist

Before you turn the page, pause and breathe. Take a moment out of your busy day to think about the question I am about to ask you. When was the last time you took care of your mental health? Now, let me ask you this, when was the last time you went and saw your GP, your dentist, the eye doctor, or even went to the gym to work out? I can imagine, many of you reading this take excellent care of your physical health. Eating the right foods, exercising, and getting a good night's sleep (or as much sleep that college will allow) will do great things for your mental health, as well as the physical.

But my big question to you is this, what about your mental health? A year ago, if you were to ask me this question, I would have responded with, 'I'm fine. Why would I need to see a counselor? There is nothing wrong with me...' There is absolutely nothing wrong

"When was the last time you took care of your mental health? Now, let me ask you this, when was the last time you went and saw your GP, your dentist, the eye doctor, or even went to the gym to work out?"

with you, but sometimes it's essential that we have a helping hand when it comes to our mental health and wellbeing.

Anxiety is characterized, according to the American Psychological Association, as follows, "Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased

blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat." Honestly, I didn't realize for so many years that these symptoms were a result of my anxiety. So, here's a little story time...

Three years ago, I was diagnosed with anxiety. I was 16 years old, going to my yearly asthma test. Ever since I could remember, I had a hard time breathing while exercising, but I also had a hard time breathing while I was in class, talking with my friends and especially while taking a test. I've lived with this notion that I had asthma when in reality, it was severe anxiety. One day, at my doctor's office, I took my yearly asthma test, and my breathing levels were normal. I asked him, "So...what exactly is wrong with me?"

At this point I was muddling through my sentence as tears glided down my pink stained cheeks. His response, though mundane, is something I will never forget, "Have you ever been diagnosed with anxiety?" Just straight to the point. That was the beginning of

what might prove to be a life-long struggle for me as it is for many others. Perhaps you the reader are spending time out of your day reading the words I typed up at three in the morning. My hope is that this might impact your life, even if that impact is small, it's something.

Just the other day, I was cruising down the halls of Beck with a huge smile on my face feeling ready for whatever the day might bring me. When, all the sudden, my smile was still there, only weighing a little heavier. Masking the fact that my palms are sweating, my heart racing, my mind wandering in endless circles due to the fact that I had an exam in less than five minutes. I like to compare my thoughts to a roller coaster, twisting and turning so fast you barely have time to take a breath and think it through. Eventually the roller coaster slows down, and you have to deal with the adrenaline rush that follows.

My anxiety has never bothered me to the extent where I couldn't function in my everyday life. It was simply there, and I ignored it, and went on with my day. But there comes a time when all of the ignoring and suppressing catches up with you.

COVID-19 has impacted

my life significantly. I think we can all relate to this. For me, my mental health took a turn for the worst. It was as if my anxieties doubled over night and that's when I developed nightmares and insomnia. Starting therapy was the greatest decision I had ever made. I learned tools that I still apply in my daily life, challenging myself to be social (even though it's hard and sometimes scary) and reminding myself that it's ok to feel this way, and, as my mom would say, "It's ok to give yourself grace."

College is hard, we all know this, but your mental health doesn't need to be affected. The Chaplins office and counselors here on campus are always here for you. Asking for help is ok, and you shouldn't have to feel scared or embarrassed, as I once did. If you've made it this far, take a nice long deep breath. I hope you feel so much better. This is a sign if you made it this far to take a nice long deep breath. I bet you feel so much better.

Counseling Center:

Phone:
(507)-933-7027

24/7 Line:
(507) 933-7222



Students in counseling center hub

Jayne Mapstone

Monthly Horoscope

Aries (the Ram): March 21- April 19. You will have excellent luck, but only if you can manage to catch a GAC squirrel.

Taurus (the Bull): April 20- May 20. Coffee is not an adequate substitute for sleep. Take a nap.

Gemini (the Twins): May 21- June 21. Due to a clerical error, you don't get a horoscope this week.

Cancer (the Crab): June 22- July 22. You should probably wash your sheets soon.

