



THE GUSTAVIAN WEEKLY

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ORIENTATION ISSUE

Welcome to Gustavus!



Peek-a-boo.

Cadence Paramore

WEEKLY Scan

A preview of this week's top news and more

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Letter from the editor: Cadence Paramore



A picture of our fearless and merciless leader, Cadence Paramore, as a first year to the very right.

Submitted

Cadence Paramore Editor-in-Chief

Hello Gusties! We're wishing you a warm welcome here at the Weekly to our incoming first-years, the class of 2026, and a welcome back to our sophomores, juniors, and seniors! My name is Cadence Paramore, and I will be the Editor-in-Chief of the Gustavian Weekly for this fall semester before I graduate in December. As Editor-in-Chief I would like to

introduce myself and set the stage for what to anticipate and expect from your campus newspaper this semester. I'm an English major with a double minor in Political Science and Film & Media Studies. I enjoy coffee (a bit too much), thrifting, all forms of artistic expression, and fantasy films and TV shows. I come from St. Paul where I live with my mom and three cats, and my journey with the Weekly began towards the end of my first semester at Gustavus when I was an opinion writer and photographer.

Shortly after, the photography editor graduated and I was asked if I would like to take the position (I did). I worked as photography editor, still occasionally writing and taking pictures, the entirety of my sophomore year. Junior year, I was hired as the Assistant Editor-in-Chief. Now I've worked my way up from a shy first-year writer, to a much more confident senior Editor-in-Chief. But enough about me, let's get down to discussing this new era for the Weekly. None of us are strangers to

the knowledge that the newspaper is a dying form of communication, but to us editors and writers whose weeks almost solely revolve around the publication of this paper, we hope that our efforts can still be appreciated. However, as one of your peers, I understand that all of us are constantly bombarded with and overwhelmed by all the news that we already receive on a daily basis thanks to technology. This is where I come in, and my goal is to shake things up and make a much needed change.

together as a community and fill our cups with laughter to drink from with smiles. I want our paper to feel like a mug of hot cocoa on a snowy day, not a crappy cup of coffee you burned your tongue on as you hurried to your 8 am class. So this semester our paper will be dedicated to uplifting and celebrating each and every voice on campus. That includes YOU. Whether you're one of our writers or not, I would personally love to hear your thoughts and opinions on anything that relates to us students today. Want to write an article occasionally? Send it my way! Don't want to write, but have an idea of something you'd like to see us share with our community? Send me an email! Our newspaper is a freedom of expression, free from censorship and constraints. While our purpose is to provide information to our community, I would also like us to implement more of our sibling, the Fourth Crown's, approach to information: humor and unrelenting honesty, even when it's difficult to swallow. As one of my favorite professors once said, 'we critique the things we love most to better them.' Our voices are powerful, and how we use that power reflects on each and every one of us. As your newspaper, our goal is to use the power of our collective voices to not only spread humor and relatability, but to continue to demand justice and change from our world.

"My goal is to shake things up and make a much needed change."

As much as news can, and should at times convey the seriousness with which much information holds, I would like to make a promise to bring light and humor back to our campus paper. Especially in the times that we are living in, it's imperative that we come back

THE GUSTAVIAN WEEKLY Staff

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Maggie Anderson	Features Editor
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50¢
First copy free

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

If interested in publishing an ad, please contact our advertisement manager at admanager@gustavus.edu.



First year tips, tricks, and more!



The Weekly Editorial Staff

To the incoming first-years: Welcome to Gustavus! Coming to college, especially in a new area, can be pretty stressful. That is why The Weekly staff would like to provide you with some tips, tricks, and cool spots that will help you as you navigate through your first year here at Gustavus. Beginning with tips-managing a college course load provides you with a lot more freedom with your schedule and how you tackle assignments, but that freedom also makes it really easy to forget assignments, feel burnt out, or get overwhelmed. Here are some tips that will help you manage your time and your courses without feeling overwhelmed.

Firstly, when it comes to assignments, you might find it useful to print things out as it pertains to your classes. Things such as syllabi, course readings, and more, are all things you can print out and put on a bulletin board or your wall in order to have an “in your face” reminder to do your assignments before it is due!

“You might find it useful to print things out as it pertains to your classes.”

Don’t worry about printing too much, you will have far more than enough printing

credits. Along with this, organization is a very key factor in keeping up with what you need to do. Everything from color coding, Google Calendar, spreadsheets, and more are all ways that you can stay organized and prepared for the school year.

There are some important tricks that are not academic related that can help increase your experience here at Gustavus, such as Caf tricks! The Caf, which is Gustavus’ dining hall, usually offers a variety of different dishes at any given time of the day. However, some stations close and open at certain times, and the secondary locations like the Steamery or the Courtyard Cafe close earlier than the Caf and are only open on specific days. This is why we here at The Weekly are going to provide you with some cool tricks about how to make the most out of your food, money, and trip to the Caf. One trick is that you’re able to make dishes on your own! Although it might not be up to normal standards, it sure beats a trip to the cities or Mankato for a craving.

Take for example, you want chicken parmesan. You’d simply get pasta of your choice from the Pizzeria, head to the Grill for fried chicken on top, and then back to the Pizzeria for extra red sauce on top of your chicken parm. Another example, for a root beer float you’d head to the soda dispensers where there’s an ice cream machine next to it, and combine! Yogurt parfaits can be made with yogurt and fruit from the salad bar and granola from the cereal bar, and for iced coffee when the Steamery

and Courtyard Cafe are closed, buy an iced coffee ahead of time with no ice, and refrigerate until ready to consume! There’s many other possibilities, but here are a few to get you started! It just takes a bit of creativity.

Next, here are some tips so you get out and don’t stay cooped up in your dorm too much. First, GO OUTSIDE WHILE YOU STILL CAN. Don’t walk, RUN to the Arb while it isn’t home to wind trying to bite your face off. The rose garden, the spot that looks a bit out of place to the left of the Interpretive Center, is a great place to cry. Especially at night so you can lay on a bench and look up at the stars between sob-sob though be careful, there are no streetlights over there. Looking carefully, one can find many stick forts in the backwoods-great for a retreat into nature!

“Looking carefully, one can find many stick forts in the backwoods-great for a retreat into nature!”

Another great outdoor location, at least while the weather permits, is the lawn outside of Beck and the Carlson Intl. Center. Sitting at the lunch tables, sharing a meal with a friend or starting on some homework between classes can be some of your most blissful and well spent on Gustavus campus. Any way you face, you can be greeted with our small prairie, some of our most up-to-date buildings (which are just as

lovely from the outside as they are from the inside), or our chapel.

The lawn furniture that dwells behind the Jackson Campus Center and next to Lund are also a lovely place to spend a lunch or a studying session. I always find myself missing these spaces once the cold weather rolls around, so try to soak up your time at these spots while

you can! Once they go away, you know that winter is just around the corner. When winter comes, a great place where you can still be surrounded by plants is the second floor of Olin. There’s even fun pillows you can use! Those are all the tips and tricks we can think of right now, but don’t be afraid to reach out and ask for help or advice if you need it! Welcome again to Gustavus!

Do you have a suggestion for a Gustavus student, professor, or staff member who could be our next Gustie of the Week?

If so, send their name, position on campus, and a short description of why you think they should be recognized to

cparamor@gustavus.edu
for a chance to be featured!

A representative from the Gustavian Weekly will be in contact with you via email if your suggestion is chosen to be featured in an issue of the paper.