Leo (the Lion): July 23- August 22. Keep a notebook by your bed so you can capture those waking thoughts before they disappear.

Virgo (the Virgin): August 23- September 22. Peanut butter and chocolate go well together. If you're allergic to peanuts . . .

Libra (the Scales): September 23- October 23. Defenestrate (noun): to throw someone out of a window.

Scorpius (the Scorpion): October 24- November 21. Go check out the Arb. The buffalo misses you.

Sagittarius (the Archer): November 22- December 21. You should volunteer at Cards Against Hypnosis.

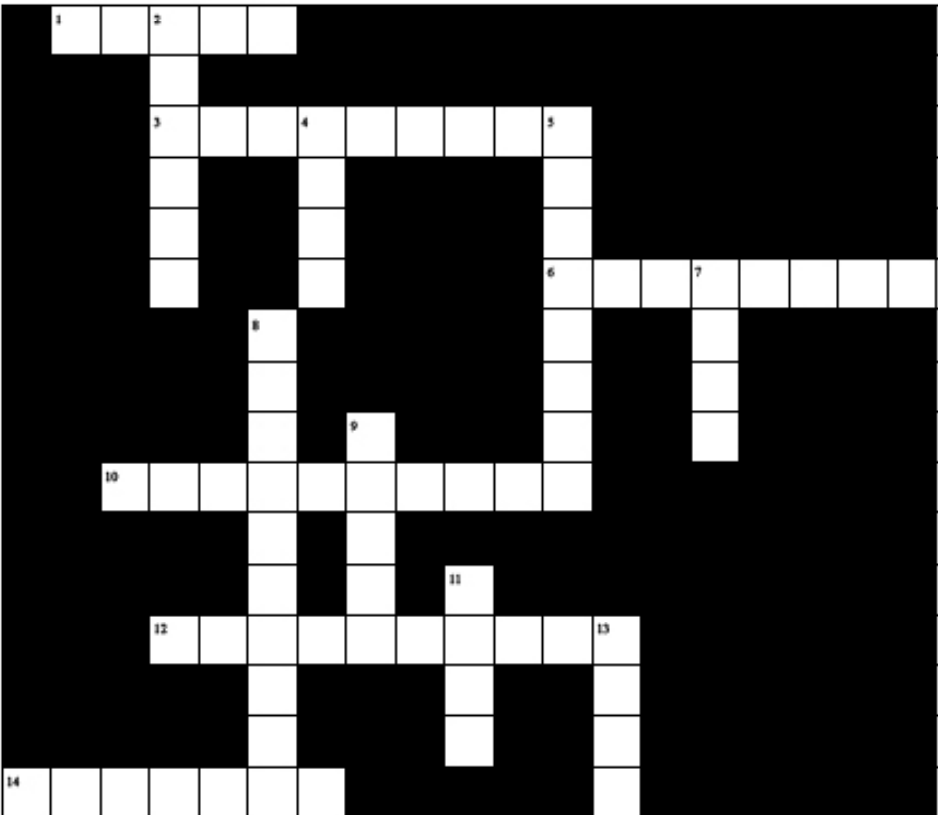
Capricorn (the Goat): December 22- January 19. Did you brush your teeth today?

Aquarius (the Water Bearer): January 20- February 18. There are many benefits to being a marine biologist.

Pisces (the Fish): February 19- March 20. Paint your nails. It'll be fun.

C r o s s w o r d

Theme: Shoe Brands!



- DOWN

 - 1. Relatives of the alligator
 - 3. Sandals named after the sound they make
 - 6. To talk with
 - 10. Red-soled heels
 - 12. Capital of New Zealand
 - 14. A greeting one bro may say to another
- ACROSS

 - 2. Second-oldest university in the world
 - 4. Another name for the mountain lion
 - 5. Those who draw
 - 7. Medium-sized cars often used to transport goods or passengers
 - 8. Area covered in trees
 - 9. A slang term meaning "great"
 - 11. Words used to express disgust or horror
 - 13. Greek goddess of victory

The campus cat behind last week's comic:

Rusty!