Britta Blanding
Photography Editor
obsessed with agates



Taite Stevens Aldrich
Variety Editor
has never had a brain freeze



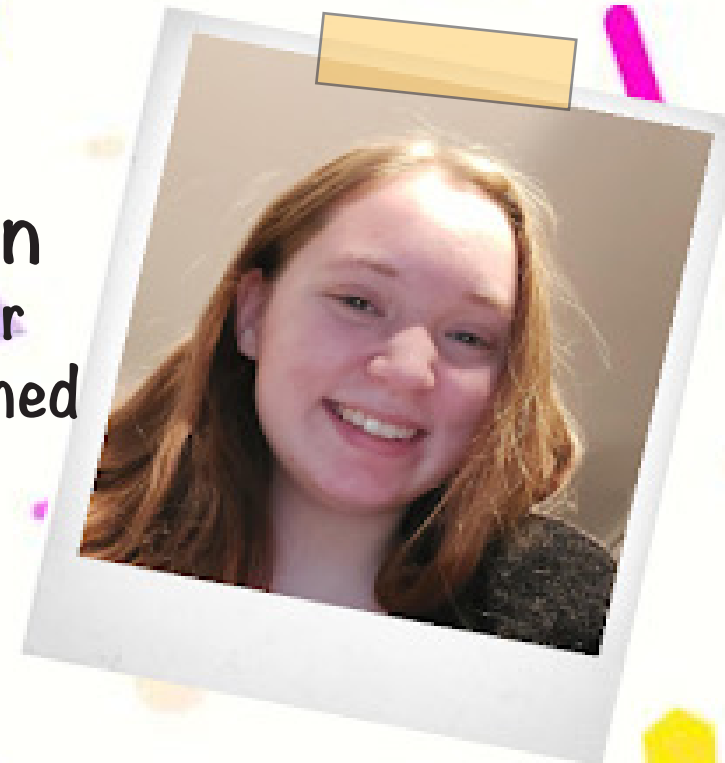
David Eide
Web Editor
fought a goat once



Cadence Paramore
Editor-in-Chief
aka the Big Boss
former snail mom



Grace Kearney
Entertainment Editor
makes puzzles in MS Paint



Clare Greeman
Lead Copy Editor
owner of a cat named
Booger



Kyra Stepan
Opinion Editor
smarty-pants



Brady Boie
Sports Editor
double-jointed



Maggie Anderson
Features Editor
shameless Seinfeld fan

Do Gusties shine during summer?



Jonas Doerr
Opinion Columnist

Fire is hot, water is wet, and Gusties shine. It's one of the undeniable facts of life. There's a song written about it, in fact - the Gustie Rouser, which you are probably familiar with. "Gusties will shine tonight," the famous lyrics go. But is it really true? During the summer, when Gusties are far from St. Peter, do they still shine?

To answer that, we must first know what it means for a Gustie to shine. Few would argue that Gusties glow like fireflies. Perhaps it has occasionally occurred in the shadier chemistry corners of Nobel, but that can't be the meaning of "Gusties will shine." More likely, it's a kind of abstract shining. Much like how a radioactive block of uranium contaminates

everything around it, Gusties inevitably fill everyone around them with zesty Gustie spirit.

If Gusties shone during the summer then there would be something of a radioactive trail left behind. It would be clear as to whether Gusties shine or not during summer by looking at the impact they have on others. For example, at the summer camp I worked at, my Gustie-ness couldn't help bursting out of me. As much as I tried to pretend to be normal (in more ways than one), I couldn't help myself. I had to shine. I taught campers the Gustie Rouser. Soon it spread like wildfire, shining as it burned down the forest. Cabins of campers would ask me to sing the song with them even though they barely knew what a Gustie was. This is obvious evidence of one Gustie shining, but does this also occur to other Gusties?

Junior Anna Stednitz says she definitely shone. She says, "By always having my trusty flashlight, I shone this summer." It seems that she couldn't contain her Gustie pride, albeit at great electrical cost. Junior Mitch Leschensky also shone this summer. Working at Leader Creek Fisheries in Alaska, he brought Gustie Spirit to both Alaskan people and salmon alike. The next time you enjoy Friday salmon in the Caf, it might be a fish already familiar with Gustie spirit thanks to Mitch. When you wield your fork and knife with Gustie vigor, that

salmon will not be surprised. Senior Maddy Himmer shone brighter than a neon green gym shirt this summer. Not only did she represent Gustavus by singing with the choir at a Twins game, and not only did she teach people the Rouser, she also broke into spontaneous song at a bar, singing the Rouser with two Gustie alumni.

These examples would lead us to believe that Gusties really are shining when they are away from Gustavus. However, what about all the times when Gusties do not shine? When they fail to let their Golden Gustie roots shine through, should they feel guilty? Isn't it doing the world a great disservice whenever we do not shine?

It seems nearly impossible to shine all the time. I, for one, don't have enough Gustavus merchandise to wear it every day, unless I wanted to introduce my friends to some new aromas. It becomes annoying to shout out the Rouser too often. There will be moments when Gusties will blend in with the crowd and could be mistaken for anyone else - even a U of M student!

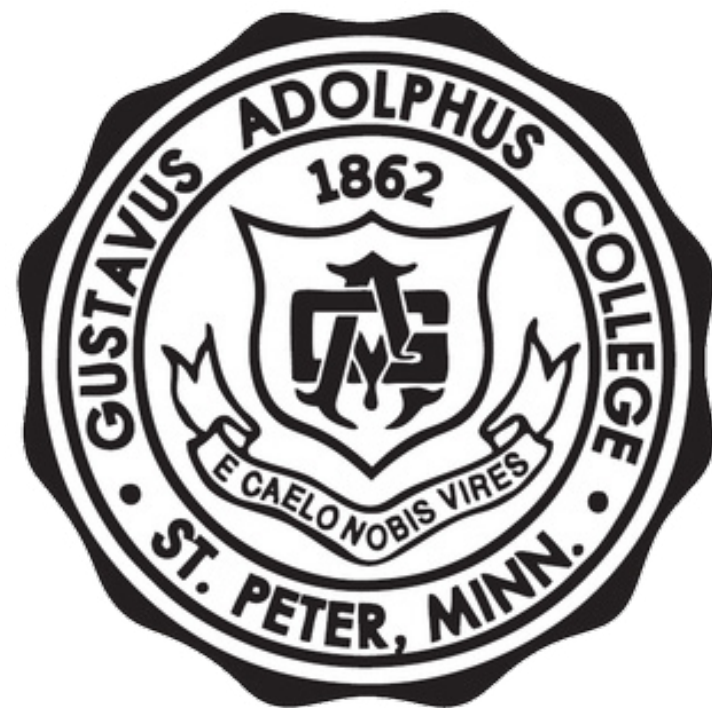
There will be those moments for nearly every one of us, but do not let yourself become disheartened. Even when Gusties are lounging on a couch, they can still exemplify our core pillars of excellence, community, justice, service and faith. There's no need to be shining all of the time. Just as a light that

was never turned off would soon burn out, a Gustie who never stopped shining would soon burn themselves out.

Instead, we can remember the lyrics to the rouser: "Gusties will shine tonight!" Not all of the time, but tonight. When things get dark, Gusties shine. When the gyro station closes thirty seconds before you get there, Gusties still shine. When you have 42 essays and a take-home test to do in one weekend, Gusties still shine. When you

realize you made it through your whole summer without singing the Rouser even one time, don't worry - Gusties still shine.

Times might get dark this upcoming school year at Gustavus. They have before, and they will again; the day can only last so long. But when darkness falls on Gusties, it rarely stays dark, because we are able to shine. We can fight through long odds and succeed. Let your smiles shine bright and your lives shine brighter, Gusties.



Gustavus Adolphus College logo

Submitted

The passage of time



David Eide
Opinion Columnist

As I write this article, I am preparing to start my final year on the Hill, after which I will be moving on into the great unknown that is adult life. On the other hand, most of you who will be reading this article are going to be first-years just starting your college career. Being in this particular situation has caused me to think about how we perceive time and how understanding that can help us live better and more

fulfilling lives. I'm hoping that some of what I'll discuss comes in handy during your first year, I know it would have been helpful for me at the very least.

Starting off, there's one very important fact you should know about time in college: it goes by very fast. There are moments where I feel like my sophomore and junior years were essentially blips, as if one moment I was attending orientation and then the next I'm nearly done with the year. Of course, there are some extenuating circumstances in my case- I spent the entire second half of my first year at home under lockdown and most of sophomore and junior year under COVID protocols, so not exactly a normal couple of years. Despite all that, I can't help but think that I wouldn't feel much differently even if those years had been completely normal and not derailed by a global tragedy. Four years may seem like a long time, but in the grand scheme of things it really isn't much at all. I think college is the first time that a lot of people realize that fact as they begin to move forward into the rest of their lives. I know

personally that high school felt like it dragged on for ages despite it being the exact same amount of time that I've spent in college.