Bonus cat:
Sir Phoebo!



Cadence Paramore

Football shines brightly in home opener

Gusties upset No. 15 Wartburg in home opener

Brady Boie
Staff Writer

The Gustavus football program welcomed fans back to Lloyd Hollingsworth Field with a bang on Saturday. Fueled by explosive plays on offense and key defensive stops, the Gusties upset nationally-ranked Wartburg. Despite coming into the game as heavy underdogs, the Gusties were not afraid of the challenge.

"We approached the game like any other. We practiced hard all week and were prepared for a hard-fought game. We know that every game is tough and that we have to show up and play our best football in order to be victorious," Senior Michael Veldman said.

This preparation paid off. The Gusties started the game off on the right foot. After the defense forced an early punt, Veldman led the offense right down the field for a touchdown. Their 16 play drive ate up over half of the first quarter and was capped off by a 13-yard touchdown reception by Sophomore Jake Breitbach. Wartburg then mounted a long sustained drive at the end of the quarter, but the Gusties held strong when it mattered most. They forced a 17-yard field goal, and the score read 7-3 after the first quarter.

Unfortunately the Gusties were unable to build off of this strong start. Wartburg dominated the second quarter. They held the ball for over 11 minutes and did not allow the Gusties to move a single yard on offense (-3). The Knights concluded this dominant quarter by scoring a 9-yard touchdown with only seven seconds remaining on the game clock. With the extra point tacked on, the Knights held a 10-7 lead at the half.



Gustavus Sports Information

Quarterback Michael Veldman scrambles out of the pocket to evade a defender.

In response to a sluggish second quarter, the Gustie offense came alive in third. Veldman connected with Sophomore Matthew Kipper for a 77-yard touchdown strike in the opening minutes of the third quarter. This long touchdown gave the Gusties a four-point lead and solidified Veldman's place in Gustie Football history. Veldman surpassed Jordan Stolp and became the all-time passing leader in program history with 8,713 yards.

"It was great to set the record. A lot of my old teammates and my family were especially excited for me. I credit all the

amazing coaches and teammates I have had since I got here for helping me reach this milestone. I share the record with all of those who helped," Veldman said.

Veldman didn't stop there. Later in the third quarter, he threw a 59-yard touchdown to Junior Dalton Thelen. This explosive play put the Gusties up 21-10 with a minute to go in the third quarter. Meanwhile the Gustie defense pitched a shut-out. The Gusties outgained Wartburg 217-84 in the third quarter and regained momentum as they headed into the fourth.

As expected Wartburg did not go down without a fight. After surrendering big plays in the third the Knights came up with a few big plays of their own. Wartburg scored a touchdown on a 4th and 13 and then converted the 2 point attempt. These consecutive plays cut the Gustie lead to 3 as the scoreboard read 21-18.

And they didn't stop there. Wartburg's defense forced three straight punts from the Gustie offense and left the door open for a Knight's comeback. However, the Gustie defense was able to stand tall and came up with huge defensive stops

of their own. After allowing the touchdown the defense forced a punt and two turnovers on downs over the next three possessions.

"The entire defense stood out (to me). Being able to get key stops throughout the whole game is really what helped us be victorious," Sophomore Andrey Denson said.

When faced with a 4th and 8 on the Knight's 27-yard line, the Gusties decided to take a gamble and went for it. And it paid off. Veldman hit Breitbach for his second touchdown of the day and put the Gusties up 27-18.

"Jake scoring that last touchdown was really what sealed the deal. I think it was the biggest play of the game," Kipper said.

Nelson put the finishing touches on a great defensive game for the Gusties; he intercepted Knight's quarterback Jace Moore at the five-yard line on the ensuing possession. This interception allowed the Gusties to kneel out the game and secure the 27-18 victory.

"Our key to victory was how we handled adversity. When something bad happened in the game, we picked each other up and moved onto the next play," Thelen said.

This impressive victory moved the Gusties to 2-0 on the season and showed that the Gusties are capable of doing big things this season. The sky's the limit for a team who plays for each other the way that the Gusties do.