"Four years may seem like a long time, but... it really isn't much at all."

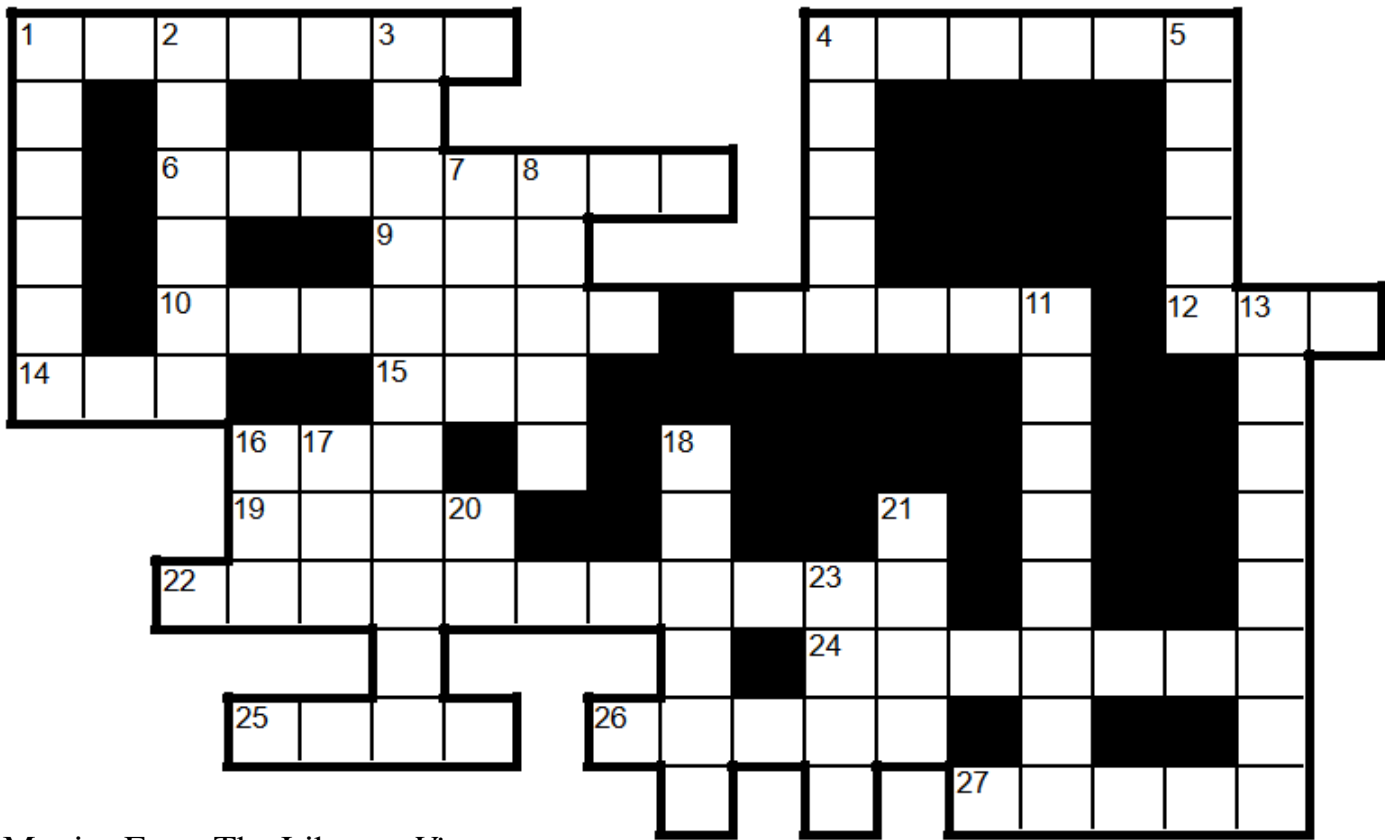
Research has shown that people tend to perceive time as going by faster as they age. The most convincing explanation for this phenomenon takes into account the proportionality of years that we experience. During the first couple of years of our life, a single year makes up a huge amount of our total time lived as compared to later in our lives when a single year is a much smaller percentage of our total time lived. This seems to indicate that college flying by may just be a simple side effect of the changing ways in which our brains process time. I hope that your time at Gustavus flies by because you're having such a good time rather than the reasons outlined above!

That does actually provide a useful segue to the second topic regarding time that I was interested in exploring. Namely how we perceive time on a moment-by-moment basis and how we can potentially influence that. I'm sure you've noticed that time tends to fly by when you're doing something really fun while the seconds just drag by when you're doing something that you find extremely boring. Interestingly enough, this dichotomy is usually swapped in retrospect, with boring days quickly fading away while exciting days that you enjoyed are usually etched into your memory. The reason this seems to occur is because when you're bored the only thing you focus on is the (slow) passage of time which makes it seem much longer while during fun moments you're not focused on the passage of time at all which makes it seem to go by faster. Remembering boring days would essentially be a waste of brain space. The consequence of this is that in retrospect, boring days seem to be a blip while exciting days

occupy a lot of memory space.

I think this fact is pretty easily applied to our everyday lives. Getting out there and seizing the day may initially make time fly by, but ultimately it will seem like it lasted far longer than just a day sitting around and being bored out of your skull. This will also end up affecting your broader perception of time if you do it enough, if your memory is full of exciting and interesting days then it has been scientifically shown that you will actually perceive time slower. So basically, if you want to feel like you're living longer, have more fun.

College is a very exciting time, one in which you can enjoy many of the benefits of adulthood without having to deal with the responsibilities that actually come with adult life. With the right mindset, it can be both a last hurrah for your years in schooling and a useful preview for the rest of your life. Hopefully this little bit of advice regarding time management and perspective can aid in helping you develop said mindset and have a great first semester at GAC!



THE MOST IMPORTANT THINGS

by Grace Kearney

ACROSS

- 1) “Hang” out in the Arb with this
- 4) Don’t procrastinate on these assignments, especially since you’ll likely know about them weeks in advance
- 6) Got an 8 am? Don’t skip it, but make sure to grab a coffee first at the Courtyard Cafe or...
- 9) Minnesotan soda
- 10) Ask _____ for help. They’ve been through everything you’re experiencing, and might have some tips to share!
- 12) Call this person. She misses you
- 14) Take to court
- 15) Astrological lion
- 16) A great place on campus to retreat into nature
- 19) Find a good place in another building to study, not just your...
- 22) Carry one of these to be sure you stay hydrated
- 24) Your FTS will show you a way of organizing your assignments, but make sure to read your...
- 25) Live in Pittman or Sohre? You might want one of these to get to your classes more quickly
- 26) Regions; districts
- 27) Take advantage of this mini-semester to get an extra class in, but make sure to pack your parka!

DOWN

- 1) Splits in two
- 2) A Muslim place of worship
- 3) Make use of _____. That half-hour is a great time for getting work done!
- 4) They may be in charge of the classroom, but they’re just people, and taking the time to get to know them as such will serve you well.
- 5) A strong rain, often accompanied by thunder and lightning
- 7) Greater; additional
- 8) Disney park themed after imagination and innovation
- 11) County St. Peter is located in
- 13) A belief that may be summarized as “a glass half full”
- 16) Lovelace considered the first computer programmer
- 17) Decay
- 18) Don’t be afraid of asking _____ for help. They’re there for a reason, and most of them are majors in the subject! (Plus if you don’t, they get bored just sitting around)
- 20) Abbreviated title of respect for men
- 21) Always bring your _____ with you. I locked my roommate out of our dorm the very first week last year... oops
- 23) Test prospective lawyers must take

Movies From The Library: *Vice*

by Will Sorg

The first thing I learned about Dick Cheney was that he was often compared to Darth Vader. My father had a book written by journalist Matt Labash called *Fly Fishing With Darth Vader*. On the cover of this book is a series of 2010s cultural figures drawn in a caricature-like style. The cover includes Arnold Schwarzenegger, Reverend Al Sharpton, and then-real estate mogul Donald Trump. In the center of the cover stands a grotesque, comical depiction of Dick Cheney, one of the most feared and reviled men of the 21st century.