Submitted by Brady Boie

Gustavus defense swapping personnel between plays.



Submitted by Brady Boie

Defensiveback Andrey Denson breaks up a pass.

Join Intramurals!



Registration is from

Sept 9 - 20

<http://gustavus.edu/IM>

Season goes from Sept. 22 - Oct. 31

Women's golf puts on a show at Wartburg

Team sets 36-hole program record

Autumn Zierman
Staff Writer

The Gustavus women's golf team returns from a successful two-day invitational this past weekend. Day one of the Wartburg invitational, Sept 11, saw GAC women's golf carding a 299, the second lowest in program history. The team scored two strokes behind the 2008 record and sits tied in second place behind St. Catherine. The Gustavus women's golf team finished day two, Sept 12, of the Wartburg Fall Invite carding 604 on 36 holes, surpassing the 2008 record by one stroke and setting the program record overall.

"It was an absolutely amazing feeling to break the 36-hole program record this past weekend. It is a great honor and really showed that our hard work has been paying off. In addition, this gives us confidence moving forward into the second half of our season" Senior Sydney Regalado, who carded an ace on the fourteenth hole this last weekend, said.

"What a fantastic weekend for the women golfers. It's always interesting to see how teams follow up a strong performance, so after our second lowest round in Gustavus women's golf history, we followed up with a 305 today which gave the gals the lowest 36-hole score total in women's golf history. Couldn't be prouder and happier for the team. We've had high expectations for them for a long time and they finally

showed what they can do," Coach Randall Stuckey said.

"We didn't know we were in the running to break the record going into day two, we just showed up, competed, and found out that we broke the record," Junior Hannah Hubbart said.

Many of the women are returning golfers this year. A season preview showcasing returning members tells us that this season the women's team returns their entire roster including three seniors following a second-place conference championship finish. Senior Emily Kratz enters after placing sixth in the conference and a team best average of 79.5 strokes per round to garner All-Region and All-Conference honors.

Joining her in the All-Conference lineup is Senior Erin Ericson, who posted 80-80-73-233 (+17) to tie seventh in the conference championship, and MIAC Elite 22 recipient Sydney Regalado who finished tenth. The Gustie women will look to Juniors Laurel Ward and Hannah Hubbart following strong performances in all five tournaments of the spring season.

"Looking ahead, we are excited to all shoot low scores again and contend in the upcoming tournaments. We now also have experience shooting low scores and playing in the final groups with the best players and will thus be more comfortable when we are in this position in future tournaments and especially at the MIAC conference. Our ultimate goal would



Gustavus Women's Golf Instagram

The team poses on the course after breaking the program record.

be to win the MIAC conference championships at the beginning of October, but we are taking it one tournament at a time," Regalado said.

The Gusties placed fourth out of 16 teams, with St. Cate's winning the tournament with a final score of 586.

"Our positive attitudes have

also contributed to our low scores recently. As a team, we have learned to move on from struggles on previous holes and focus on the holes ahead instead of the past. This has really allowed us to perform very well as a team and will especially help us during the later tournaments of the season.

This has been something that was emphasized by coach Scott Moe for many years and was finally fully understood by our team this year and has greatly improved the team dynamic," Regalado said of the entire team's attitude last weekend and looking ahead.

The team is getting ready now to head for Hastings, Minnesota on Sept 18 and 19 for the Division III Classics tournament.

"Going off of this, our team unity is better than ever. We are so positive and supportive of one another and frequently have team dinners, game nights and practice sessions together. Overall, we are a very strong team with a good outlook on the season. We hope to continue our strong performance in the upcoming tournaments," Regalado said.

"Our team has felt much closer this year compared to previous years. It is a much more supportive environment and we are working together to push each other to do our very best. It is different this year because it is back to normal with playing with different girls from different schools, which I think is better for the performance of our team." Hubbart said.



Photographer

Gustie golfer keeps her eye on the ball as she follows through on her swing.



Gustavus Sports Information

Senior Sydney Regalado's 2021 roster photo.