Adam Mckay’s *Vice* is a lot like that book cover- bizarre, grotesque, and nearly cartoonish at points. It is determined to allude to the modern political landscape that has been dominated by Donald Trump’s influence and certainly willing to portray Cheney as the *Star Wars* antagonist he has often been compared to. Mckay is determined to make you pay attention to his film. He wants his audience to understand how the former vice president ended up irreparably changing the United States and the world forever.

In order to accomplish this, the writer/director and his team paint a portrait of the ever-changing, but always hostile, world of American politics and Cheney’s progression from a college dropout to the most powerful man in the world to a man who rebranded policies that only benefited the rich and the powerful into something that average people would defend to a fault. Christian Bale’s portrayal of the harbinger of the War on Terror gives the film a great deal of pathos as his scarily accurate interpretation of Cheney allows the audience to better understand him. His nuance and superb execution allows for easier insight into how and why the vice president was able to change (and in some cases, end) the lives of so many people. Of course, much like Cheney himself is not simply a bad man with no nuance, *Vice* is not just a good movie with no flaws.

I am a self-professed critic of Adam Mckay. I certainly think he has talent as a filmmaker, but I often find his decisions on how to use those talents to be questionable at best. As a writer, I find his writing style to be either extremely heavy-handed or unnecessarily mean-spirited. This film is no different; it is an anger piece about how Adam Mckay saw Cheney ruining our country for years and how the audience should feel stupid for not realizing it sooner. At multiple points he openly mocks his audience for “paying attention to vapid entertainment” rather than focusing on the terrible things our government has been doing for decades. This is, of course, a bit ironic as Mckay himself spent the entirety of the Bush administration making Will Ferrell comedies- exactly the sort of things he derides his viewers for watching.

Consistently throughout the film Mckay will treat his audience as though they are complete idiots, literally pausing the film to have the narrator give a presentation on unilateral presidential power or some other concept that can be quite easily understood by simply allowing us to listen to the characters talk about it. This is not helped by the editing, which is as heavy-handed as the writing. From obnoxious title cards to disorienting scene rhythms, the editing adds almost nothing to the film and only serves to confuse and annoy the viewer. I found myself being confused as to whether something was a flashback, a flashforward, or if it was even in the same scene. All of this takes a film with a huge plethora of amazing aspects and dilutes it into a film that I will definitely think about often, but I will probably never want to watch again.



“Get Outside” by Cadence Paramore

You Might Be a First-Year If...

- You use a tray in the Caf
- You call buildings by their full names (especially CoEd)
- You don’t know who “Becky B” is
- You wear your ID in a lanyard around your neck
- You don’t own shower shoes yet (get on that, y’all, foot fungus is no joke)
- Your contacts are all real names, not “Alex Chem Class”
- You actually bought all your textbooks. Most of the profs share or encourage PDFs, guys
- You don’t have AC and didn’t bring a fan
- You have hope in your eyes

Gustie sports preview

Advice for collegiate athletes and what to expect

Brady Boie
Sports & Fitness Editor

Welcome to the sports section of the Gustavian Weekly! Here is where you will find all the best and most up-to-date sports articles related to the Gustavus Athletic program. You can expect three or four weekly commentaries on the most relevant sporting events and occurrences in the MIAC. These articles will include recaps of the biggest games, features of our brightest stars, and previews of highly anticipated matchups. If you are interested in working as a sports writer or have an article idea, reach out to me at bradyboie@gustavus.edu.

For our first article, I wanted to write a piece for our incoming first-years and offer advice to the athletes who will be donning the black and gold for the first time. As a student athlete myself, here are the three most helpful pieces of advice I can give to a first-years participating in a sports program at Gustavus.

1. Come in with an open mindset - Be willing to learn new things, take advice from an older teammate, and listen to your coach. Even if you think you know more than the person giving you advice, hear them out. Oftentimes they will know something that you don't. Don't



Gustavus football field.

Isaac Bui

come in with a "my way or the highway" approach. People will find this off-putting and you will be minimizing your potential as both a teammate and an athlete. By allowing yourself, your technique, and your approach to be critiqued, you will be more likely to improve than your peers who come in with a closed mind. Yes, your ways and habits made you the athlete you are today, but your willingness to tweak those things will drive your continued success throughout your collegiate career.

2. Your change in lifestyle will change your performance - College is a time of huge change in everyone's lives, and the

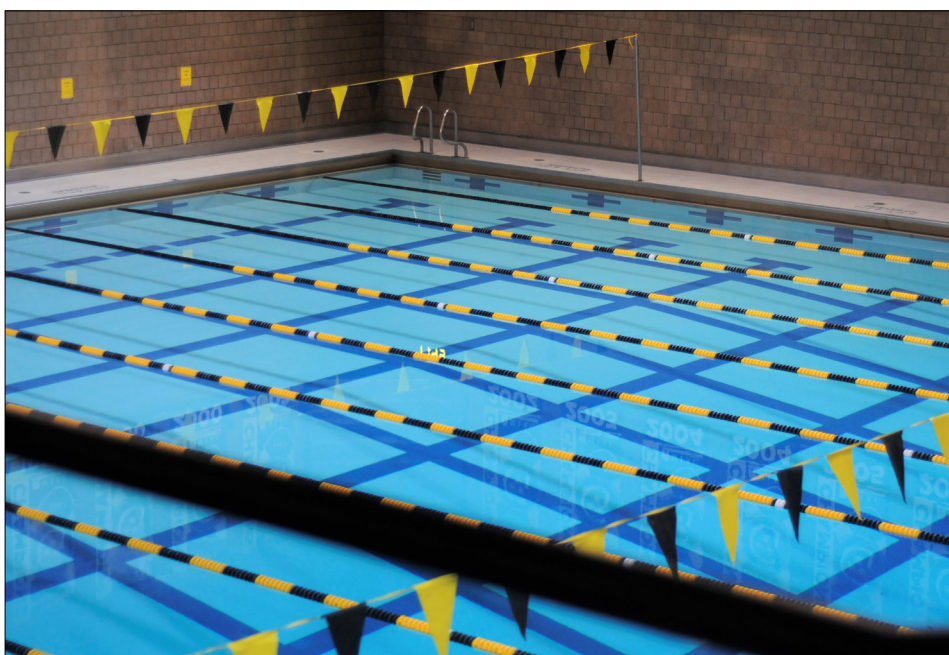
college athlete at Gustavus is no exception. For the first time in your life you will not have homecooked meals, you will not have someone monitoring your weekend adventures, and you will not have the same sleep schedule. All of these factors play into your athletic performance and have more of an impact than you may realize. I am not saying that you can't enjoy the new freedoms of college, however I am saying you need to be aware of it. There's also a flip side to this. Many of you have not had serious weight training experience before coming to college. This change in lifestyle can positively impact your performance.

"College is a time of huge change in everyone's lives, and the college athlete at Gustavus is no exception."

3. Same fish, bigger pond - This concept is one of the easiest things for students to understand, but one of the hardest for athletes to come to terms with. Many collegiate athletes come into college programs with strong opinions of themselves and their abilities. They were the best athletes in their

middle and high schools and often represented their schools well at the state and national level of competition. So why wouldn't they be the best athlete at Gustavus? Well, because they aren't the only person who has had that experience. Everyone was the high school hero that their teammates looked to, but not everyone can do the same thing at college in a sea of other former high school heroes. Your approach, your mindset, and your decisions will ultimately decide whether you can swim with the big fishes or will integrate yourself into the larger school.

I wish you all a good first week of school on the hill!



Gustavus swimming pool.

Luke yang



Gustavus basketball court.

Luke yang